



Holiday Party Eats

Hudson YMCA, December 2013

Mushroom Crostini

Makes: 6 servings | Prep Time: 10 minutes | Cook Time: 25 minutes

Ingredients

1 pound mixed mushrooms, trimmed and sliced
2 tablespoons balsamic vinegar
1 tablespoon olive oil
1/4 teaspoon dried rosemary
1/8 teaspoon salt
Freshly ground black pepper
12 slices baguette
Cooking spray
2 tablespoons grated Parmesan cheese

Directions

1. Preheat the oven to 400 degrees. In a bowl, toss the mushrooms with the balsamic vinegar, olive oil, rosemary, salt, and pepper to taste.
2. Line a rimmed baking pan with foil and spread the mushrooms in the pan. Roast, tossing every 5 minutes, until the liquid has evaporated and the mushrooms are beginning to crisp in spots, about 25 minutes.
3. Meanwhile, lightly spray the baguette slices on both sides with olive oil and place them on a baking sheet. Toast in the oven until the tops are golden, about 4 minutes. Sprinkle each toast with 1/2 teaspoon Parmesan cheese and return to the oven until the cheese is melted.
4. Pile the mushrooms on the toasted baguette slices; serve.

Nutritional Information (per serving): Calories 195, Total Fat 6g, Saturated Fat 0g, Cholesterol 1mg, Sodium 446mg, Total Carbohydrate 32g, Fiber 2g, Protein 8g

Fruit Salsa and Cinnamon Chips

Allrecipes.com

Makes: 10 servings | Prep time: 15 minutes | Cook Time: 10 minutes

Ingredients

2 kiwis, peeled and diced
2 Golden Delicious apples, peeled, cored and diced
8 ounces raspberries
1 pound strawberries
3 tablespoons fruit preserves, any flavor
10 (10 inch) flour tortillas
Cooking spray
2 tablespoons cinnamon sugar

Directions

1. In a large bowl, thoroughly mix kiwis, Golden Delicious apples, raspberries, strawberries, and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
2. Preheat oven to 350 degrees F.
3. Coat one side of each flour tortilla with cooking spray. Cut into wedges using a pizza cutter and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes. Serve with chilled fruit mixture.

Nutritional Information (per serving): Calories 296, Total Fat 6g, Saturated Fat 1g, Sodium 448mg, Carbohydrate 56g, Fiber 6g, Protein 7g

Pomegranate-Blueberry Spinach Salad

Makes: 10 servings | Prep Time: 15 minutes

Ingredients

5 ounces baby spinach
1/2 pomegranate, seeded
6 ounces fresh blueberries
1/2 cup reduced fat crumbled feta cheese (found on cheese island)
1/4 cup honey roasted pecans (found in bulk section)
1 tablespoon white balsamic vinegar
2 tablespoon olive oil

Directions

1. Place spinach leaves on a platter. Top with pomegranate, blueberries, feta cheese and walnuts.
2. Whisk vinegar and oil together in small bowl. Drizzle over top of salad.

Nutritional Information (per serving): Calories 89, Total Fat 5g, Saturated Fat 1g, Cholesterol 1mg, Sodium 85mg, Total Carbohydrates 10g, Fiber 2g, Protein 2g