



Easy Appetizers & Finger Foods

Shrimp & Avocado Canapés

Top a whole wheat cracker with a slice of avocado, cooked shrimp and a squeeze of lime juice.

Edamame Nibbles

Serve boiled edamame (young soybeans in the pod), cooked according to package directions, lightly sprinkled with salt. You can find frozen edamame in the frozen vegetables section of the grocery store.

Fruit and Nuts

A bowl of pistachios and dried cranberries makes a festive finger food. You can also try small bowls of dried apricots, raisins, unsalted almonds, cashews, walnuts or any combination of dried fruit and nuts grouped together.

Smoked Salmon Classic

On top of small squares of pumpernickel bread, add a dab of horseradish cream*, a roll of smoked salmon and a sprig of dill for garnish.

*Horseradish cream: mix 1-2 tablespoons of horseradish with ½ cup of low fat sour cream. Add salt and pepper to taste.

Pita Crisps and Hummus

Cut whole wheat pitas in half so that you have two rounds. Brush the tops with olive oil, then cut into triangles. Bake in the oven at 350°F for 10 minutes. For a festive touch, use red and green tortillas instead of pitas. Serve with hummus, a chickpea dip.

Baked Mozzarella Bites

Place slices of reduced-fat mozzarella cheese between whole wheat crackers. Arrange on a cookie sheet. Bake in the oven at 325°F for about 8 minutes or until cheese begins to melt. Serve with pasta sauce as a dip.

A Big Bowl of Citrus

Nothing is easier or more refreshing than a beautiful bowl of juicy, mandarin oranges.

Veggies & Dip

Jazz up the old veggie tray with red, orange and yellow peppers, sliced mushrooms, olives, cheddar and mozzarella cheese cubes in addition to old favourites like cauliflower, broccoli, cucumber, carrots and cherry tomatoes. Add a creative splash by presenting the dip in a hollowed out bell pepper or another vegetable or fruit of your choice.