

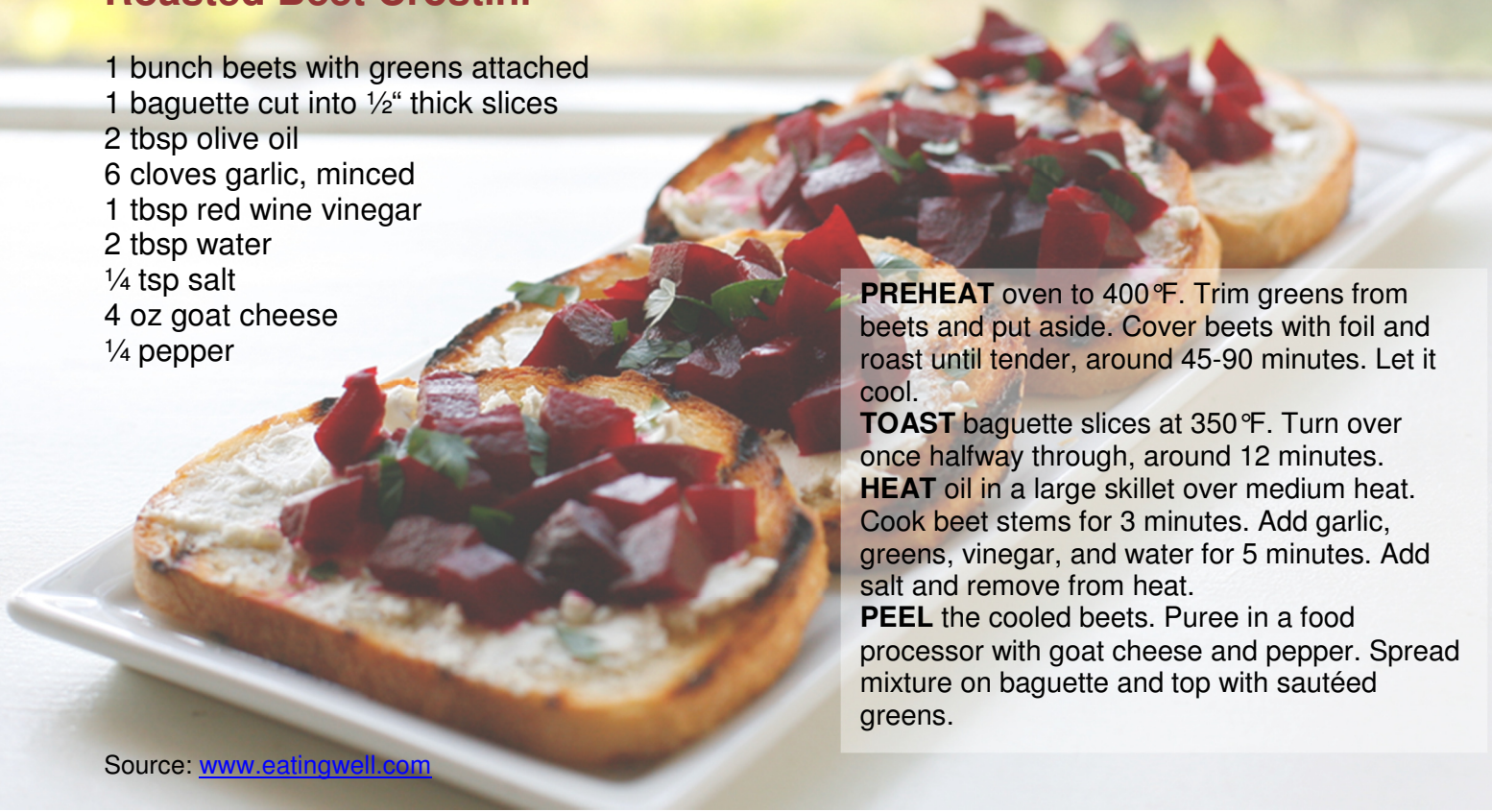


Festive Five Holiday Guide

Hosting this year? Fear no more with these crowd-pleasing cocktail appetizers. Beets are an excellent source of folate (34% daily value), almonds can help lower LDL (bad) cholesterol, while salmon has a high amount of omega-3 fatty acids (<http://www.whfoods.com/>, 2014).

Roasted Beet Crostini

- 1 bunch beets with greens attached
- 1 baguette cut into ½" thick slices
- 2 tbsp olive oil
- 6 cloves garlic, minced
- 1 tbsp red wine vinegar
- 2 tbsp water
- ¼ tsp salt
- 4 oz goat cheese
- ¼ pepper



PREHEAT oven to 400°F. Trim greens from beets and put aside. Cover beets with foil and roast until tender, around 45-90 minutes. Let it cool.


TOAST baguette slices at 350°F. Turn over once halfway through, around 12 minutes.

HEAT oil in a large skillet over medium heat. Cook beet stems for 3 minutes. Add garlic, greens, vinegar, and water for 5 minutes. Add salt and remove from heat.

PEEL the cooled beets. Puree in a food processor with goat cheese and pepper. Spread mixture on baguette and top with sautéed greens.

Source: www.eatingwell.com

	Beet Crostini	Spanish Almonds (per 1/4 cup)	Salmon Dip (per 2 tbsp)
Calories	82	225	56
Protein (g)	4	8	4
Carbohydrates (g)	10	7	1.4
Total Fat (g)	4	19	3.5
Saturated Fat (g)	1	1	2.1
Potassium (mg)	224	5	
Cholesterol (mg)	3	0	9
Sodium (mg)	181	99	89
Fiber (g)	2	5	0
# Servings	16	12	12

A glass jar is tilted, pouring a pile of golden-brown, spiced almonds onto a wooden cutting board. The almonds have a slightly charred and glossy appearance.

Spiced Spanish Almonds

PREHEAT oven 275°F. Coat baking sheet with cooking spray. **WHISK** brown sugar, cumin, paprika, thyme, salt, cayenne in a large bowl. Whisk egg white and water in another bowl until foamy. Stir almonds in water mixture. Pour through sieve. Transfer almonds to the spice mixture and stir well. Spread evenly on baking sheet.

BAKE for 30 minutes. Stir, reduce oven to 275°F and bake until dry and golden, around 30 minutes more. Cool before serving, at least 20 minutes.

- 2 tsp cumin
- 1 tsp paprika
- 1 tsp thyme
- 1 tbsp brown sugar [to taste]
- 1 tsp kosher salt
- ¼ tsp cayenne pepper
- 1 large egg white
- 1 tbsp water
- 1 lb raw whole almonds

Source: www.eatingwell.com

A white bowl is filled with a creamy, light-colored dip containing chunks of pink smoked salmon. The dip is garnished with fresh green dill sprigs. In the foreground, several rectangular, golden-brown crackers are visible, some with the dip spread on them.

Smoked Salmon Dip

- 1 8oz tub light cream cheese
- 2 tbsp fresh dill, chopped
- 1 tbsp fresh lemon juice
- 1 tsp Worcestershire sauce
- 1 tsp light soy sauce
- ½ cup red onion, chopped finely
- 1 can salmon, drained, bones removed
- salt, pepper to taste
- Dill sprigs (optional)

COMBINE all ingredients in a bowl. Garnish with dill sprigs if desired.

SERVE on top of crackers or sliced baguette.

Source: www.myrecipes.com