



Healthy Hold Me Over's

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New Years is that perfect opportunity to indulge one last time before the resolutions kick in on January 1. The reality is that most of us will not keep those resolutions. So, why not start today! As you are planning that New Years Eve party or heading off to one more pot luck consider these appetizers that are not only delicious but nutritious and simple.

Tomato-Basil Skewers

Ingredients

- 16 small fresh mozzarella balls
- 16 fresh basil leaves
- 16 cherry tomatoes
- Balsamic Vinegar to drizzle
- Extra-virgin olive oil to drizzle
- Coarse salt & freshly ground pepper to taste

Directions

1. Thread mozzarella, basil and tomatoes on small skewers. Drizzle with balsamic vinegar and oil. Sprinkle with salt and pepper.

Health Advantages: low calorie, low carbohydrates, low sat fat, low cholesterol, low sodium, heart healthy, gluten free diet.

Veggie Pinwheels

Hands-On Time: 15 minutes

Ready In: 15 minutes

Yield: 4-8 servings

Ingredients

8 ounces regular or low-fat cream garlic and chive or veggie cream (Choose your preference) cheese, softened
Salt and pepper to taste
1/2 cup grated carrot
1/2 cup finely chopped red and/or yellow bell pepper
1/2 cup tiny frozen peas, thawed
1 cup fresh broccoli, steamed, cooled, and chopped
6 (6- to 8-inch) whole wheat tortillas

Directions

1. In a bowl, whip the cream cheese to soften. Gently fold in the vegetables. Salt and pepper to taste.
2. Spread some of this mixture across each tortilla (1/4 cup for 6-inch tortillas, 1/2 cup for 8-inch), leaving roughly 1 inch bare at the top. Then, starting from the bottom, roll the tortillas up tightly (the filling will now spread right up to the bare edge).
3. If you're making these ahead, wrap each tortilla in plastic wrap and refrigerate. When you're ready to serve, slice each tortilla crosswise into as many pinwheels as you like.

Health advantages: These pinwheels are chocked full of vitamin C, which the body needs to make collagen — necessary for forming skin, tendons, ligaments, and blood vessels.

Happy & Healthy New Year from Get Fit Itasca!