

# APPETIZERS RECIPES





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## Artichokes and Green Beans

(FS, RR, SS, CC, 21)

Serves 5

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6 cups fresh green beans  
1 TBSP extra virgin olive oil  
¾ cup finely chopped onion  
1 clove garlic  
2 cups canned artichoke hearts – rinsed, drained and quartered  
¼ TBSP salt  
⅛ 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 artichokes, salt, pepper and beans. Cook and stir over low heat until heated through.

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## Asparagus and Walnuts

(RR, SS, CC)

Serves 4

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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 olive oil over 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 oven. Sprinkle with gorgonzola cheese and roasted walnuts. Serve at room temperature for best flavour.

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## Asparagus with Blue Cheese Sauce

(RR, SS, CC)

Serves 2

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1 cup asparagus  
¼ cup crumbled blue cheese  
44 ml low-fat evaporated milk  
Dash salt  
¼ cup 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.

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## Avocado and Grape Tomato Guacamole

(FS, RR, SS, CC, 21)

Serves 2-4

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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.

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## Black Bean Mango Salsa

(SS, CC)

Serves 8

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1 large yellow capsicum, 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.

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## Mushroom Spread

(RR, SS, CC)

Serves 8

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⅓ cup 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.

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## Spicy Avocado Yogurt Dip

(RR, SS, CC)

Serves 5

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¾ cup plain Greek yogurt  
½ TBSP salt  
1 TBSP cumin  
2 TBSP red onions  
2 TBSP lime juice  
1 cup diced jalapeno pepper  
3 avocados, diced  
1 garlic clove, chopped  
3 TBSP parsley

Combine all ingredients in a bowl and serve.

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## Spicy Edamame-Parsley Dip

(RR, SS, CC)

Serves 12

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¼ TBSP black pepper  
1 cup low-fat sour cream  
1 cup parsley leaves  
1 red capsicum, chopped  
3 TBSP light mayonnaise  
3 scallions  
¼ cup 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.

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## Tomato and Garlic Green Beans

(Detox, FS, RR, SS, CC, 21)

Serves 4

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

Rinse and drain green beans. Fry onion 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.

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## Tomatoes with Shallots and Fresh Basil

(Detox, FS, RR, SS, CC, 21)

Serves 4

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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, top with basil and shallots and serve.

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## Wilted Arugula and Portabella Mushrooms

(Detox, FS, RR, SS, CC, 21)

Serves 2

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1 TBSP olive oil  
½ small onion, chopped  
2 cloves minced garlic  
⅛ tsp crushed red pepper flakes  
1 cap portabella mushroom, chopped  
¼ cup vegetable broth  
4 cups salad rocket leaves  
⅛ tsp black pepper  
¼ cup dry sherry

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 salad rocket leaves and cook until wilted. Season with black pepper and serve immediately.

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## Zucchini and Blue Cheese

(RR, SS, CC)

Serves 4

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

Heat oil in a skillet over medium-high heat. Place 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.