

PARTY PERFECT APPETIZERS MADE HEALTHY



TEXAS CAVIAR

LOW CALORIES AND CHOLESTEROL

NUTRITIONAL INFORMATION: Serving size: ¼ cup; Calories 70; Fat 2.3g (sat .3g); Sodium 215mg; Cholesterol 0; Carbohydrate 20g; Fiber 2g; Protein 2.5g; Calcium 14mg

PEA PESTO CROSTINI

A GOOD SOURCE OF PROTEIN

NUTRITIONAL INFORMATION: Serving size: 2 each; Calories 180; Fat 10g (sat 2g); Sodium 85mg; Cholesterol 5mg; Carbohydrates 16g; Fiber 3g; Protein 10g

PUMPKIN COCONUT ENERGY BALLS

LOW IN FAT AND CALORIES

NUTRITIONAL INFORMATION: Serving Size: 2 balls; Calories 114; Fat 5g (sat 2g); Sodium 104mg; Cholesterol 0mg; Carbohydrate 15g; Fiber 3g; Protein 3g; Potassium 127mg; Sugars 5g



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TEXAS CAVIAR -SERVES 12

INGREDIENTS:

2 tablespoons red wine vinegar
2 tablespoons canola or grapeseed oil
1/2 teaspoon kosher salt
1/2 teaspoon ground cumin
1/4 teaspoon freshly ground black pepper
1 small garlic clove, minced
1 cup fresh corn kernels (about 2 ears)
2/3 cup chopped, drained, rinsed, bottled roasted red bell peppers (about 2 peppers)
1/2 cup finely chopped green onions
1/4 cup chopped pickled jalapeno peppers
2 tablespoons chopped fresh cilantro
1 (15.8-ounce) can black-eyed peas, rinsed and drained

PREPARATION:

Combine first 6 ingredients (through garlic) in a large bowl, stirring with a whisk. Add corn and remaining ingredients; toss well. Chill until ready to serve.

Serve with blue tortilla chips.

Source: Cooking Light October 2013

PEA PESTO CROSTINI - SERVES 4-6

INGREDIENTS:

Pesto:

1 10-ounce package frozen peas, defrosted
1 garlic clove
1/2 cup grated parmesan
1 teaspoon kosher salt, plus extra for seasoning
1/4 teaspoon freshly ground black pepper, plus extra for seasoning
1/3 cup olive oil

Crostini:

8 1/2-inch thick slices whole-grain baguette or ciabatta bread, preferably day-old
1/3 cup olive oil
8 cherry tomatoes, halved or 1 small tomato diced

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PEA PESTO CROSTINI - SERVES 4-6

PREPARATION:

For the pea pesto; pulse together the peas, garlic, parmesan, 1 teaspoon of salt and ¼ teaspoon pepper in a food processor. With the machine running, slowly add the olive oil until well combined, about 1-2 minutes. Season with additional salt and pepper, if needed. Transfer to a small bowl and set aside.

For the crostini; preheat a stove top griddle or grill pan on medium-high heat. Brush both side of the sliced bread with olive oil and grill until golden, about 1-2 minutes. Transfer the bread to a clean surface and spread 1 to 2 tablespoons of the prepared pesto on each slice. Top with tomato halves and serve.

PUMPKIN COCONUT ENERGY BALLS - SERVES 10

INGREDIENTS:

1½ cups old-fashioned oats
½ cup chopped slivered almonds (optional)
⅓ cup unsweetened shredded coconut
¾ cup canned pumpkin
2 tablespoons honey
2 teaspoons pumpkin pie spice
¼ teaspoon salt
⅛ teaspoon cayenne pepper

PREPARATION:

Preheat oven to 300° F. Place oats, coconut and almonds (optional) on a large rimmed baking sheet. Bake, stirring once or twice until lightly browned, 8 – 10 minutes. Cool completely on a wire rack.

Combine pumpkin, honey pumpkin pie spice, salt and cayenne in a large bowl. Stir in the toasted oat mixture. Shape the mixture into 20 balls, about 2 teaspoons each. Place balls on a serving tray. Serve immediately or cover and refrigerate for up to two days.

Try with Mike's Hot Honey! Or make your own hot and spicy honey for dipping. Recipe below:

HOT HONEY

PREPARATION:

Bring 2 chiles and honey to a bare simmer in a small saucepan over medium-low heat. Reduce heat to low and let cook 1 hour to infuse. Taste honey and adjust heat with another chile or 2, remove from stove, and let sit 30 minutes. Transfer to a small jar, straining if desired. Cover and chill.

Do Ahead: Hot honey can be made 3 months ahead. Keep chilled.

