



Healthy Holiday Appetizers

White Bean Roasted Red Pepper Dip

1 15-ounce can of white cannellini or navy beans, drained and rinsed
1 small jar roasted red peppers, or about 1 cup, drained
3 ounces goat cheese, softened
1 clove garlic, minced
Juice from half a lemon
Salt and pepper to taste
Chives for garnish

Puree everything in a food processor until smooth. Serve with baked pita chips.

Layered Black Bean Dip

1 can black beans (15 ounce, drained and rinsed); You can also use fat-free refried black beans
1/4 teaspoon onion powder
1/4 teaspoon dried oregano
1/8 teaspoon garlic powder
1/8 teaspoon cayenne pepper
1/2 cup salsa (thick and chunky is best)
1/2 cup light sour cream
1/4 cup chopped green onion
2 ounces shredded reduced-fat cheddar cheese

Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
Top with salsa, sour cream, green onions and grated cheese.

Caprese Skewers

16 cherry tomatoes
16 fresh mozzarella balls
16 large fresh basil leaves
Olive oil for drizzling
Salt and freshly ground pepper, to taste

Thread 1 tomato, 1 mozzarella ball and 1 folded basil leaf on a small wooden skewer

or toothpick. Repeat to make the remaining skewers. Arrange the skewers on a platter and drizzle with olive oil. Season with salt and pepper to taste.

Baked Zucchini Sticks

Canola or olive oil cooking spray

1/2 cup whole-wheat flour

1/2 cup all-purpose flour

2 tablespoons cornmeal

1 teaspoon salt

1/2 teaspoon freshly ground pepper

1 1/2 pounds zucchini, (about 3 medium), cut into 1/2-by-3-inch sticks

2 large egg whites, lightly beaten

Preheat oven to 475°F. Coat a large baking sheet with cooking spray. Combine flours, cornmeal, salt and pepper in a large sealable plastic bag. Dip zucchini in egg white, shake in the bag to coat, and arrange, not touching, on the baking sheet. Coat all exposed sides with cooking spray. Bake on the center rack for 10 minutes. Turn the zucchini and coat any floury spots with cooking spray. Continue to bake until golden and just tender, about 8 to 10 minutes more. Serve hot.

Lemon-Garlic Marinated Shrimp

3 tablespoons minced garlic

2 tablespoons extra-virgin olive oil

1/4 cup lemon juice

1/4 cup minced fresh parsley

1/2 teaspoon kosher salt

1/2 teaspoon pepper

1 1/4 pounds cooked shrimp

Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

Fresh-Herb Tomato Crostini

1/4 cup olive oil

2 garlic cloves, pressed

1 (8.5-oz) French bread baguette, cut into 1/4 inch-thick slices

3 tablespoons fresh lemon juice

2 tablespoons olive oil

1/4 teaspoon salt

1/8 teaspoon pepper

1 large tomato, finely chopped

3/4 cup finely chopped green onions

1/2 cup chopped fresh parsley

1 tablespoon chopped fresh mint

1/3 cup crumbled feta cheese

Preheat oven to 350°. Stir together olive oil and garlic; brush on 1 side of each bread slice. Place bread slices, garlic sides up, on a baking sheet. Bake 10 to 12 minutes or until lightly toasted. Whisk together lemon juice and next 3 ingredients in a large bowl. Add tomato and next 3 ingredients; gently toss to coat. Top each bread slice with tomato mixture (about 2 rounded teaspoonfuls each). Sprinkle with cheese.

Stuffed Baby Potatoes

16 small red potatoes

Salt and Pepper

6 slices turkey bacon

1/2 cup reduced-fat sour cream

3 tablespoons snipped fresh chives

Scrub potatoes well, place in a pan and cover with cold water by at least 1 inch. Add 1 tsp. salt, bring to a boil over medium-high heat and cook until potatoes are tender and a knife can be inserted easily, 15 to 20 minutes. Drain; let cool. Cook bacon in a skillet over medium heat, turning, until crisp, about 12 minutes. Drain on paper towels. When cool, crumble bacon. Cut each potato in half crosswise. Trim a small slice from the bottom of each half so it stands upright. With a melon baller or teaspoon, remove center of each potato, leaving a 1/4-inch border. Put potato flesh in a bowl and mash with sour cream; season with salt and pepper. Fold in crumbled bacon. Fill each potato half with sour cream mixture and sprinkle with chives (you may have some filling left over). Serve immediately.