

Fresh Summer Stacks

Yield: 12 canapés

12 slices of cocktail rye bread (about 2-inch squares)

Olive oil cooking spray

4 hard-cooked eggs

2 Roma tomatoes

1/2 cup black olive tapenade (chopped olive spread)

24 small baby leaf lettuce pieces

Fresh herb sprigs or black olives halves for garnish, optional

Place bread slices on a baking sheet and spray with olive oil cooking spray. Bake at 450°F for 5 minutes or until crisp. Cut ½-inch off ends of each egg and discard. Cut each egg into 3 equal slices. Cut ½-inch off ends of Roma tomatoes and discard; slice each tomato into 6 equal slices. Assemble canapés by placing 2 teaspoons of tapenade on each bread slice. Top each canapé with 2 lettuce leaves, tomato slice and egg slice. For garnish top each canapé with an herb sprig or a black olive half.

To Hard-Cook Eggs: Place eggs in single layer in saucepan. Add enough tap water to come to at least 1 inch above eggs. Cover. Quickly bring just to boiling. Turn off heat. Remove pan from burner. Let eggs stand, covered in hot water for 15 minutes for large eggs, (12 for medium, 18 for extra large). Immediately run cold water over eggs, or place them in ice water until completely cooled.

Nutritional analysis per appetizer (M-2719)

<u>Nutrient</u>	<u>Amount</u>	<u>%DRV</u>	<u>Nutrient</u>	<u>Amount</u>	<u>%DRV</u>
Calories	76.80 cal	3.84	Sodium	328.18 mg	13.67
Protein	2.83 gm	5.66	Potassium	68.54 mg	1.96
Fat	5.03 gm	7.74	Vitamin A	286.86 IU	5.74
Carbo	4.14 gm	1.38	Thiamin	<1 mg	2.67

Calcium	19.21 mg	1.92	Riboflavin	<1 mg	5.88
Phos	41.01 mg	4.10	Niacin	<1 mg	1.70
Iron	<1 mg	2.89	Vitamin C	2.71 mg	4.52
T.S.F.A.	<1 gm	2.90	Olei	<1 gm	
Lino	<1 gm		Chol	70.83 mg	23.61
T.M.F.A.	<1 gm		T.P.F.A.	<1 gm	
Vit. B12	<1 mcg	4.50	Zinc	<1 mg	1.60
Diet. Fib	<1 gm	2.36	Crude Fib	<1 gm	