



Holiday Party Eats

December 2014

Lemon-Garlic Marinated Shrimp

Source: *EatingWell*

Serves: 12 | Time: 10 minutes

Ingredients

3 tablespoons minced garlic
2 tablespoons extra-virgin olive oil
1/4 cup lemon juice
1/4 cup minced fresh parsley
1/2 teaspoon kosher salt
1/2 teaspoon pepper
1 1/4 pounds cooked shrimp

Directions

1. Place garlic and oil in a small skillet and cook over medium heat until fragrant, about 1 minute. Add lemon juice, parsley, salt and pepper. Toss with shrimp in a large bowl. Chill until ready to serve.

*Make Ahead Tip: Cover and refrigerate for up to 2 hours.

Nutrition Information per Serving: 75 calories, 3 g total fat, 0 g saturated fat, 90 mg cholesterol, 150 mg sodium, 1 g carbohydrate, 0 g fiber, 10 g protein

White Bean Dip with Rosemary and Sage

Cooking Light AUGUST 2007

Time:

Serves: 8 (serving size:=about 3 tablespoons dip and 3 pita wedges)

Ingredients

2 tablespoons fresh lemon juice

1 tablespoon extra virgin olive oil

2 teaspoons minced fresh rosemary

2 teaspoons minced fresh sage

¼ teaspoon freshly ground black pepper

2 garlic cloves, chopped

1 (19-ounce) can cannellini beans or other white beans, rinsed and drained

4 (6-inch) pitas, each cut into 6 wedges

Fresh sage sprig (optional)

Directions

1. Combine first 7 ingredients in a food processor; process until smooth.
2. Serve with pita wedges. Garnish with sage sprig, if desired.

***Tip:** Prepare the dip up to a day in advance to give the flavors a chance to meld. In addition to pita wedges, you can serve fresh veggies for dipping.

Nutrition Information per Serving: 130 calories, 2 g total fat, 0.5 g saturated fat, 160 mg sodium, 23 g carbohydrate, 2 g fiber, 5 g protein

Mushroom and Parmigiano Bruschetta

Source: *Cooking Light* APRIL 2004

Time: 25 minutes

Serves: 4 (1 serving=2 topped bruschetta)

Ingredients

½ cup chopped seeded plum tomato (roma tomato)
2 tablespoons sherry vinegar or red wine vinegar
1 teaspoon capers
½ teaspoon sugar
¼ teaspoon crushed red pepper
1/8 teaspoon salt (optional)
10 thinly sliced basil leaves
2 teaspoons butter (or canola oil)
1/3 cup sliced cremini mushrooms
1/3 cup sliced shiitake mushroom caps
1/3 cup sliced baby portobello mushroom caps
¼ cup chopped green onions
1 garlic clove, minced
8 (½-inch-thick) slices diagonally cut French bread baguette, toasted (or whole grain variety)
¼ cup (1 ounce) shaved Parmigiano-Reggiano cheese

Directions

1. Combine tomato, vinegar, capers, sugar, crushed red pepper, salt and basil leaves in a medium bowl; set aside.
2. Melt butter in a medium nonstick skillet over medium heat. Add mushrooms, onions, and garlic; cook 5 minutes or until tender, stirring frequently.
3. Add mushroom mixture to tomato mixture; toss well to combine.
4. Spoon about 1 tablespoon mushroom mixture onto each bread slice.
5. Sprinkle evenly with cheese. Serve immediately.

*Prep Tip: Use any combination of fresh mushrooms in this appetizer. The mushroom topping would also be good over pasta. Shaved Parmigiano-Reggiano cheese looks handsome, but you can also grate the cheese and stir it into the topping.

Nutrition Information per Serving: 145 calories, 5 g total fat, 2.5 g saturated fat, 420 mg sodium, 20 g carbohydrate, 2 g fiber, 6 g protein

Bell Pepper Poppers

Source: American Diabetes Association

Time: 30 minutes (10 minutes prep) | Serves: 12 (1 serving=2 poppers)

Ingredients

Cooking spray

12 mini sweet peppers

2 slices turkey bacon, diced

½ cup diced onion

4 ounces fat free cream cheese, room temperature

2 ounces soft goat cheese, room temperature (from cheese island in front of deli department)

¼ teaspoon crushed red pepper flakes

1 slice whole wheat bread, toasted

1 clove garlic, minced

1 tablespoon grated parmesan cheese

Directions

1. Preheat the oven to 375° F. Coat a baking sheet with cooking spray. Set aside.
2. Slice each pepper in half lengthwise then scoop out any seeds and membrane.
3. Add bacon to a non-stick sauté pan with cooking spray over medium heat and cook until crisp. Drain on a paper towel and set aside.
4. Add onions to the pan used to cook the bacon and add more cooking spray if needed. Cook the onions, stirring occasionally until clear. Set aside to cool.
5. In a small bowl, mix the cream cheese and goat cheese. Add the bacon, onions and red pepper flakes. Stir to combine.
6. Grind toasted bread in a food processor with the garlic and parmesan cheese. Set aside in a small bowl.
7. Spoon the cheese mixture into each pepper half (1 teaspoon of mixture per popper), and then press the cheese side of the popper into the whole wheat breadcrumb mixture. Lay on the prepared baking sheet breadcrumb side up and spray each on lightly with cooking spray.
8. Bake the poppers for about 20 minutes or until they've softened and the breadcrumbs are golden brown.

*Tip: For a little more heat in these poppers, increase the amount of crushed red pepper flakes to your liking.

Nutrition Information per Serving: 40 calories, 1.5 g total fat, 1 g saturated fat, 125 mg sodium, 3 g carbohydrate, 1 g fiber, 3 g protein