

Zucchini “Sushi” Rolls Appetizer

Makes: ~ 24 rolls

Ingredients

- ½ cup cashews, soaked overnight in water
- 1 Tablespoon rice vinegar (optional)
- 3 – 4 zucchini (each yields 6 – 8 slices)
- 2 carrots, sliced into matchsticks
- 1 cucumber, seeds removed and sliced into matchsticks
- 4 medium radishes, sliced
- 1 avocado, peeled and sliced
- 1 small bunch cilantro



Instructions

1. Drain cashews and put into food processor with rice vinegar.
2. Process, scraping sides with spatula if necessary, until cashews are a soft paste but still have some texture. Depending on how long cashews were soaked you might need to add a tablespoon of water to get the right consistency.
3. Chop the ends off of your zucchini and use a vegetable peeler to peel your zucchini into long, thin strips.
4. Lay zucchini strip flat and add a small spoonful of cashew mixture onto one of the ends of zucchini.
5. Add a few matchsticks of veggies, avocado, and a couple of pieces of cilantro.
6. Roll up and enjoy!

Nutrition Facts per 1 Serving: Calories 28, Fat 2g (Saturated 0.2g, Trans 0), Cholesterol 0mg, Sodium 15mg, Carbs 2g (Fiber 1g, Sugars 0g), Protein 1g

Smoked Salmon Dill and Capers Appetizer

Makes: 8 single baguette servings

Ingredients

- 8 pieces of baguette, thinly sliced
- 2 tsp extra virgin olive oil
- 2 oz cream cheese
- Fresh dill weed
- 1/4 c drained capers
- 3 oz smoked salmon, thinly sliced (Ducktrap River Spruce point Scottish style smoked salmon, 4 oz. pkg)



Instructions

1. Heat a heavy skillet on medium heat.
2. Brush both sides of the baguette slices with olive oil and place in the dry skillet.
3. Toast until the desired char is achieved, about 2 minutes.
4. Turn and toast the second side, 2 minutes.
5. Spread each toasted baguette with cream cheese.
6. Add a sprig of dill and 4 or 5 capers.
7. Top with a slice of smoked salmon.
8. Add a few more capers on each.
9. Serve warm or at room temperature.

Note: The package of smoked salmon that I used contained 7 thinly sliced pieces, approximately 4" by 5" in size. On each baguette I used 1/2 of a slice of salmon. I made 8 crostini's and had 3 slices of salmon left. The package therefore, could make 6 more appetizers if desired.

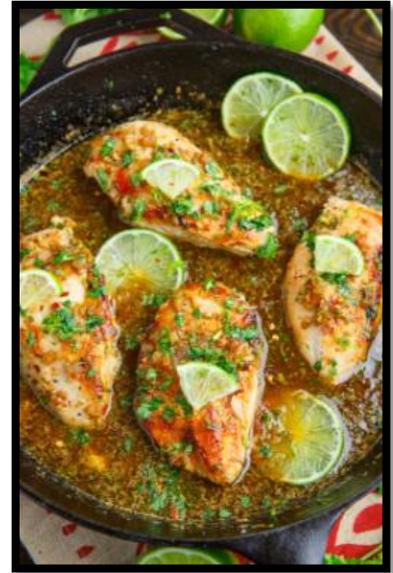
Nutrition Facts per 1 Serving: Calories 117, Fat 7g (Saturated 2g, Trans 0), Cholesterol 10mg, Sodium 105mg, Carbs 7 (Fiber 0g, Sugars 0g), Protein 6g

Cilantro Lime Roasted Chicken

Makes: 4 servings

Ingredients

- 1 Tablespoon oil
- 1 Tablespoon butter
- Salt and pepper to taste
- 1 pound boneless and skinless chicken breasts, pounded thin
- 4 cloves garlic, chopped
- 1 pinch red pepper flakes (optional)
- 1/2 cup chicken broth
- 1 lime, juice and zest
- 2 Tablespoons cilantro, chopped



Instructions

1. Heat the oil and melt the butter in a skillet over medium-high heat until frothing, add the chicken, seasoned with salt and pepper to taste, and cook until lightly golden brown, about 3-5 minutes per side, before setting aside.
2. Add the garlic and red pepper flakes and cook until fragrant, about a minute.
3. Add the broth and deglaze the pan by scraping up any brown bits from the bottom with a wooden spoon while the broth sizzles.
4. Add lime juice and zest and season with salt and pepper to taste before removing from the heat and adding the cilantro and chicken.

Note: If desired you may replace some or all of the chicken broth with white wine.

Nutrition Facts per 1 Serving: Calories 211, Fat 9g (Saturated 2g, Trans 0), Cholesterol 91mg, Sodium 95mg, Carbs 3g (Fiber 0.3g, Sugars 0.5g), Protein 26g

Balsamic Parmesan Roasted Asparagus and Tomatoes

Makes: 6 servings

Ingredients

- 1 lb asparagus
- 2 cups cherry tomatoes, cut in half
- 1/4 cup Parmesan cheese
- Salt and pepper to taste
- 1/2 cup Balsamic vinegar



Instructions

1. Preheat oven to 400°F. Oil 9x13 baking dish and set aside.
2. Snap the end pieces off the asparagus and place them in the baking dish. Add tomato halves too. I placed the asparagus at one end and tomatoes at the other end. Season generously with salt and pepper and sprinkle the Parmesan cheese over asparagus and tomatoes. Place in oven and bake for about 15 minutes or until asparagus softens a bit and begins to get brown.
3. In the meantime, add the balsamic vinegar to a small sauce pan and cook over medium heat for about 15 to 20 minutes or until it reduces and starts to thicken.
4. Drizzle some of the balsamic reduction over the roasted asparagus and tomatoes and serve warm.

Nutrition Facts per 1 Serving: Calories 140, Fat 5g (Saturated 3g, Trans 0), Cholesterol 12mg, Sodium 340mg, Carbs 17 (Fiber 2g, Sugars 16g), Protein 8g

Mashed Potatoes with Beets

Makes: 6 servings

Ingredients

- 3 medium potatoes
- 2 medium beets
- 1 cup 0% fat Greek yogurt
- salt and pepper to taste
- 1 bundle green onions
- 1 Tablespoon butter



Instructions

1. Preheat oven to 425°F. Cut potatoes and beets into large chunks. Place on a baking sheet and bake for 45 minutes or until tender.
2. Place potatoes and beets in a bowl and mash with a potato masher. Stir in the yogurt and salt and pepper.
3. Chop the green onions and sautee with the butter in a small pan.
4. Top mashed sweet potatoes and beets with green onions. Taste and adjust seasoning if necessary.

Nutrition Facts per 1 Serving: Calories 105, Fat 2g (Saturated 1g, Trans 0), Cholesterol 7mg, Sodium 103mg, Carbs 17 (Fiber 2g, Sugars 4g), Protein 6g

Cheesecake Stuffed Strawberries

Makes: 20 single strawberry servings

Ingredients

- 20 large, ripe strawberries
- 1/3 cup heavy cream
- 2/3 cup cream cheese
- 1/4 cup confectioners' sugar
- 1/2 teaspoon vanilla extract
- 3 graham crackers or gluten-free cookies



Instructions

1. Cut leaves off, then use a melon baller to scoop out the center of the strawberries. Slice the bottom off the strawberries so they stand up.
2. Place the cream in a large bowl and whisk until soft peaks form. Add in the cream cheese and whisk again for a few seconds to combine, then add in the confectioners' sugar and vanilla extract. Whisk again for a few seconds until the mixture is light and fluffy.
3. Spoon the mixture into a piping bag with a fluted tip and pipe the cheesecake mixture into the strawberries so it fills the hole. Keep piping until you have a little mound of cheesecake filling on top of the strawberries.
4. Crush the crackers by placing them in a bag and using a rolling pin to crush them into crumbs. Sprinkle crumbs on each of the strawberries before serving.

Nutrition Facts per 1 Serving: Total calories: 111 kcal, Total fat: 4 g, Sodium: 41 mg, Total carbohydrate: 17 g, Dietary Fiber: 3 g, Sugars: 8 g, Protein: 2 g

Chocolate Avocado Pudding

Makes: 8, ¼ cup servings

Ingredients

- 2 ripe avocados
- ½ cup cocoa powder, unsweetened
- ¼ cup honey
- ⅓ cup almond milk
- 2 teaspoon vanilla extract
- ½ teaspoon cinnamon
- 1 cup raspberries
- 8 mint leaves



Instructions

1. Mash avocados, cocoa powder, honey, milk, vanilla extract, and cinnamon in a bowl with a fork and mix until smooth.
2. Chill pudding for 30 minutes in the refrigerator before serving.
1. Sprinkle raspberries on top and add a mint leaf for decoration.

Nutrition Facts per 1 Serving: Calories 185, Fat 12g (Saturated 2g, Trans 0), Cholesterol 0mg, Sodium 19mg, Carbs 22g (Fiber 8g, Sugars 11g), Protein 3g