PARTY PERFECT: APPETIZERS MADE HEALTHY



TEXAS CAVIAR

LOW CALORIES AND CHOLESTEROL

NUTRITIONAL INFORMATION: Serving size: ¼ cup; Calories 70; Fat 2.3g (sat .3g); Sodium 215mg; Cholesterol 0; Carbohydrate 20g; Fiber 2g; Protein 2.5g; Calcium 14mg

PEA PESTO CROSTINI

A GOOD SOURCE OF PROTEIN

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

PUMPKIN COCONUT ENERGY BALLS

LOW IN FAT AND CALORIES

NUTRITIONAL INFORMATION: Serving Size: 2 balls; Calories 114; Fat 5g (sat 2g); Sodium 104mg; Cholesterol 0mg; Carbohydrate 15g; Fiber 3g; Protein 3g; Potassium 127mg; Sugars 5g

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TEXAS CAVIAR - SERVES 12

INGREDIENTS:

2 tablespoons red wine vinegar
2 tablespoons canola or grapeseed oil
½ teaspoon kosher salt
½ teaspoon ground cumin
¼ teaspoon freshly ground black pepper
1 garlic clove, minced
1 (15-ounce) can black-eyed peas, rinsed and drained
1 cup corn kernels, either fresh (about 2 ears), frozen or canned
⅔ cup chopped roasted red bell peppers (about 2 peppers)
¼ cup chopped pickled or fresh jalapeno peppers
½ cup finely chopped green onions
2 tablespoons chopped fresh cilantro

PREPARATION:

Combine the vinegar, oil, salt, cumin, pepper, and garlic in a large mixing bowl, stirring with a whisk. Add the black-eyes peas, corn, roasted red peppers, jalapenos, green onions, and cilantro. Stir well to combine. Chill until ready to serve.

Serve with blue tortilla chips.

Source: Cooking Light October 2013

PEA PESTO CROSTINI - SERVES 4-6

INGREDIENTS:

Pesto:
1 10-ounce package frozen peas, defrosted
1 garlic clove
½ cup grated parmesan cheese
1 teaspoon kosher salt, plus extra for seasoning
¼ teaspoon freshly ground black pepper, plus extra for seasoning
⅓ cup olive oil

Crostini:
8 ½ -inch thick slices whole-grain baguette or ciabatta bread, preferably day-old
⅓ cup olive oil
8 cherry tomatoes, halved or 1 small tomato, diced

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PEA PESTO CROSTINI - SERVES 4-6

PREPARATION:

In a food processor, combine the peas, garlic, parmesan, 1 teaspoon of salt and ¼ teaspoon pepper. Pulse to combine, scraping down the sides as needed. With the food processor running, slowly add the olive oil until well combined, about 1-2 minutes. Season with additional salt and pepper, if needed. Transfer the pesto to a small bowl and set aside.

To prepare the crostini, preheat a stove top griddle or grill pan on medium-high heat. Brush both sides of the sliced bread with olive oil and grill until golden, about 1-2 minutes (alternatively, use a toaster oven to lightly toast the oiled bread). Transfer the bread to a clean surface and spread 1 – 2 tablespoons of the prepared pesto on each slice. Top with tomato halves and serve.

PUMPKIN COCONUT ENERGY BALLS - SERVES 10

INGREDIENTS:

1½ cups old-fashioned oats
⅓ cup unsweetened shredded coconut
½ cup chopped slivered almonds (optional)
¾ cup canned pumpkin
2 tablespoons honey
2 teaspoons pumpkin pie spice
¼ teaspoon kosher salt
⅛ teaspoon cayenne pepper

PREPARATION:

Preheat oven to 300° F. Place oats, coconut and almonds (if using) on a large, rimmed baking sheet lined with parchment paper or nonstick foil. Bake, stirring once or twice until lightly browned, 8 – 10 minutes. Allow mixture to cool completely.

Combine the pumpkin, honey, pumpkin pie spice, salt, and cayenne in a large mixing bowl. Stir in the toasted oat mixture. Shape the mixture into 20 balls, about 2 teaspoons each. Place balls on a serving tray. Serve immediately or cover and refrigerate for up to two days.

NOTE: Try with Mike's Hot Honey! Or make your own hot and spicy honey for dipping by bringing 2 chiles and honey to a bare simmer in a small saucepan over medium-low heat. Reduce heat to low and let cook 1 hour to infuse. Taste honey and adjust heat with another chile or two, remove from stove, and let sit 30 minutes. Transfer to a small jar, straining if desired. Cover and chill.

Do Ahead: Hot honey can be made 3 months ahead. Keep chilled.

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EQUIPMENT NEEDED

- 2 large mixing bowls
- Food processor
- Griddle, grill pan, or toaster oven
- Baking sheet
- Whisk
- Cookie scoops (optional)

INGREDIENTS

Produce
- 2 garlic cloves
- 2 ears corn (or 1 cup frozen or canned corn kernels)
- 2 jalapenos (or ¼ cup pickled jalapeno peppers)
- 1 small container cherry tomatoes or 1 small tomato
- 1 bunch green onions (scallions)
- 1 bunch fresh cilantro

Dairy/Eggs
- ½ cup grated parmesan cheese

Bakery
- 1 loaf whole grain baguette or ciabatta bread

Baking, Canned, and Non-perishables
- 2 tablespoons red wine vinegar
- 2 tablespoons canola oil
- ⅔ cup olive oil
- 1 (15-oz) can black eyes peas
- 1 (15-oz) can pumpkin puree
- ⅔ cup jarred roasted red peppers (look for pre-chopped options)
- 10-oz bag frozen peas
- 1 bag blue corn tortilla chips
- 1 ½ cups old fashioned oats
- ⅓ cup unsweetened shredded coconut
- ½ cup slivered almonds (optional)
- 2 tablespoons honey
- ½ teaspoon ground cumin
- 2 teaspoons pumpkin pie spice
- ⅛ tsp cayenne pepper
- Hot Honey (optional)
- Kosher Salt
- Black Pepper

MISE EN PLACE

Cooking along? Have the following items prepped in advance of the demo. Arrange all other ingredients at your workspace so they are readily accessible and have measuring utensils and equipment handy.
PRO TIP! Arrange your ingredients from left to right in order they appear in the recipe

TEXAS CAVIAR:

- Mince the garlic
- Chop the roasted red peppers, jalapenos, green onions, and cilantro
- Drain and rinse the black-eyed peas
- Strip the corn off the cobs (or thaw or drain corn)

PEA PESTO CROSTINI:

- Defrost the peas
- Slice the bread (you can slice it the night before to allow it to harden a bit)
- Slice the cherry tomatoes in half (or dice a small tomato)

PUMPKIN COCONUT ENERGY BALLS:

- Chop the slivered almonds (TIP! Place the almonds in a zip top bag, remove the air, and seal the bag. Using a rolling pin or meat tenderizer, coarsely smash the almonds)

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