Strawberry Appetizer Perfect for Valentine's Day

Ingredients:

16 Strawberries / Serving size: 16

½ cup Balsamic vinegar

3 oz. fat free cream cheese

½ cup blue cheese

3 Tablespoons finely chopped pecans

Directions:

1. In a small saucepan, bring balsamic vinegar to a boil. Cook until liquid is reduced by 50%. Remove from heat and allow to cool to room temperature.
2. In a small bowl, blend cream cheese until smooth. Beat in blue cheese.
3. Remove stems from strawberries plus scoop out centers from strawberries.
4. Fill each strawberry with approximately 1-2 teaspoons of cheese mix.
5. Sprinkle pecans over the filling, pressing lightly. And chill until ready to serve.
6. Drizzle with balsamic vinegar.

Are strawberries good for your heart? Here's what Very Well Health has to say about it:

Strawberries are a natural source of important nutrients that support heart health. According to a new study, eating strawberries every day for four weeks may help improve endothelial functioning and systolic blood pressure.   April 13, 2021.

Including strawberries into your daily diet may improve blood vessel function and systolic blood pressure, according to a new study. Specifically, the fruit shows benefits for those who are overweight or obese and who have moderately high cholesterol (LDL cholesterol, or "bad" cholesterol).

Strawberries are packed with beneficial antioxidants and nutrients including potassium, folate, fiber, and polyphenols—compounds found in plants that offer a slew of health benefits. In fact, research published prior to this new study shows eating at least 1.5 cups of strawberries per week is associated with a 34% reduced risk of a heart attack.

When countered with combining the strawberries with blue cheese – do not over-consume. Remember, eat saturated fat (as found in blue cheese) in moderation or not at all if you are battling high cholesterol. One teaspoon of blue cheese contains 1 gram of saturated fat; 2 grams of cholesterol; 32 mg of sodium, zero sugar and 1 gram of protein.