

APPETIZERS
RECIPES



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Artichokes & Green Beans

(Detox, FS,RR,SS,CC)

Serves 5

1 ¼ lbs fresh green beans
1 TBSP extra virgin olive oil
2/3 cup finely chopped onion
1 clove garlic
1-14 oz. can artichoke hearts –rinsed, drained & quartered)
¼ TBSP salt
1/8 tsp black pepper
¼ parmesan cheese – shredded (omit for Detox or FS)

Place beans in a steamer basket. Place in saucepan over 1 inch water; bring to a boil. Cover and steam for 6-8 minutes or until crisp tender. Remove from heat and set aside. In a non-stick skillet, sauté onion and garlic in oil until tender. Add the artichokes, salt, pepper and beans. Cook and stir over low heat until heated through.

Artichokes with Saffron and Almonds

(RR, SS, CC, FS)

Serves 8

1 cup dried figs
1 cup water – boiling
¼ tsp Saffron spice
4 pounds baby artichokes –
halved and chokes removed
½ cup almonds
¼ cup white wine vinegar
1 tsp paprika
¼ TBSP salt

Place figs in a bowl and cover with the boiling water. Allow figs to plump for 5 minutes, and then remove. Sprinkle with ¼ tsp of saffron threads into the remaining liquid, allow too steep for 5 minutes. Heat oil in a large skillet over medium-high heat. Add artichokes and toss until coated in oil. Pour in saffron water and salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the artichoke are tender, about 8 minutes. Uncover the artichokes and increase heat to medium-high. Add the figs, almonds, vinegar, wine and paprika. Cook and stir until all of the liquid has evaporated. Remove from the heat, recover, and allow to stand for 5 minutes before serving.

Asparagus with Blue Cheese Sauce

(RR, SS, CC)

Serves 2

1 cup asparagus
½ oz. crumbled blue cheese
1 ½ fl oz. low-fat evaporated milk
Dash salt
2 oz. fat free cream cheese

In a small saucepan, cook asparagus in a small amount of water until crisp tender. Meanwhile, in another saucepan, whisk cream cheese, milk and salt over low heat until smooth. Stir in blue cheese and heat through. Drain asparagus and top with sauce.

Asparagus with Brie

(SS, CC)

Serves 4

1 bunch asparagus
½ wheel (2.2 lbs) brie cheese
¼ cup melted butter
¼ cup bread crumbs (or gluten free panko)
¼ cup toasted sesame seeds

Preheat oven to 350 degrees. Place asparagus in a steamer over 1 inch boiling water and cover. Cook until tender but still crisp, about 2-6 minutes. Drain and place in shallow baking dish. Lay cheese slices over asparagus. In a small bowl, combine melted butter, bread crumbs and sesame seeds. Sprinkle over cheese. Bake in oven for 8 minutes. Increase oven to a broil. Broil until bread crumbs become golden brown.

Asparagus and Walnuts

(RR, SS, CC)

Serves 4

1 bunch asparagus
2 TBSP extra virgin olive oil
1 dash salt to taste
½ cup chopped coarsely walnuts

Preheat oven to 400 degrees. Arrange asparagus in a single layer in a shallow baking dish. Drizzle the olive oil over the asparagus and roll the spears to coat well. Sprinkle with salt. Roast in oven for 7-14 minutes depending on the thickness of the spears. When done, the asparagus should be crisp. Remove asparagus and walnuts from the oven. Sprinkle with gorgonzola cheese and roasted walnuts. Serve at room temperature for best flavor.

Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC)

Serves 2-4

1 lemon
1 cup avocado, cubed
1 cup chopped onion
1 jalapeno pepper, diced
1 garlic clove, diced
½ cup cherry tomatoes
¼ cup cilantro leaves, diced
Dash salt

Squeeze lemon in medium bowl. Remove avocado pit and dice. Peel off the skin. Add avocado to lemon juice and mash, leaving some of the avocado in small cubed chunks. Add tomatoes, onion, garlic, cilantro and jalapeno pepper to mixture. Cover with plastic wrap, pressing the cover of the plastic wrap onto the surface of the guacamole. Chill for a few hours before serving; can also be served immediately.

Black Bean Mango Salsa

(SS, CC)

Serves 8

1 large yellow bell pepper, chopped
¼ cup onions, minced
1 mango, chopped
1 lemon, juiced
2 tsp parsley
1 cup black beans
1 cup canned tomatoes with green chilies
¼ tsp salt

Drain beans and rinse well. Drain tomatoes and put in bowl. Combine all ingredients in a bowl, add salt and lemon juice. Put in refrigerator. Serve cold.

Easy Southwestern Dip

(SS, CC)

Serves 12

15 oz. black beans
2 TBSP water
½ tsp paprika
¼ tsp cumin
1 cup shredded cheese
½ cup chopped green bell pepper
1 avocado
1/3 cup scallions, chopped
4 oz. Kalamata olives, sliced

In a medium saucepan, heat the beans, water, paprika and cumin until heated through, about 5 minutes. Spread beans on bottom of 9 x 13 serving dish. Sprinkle a layer of cheese over the beans. Next, layer the peppers, then tomatoes, then avocado. Top with sour cream, onions and olives.

Holiday Stuffing

(SS, CC)

Serves 12

½ tsp black pepper
2 cups parsley
1 large green bell pepper
7 cups celery, chopped
2 cups onions, chopped
12 slices whole grain bread
1 egg
1 TBSP olive oil
4 tsp chicken broth
1 chicken bouillon cube

Allow loaf of bread to dry out by sitting on counter or coking in oven, then cut or crumble into cubes. Sauté onions, pepper and celery in oil until soft with. Add parsley and cook for 1 minute or until wilted. Add seasonings and TBSP of bouillon cube. Mix the vegetables and the bread. Add 1 cup of broth (or water), stir and taste. Adjust seasoning. If you are going to stuff poultry with it, leave it on the dry side because it will absorb a lot of juices during cooking. Add 1 egg and mix. Bake at 350 degrees for 30 minutes or until brown on the top.

Hot & Sour Soup

Serves 4

5 cups low sodium chicken broth
½ cup mushrooms
1 scallion
2 chicken breasts
1 TBSP soy sauce
½-1 TBSP hot sauce
1 egg white
1/8 tsp black pepper
½ cup bamboo shoots
2/3 tsp rice vinegar
1 tsp grated ginger

Combine broth, mushrooms and ginger in a saucepan. Bring to a boil. Add chicken and simmer uncovered about 10 minutes. Add bamboo shoots; simmer 5 minutes. Add vinegar, soy sauce, hot sauce and pepper; bring to boil. Drizzle egg white into soup; stirring constantly (lacy strands will form). Stir in onions. Bring to a boil. Cover and simmer until ready to serve.

Muhammarah

(RR, SS, CC)

Serves 4

1 TBSP cumin
½ TBSP red pepper
½ TBSP black pepper
¼ cup parsley
½ cup walnuts
2 tsp raspberry vinegar
2 TBSP olive oil
2 cups red bell pepper
Salt

Heat skillet over medium-high heat; add walnuts and cook until browned. Remove heat to cool. Peel and seed peppers and roast until slightly blackened. Puree all ingredients except for the parsley in a food processor. Sprinkle with parsley for garnish. Serve on vegetable slices.

Mushroom Spread

(RR, SS, CC)

Serves 8

1 oz. fat free cream cheese
½ TBSP shallots
½ TBSP black pepper
2 cups parsley
2 oz. dry sherry
2 TBSP olive oil
Zucchini, sliced 1" lengthwise
3 ½ cup white mushrooms, finely minced

Heat oil in skillet with shallots until tender. Add mushrooms and keep cooking until liquid is removed. Place half of mushroom mixture with cream cheese and sherry in a food processor. Process until smooth, then combine with other half of the mushroom mix along with parsley, salt and pepper. Serve on raw zucchini slices.

Spicy Avocado Yogurt Dip

(RR, SS, CC)

¾ cup plain Greek yogurt
½ TBSP salt
1 TBSP cumin
2 TBSP red onions
1 oz. lime juice
1 cup diced jalapeno pepper
3 avocado
1 garlic clove, chopped
3 TBSP cilantro

Combine all ingredients in a bowl and serve.

Spicy Edamame-Cilantro Dip

Serves 12

¼ TBSP black pepper
8 oz. sour cream, low fat
1 cup cilantro leaves
1 red bell pepper, chopped
3 TBSP light mayonnaise
3 scallions
2 oz. lime juice
2 cup edamame, shelled
1 TBSP olive oil
3 TBSP red wine vinegar

Combine all liquid ingredients in a food processor. Puree until smooth. Add remaining vegetable ingredients and pulse enough to leave chunky texture.

Spicy Pita Chips

Serves 2

Butter-flavored cooking spray
¼ oz. red pepper flakes
¼ TBSP paprika
2 large pita bread
¼ tsp garlic powder

Split pita breads into 2 separate rounds. Spray the rough side with cooking spray. Combine remaining ingredients and sprinkle over pitas. Cut each pita into 8 wedges. Bake at 300 degrees for 20 minutes or until lightly browned and crisp.

Tofu Crackers

Serves 4

1 block firm tofu
1 TBSP extra virgin olive oil

Slice the block of tofu into 1/8-inch slices. A cheese slicer makes this simple. Deep fry in oil until crispy.

Tomato & Garlic Green Beans

(Detox, FS, RR, SS, CC)

Serves 4

4 garlic cloves
½ cup chopped onion
1 pound green beans
4 tsp olive oil
½ tsp salt
3 TBSP tomato paste
1 cup cherry tomatoes

Rinse and drain the green beans. Fry the onions and add to green beans, garlic and salt. Stir and cook 5 minutes on medium-high heat or until onion is slightly brown. Add tomato paste and tomatoes and stir. Add enough water just to cover the beans. Cover the pan, keep cooking for 30 minutes. At this stage, 25% of the water or liquid should remain. Taste the beans to decide how much liquid to leave.

Tomatoes with Shallots and Fresh Basil

(Detox, FS, RR, SS, CC)

Serves 4

½ TBSP olive oil
½ TBSP red wine vinegar
1 shallot, minced
4 tomatoes
¼ tsp salt
Pepper to taste
5 fresh basil leaves torn.

Slice the tomatoes ¼ inch thick and fan the slices out onto a platter. Sprinkle evenly with salt and pepper. Drizzle the olive oil and vinegar over them, then top with basil and shallots and serve.

Wilted Arugula and Portabella Mushrooms

Serves 2

1 TBSP olive oil
½ small onion, chopped
2 cloves minced garlic
1/8 tsp crushed red pepper flakes
1 cap portabella mushroom, chopped
¼ cup dry sherry
¼ cup vegetable broth
4 cups arugula leaves
1/8 tsp black pepper

Heat oil in skillet over medium heat. Add onion and garlic and cook for 5 minutes. Stir in red pepper flakes and mushrooms and cook until mushrooms are coated with oil and begin to soften. Pour in sherry and broth. Simmer until liquid is reduced by half. Add arugula and cook until wilted. Season with black pepper and serve immediately.

Zucchini and Blue Cheese

(RR, SS, CC)

Serves 4

2 TBSP olive oil
2 zucchini, halved
1 garlic clove
1 tomato, diced
¼ cup crumbled blue cheese

Heat the oil in a skillet over medium-high heat. Place the zucchini and garlic in a skillet and cover. Cook until zucchini is tender, about 5 minutes. Stir in tomatoes, heat until warmed through. Remove from heat and sprinkle cheese. Cover and allow cheese to soften before serving.

Zucchini and Goat Cheese Ribbons

(RR, SS, CC)

Serves 4

1 TBSP olive oil
1 TBSP butter
1 garlic clove, minced
¼ cup shallots
½ tsp red pepper flakes
½ cup vegetable broth
2 large zucchini, chopped
¼ cup basil
2 ½ oz. goat cheese, hard type
Salt and pepper to taste

In a skillet, heat oil and butter over medium heat until butter melts. Stir in shallots and cook until softened, about 5 minutes. Stir in garlic and red pepper flakes and cook for 3 minutes. Add in broth and zucchini and cook about 4 minutes. Remove from heat. Season with salt and pepper and sprinkle with basil and cheese.

