

**Have A Plant<sup>®</sup> Cook Along: Build A Better Board With Fruits & Veggies**  
**October 6, 4:00pm EST**  
**With Robin Plotkin, RDN**

**Tools & Equipment**

- Your favorite food-safe board for display
- Cheese knife or small chef's knife
- Paring knife
- Cutting Board
- Small juice glass or wine glass
- Bowls or vessels to hold small items or items with liquid
- Kitchen shears (optional)
- Toothpicks (optional)

**Ingredients**

**Cheeses (2-3 total)**

1 ½ ounces per cheese person; for a 2-person board, 3 ounces of each cheese; for a 4 person board, 6 ounces of each cheese. Check the cheese section for a basket of “remnants” or “tiny tastes” for small amounts of cheese. Or ask the cheese monger to cut a smaller piece for you—they’ll usually be happy to help. Try to get a variety of textures:

- Soft/runny cheese like brie or goat cheese log
- Semi-soft cheese like Fontina or Muenster
- Hard cheese like Cheddar, Gouda or Manchego
- Crumbly cheese like blue cheese or Parmesan

\* do not purchase any pre-sliced, pre-shredded or pre-cubed cheeses, if possible

\* does not have to be exact sizes or varieties

### **Meats (1-2 total)**

2 ounces of each meat per person; for a 2 person board, 4 ounces of meat for a 4 person board. Stop by the deli counter for these small portions and ask them to have them sliced for a charcuterie board. Again, try to get a variety of textures. Turkey, beef, smoked salmon and other protein sources may be substituted or added.

- Thinly sliced prosciutto
- Hard salami (any variety)
- Saucisson
- Sopressata
- Calabrese
- Mortadella
- Chorizo
- Smoked kielbasa
- Pate

### **Fresh fruits (2-3 total)**

When purchasing fresh produce, look for items with leaves, stems, vines to add more texture and dimension to your board.

- Grapes (red, purple or green)
- Mixed berries
- Apples, pears
- Mandarins or other citrus
- Pomegranate (whole or seeds)
- Any in season fruit
- Exotic fruits

### **Fresh Vegetables (2-3 total)**

- Carrots (multi-color or baby, with or without tops)
- Cucumbers (baby or regular)
- Peppers (red, green, yellow, orange)
- Cherry or teardrop tomatoes
- Regular or baby cauliflower
- Broccoli
- Radish
- Endive lettuce
- Celery

### **Breads/crackers (1-2 total)**

Choose something sturdy for those items that are spreadable.

- Baguette
- Breadsticks
- Water crackers
- Seed, fruit and nut crackers
- Flatbread crackers
- Any artisanal crackers

### **Salty/Briney/Oily (1-3 total)**

Amounts are up to you. Most of these items can be refrigerated for a few weeks after opening so you can use them for more than one board

- Pickled vegetables (green beans, okra, asparagus, beets, etc.)
- Olives: green, stuffed, marinated, Kalamata, black
- Pickles: cornichons, dill, garlic, spicy (chips, whole, spears)
- Roasted red peppers (stuffed or not)
- Artichokes (marinated or packed in water)
- Olive Tapanade
- Sun dried tomatoes

### **Sweet (1-2 total)**

- Honey (with or without comb)
- Jams, jellies, marmalades
- Small chocolates
- Candied dried fruit

### **Dried fruit (1-2 total)**

- Any berry
- Coconut
- Any citrus
- Apples
- Mango
- Apricots
- Figs
- Dates
- Nectarines

## **Extras**

- Fresh herbs and/or edible flowers
- Mustards
- Other condiments as desired
- Dips for vegetables (hummus, ranch-style, garlic and herb, avocado, tzatziki, etc.)