



# Healthy Holiday Food

Impress your guests with these healthy holiday appetizers! These are great for all cooking skill levels!

## Crostini with Thyme-Roasted Tomatoes

Serves 8

### Ingredients:

- 4 plum tomatoes, halves lengthwise
- extra-virgin olive oil, for drizzling
- kosher or sea-salt and freshly ground pepper
- 1 to 2 teaspoons dried thyme
- 8 1/2 - inch-thick slices baguette, cut on the bias
- 1 clove garlic

### Directions:

1. Preheat oven to 275 degrees.
2. Place the tomatoes cut-side up in the shallow baking dish and drizzle with olive oil, sprinkle with salt, pepper, and thyme.
3. Roast for 1 hour 30 minutes to 2 hours, or until the tomatoes are very soft and slightly shrunken.
4. Increase the oven temperature to 400 degrees. Place the baguette slices on a baking sheet, drizzle with olive oil and bake until golden brown, about 10 minutes.
5. Rub the baguette slices with garlic and top each with a roasted tomato.



## Guacamole

### Ingredients

- 2 avocados
- 1 small onion, finely chopped
- 1 ripe tomato, chopped
- 1 lime, juiced
- salt and pepper to taste



### Directions:

1. Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Chill for half an hour to blend flavors.

## Swap to healthier ingredients!

Sour Cream → Plain Yogurt

Corn Syrup → Honey

Reduced-fat Peanut Butter → Natural Peanut Butter

Oreo Cookies → Graham Crackers

White Couscous → Quinoa

Wheat Flour → Almond Flour

Butter → Avocado Puree

## Oven Baked Sweet-Potato Fries with Cilantro Lime Dip

Serves 4-6

### Ingredients:

- 3 small sweet potatoes (2 lbs)
- 1/4 cup olive or avocado oil
- 1 tbsp sugar
- 1 tbsp salt
- 1-2 tbsp spice or spice combination of your choice: chipotle powder, smoke paprika, garlic salt, Cajun seasoning, Chinese five-spice



### Dip Ingredients:

- 2 limes, juiced
- 1/2 cup greek yogurt, additional as needed
- one small bunch cilantro, stems removed
- salt and pepper

### Directions:

1. Preheat oven to 450°F.
2. Peel the sweet potatoes and cut off the ends. Cut each piece into wedges.
3. Put the sweet potatoes into a large bowl and add the oil. Mix well to combine. Sprinkle with salt, sugar and spices of your choice. Use your hands to mix well.
4. Spread the sweet potatoes out in a single layer on a baking sheet (You may want to put them on top of a wire cooling rack on top of a baking sheet to the oven air circulates all around the wedges – then you don't have to turn them over after 15 min)
5. Bake for a total of 25 to 30 minutes. After the first 15 minutes, remove the baking sheet from the oven and turn over all of the sweet potato pieces. Return to the oven and bake for another 10-15 minutes, or until they are well browned. Let cool for 5 minutes before serving.

DIP: In a food processor combine cilantro and lime juice. Pulse until finely chopped. Add the Greek yogurt and salt/pepper to taste. ENJOY