

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 or 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, smoked salmon and nacho chips with some great homemade salsa or bean dip.

