Knowledge @ Noon



Wednesday, November 18, 2026

KANSAS STATE UNIVERSITY | Extension
Marais des Cygnes District

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact (Franny Eastwood) four weeks prior to the start of the event at (913-795-2829 or fmeastwo@ksu.edu). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.

Kansas State University is an equal opportunity provider and employer.

FN2089 (June 2023)

Pinchin' Pennie$ in the Kitchen

7 Steps to Creating a Charcuterie Board

Charcuterie [shahr-koo-tuh-ree] boards are collections of meats, cheeses, relishes, jams, crackers/bread and/or other food items. These boards are customizable, so they provide an opportunity to use ingredients you already have at home.

For example, use up small amounts of leftover cheese and grilled meats to stretch your budget for protein sources. Include fruits and vegetables that are about to over ripen to reduce waste. Add crackers and bread to avoid leaving them in the pantry to stale.



Here's a guide to creating your own charcuterie board.

1. Select a board and a few small bowls.

- A tray, plate, cutting board or baking sheet will work as a board for your creation.
- Make sure the board is sturdy and the size is sufficient to hold enough food for the number of guests. You may want to make more than one board to accommodate many people.
- Multiple, smaller boards may be easier to keep and store in the refrigerator than one large board.
- Bowls can hold small food items and dips or spreads.

2. Choose meats or other protein sources such as hard-cooked egg slices or deviled eggs.

- Fold or stack sliced or cubed meat to add eye-pleasing variety to the board.
- Sliced meats can be folded into halves or triangles and arranged like books on a shelf to create a ribbon-like illusion.
- Options could also include chunks of roasted or grilled chicken, turkey, ham, chorizo, pepperoni, prosciutto or salami.

3. Pick out crackers or bread.

- Try whole grain or multigrain crackers, sliced baguettes, pita bread, naan bites or pretzels.

4. Select cheeses.

- Try including a mixture of soft, semi-hard and hard cheeses for texture variation.
  - Soft variations include feta, brie and ricotta.
  - Semi-hard variations include gouda and jack.
  - Hard variations include cheddar and parmesan.

Julie Garden-Robinson, Ph.D., R.D., L.R.D.,
Food and Nutrition Specialist
Kelly Knoll, Dietetic Intern (former)

NDSU | EXTENSION

5. Add color.

- Arrange fruits and vegetables on the board to add a pop of color and a variety of important nutrients, including fiber and vitamins A and C.
- Cut fruits and vegetables into unconventional shapes to add eye-catching elements.
- Fruits could include grapes, berries, cantaloupe, honeydew, oranges or dried fruit.
  - Avoid including fruits that brown when sliced, such as apples and bananas.
- Vegetables could include bell pepper strips, broccoli florets, carrot sticks, snap peas, cucumber slices or celery sticks.

6. Include a dip or spread.

- Fill small bowls with dips, spreads, sauces or jelly. Options could include hummus (chickpea dip), jelly or jam, honey, flavored yogurt, salsa, mustards or sour cream- or cream cheese-based dip.

7. Fill in with extras.

- Add assorted food items such as nuts, seeds, pickled vegetables, granola or other sweet treats in small bowls.

Expert Tips

- Consider taste, texture and variety when building your board.
- Choose appropriate utensils for the foods you are serving, such as tongs, forks or spoons.
- Fan ingredients out so they are easy to pick up with a fork or other utensil. Consider leaving the rind on fruits like cantaloupe or oranges for ease of eating.

Nutrition Tips

- Be mindful of the sodium content of your board. Some meats and cheeses, pickled vegetables and nuts can provide high amounts of sodium.
  - According to the Dietary Guidelines for Americans, less than 2,300 milligrams of sodium should be consumed each day. Check out nutrition labels before buying various meats and cheeses, use pickled foods sparingly and include lightly salted or unsalted nuts.
- Boards can be made a few hours ahead, covered with plastic wrap and refrigerated until serving time. Once served, eat promptly. Perishable items, such as meat and cheese, must be eaten or placed back in the refrigerator within two hours of serving. Set a timer on your phone so you remember.

Special Dietary Needs

Consider labeling your board with any potential allergens. The top nine most common allergens are milk, eggs, wheat, soy, tree nuts, peanuts, fish, shellfish and sesame. Additionally, be accommodating to guests that follow a special diet, such as a gluten-free or vegetarian diet. If possible, make your board fit within those diet parameters or make a separate board for those guests, and be aware of cross-contamination that may occur.



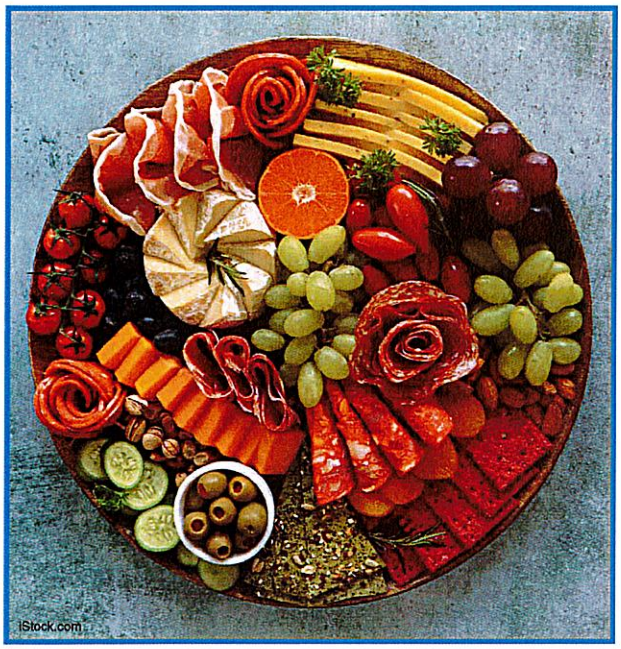

Table 1. Approximate amounts of ingredients for a snack or appetizer charcuterie board

Number of People	Meat (ounces [oz.])	Crackers/ Bread (oz.)	Cheese (oz.)	Fruits/ Vegetables (oz.)	Dips (cup)
1	½ -1	1	½	1-2	¼
2	1-2	2	1	2-4	½
5	2½	5	2½	5-10	1¼
10	5-10	10	5	10-20	2½

Meal Charcuterie Board

Number of People	Meat (ounces [oz.])	Crackers/ Bread (oz.)	Cheese (oz.)	Fruits/ Vegetables (oz.)	Dips (cup)
1	2-3	2-3	1-1 ½	2-4	½
2	4-6	4-6	2-3	4-8	1
5	10-15	10-15	5-7 ½	10-20	2.5
10	20-30	20-30	10-15	20-40	5

Menu ideas



A charcuterie board could stand as a snack, appetizer or meal depending on the amount of food included and the hardiness of its ingredients. Use the guides on Table 1 to help determine how much of each ingredient you need for the number of people you intend to feed.

Afterschool Snack Board:

Note beware of choking hazards for young children.

- Whole grain Goldfish crackers
- Tangy sausage cubes
- Cheddar cheese
- Kiwi slices
- Sugar snap peas
- Vanilla yogurt
- Green grapes

Mediterranean Board:

- Pita bread
- Feta cheese (blocks or crumbles)
- Green grapes
- Carrots
- Hummus (chickpea dip)
- Cashews
- Kalamata olives

Everything but the Kitchen Sink Board:

- Pretzels
- Pepperoni rounds
- Pepper jack cheese
- Blueberries
- Dessert chickpea dip
- Mixed nuts
- Yogurt-covered raisins

Sophisticated Board:

- Toasted baguette slices
- Prosciutto
- Brie cheese
- Raspberries
- Radishes
- Strawberry jam
- Pistachios
- Pickled asparagus
- Dark chocolate squares



Want a charcuterie on the go? Put it in a cup.

Five Steps to Creating Charcuterie Cups

1. Select a cup.

- Clear cups will allow you and your guests to see all the ingredients.

2. Fill the base.

- Heavier food items should be placed at the bottom of the cup.
- Nuts, seeds or a spoonful of dip can provide a base.

3. Include crackers or bread.

- Long and narrow crackers or breadsticks will fit into a cup better than round or square ones.
- To avoid soggy crackers, place a layer of vegetables on top of the dip before adding crackers.

4. Thread meats, cheeses, fruits and vegetables onto toothpicks or skewers.

- Meats and cheeses can be sliced or cubed.
- Semi-hard to hard cheeses will work best in a cup, and they can be threaded on wooden skewers or toothpicks.
- Fruits and vegetables that are easy to pierce with a toothpick include grapes, berries, grape tomatoes, cucumber slices and bell pepper strips.
- Include one to three skewers in each cup depending on its size.

5. Add additional ingredients to fill out the cup.

- Possible additions include pickled vegetables, dark chocolate squares or herb garnishes.

References

U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. Retrieved 20 March 2023 from https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

Acknowledgment

Funding for this publication was made possible, in part, by the U.S. Department of Agriculture's Agricultural Marketing Service through Grant 21SCBPND1069. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

For more information about nutrition, food safety and health, visit this website:

www.ag.ndsu.edu/food

NDSU Extension does not endorse commercial products or companies even though reference may be made to tradenames, trademarks or service names. NDSU encourages you to use and share this content, but please do so under the conditions of our Creative Commons license. You may copy, distribute, transmit and adapt this work as long as you give full attribution, don't use the work for commercial purposes and share your resulting work similarly. For more information, visit www.ag.ndsu.edu/agcomm/creative-commons.

County commissions, North Dakota State University and U.S. Department of Agriculture cooperating. NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to Vice Provost for Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, 701-231-7708, ndsu.eoaa@ndsu.edu. This publication will be made available in alternative formats for people with disabilities upon request, 701-231-7881. 2M-6-23

Creating a Healthy Charcuterie Board

Learn the basic steps to create a fun family meal or a creative appetizer.

Updated: June 30, 2023



Dipping into a Charcuterie Board

Charcuterie Background

Charcuterie (pronounced "shahr-ku-te-ree") is translated from French and means "delicatessen." The same is true for the Italian word salumeria, which is where salumi, or "cured meats," comes from. A charcuterie store sells cold cuts and other processed meat products. Examples of these meats include pâtés, bacon, sausage, and ham. Due to the recent interest in creating charcuterie boards, people often use the term "charcuterie" to refer to an assortment of meats paired with cheeses, fruits, vegetables, toast or crackers, and sauces creatively displayed on a serving dish or board. A charcuterie board is an assortment of food that creates a beautiful, delicious, and fun appetizer or meal. What's wonderful about creating a charcuterie board is that it is not difficult, the possibilities are endless, and you can include everyday ingredients from your pantry. Additionally, the ingredients you use can be a part of a healthy eating plan.

One of the recommendations from the U.S. Department of Agriculture's MyPlate is to consume a "Healthy Eating Pattern," which includes:

- A variety of vegetables (dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables)
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy (milk, yogurt, cheese, and fortified soy beverages)
- Protein foods such as lean meats, poultry, and eggs; seafood; beans, peas, and lentils; and nuts, seeds, and soy products
- Oils, particularly those high in unsaturated fats

A healthy dietary pattern should limit saturated fats, added sugars, and sodium.

The Parts

The Board and Serving Parts

Set the stage with the board. Consider a board with raised sides to keep food from falling off the edges. Anything can be used for the board, including common kitchen tools like a turn table, pizza paddle, cutting board, sheet pan, or serving platter. Boards marketed as charcuterie boards are also available for purchase. Keep safe food handling in mind and choose a board that can fit easily inside your refrigerator once assembled. Condiments should be served in small dishes and placed on the board. Secondhand stores and antique shops are great places to find low-cost options for fun serving dishes like ramekins. Along with small dishes, think about serving spoons and having several cheese knives.

Cheese

Cheese can be a savory component of the board, depending on the type of cheese selected, maybe also spicy—component of the board. As with the protein, include a variety of cheeses from hard to soft and mellow to sharp. The recommended amount of cheese is 1 or 2 ounces of cheese per person. Add visual appeal to the board by cubing some cheeses and serving others in wedges.

Make it part of a Healthy Eating Pattern! Look for low-fat or fat-free dairy products. Choose natural cheeses, such as cheddar, Gouda, Colby, and goat cheeses, rather than processed cheeses like American cheese and cheese spreads, which are significantly higher in sodium.

Fruit and Vegetables

Fresh fruit adds something sweet and a pop of color to a charcuterie board. Think about what is in season as well as what pairs with the savory portions of the board. During winter holidays, add fresh cranberries; in the summertime, fresh local berries make a great addition. Dried fruits like apricots, cherries, and dates are great year-round options. Vegetables can also add color to a board and give guests another healthful option. Sliced cucumbers, colorful bell peppers, and baby carrots are just a few options to add more variety and appeal to the board. When adding finishing touches, fresh herbs like a sprig of rosemary or mint can add a pop of green and really pull the board together.

Make it part of a Healthy Eating Pattern! To follow the recommendations of a healthy eating pattern, start with produce as the focus of the board. Include a variety of fruits and vegetables from several of the subgroups: dark green; red and orange; beans, peas, and lentils; starchy; and other vegetables.

Whole Grains

Adding crackers or bread to the board is important so guests can use them as a base to build upon. Whole-grain crackers, pita, lavash, rusks, pretzels, or a sliced and toasted baguette are other options.

Make it part of a Healthy Eating Pattern! For a healthier option, choose whole grains. Look for a "Whole Grain" stamp on the package, which identifies the amount of whole grain in the product. Also check for "whole" as the first word on the ingredient list, no matter the type of grain.

Creative Condiments

Condiments could include jams, jellies, preserves, different types of mustards, dips like spinach or artichoke dip, dill or sweet pickles, a variety of olives, tzatziki, hummus, and so forth. When choosing condiments, select flavors from sweet to spicy that would pair well with the cheeses, protein foods, fruits, and vegetables on the board.

Nuts and Seeds

Nuts and seeds are a great filler on a board that also count as a protein source. Sprinkle or arrange them around the various parts of the board or use small serving dishes to feature unsalted or lightly salted nuts and seeds.

Protein Foods

Protein options like meat, poultry, and seafood provide another savory component to a board. Add a variety of flavors depending on local availability.

Make it part of a Healthy Eating Pattern! Shift the focus of the board away from red and processed meats that are high in saturated fat. Instead, think of meat as garnish rather than the focus of the board, and choose lean meats, poultry, and seafood. A healthy dietary pattern consists of lower intakes of red and processed meats; therefore, choose the protein component of the board carefully to stay within MyPlate recommendations. Diets that are high in saturated fat and cholesterol can have negative health consequences.

Themes

To really wow the crowd, create a themed board. Anything from a cuisine-themed board to a pancake breakfast board to a seasonally inspired board is sure to impress!

Putting It All Together

Before preparing the board, find out if any guests have food allergies that must be considered. Wash hands with soap and water prior to handling food. Wash all fresh produce under cold, running water before assembling the board.

1. Choose the board.
2. Determine what type of serving dishes and utensils are needed.
3. Lay out the serving dishes and cheeses on the board.
4. Fill in the spaces with fresh fruits and vegetables.
5. Add in the whole grains.
6. Fill the serving dishes with the featured condiments.
7. Add nuts and/or seeds by arranging on board or placing in serving dishes.
8. Trim remaining space with lean meat, poultry, and seafood.
9. Garnish with fresh herbs.

A charcuterie board allows for imagination and creativity, and it is a great option for a healthy appetizer or meal.

Build a Board of Your Own

Theme Ideas

- Seasonal or holiday
- Culinary theme (e.g., Mediterranean)
- Breakfast (e.g., pancake or waffle)
- Vegetable charcuterie board (e.g., emphasis on vegetables with meat and cheese as the garnish)
- Grilled vegetable charcuterie board

Cheese

- Fat-free or low-fat cheeses (e.g., fat-free or low-fat cheddar, Colby, or Gouda)

Fruits

- Fresh: Apple slices, blueberries, cranberries, pomegranate arils, grapes, raspberries, strawberries, kiwi, blackberries, pears, cantaloupe
- Dried: Apricots, cherries, cranberries, dates, pineapple, raisins, strawberries

Vegetables

A variety of vegetables from the subgroups:

- Dark green: broccoli
- Red and orange: tomatoes, carrots, sweet potatoes, red peppers
- Beans, peas, and lentils: dips and spreads
- Starchy: potatoes, corn, green peas, plantains, cassava
- Other: green beans, cucumbers, celery, green pepper, mushrooms, avocado, cauliflower, olives, asparagus, beets, sugar snap or snow peas

Whole Grains

- Variety of whole-grain crackers (different shapes and sizes), pita, lavash, rusks, pretzels, small loaves of sliced bread (e.g., toasted baguette), waffles, or pancakes

Creative Condiments

- Black olives, green olives, marinated olives; marinated artichoke hearts; sweet pickles, dill pickles, spicy pickles; honey, jam, jellies, preserves; whole-grain mustard, honey mustard, deli-style mustard, horseradish mustard; hummus, tzatziki, bruschetta, salsa, olive oil, marinated mushrooms

Nuts and Seeds

- Almonds, cashews, pistachios, walnuts, peanuts, pumpkin seeds, sunflower seeds

Protein Foods

- Any variety of lean meat, poultry, eggs, and seafood (e.g., roasted turkey, rotisserie chicken, chicken salad, lean ham)

Herbs

- Rosemary, thyme, mint, basil

Source

U.S. Department of Agriculture. April 2021. "MyPlate: What's on Your Plate?"(https://www.myplate.gov).

Prepared by Amber E. Denmon, M.S., RDN, LDN, extension educator; Samantha Zlotorzynski, M.A., RDN, extension educator; and Jonathan Campbell, Ph.D., associate professor of animal science and extension specialist.

Authors

Amber E. Denmon, MS, RDN, LDN

Former Extension Educator, Food, Families & Health

Pennsylvania State University

Samantha Zlotorzynski, MA, RDN

Former Extension Educator, Food, Families & Health Unit and Food Safety & Quality Unit

5 EASY WAYS TO FOLD SALAMI

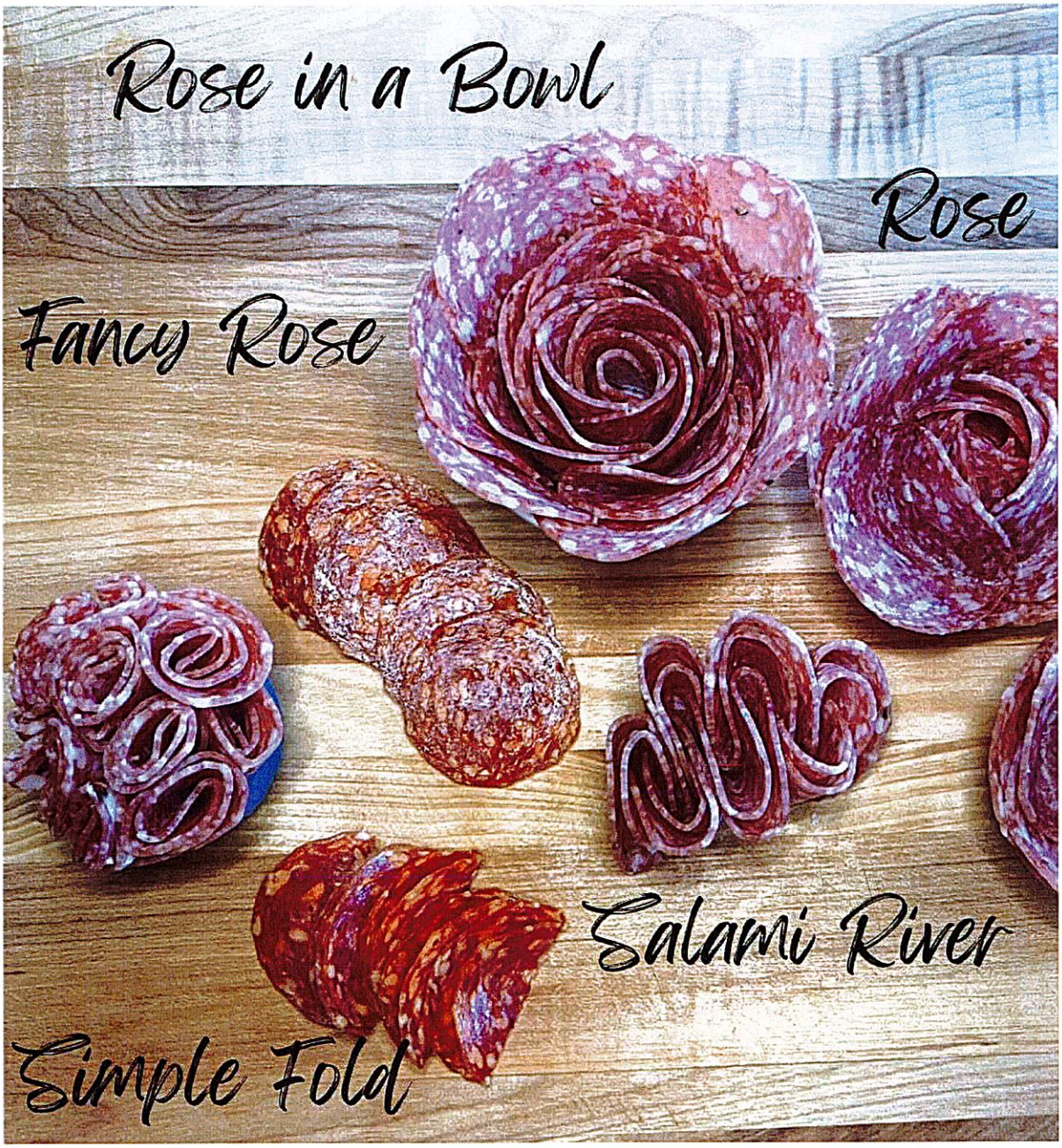

Photo Credit: I Love Charcuterie Boards Facebook page



Photo Credit: FreshCut Snacks Facebook page



Photo Credit: FreshCut Snacks Facebook page



Photo Credit: Tasty Simply Recipes Facebook page



Photo Credit: Chillax Recipes Facebook page



Photo Credit: Tasty Simply Recipes Facebook page



Photo Credit: Kyle & Misty Knight Facebook page

Fruit Dip
Gayle Plummer

8 oz. softened cream cheese 1- 71/2oz jar marshmallow cream

Blend all together. Sprinkle a little nutmeg and blend. Use with any kind of fresh fruit.

Nutrition Facts

28 servings per container

Serving size 1 serving (16g)

Amount per serving

Calories **50**

	% Daily Value *
Total Fat 3g	**4%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 25mg	**1%**
Total Carbohydrate 7g	**3%**
Dietary Fiber 0g	**0%**
Total Sugars 5g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 10mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed by Recipe Card Blocks PRO

Vegetable Dip
Gayle Plummer

1 (8oz) container small curd cottage cheese
1 c. mayonnaise
1 env. Hidden Valley Ranch mix
Mix together all ingredients. Chill before serving.

½ tsp. oregano
8 oz. cream cheese
Celery salt to taste

Nutrition Facts

40 servings per container
Serving size 1 serving (13g)

Amount per serving

Calories **60**

	% Daily Value *
Total Fat 6g	**8%**
Saturated Fat 2g	**9%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 250mg	**11%**
Total Carbohydrate 0g	**0%**
Dietary Fiber 0g	**0%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0mg	0%
Potassium 10mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Pumpkin Fluff
Kim Wermsman

2- 16oz containers Cool Whip
1-16oz Libby Pumpkin
1-sm instant Vanilla Pudding
1-Tablespoon Pumpkin Spice
Mix together all ingredients. Chill before serving.

Nutrition Facts

40 servings per container
Serving size 1 serving (5g)

Amount per serving

Calories **10**

	% Daily Value *
Total Fat 0g	**0%**
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 15mg	**1%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 5mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vegetable Dip (no seasoning packets!)

An easy and delicious Vegetable Dip recipe made with simple pantry ingredients and no seasoning packets.



Prep Time	Total Time
5 mins	5 mins

Course: Appetizer Cuisine: American Servings: 12 servings
Calories: 146kcal Author: Lauren Allen Cost: 5

★★★★★
5 from 147 votes

Recipe Link

Equipment

- Measuring Spoons

Ingredients

- 1 cup mayonnaise (226g)
- 1 cup sour cream or plain Greek yogurt (227g)
- 1/2 cup fresh spinach leaves (15g), packed, then very finely chopped
- 2 tbsp dried onion flakes
- 2 tsp garlic powder
- 1 tsp dried parsley flakes
- 1/2 tsp dried thyme
- 1/2 tsp dried basil
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/3 cup buttermilk (76g), or up to 1/2 cup to thin as needed.

Instructions

1. Combine all ingredients together until smooth.
2. Refrigerate until ready to serve--up to 4 days. Serve cold with raw veggies.

Notes

Yield: 1 1/2 cups. **Serving Size:** 2 Tablespoons.

Knorr Vegetable Dip Mix: The old version of this recipe used 1 package Knorr vegetable dip mix. To use a seasoning packet, replace onion flakes, garlic powder, parsley, thyme, and basil with 1 packet.

Add Herbs: Stir in a teaspoon of tarragon or dill weed, or chop up a tablespoon of fresh herbs.

Cheesy Vegetable Dip: Use cream cheese instead of sour cream and mix in a handful of freshly grated parmesan.

Spicy Vegetable Dip: Stir in some finely diced jalapeño, crushed red pepper flakes, or a teaspoon of your favorite hot sauce.

Nutrition

Calories: 146kcal | Carbohydrates: 2g | Protein: 2g | Fat: 14g | Saturated Fat: 2g | Polyunsaturated Fat: 8g | Monounsaturated Fat: 3g | Trans Fat: 0.04g | Cholesterol: 9mg | Sodium: 230mg | Potassium: 65mg | Fiber: 0.2g | Sugar: 1g | Vitamin A: 143IU | Vitamin C: 1mg | Calcium: 33mg | Iron: 0.2mg

Easy Garlic and Herb Veggie Dip

The creamiest veggie dip, filled with garlic and herbs, and perfect for parties and gatherings!



Prep Time	Total Time
5 mins	5 mins

★★★★★
4.82 from 43 votes

Course: Appetizer Cuisine: American
Keyword: vegetable dip, veggie dip Servings: 12 servings
Calories: 147kcal Author: The Chunky Chef

Ingredients

- 1 cup mayonnaise
- 1/2 cup sour cream
- 1 Tbsp dried parsley
- 1 Tbsp dried chives
- 1/2 - 1 tsp dried tarragon
- 1/2 - 1 tsp dried dill weed
- 1/2 tsp garlic powder
- 1/4 tsp paprika (or smoked paprika)
- 1/4 tsp dried minced onion
- salt and pepper , to taste

Instructions

1. In a mixing bowl, combine all ingredients and whisk together to combine well.
2. For best taste, refrigerate for several hours in an airtight container before serving.

Nutrition

Calories: 147kcal | Fat: 15g | Saturated Fat: 3g | Cholesterol: 12mg | Sodium: 127mg | Potassium: 20mg | Vitamin A: 110IU | Vitamin C: 0.4mg | Calcium: 15mg | Iron: 0.1mg

Chex Mix

Deborah Doering

In a large pan mix:
2 cups Wheat Chex
2 cups Corn Chex
2 cups Rice Chex
2 cups Pretzels
2 cups Cheerios
2 cups Cheese Crackers
2 cups Mixed Nuts
Whisk the following together in a bowl:
1 cup vegetable oil
1 Tablespoon Worcestershire
1 teaspoon Garlic Salt
1 teaspoon seasoned salt
Pour mixture over cereal mix and stir until well coated. Bake at 250 degrees for 45 minutes stirring every 15 minutes.

Nutrition Facts

Serving Size

28g / 1oz (1/1 of Whole Recipe)

Calories 121

	% Daily Value *
Total Fat 3.4g	**4%**
Saturated Fat 0.76g	**4%**
Trans Fat 0.05g	
Cholesterol 0mg	**0%**
Sodium 248.6mg	**10%**
Total Carbohydrate 21.2g	**8%**
Dietary Fiber 1.3g	**5%**
Total Sugars 2.2g	**4%**
Includes 1.8g Added Sugars	**4%**
Protein 2.3g	**5%**
Vitamin C --mg	--%
Vitamin D 0mcg	0%
Iron 0.75mg	4%
Calcium 11.9mg	1%
Potassium 57.8mg	1%
Phosphorus --mg	--%

%DV values are based on your custom targets