

# HAPPY HEALTHY HOLIDAYS

## WEEK 1 - EASY AND HEALTHY HOLIDAY APPETIZERS

Having a party this season? Here are some options to set out for your guests to enjoy - with little to no prep from you!

### To include on your charcuterie board:

- A few cheeses – soft, parmesan, smoked cheddar for example
- Some different crackers, including gluten free, whole grain crackers, rice crackers and breadstick
- Grapes
- Little bowls of pate, tapenade and hummus
- Mixture of cured meats, spicy sausage or pepperettes
- Pickles, olives and pickled beans



### Cheesy Stuffed Tomatoes

Combine reduced fat ricotta cheese with garlic, fresh basil, balsamic vinegar, salt, and pepper to taste. Stuff ricotta mixture in cherry tomato halves.

### Festive Pomegranate Guacamole

Toss together 2 medium ripe avocados, 1/3 cup diced red onions, ¼ cup chopped cilantro, 2 tbsp lime juice, ½ tsp salt, ¼ tsp pepper, and ½ cup of pomegranate seeds. Serve with baked tortilla chips.

### Easy Tzatziki Dip

Add Greek yogurt, English cucumber (seeded, finely grated and drained), garlic, lemon zest, lemon juice, chopped fresh dill in a bowl and whisk. Season with salt and pepper. Chill. Serve with fresh vegetables.

### Orange Glazed Meatballs

In a crockpot, mix orange marmalade, orange juice, jalapeno, onion, beef broth, salt, and pepper. Add meatballs in the pot. Set crockpot to low for 4.5-5 hours.

### Bruschetta

In a bowl, toss chopped tomatoes, parmesan cheese, garlic, and basil. Add in balsamic vinegar, olive oil, salt, and pepper. Serve with crostinis.

### Apple, Walnut, and Gouda Crostini

Top a melba toast or crostini with mild gouda cheese, sliced apple, and walnuts. Drizzle it with a little bit of honey.

### Marinated Goat Cheese

Top a log of reduced-fat, soft, unripened goat cheese with fresh thyme, red chili pepper flakes, black pepper and a drizzle of olive oil. Serve with slices of whole grain toasted baguette or crackers.

### Shrimp Pepper Popper

Top crackers with a bit of cream cheese, a cooked shrimp and a dollop of pepper jelly.

### Other Healthier Options:

Set out **bowls of nuts** – either mixed nuts or a selection of nuts, such as almonds, walnuts and pistachios.

Set out a **veggie platter** with dip and a fruit tray always goes over well.

Try shrimp and shrimp sauce or smoked salmon and nacho chips with some great salsa or a homemade bean dip.

