



Healthy Indulgence: 5 Deliciously Simple Stuffed Date Recipes

By Ellen Boeke
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Nutrient-dense [dates](#) are a staple ingredient in the whole-food, plant-based kitchen, bringing natural sweetness to everything from salads to grain bowls to desserts. And for an easy yet elegant appetizer or a decadent-tasting snack, you can't beat stuffed dates. Here are five simple yet satisfying stuffed date recipes that come together in just 15 minutes.

With their large size and ultra-pliable texture, plump, candy-like Medjool dates are ideal for stuffing. You can also use Deglet Noor, a smaller, less sweet variety, but you'll need to use about twice as many dates.

Nut Butter-Pomegranate Stuffed Dates



Ingredients

- 12 large Medjool dates
- ¼ cup no-sugar-added chunky or smooth nut

- butter (such as peanut, almond, or cashew)
- ¼ cup pomegranate arils

Instructions

1. Cut a slit in the side of each date. Pop out the pits, and gently open dates for stuffing.
2. In a small bowl stir together nut butter and pomegranate arils.
3. Spoon mixture into dates.

Chutney-Walnut Stuffed Dates



Ingredients

- 12 large Medjool dates
- ¼ cup purchased mango chutney
- ¼ cup chopped toasted walnuts

Instructions

1. Cut a slit in the side of each date. Pop out the pits, and gently open dates for stuffing.
2. In a small bowl stir together chutney and walnuts. Spoon into dates. (Alternatively, stir 12 toasted walnut halves into ¼ cup mango chutney and stuff coated walnut halves into dates.)

Zesty Almond Stuffed Dates

(continued)

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Ingredients

- 12 large Medjool dates
- ⅓ cup chopped toasted almonds
- 2 tablespoons lime juice to coat
- 1½ teaspoons chile-lime seasoning, such as Tajín

Instructions

1. Cut a slit in the side of each date. Pop out the pits, and gently open dates for stuffing.
2. In a small bowl stir together almonds and lime juice to coat. Drain lime juice. Sprinkle almonds with chile-lime seasoning. Spoon into dates.

Berry-Pistachio Stuffed Dates



Ingredients

- 12 large Medjool dates
- 24 whole fresh blackberries or large red raspberries

- ¼ cup finely chopped pistachios

Instructions

1. Cut a slit in the side of each date. Pop out the pits, and gently open dates for stuffing.
2. Dip whole berries (halve them if large) in pistachios.
3. Stuff berries into dates.

Pecan-Orange Stuffed Dates



Ingredients

- 14 large Medjool dates
- ⅓ cup chopped toasted pecans
- 1 teaspoon orange zest
- ¼ teaspoon Aleppo pepper

Instructions

1. Cut a slit in the side of each date. Pop out the pits. Finely chop 2 of the dates. Gently open the remaining 12 dates for stuffing.
2. In a bowl stir together chopped dates, pecans, orange zest, and Aleppo pepper. Spoon into whole dates.