



Cooking Essentials for a Flavorful Life™

Lemon Ricotta Stuffed Nasturtium Blossoms

Prep Time: 10 minutes

Yield: 6 pieces

Ingredients

2 tablespoons whole milk ricotta cheese

1 teaspoon lemon zest

1 tablespoon honey powder

Pinch of salt

6 nasturtium flowers with stems

Preparation

1. Mix ricotta, lemon zest, honey powder and salt in a small bowl.
2. Load mixture into a piping bag fitted with a small round tip.
3. Pipe 1/2 – 1 teaspoon of mixture into each blossom. Fold petals up over cheese. Serve immediately.

Cook's Note: If you are unable to find honey powder, substitute granulated sugar.

Recipe Provided By Chef Stephanie Green, RDN

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