



SHINING DISHES TO PASS

BRING THE FOOD. BRING THE FUN.

Celebrations are often centered around food. Rightfully so! Enjoying delicious food, especially with a group of friends, IS fun. Impress the guests with healthy, unique dishes that are sure to be the talk of the table.



SKEWERS

Presentation couldn't be easier, or more impressive, than colorful food lined up on a skewer! Oh course you could grill kabobs with mushroom, peppers, onion and chicken, but you can also explore fresh fruit kabobs, cherry tomatoes with mozzarella and basil, or an anti-pasta combination.



SALADS

The key to a "fun" salad is the toppings. Aim for at least 3 colors, and don't be shy, go bold! Try spiced walnuts, freeze-dried apple slices, sun-dried tomatoes or a strong cheese. Branch out to new types of dried fruit, seeds, nuts and pair it with a vinaigrette for a winning dish.



PLATTERS

Go beyond a basic veggie tray. Between arranging items differently, trying a different color variety of a well known item, or pairing it with unexpected dips, platter can be fun. You can also add fruits, toasted nuts, jerky, smoked salmon or a bit of dark chocolate to keep it interesting.



KALE SALAD WITH AVOCADO, QUINOA AND MANGO

1 head of kale ribs removed, chopped finely
1 mango, cubed
1/2 red onion, diced small
1/2 c almonds, pepitas, or sunflower seeds, lightly toasted
1 large avocado, diced
1 c feta cheese, crumbled
1 c quinoa, cooked

Dressing

1 orange, zest and juice
1 garlic clove, minced
1 tsp Dijon mustard
2 tsp honey
1/3 c olive oil

INSTRUCTIONS

In a large bowl, massage kale with hands for a couple minutes, until fragrant and begins to wilt. Add mango, feta, onion, nuts/seeds, cooked quinoa. Whisk dressing ingredients in a small bowl. Toss with salad. Last, gently fold in the avocado.

Adapted from www.whatagirleats.com

"DID YOU GET MY GOOD SIDE?"

Plating food isn't something to fuss with all the time, but when holding a special gathering or event, try these tips to help make your dish shine!

-Choose a unique plate, platter or tray. If you're serving multiple items, try layering contrasting dishes.

-Garnish with cut herbs, citrus slices or even a sprinkle of spices or dried herbs.

-Depending on the dish, experiment with making the recipe in one dish then transferring to a serving dish for a cleaning presentation.

-Alter how you chop produce items, in size and shape, to achieve a different look. Try chopping, half moons, slice ribbons with a potato peeler, or get fancy with a spiralizer!

-Pay attention to color and aim for a nice palette! Go with contrast with red bell peppers and snap peas, create a plate with complimentary colors featuring blueberries, red grapes and chopped mango, or try monochromatic with a broccoli kale and kiwi salad.

ELEVATED PASTA SALAD

Drop your basic pasta salad and have a little fun! Try a new pasta shape, for starters, or add different vegetables. Changing the dressing can also go a long way. Try the following combinations for a new take on traditional pasta salad.

Lemon Herb: 8 oz whole wheat penne, 2 c wilted spinach, 1 diced cucumber, 1/2 c chopped parsley, 1/4 c pine nuts, 1/3 c parmesan cheese + marinated chickpeas (1 15-ounce can chickpeas, 1/4 c olive oil, 1 clove garlic, 1 juiced lemon, 1/2 tsp salt)

Tuscan: 8 oz whole wheat bow tie pasta, 1 7-ounce jar sun dried tomatoes in oil (drained), 1/2 c sliced olives, 1/2 head kale (destemmed and chopped thin), 1 large chopped tomato, 1 c organic italian dressing

Corn and Avocado Pasta Salad: 16 oz fuselli pasta, 1 c sliced basil, 1/2 c shredded cheddar cheese, 1 1/2 c corn kernels, 2 c halved cherry tomatoes, 1 diced avocado + Dressing (1/3 c extra virgin olive oil, 2 T lemon juice, 1 T chopped chives, 1 tsp cumin, 1 pinch red peppers flakes, kosher salt and pepper to taste)



LAYERED HUMMUS AND CRISPY DIPPERS

Have some fun with hummus! Make your own or buy traditional plain hummus from the grocery store. Add your choice of the following to bring a little fun!

- Olive oil, pine nuts, chopped herbs, squeeze of lemon juice
- Stir in tomato paste, add red pepper flakes, olive oil and chopped basil
- Cut cherry tomatoes, cucumber, parsley and a dollop of pesto

Serve with a crispy, crunchy assortment of healthy, seedy crackers, toasted whole wheat pita and fresh cut vegetables like peppers, radish, snap peas and carrots.

