

SUMMERTIME APPETIZERS MADE HEALTHY

QUINOA, CORN & BLACK BEAN SALSA

LOW IN CALORIES

NUTRITIONAL INFORMATION: Serving size: ¼ cup; Calories 100; Fat 7g; Sodium 60mg; Carbohydrate 8.5g; Fiber 2g; Protein 2g

PEA PESTO CROSTINI

A GOOD SOURCE OF PROTEIN

NUTRITIONAL INFORMATION: Serving size: 2; Calories 180; Fat 10g (Saturated 2g); Sodium 85mg; Cholesterol 5mg; Carbohydrates 16g; Fiber 3g; Protein 10g

WATERMELON-CUCUMBER SALAD

LOW IN FAT AND CALORIES

NUTRITIONAL INFORMATION: Serving size 1 cup; Calories 112; Fat 2g; Sodium 253mg; Cholesterol 8mg; Carbohydrate 10g; Fiber 1g; Potassium 229mg; Sugars 8g



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QUINOA, CORN & BLACK BEAN SALSA - SERVES 10

INGREDIENTS:

- 1 cup cooked quinoa
- ½ small red onion, diced
- 1 cup grape tomatoes, sliced or halved
- 1 cup black beans (if canned, drained, and rinsed)
- 1 cup loosely packed cilantro, stems removed and roughly chopped
- ½ cup frozen corn, thawed
- 1 avocado, cubed
- 2 green onions, trimmed and roughly chopped (optional)

DRESSING:

- 2 limes, juiced
- ¼ cup avocado oil or olive oil
- ½ tsp. ground cumin
- ½ tsp. garlic powder
- ¼ tsp. chili powder
- ½ tsp. sea salt

PREPARATION:

Cook quinoa according to package directions. Let quinoa cool. This step can be done 1-2 days in advance. Once quinoa is cooled; in a medium bowl combine the quinoa, bell pepper, red onion, tomatoes, black beans, cilantro, corn and avocado. Set aside.

In a small bowl, whisk together the lime juice, olive oil, cumin, chili powder, garlic powder and sea salt. Add the lime vinaigrette to the rest of the ingredients in the medium bowl and toss gently to coat. Top with green onions and extra cilantro if you wish. Serve with additional lime wedges. Serve with blue corn tortilla chips.

PEA PESTO CROSTINI - SERVES 4-6

INGREDIENTS:

Pesto:

- 1 10-ounce package frozen peas, defrosted
- 1 garlic clove
- ½ cup grated parmesan
- 1 tsp kosher salt, plus extra for seasoning
- ¼ tsp freshly ground black pepper, plus extra for seasoning
- 1/3 cup olive oil

Crostini:

- 8 ½-inch thick slices whole-grain baguette or ciabatta bread, preferably day-old
- 1/3 cup olive oil
- 8 cherry tomatoes, halved or 1 small tomato diced

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PEA PESTO CROSTINI - SERVES 4-6

PREPARATION:

For the pea pesto; pulse together the peas, garlic, parmesan, 1 teaspoon of salt and ¼ teaspoon pepper in a food processor. With the machine running, slowly add the olive oil until well combined, about 1-2 minutes. Season with additional salt and pepper, if needed. Transfer to a small bowl and set aside.

For the crostini, preheat a stove top griddle or grill pan on medium-high heat. Brush both side of the sliced bread with olive oil and grill until golden, about 1-2 minutes. Transfer the bread to a clean surface and spread 1 to 2 tablespoons of the prepared pesto on each slice. Top with tomato halves and serve.

WATERMELON-CUCUMBER SALAD - SERVES 4-6

INGREDIENTS:

2 cups watermelon, cut into 1/2-inch pieces
2 cucumbers, peeled, quartered lengthwise, seeded, and cut into 1/2-inch pieces
Salt and pepper
2 scallions, sliced thin
1 ½ tbs white balsamic vinegar
2 ½ tbs olive oil
5 ears corn, kernels cut from cobs
¼ cup minced fresh mint
4 ounces crumbled feta cheese

PREPARATION:

Toss watermelon and cucumbers with ½ teaspoon salt in bowl. Transfer to colander set over bowl and let drain for 30 minutes. Combine scallions, vinegar, ¾ teaspoon salt, and ½ teaspoon pepper in large bowl. Slowly whisk in 1½ tablespoons oil.

Meanwhile, heat remaining 1 tablespoon oil in 12-inch nonstick skillet over medium-high heat until shimmering. Add corn and cook, stirring occasionally, until spotty brown, 5 to 7 minutes. Transfer corn to bowl with vinaigrette, tossing to coat, and cool to room temperature, about 20 minutes. Stir in feta cheese, drained watermelon and cucumbers, and mint. Let sit until flavors meld, about 30 minutes. Season with salt and pepper to taste. Serve. (Salad can be refrigerated for up to 2 days.)

