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Prevent and Protect
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CHEF'S SPECIAL SPREADS

MarthaStewart.com

Butter, as all food lovers know, makes everything better. Try blending in chopped fresh herbs, citrus zest, or spices, and you take it a whole new level of deliciousness. When spread onto bread and paired with simple fillings, these mixes (their proper name is compound butter) anchor a variety of tea sandwiches. They can also add quick bursts of flavor to meals.

5 SPECIAL SPREADS

Begin by placing 1 stick of softened butter (plus mix-ins combinations shown below) for each spread in a small food processor; pulse until all ingredients are combined. The butters can be refrigerated for up to 1 week.

DILL, GRAPEFRUIT, & FINNEL (great on smoked salmon & watercress tea sandwiches, or mixed with warm farro)

- 2 tablespoons chopped fresh dill
- 1 tablespoon finely grated grapefruit zest
- ½ teaspoon finely ground toasted fennel seeds
- 1/8 teaspoon of salt.

WATERCRESS AND LEMON (great on ham tea sandwiches or tossed w/boiled potatoes)

- 2 cups loosely packed watercress
- ¾ teaspoon finely grated lemon zest
- ¼ teaspoon of salt.

CILANTRO AND CURRY (great on sliced chicken and cucumber tea sandwiches, or slathered on corn)

- 3 tablespoons finely chopped fresh cilantro
- 1 ½ teaspoons Thai red curry paste (grocerythai.com)
- 1/8 teaspoon of salt

PEA AND TARRAGON (great on radish tea sandwiches or folded into pasta with goat cheese)

- ½ cup thawed frozen peas, or cooked & cooled fresh peas
- 1 tablespoon plus 1½ teaspoons chopped fresh tarragon
- ¼ teaspoon of salt

CHIVE AND MUSTARD (great on smoked trout tea sandwiches, or melted over steamed asparagus)

- 3 tablespoons chopped fresh chives
- 1 tablespoon Dijon mustard
- 1/8 teaspoon salt