

The Summer Wellness Plan

Simple Summer Appetizers

Summer means warm weather get togethers, barbecues, and pool parties. Good food is a necessity! Spend more time with your guests and less time in the kitchen with these simple starters that are sure to please. They will make entertaining friends or family as easy as 1-2-3.



Fancy Tomato Skewers: Layer cherry tomatoes and bocconcini (mozzarella balls) and basil on small wooden skewers. Use marinated tofu cubes for a vegan version.



Mini Watermelon Pizzas: Top slices of watermelon with fresh basil leaves and crumbled feta. Top with sliced red onion. Drizzle with balsamic vinegar and oil.



Easy Black Bean Salsa: Combine 1 can stewed tomatoes or 2-3 fresh tomatoes diced, 1 can of black beans, 1/2 c chopped onion, 1/4 c minced fresh cilantro, 1/2 tsp of salt, 1 can sliced olives, and a splash of lime juice. Serve with small pita rounds or tortilla chips.



Garden Tzatziki Dip: Combine diced cucumber, plain Greek yogurt (dairy or coconut based for a vegan version), lemon juice, salt & pepper, and fresh dill to taste. Serve with fresh garden vegetables.



Spicy Lime Shrimp Cups: Bake mini wonton wrappers in muffin tins at 350 degrees for about 5 min. Toss shrimp in olive oil, lime juice and a dash of chili powder. Grill. Put a dollop of sour cream in the cup, a leaf of arugula or cilantro leaves, and top with a piece of grilled shrimp.

Summer Entertaining Tips!

- ✓ With a growing vegan population it is important to have vegan options available. You may want to consider a gluten free option as well.
- ✓ Be sure to provide easy access to non-alcoholic beverages such as water, lemonade, and iced tea.
- ✓ Be prepared. Have supplies available within reach of your guests. Have summer themed napkins, paper plates, and waste disposal close by.