

# Take Home Tips

Try some of the healthy snack ideas below. Portion sizes should be small --- just enough to curb your hunger until mealtime! Prepare in individual snack portions to save money.

Fruits – fresh, dried or canned	Vegetables	Grains	Dairy
Grapes	Carrots	Breakfast Cereal	Low-fat Yogurt
Bananas	Cucumber Slices	Whole Grain Crackers	Low-fat Cheese
Apples	Celery Sticks	Rice Cakes	Low-fat or nonfat Pudding
Oranges	Garden Salad	Pretzels	<b>Beverages</b>
Peaches	Pepper Slices	Low-fat Popcorn	
Applesauce (no sugar added)	Broccoli with Low-fat dip	Whole Grain English Muffin or Bagel with Peanut Butter	Water from Home
Raisins	Zucchini or Yellow Squash Slices	Granola Bars	Low-fat Milk or Calcium-Fortified Soy Milk
Fruit Salad			

## Set a Goal

During the next week, I will try to:

- Make individually packaged snacks for myself and my family rather than buying them.
- Read the Nutrition Facts Label to choose a healthy snack.
- Try a new healthy snack recipe.
- Prepare snacks at home rather than buying snacks on the go.

Visit our website for recipes and more: <https://go.illinois.edu/EatMoveSave>

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## Healthy Trail Mix

Serving size:  $\frac{1}{2}$  cup

12 servings

### Ingredients

- 2 cups low-sugar, whole-grain cereal
- 1 cup raisins or dried cranberries
- 1 cup nuts (example: walnuts or almonds)
- 1 cup sunflower seeds or pumpkin seeds
- 1 cup dark chocolate chips



### Instructions

Store in individual  $\frac{1}{2}$  cup serving sizes in resealable bags or one-serving size reusable containers. Store the trail mix where you keep snacks. Although you could store your trail mix in a large airtight container, making snack bags is fun and they are more convenient for kids (or parents on the go) to grab. Pre-packaged snack bags help you avoid eating more than one serving, too.

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## Strawberry Chocolate Pretzel Frozen Yogurt Bark



### Ingredients

2 cup vanilla yogurt  
1 cup fresh strawberries, sliced  
30-40 small pretzel sticks, broken into smaller pieces  
1/8 cup (2 tablespoons) mini chocolate chips  
1 tablespoon honey or maple/pancake syrup

### Preparation

1. Wash hands with soap and water.
2. Gently rub strawberries under cool running water.
3. Line a baking pan or cookie sheet with aluminum foil.
4. Spread yogurt onto foil to about 1/4-inch thick.
5. Sprinkle sliced strawberries, pretzel stick pieces, and mini chocolate chips on yogurt. Drizzle honey or syrup on top.
6. Freeze for 2 to 3 hours or until completely frozen solid.
7. Remove from freezer and break bark into smaller pieces with sharp knife. Eat immediately or place back in freezer before bark begins to thaw. Store in a freezer-safe container or bag.

### Nutrition Facts

Servings per Recipe: 6.00

Calories 110.00

Fat 2.00 g

Sodium 55.00 mg

Total Carbohydrates 19.00 g

Fiber 1.00 g

Protein 4.00 g

## Making Healthier Choices on a Budget.

Find out more: [go.illinois.edu/EatMoveSave](http://go.illinois.edu/EatMoveSave)

For more information about Illinois Nutrition Education Programs in your area, contact:

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# **Creating Easy, Healthy Beginnings**

## ***Appetizers & Hors d'Oeuvres***

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# Entertaining the Healthy Way: Creating Easy Nutritious Appetizers

**ap-pe-tizer** (ap' l ti' zer) *n.* a food or drink that stimulates the appetite

**hors d'oeuvre** (or durv') *n. [French]* a small portion of food served as an appetizer before a meal or as a snack

**Tapas** (ta pahs') *n. [Spanish]* small plates of food consumed at a leisurely pace.

Hors d'oeuvres, which is French for “out of work” but translates to “outside the meal” is generally a one-bite item that’s either stationary or passed and served separate from or prior to a meal.

Appetizers, on the other hand, appear as the first course when seated at the table and are often slightly larger and should complement the entrée.

## How Much To Make

	1/2 Hour		1 Hour		2-3 Hours	
	Hot	Cold	Hot	Cold	Hot	Cold
Men Only	6	4	8	6	10	8
Women Only	3	2	5	4	6	5

\*Molt. M. *Food for Fifty*. 2006. Pearson Education, Inc., New Jersey p.229

## Veggie Christmas Tree

1-8 oz. bottle fat free ranch salad dressing  
4 cups of broccoli florets, cut into bite size pieces  
1 broccoli stem  
3-4 cups cauliflower florets, cut into bite size pieces  
4-5 cherry tomatoes, quartered  
1 carrot sliced

Cover a 9X13 dish with dressing. Arrange broccoli florets in the shape of a evergreen tree, using the broccoli stem as the trunk. Place the cauliflower florets around the tree. Decorate tree with tomatoes and carrot slices.

**Yield:** 20 servings

*Nutritional analysis per serving: 25 Calories, 0 gram fat, 120 milligrams sodium, 7 grams carbohydrates, 1 grams protein*

*Source: UF/IFAS Extension*

## Mini Cheeseballs

8 oz. chive and onion cream cheese spread  
8 oz. low fat shredded mozzarella cheese  
4 slices cooked turkey bacon, finely chopped  
1/2 tsp. Italian seasoning  
1 tsp. garlic powder  
1/2 cup walnuts, ground

Mix cream cheese and mozzarella in a medium bowl until blended. Stir in bacon and seasonings. Shape 54 balls using 1 tsp. cheese mixture for each. Roll in nuts. Refrigerate 2 hours.

**Yield:** 54 balls

*Nutritional analysis per ball: 20 Calories, 1 grams fat, 5 milligrams cholesterol, 65 milligrams sodium, 1 grams carbohydrate, 2 grams protein*

### Grinch Kabobs

10 green grapes  
1 banana  
10 mini marshmallows  
10 strawberries

Wash green grapes, strawberries, and peel banana. Use a knife, cut off the tops where the leaves are, or the strawberries. This the Grinch hat. Take the peeled banana and cut horizontally into 5 pieces. This is the hat rim. On each skewer stick the center of the fruit on from top in the following order: Grape, Banana, Strawberry, Marshmallow.

**Yield:** 10 kabobs

*Nutritional analysis per kabob: 35 calories, 0 grams fat, 9 grams total carbohydrates, 1 gram dietary fiber.*

### Hummus Bites

1 can garbanzo beans (chickpeas)	2 Tablespoons olive oil
Drained, save liquid, rinse beans	3 Tablespoons bean liquid
1.5 teaspoons minced garlic	12 oz. bag baked pita chips
1 Tablespoon cumin	1 shredded carrots

Place beans, garlic, cumin, olive oil, and bean liquid in a food processor Or blender and process until a smooth consistency. Using a knife spread hummus mixture on pita chip and top with shredded carrot.

**Yield:** 10-15 bites

*Nutritional analysis per chip (estimations depending on chip): 66 Calories, 2 grams fat, 0 milligrams cholesterol, 100 milligrams sodium, 3 grams carbohydrate, .1 grams protein*

## Dos and Don'ts of Beginnings

- Do** choose beginnings that will stimulate the palate. **Don't** choose foods that are heavy and filling, especially if you are serving a heavy meal.
- Do** make your appetizers and hors d'Oeuvres appealing. But you **don't** have to make them fancy.
- Do** choose beginnings that complement the main dish. **Don't** choose beginnings that repeat ingredients. For example, **don't** serve breaded mozzarella sticks with marinara sauce before serving traditional lasagna for dinner.)
- Do** choose beginnings that can be ready to serve when the first guest arrives. **Don't** choose appetizers and hors d'Oeuvres that can't be prepped ahead of time
- Don't** serve too many different types of appetizers or hors d'Oeuvres or your guests will not be hungry for the main entrée. **Do** serve 1 to 2 different types of hors d'Oeuvres when serving 12 guests or less and 3 or 4 when serving more than 12 guests.
- Do** know your guests. Is there anyone on a special diet? (Vegetarian, diabetic?) Young people tend to eat more than older people. People tend to eat

### Cucumber Feta Bites

2 cucumbers (about 1 pound each)	1 teaspoon fresh dill, chopped
2 ounces crumbled feta cheese	Freshly ground pepper to taste
¼ teaspoon salt	

Wash the cucumbers and carefully cut them lengthwise using a sharp knife. For two cucumber halves, cut a small strip off the bottom of one side so that the cucumber half will set level, without falling over. Using a spoon, scrape out all the seeds. Use the other half of the cucumber, peel it, and chop very finely. In a medium bowl, combine chopped cucumbers with feta cheese, dill, salt and pepper. Spoon the mixture evenly into the two cucumber boats and slice into 1 1/2-inch pieces.

**Yield:** about 16 cucumber slices

*Nutritional analysis per serving: 15 Calories, 0.5 grams fat, 0 milligrams cholesterol, 70 milligrams sodium, 1 gram carbohydrate, 1 gram protein*

### Caprese Salad Kabobs

24 grape tomatoes	2 Tablespoons olive oil
12 cherry-size fresh mozzarella cheese balls	2 teaspoons balsamic vinegar
24 fresh basil leaves	12 wooden skewers

On each wooden skewer, thread a tomato, basil leaf, cheese ball, basil leaf and finish with another tomato. Place skewers on a serving plate. In a small bowl, whisk the olive oil and the vinegar; drizzle over kabobs just before serving.

**Yield:** 12 kabobs

*Nutritional analysis per serving: 45 Calories, 4 grams fat, 5 milligrams cholesterol, 12 milligrams sodium, 2 grams carbohydrate, 1 gram protein*

### Peach Salsa

4 cups peeled and diced peaches  
¼ cup diced red onion  
¼ cup raisins  
1-2 Tablespoons lemon juice

Combine all ingredients in medium-sized bowl. Refrigerate several hours before serving. Serve with store bought or Homemade Cinnamon Chips (recipe below). Serve fresh, store in refrigerator and use within 2-3 days or freeze in freezer-safe containers.

**Yield:** about 4 ½ cups.

*Nutritional analysis per ¼ cup serving: 27 Calories, 0 gram fat, 0 milligrams cholesterol, 2 milligrams sodium, 7 grams carbohydrates, 0.5 grams protein*

### Homemade Cinnamon Chips

¾ teaspoon ground cinnamon  
3 Tablespoons sugar  
10 (10 inch flour tortillas), each cut into 8 triangles  
Butter flavored cooking spray

Preheat oven to 350°F. Combine cinnamon and sugar in a small bowl and set aside. Spray cooking spray on one side of each tortilla. Arrange tortilla wedges in a single layer on a large cookie sheet. Sprinkle tortillas with cinnamon sugar mixture. Lightly spray tortillas again with cooking spray. Bake 8 to 10 minutes until lightly brown. Allow to cool. (As the chips cool, they become crispier). Repeat with any remaining tortillas. Serve with peach salsa.

**Yield:** 20 servings, 4 chips each

*Nutritional analysis per serving: 110 Calories, 2.5 grams fat, 0 milligrams cholesterol, 320 milligrams sodium, 20 grams carbohydrate, 3 grams protein*



## Chicken Salad Appetizers

4 cups cooked chicken breast, Shredded	2 teaspoons cider vinegar
⅓ cup celery, diced	½ teaspoon garlic powder
¼ cup green onion, sliced	½ teaspoon dry mustard powder
½ cup light mayonnaise	Salt and pepper to taste
½ cup non-fat plain Greek yogurt	Paprika to taste

In a large bowl, mix cooked chicken, celery and green onion. In a separate bowl, combine mayonnaise, yogurt, vinegar, garlic powder, dry mustard and salt and pepper. Pour the dressing over the chicken and stir until well combined. Cover and place in refrigerator until ready to use. To serve, place about 1-2 Tablespoons on baked wonton wrappers, whole grain crackers or Bibb leaf lettuce. Sprinkle with paprika to garnish.

**Yield:** 4 cups chicken salad, or 32 2-Tablespoon servings

*Nutritional analysis per serving (with whole grain cracker): 50 Calories, 2 grams fat, 10 milligrams cholesterol, 75 milligrams sodium, 4 grams carbohydrate, 4 grams protein*

## Caramel Apple Grapes

1 container fat-free caramel dip	1 cup lightly salted peanuts,
Bunch of seedless green grapes	crushed
Toothpicks	

In a microwave safe bowl, heat caramel dip in 10 second intervals until warm and has a smooth consistency. Using a toothpick, dip each grape into caramel and then into a bowl of crushed peanuts. Place on a plate and refrigerate until ready to serve.

**Yield:** about 15 servings, 5 grapes each

*Nutritional analysis per serving: 190 Calories, 5 grams fat, 0 milligrams cholesterol, 140 milligrams sodium, 36 grams carbohydrate, 4 grams protein*

## Spiced Popcorn

¼ teaspoon ground cumin	⅛ teaspoon ground cinnamon
¼ teaspoon chili powder	6 cups popped popcorn
⅛ teaspoon salt	Spray margarine or nonstick butter
⅛ teaspoon cayenne pepper	flavored cooking spray

In a small bowl, stir together spices. Spread popped popcorn in an even layer in a shallow baking pan. Lightly coat popcorn with spray margarine or cooking spray. Sprinkle the spice mixture evenly over popcorn. Toss to coat.

**Yield:** 4 - 1 ½ cup servings

*Nutritional analysis per serving: 47 Calories, 1 gram fat, 0 milligrams cholesterol, 72 milligrams sodium, 10 grams carbohydrate, 1 gram protein*

## Basil Pesto Bruschetta

1 French bread baguette, sliced at a 45° angle about 1/2 inch thick  
2 cups prepared pesto (or recipe following)  
6 Roma tomatoes, seeded and finely chopped  
½ cup freshly grated Parmesan cheese

Arrange bread slices on ungreased broil pan or baking sheet. Spread each slice with about a Tablespoon of pesto. Top with chopped tomatoes and cheese. Broil 4 inches from heat for 3-5 minutes until edges are lightly browned.

**Yield:** 18 servings

*Nutritional analysis per serving: 110 Calories, 2 grams fat, 5 milligrams cholesterol, 260 milligrams sodium, 19 grams carbohydrate, 5 grams protein*

## Pesto

3 cups fresh basil	½ teaspoon pepper
¼ - ½ teaspoon salt	¼ cup nuts (pine nuts, walnuts, etc.)
2 cloves garlic	¼ - ½ cup olive oil
1 teaspoon lemon juice	

Over medium-high heat, toast the nuts in a skillet for 3-5 minutes until lightly browned. In a food processor combine herbs, garlic, nuts, lemon juice and salt and pepper. Pulse while drizzling in the olive oil. Pour into a bowl, tightly covered and refrigerate or freeze until ready to serve.

**Yield:** 2 cups, 2 Tablespoons per serving

*Nutritional analysis per serving: 45 Calories, 4.5 grams fat, 0 milligrams cholesterol, 35 milligrams sodium, 0 grams carbohydrate, 1 gram protein*

## Mini Taco Cups

24 wonton wrappers	1 (1.12 oz.) package dry low sodium
½ lb. lean ground beef	taco seasoning mix
1 (15 oz.) can pinto or black	¾ cup chunky salsa
beans, drained and rinsed	1 cup shredded Mexican blend cheese

Preheat oven to 425°F. Press one wonton wrapper into each muffin cup. Cook the beef in a 10 –inch skillet until browned. Drain grease. Add beans, taco seasoning mix, and water called for on the package and simmer for 4-5 minutes. Spoon in about 1 Tablespoon of the taco meat/bean mixture into each wrapper. Top with a spoonful of salsa and cheese. Bake for 5-8 minutes or until golden brown.

**Yield:** 24 servings, 1 taco cup each

*Nutritional analysis per serving: 70 Calories, 1 gram fat, 5 milligrams cholesterol, 230 milligrams sodium, 8 grams carbohydrate, 5 grams protein*

## Sweet and Tangy Meatballs

1 lb. 8 oz. frozen turkey meatballs
1 (12 oz.) jar chili sauce
1 (16 oz.) jar low sugar grape jelly

Add chili sauce and grape jelly to a 4 or 6 quart slow cooker and heat on low stirring until smooth. Add frozen meatballs, cover and cook on low for 3-5 hours. Serve with toothpicks.

**Yield:** 24 servings, 1 meatball each

*Nutritional analysis per serving: 80 Calories, 1.5 grams fat, 10 milligrams cholesterol, 350 milligrams sodium, 13 grams carbohydrate, 5 grams protein*

## Caramelized Onion Bites

2 teaspoons olive oil	¼ teaspoon cayenne pepper
4 cups chopped sweet onion	6 wedges light creamy Swiss
2 teaspoons chopped garlic	cheese
¼ teaspoon salt	20 frozen mini fillo shells

Preheat oven to 375°F. Heat oil in a large skillet. Add onion, garlic, salt and cayenne pepper. Cook on medium-high heat until slightly softened, 3-5 minutes, stirring occasionally. Reduce heat to medium-low. Stirring frequently so onion doesn't burn, cook until caramelized, 20-25 minutes. Transfer onion to a bowl. Add cheese wedges, breaking them into pieces, and stir until most of the cheese is melted and distributed evenly. Place shells on a baking sheet and fill shells with even amounts of onion mixture. Bake in oven for until shells are slightly brown, about 8 minutes.

**Yield:** 20 servings, 1 shell each

*Nutritional analysis per serving: 45 Calories, 2 grams fat, 5 milligrams cholesterol, 125 milligrams sodium, 6 grams carbohydrate, 1 gram protein*