



### **Stuffed Nasturtium Flowers**—serves 4 (4 per person)

The nasturtiums have a peppery taste and are a real treat.

#### **Ingredients:**

- 16 nasturtium flowers
- 8oz pkg. cream cheese, softened
- Lemon pepper, to taste
- 1/2 T fresh chives or chive blossoms, chopped
- 1 T lemon basil, (lemon balm, lemon thyme or lemon verbena)

#### **Directions:**

- Make sure flowers are clean, dry, and pesticide free, picking as close to serving time as possible. Store in refrigerator until ready to use.
- Thoroughly mix all ingredients together.
- Fill a pastry bag with cream cheese mixture.
- Handling flowers gently, they bruise easily; fill each flower with 1 to 2 teaspoons of cream cheese mixture.
- Pull petals upwards to cover the cheese as much as possible and press lightly into cheese.
- Refrigerate, served chilled. You can also stuff day-lilies, and squash blossoms in this manner.

#### *Variations:*

Use squash blossoms or Daylilies in place of nasturtium flowers.

