

recipe : APPETIZERS

from the kitchen of
Celina City Schools'
Staff Members

serves

prep time

ingredients

instructions

Lots of healthy foods!

Enjoy these recipes and feel great!

notes

We hope you will try some of the recipes from our Healthy Recipe Day sponsored by the Wellness Committee. Enjoy eating healthy! Don't forget to get moving!



Kim Waterman Mashed Cauliflower

2 heads Cauliflower. Steamed

1 Tbl garlic minced (I use Jarred)

2 Tbl low fat Philly Cheese

2 Tbl low fat butter

1/4 c low fat Sour Cream

1/4 c Parmesan Cheese

if you need more liquid Chicken broth
put all in food processor top
with green onion could put turkey bacon

'n

Pineapple Tuna Bites from Dole recipe website

190 calories 2 crackers

Ingredients: 1 can tuna (6 oz.) drained and flaked
2 tbspn softened cream cheese
2 tbspn mayonnaise

Mix together and chill or chill each before mixing together.

Add 1 cup of drained cut up pineapple chunks and
2 tbspn of chopped almonds. Mix together. Spread on crackers.

Chicken Rice Casserole Kim Dudgeon

put 1 cup uncooked rice in baking dish (do not use minute rice)

Mix and pour over rice

1 can mushroom soup

1 can chicken broth

1 can onion soup

chopped mushrooms (optional)

chopped peppers (optional)

put chicken on top - bake 1 1/2 hrs.

350° cover with foil first 45 mins.
(cover)

can use pork tenderloin instead of chicken

lightly grease baking dish before you put in the rice

Stuffed Green Pepper Soup, 5 servings

- 1 lb ground beef
- 1 envelope dry onion soup mix
- 1 can (14.5oz) diced tomatoes
- 1 can (15oz) tomato sauce
- 1 cup cooked rice
- 2 large green bell peppers - chopped
- 1 beef bouillon cube
- 2 tablespoons packed brown sugar & apple cider vinegar
- 1/4 cup water
- Mozzarella cheese for topping, optional

- Ground beef - drain
- Add beef and dry soup mix to pot and heat thoroughly
- Add remaining ingredients (except rice) & bring to boil
- Reduce heat & simmer for 30-40 minutes, until peppers soften
- Add rice and heat thoroughly

Ashley Waterman
CIS

Roasted Chickpeas

1 can chickpeas (aka garbanzo beans)

1 1/2 Tbsp. olive oil

1/2 tsp real salt

1/2 tsp paprika

dash of cayenne

1/4 tsp cumin

1/2 tsp garlic powder

Preheat oven 400°

Mix all ingredients in bowl - coat well

Spread on cookie sheet. Bake 20 min. stir.

Bake 15-20 min. more or until
crispy.

Marcy Wellman

Pepper Ranch Crackers

- 1 ½ cups oil
- 2 tsp. garlic powder
- 2 tsp. crushed red peppers
- 1 packet dry ranch dressing

- 1 box saltine crackers

*Samantha
Otten*

Mix ingredients. Pour over crackers in large baking pan. Stir until well coated. Bake 10 minutes at 250°.

Karen Schott
East

Skinny Taco Dip

8oz fat-free cream cheese

1 can fat-free refried beans

8oz fat-free sour cream (can substitute plain Greek yogurt for even fewer calories)

1lb mild salsa

1 pkt taco seasoning

2c lettuce, shredded

2 lg. tomatoes, diced

1c fat-free shredded cheddar cheese



Directions:

Spread can of re-fried beans on bottom of 9x13 pan. In a lg bowl combine cream cheese, sour cream (or yogurt), salsa, & taco seasoning & mix well w/ electric mixer. Spread mixture over top of bean layer. Top w/ shredded lettuce, tomatoes, & shredded cheese. Serve w/ baked tortilla chips.

Servings: 24 • Serving Size: 1/4 th of dip
Calories: 25 • Fat: 1.5g • Protein: 1g • Carbs: 2g
Fiber: 0.6g

RECIPE: Garden Veggie Snackers

From the Kitchen of: Teri Ross EAST

1 Red Pepper, cut into strips

6 stalks of celery, cut up

1 cucumber, cut into slices

1 8oz carton of Philadelphia Garden Vegetable 1/3 Less Fat Cream Cheese.

Calories 100, fat 6g, Chol. 20mg, sodium 190mg,
Carbs 8g, fiber 2g, sugars 4g, protein 3g.

CMAZ0038



Creamy Greek Feta Dip Serves 4

Jody Woehrmeyer - East

1/2 cup low-fat or nonfat Greek yogurt

1/2 cup reduced-fat Mayo

1/4 cup crumbled feta

2 teaspoons chopped fresh dill or 1 teaspoon dried

1 teaspoon garlic powder

1/2 teaspoon black pepper

dash of hot sauce, optional

assorted vegetables - celery, carrots, cucumber



Combine yogurt, Mayo, feta, garlic powder, pepper, dill and hot sauce, if desired. Chill until ready to serve.

Calories: 145

Fat: 12g

Saturated Fat: 3g

Protein: 5g

Cholesterol: 20mg

Sodium: 318mg

From the desk of Ms. Sigmond East

Skinny Poolside Dip

- 1- Red pepper
- 2- Jalapenos (unseeded)
- 1- Green Pepper
- 1- Can of corn
- 16 oz fat free Cream Cheese (softened)
- 1 Packet Hidden Valley Ranch
dip mix

Mix together - Serve with
Crackers or raw vegetables

Avocado Hummus Brooks

1 avocado

1 can white beans

1 T + 1 t. olive oil

$\frac{1}{4}$ tsp. + cayenne pepper

Sea salt to taste

mix in food processor

Wellman

Vegetable Pizza

Stacey
Stetler

2 pkts Crescent Rolls (8 in each pack) - Reduced Fat

1 16oz package of sour cream - light

1 Ranch mix

Vegetables of choice (I used red pepper, broccoli, green onion, carrots and jalapeno on half)

Sprinkle cheese on top

- Open crescent rolls & flatten out into pizza crust
- Bake at 375 for 6-8 minutes
- Mix sour cream & ranch mix

- After crust has ~~been~~ cooled, spread sour cream mix over crust

~~spread~~

- spread vegetables over top of crust
- sprinkle with cheese

Carrot Pin wheels

flour tortillas

Philadelphia Spread
(Chive + onion, Sante Fe)

finely shredded carrots
thin sliced green onion

spread Philly on tortillas (cover completely)
sprinkle w/ carrots + onion roll + refrigerate
slice + serve

Buffalo Bleu Cheese Dip ~ Jenni Mescher

8oz softened cream cheese ~ I used low fat

4 Tbs. of fat free milk

1/4 cup. of Hot wing sauce

1/4 Cup low fat bleu cheese dressing

* Combine all ingredients together and mix until smooth. Let sit in fridge for at least 2 hrs. before serving

Paula Klosterman

BLACK BEAN SALSA

1 can pinto beans + black beans, rinsed

1 can whole kernel corn, rinsed

1 can chopped tomatoes w/jalapenos

1 ea. purple onion & green pepper

mix together and prepare dressing

$\frac{1}{2}$ C each of vinegar, sugar and oil. Cook until sugar

is melted. Pour over vegetables.

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Recipe For: Cowboy Caviar Salsa
From: Emily Baucher East

Ingredients:

- 1 can whole corn, drained
- 1 can black beans, rinsed & drained
- 5 roma tomatoes, seeds removed & diced
- 1 bunch green onions chopped
- 1 bottle Kraft Zesty Italian Salad dressing
- fresh lime
- 1 avocado, chopped

Combine corn, beans, onions and cilantro, Add juice of lime and dressing. Just ~~use~~ before serving add avocado. serve cold with chips

Texas Caviar (40 servings)

$\frac{3}{4}$ cup cider vinegar

1 T. water

$\frac{1}{2}$ cup vegetable oil

1 cup sugar

1 t. salt

$\frac{1}{2}$ t. freshly ground pepper

1 15 oz. can pinto beans, drained

1 15 oz. can black beans, drained

1 15 oz. can garbanzo beans, drained

1 15 oz. can black eyed peas, drained

2 11 oz. cans white shoepeg corn, drained

2 4-oz. cans chopped green chilies, drained

$\frac{1}{2}$ cup finely chopped green pepper

1 cup finely chopped celery

$\frac{1}{2}$ small onion finely chopped

Combine vinegar, water, oil, sugar, salt & pepper in saucepan. Bring to boil stirring occasionally.

Cool the marinade to room temperature.

Combine beans, peas, corn, green chilies in large bowl.

Add green pepper, celery and onion.

Add marinade

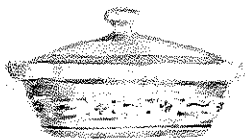
Mix well

Chill covered 24 hrs.

Serve with tortilla chips (scoop type)

Nancy Vander Horst

Longaberger®



Red

1 T. Wine Vinegar

Recipe For: Black Bean Salsa

From: Karen Ashbaugh - East

Ingredients: 2 (15oz.) cans black beans
rinsed & drained

1 (17oz.) pkg.
frozen whole kernel corn, thawed

2 lg. tomatoes, peeled & diced

1 small onion 1/8 - 1/4 chopped, fresh

Cilantro leaves 2 T. lime juice

Salt & Pepper 1 Avocado, peeled & diced

Mix all ingredients thoroughly in a large bowl. Cover & chill
overnight. Taste and add salt, pepper or more lime juice as
necessary. Serve with tortilla chips as an appetizer or
with chicken breast as a meal

This low fat spinach dip makes a terrific appetizer. Serve with a platter of fresh vegetables or with some baked chips or breadsticks. Use frozen chopped spinach if you prefer. You can spice it up a little by adding a dash of hot sauce.

Ingredients:

- 10 ounces fresh baby spinach, steamed until wilted
- 1 cup plain fat-free yogurt, drained of excess water
- 4 ounces fat-free cream cheese, softened
- 1/4 cup grated Parmesan cheese
- 1/4 cup finely chopped scallions
- 1 garlic clove, minced
- 1 tbsp fresh lemon juice

Martina Soudi

Preparation:

Place wilted spinach in a colander and squeeze out excess water. Chop finely and place in a medium bowl. Stir yogurt and cream cheese together until smooth. Add to spinach. Stir in remaining ingredients and blend thoroughly. Refrigerate until ready to serve.

Makes about 2 cups.

Per serving (1/4 cup): Calories 55, Calories from Fat 11, Total Fat 1.3g (sat 0.7g), Cholesterol 3mg, Sodium 186mg, Carbohydrate 4.7g, Fiber 1.1g, Protein 6.2g

Caprese Salad
Recipe courtesy Rachael Ray

*Katley Semmetzger*¹

Prep Time: 10 min Level: Serves:
Inactive Prep Time: hr min Easy 4 to 6 servings
Cook Time: hr min

Ingredients

- 3 vine-ripe tomatoes, 1/4-inch thick slices
- 1 pound fresh mozzarella, 1/4-inch thick slices
- 20 to 30 leaves (about 1 bunch) fresh basil
- Extra-virgin olive oil, for drizzling
- Coarse salt and pepper

Directions

Layer alternating slices

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Caprese Salad
Recipe courtesy Rachael Ray

2

of tomatoes and mozzarella, adding a basil leaf between each, on a large, shallow platter. Drizzle the salad with extra-virgin olive oil and season with salt and pepper, to taste.

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THIN CRUST VEGGIE PIZZA

- 1 CAN REDUCED FAT CRESCENT ROLLS (INSTEAD OF 2 CARDS!)
 - 1 8OZ REDUCED FAT CREAM CHEESE
 - 1/2 CUP PLAIN GREEK YOGURT (INSTEAD OF SOUR CREAM)
 - 1 TEASPOON DRIED DILL WEED (OR TO TASTE)
 - 1/8 tsp GARLIC POWDER
 - 1/2 CUP BROCCOLI FLORETS
 - 1/3 CUP QUARTERED CUCUMBER SLICES
 - 1 RED BELL PEPPER - CHOPPED
 - 1/4 CUP SHREDDED CARROTS
- (OVER)

KIM
SMITH

OVEN 375°

ON UNGREASED 15X10X1 - PRESS ROLLS IN
BOTTOM + UPSIDES

BAKE ≈ 10-13 MINUTES, OR UNTIL GOLDEN
BROWN

IN SMALL BOWL, MIX CREAM CHEESE,
YOGURT, DILL + GARLIC POWDER UNTIL SMOOTH

SPREAD OVER COOLED CRUST.

TOP WITH VEGGIES