Easy and Healthy Holiday Appetizers

Employee Wellness Solutions Network
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Don't know which appetizers to make during the holidays? We have you covered!

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 ideas: A tray of vegetables or fruit with dip is super easy; shrimp with cocktail sauce, nuts and marinated olives can help fill in the table.

Tips for entertaining:
Always have sparkling water and water available; add lemon and lime wedges and have frozen raspberries or cranberries to add a festive touch.
Serve a pre-mixed drink that you can make beforehand in batches (your signature cocktail!).
Plan early; decide what you can realistically make and delegate or buy the rest!