

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Bacon-Wrapped Almond-Stuffed Dates

From Paleo Comfort Foods by Julie and Charles Mayfield

24 pitted dates

24 raw almonds

8 strips of bacon (free-range, nitrate-free is best), cut into thirds

1. Preheat the oven to 450°.
2. Line a baking sheet with foil, then place a heat-proof cooling rack on top and spray with nonstick spray.
3. Stuff each date with an almond and wrap in a piece of bacon.
4. Place the bacon seam side down on the cooling rack.
5. Cook them to a crisp on one side (4-6 minutes), flip and cook other side to crisp (another 4-6 minutes).
6. Place on paper towels to soak up excess grease and serve.

If you find it challenging to keep the bacon together, run a toothpick through the bacon side-ways to hold it.