Appetizers

Compiled by: Stevie Pospishil

Introduction

Baked Crab Rangoon

Source: 20-24 pieces

Ingredients

- 2 tbsp sour cream (light
- 8 oz cream cheese reduced fat
- 1 scallion
- 1 garlic clove
- 1/4 tsp ground ginger
- 1 tsp soy sauce
- 1/2 tsps sugar
- 1/2 cup crab meat
- wonton wrappers

Instructions

Preheat oven to 415 F. Line a rimmed baking sheet with aluminum foil and spray the foil with nonstick cooking spray.

In a medium bowl, mix the sour cream, cream cheese, scallion, garlic, ginger, soy sauce and sugar together until well combined. Fold in the crab meat.

Lay a wonton wrapper on your work surface. Place about 2 teaspoons of the filling mixture in the center of the wrapper, then brush two adjacent sides of the wrapper lightly with water. Fold the wrapper over on the diagonal. Press around the filling to remove air pockets, then press the sides to seal the wrapper tightly. Transfer to the prepared baking sheet. Repeat with remaining wrappers and filling.

Spray the tops of the wonton wrappers lightly with nonstick cooking spray. Bake for about 12 minutes, or until the edges are golden brown and crisp.

Baked spinach dip mini bread bowls

Ingredients

- 2 cups baby spinach
- 1 clove garlic minced
- 3 oz cream cheese
- 1/2 cup light sour cream
- 2 tbsp shredded parmesan cheese
- 1/8 tsp McCormick gourmet ango chile pepper
- 1 tsp McCormick Gourmet Garlic Salt
- 1/8 tsp McCormick Gourmet Sicilian Sea Salt
- 1 tsp freshly ground black pepper
- 1 cup shredded mozzarella cheese

Instructions

1. Preheat oven to 350 degrees F. Spray 10 muffin cups with non stick cooking spray. Unroll package of french bread loaf and slice into 10 equal size slices, about 1 inch thick. Press each slice into about a 3 inch round, I did this by pressing in between my hands. Press into the bottom and up sides of the muffin cup. Set aside.

2. Heat oil in medium skillet over medium heat. Cook and stir spinach until wilted, about 3 minutes then add garlic, cook and stir for another minute then turn heat off.

3. Place cream cheese, sour cream, cooked spinach and garlic, Parmesan Cheese, Ancho Chili Powder, garlic salt, salt and pepper into a medium bowl. Mix until well combined. With a medium cookie scoop, scoop dip into each of the centers of bread bowls. Top evenly with shredded cheese and bake for 15-17 minutes until just turning brown on edges. Remove and let cool for 3-5 minutes before removing from oven.

10 mini spinach dip bread bowls

Chicken Pot Pie Bundles

Ingredients

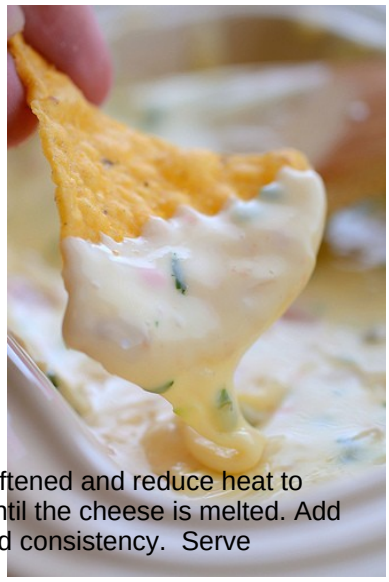
- 12 egg roll wraps
- 1 carrot
- 1/2 small onion
- 2 clove garlic
- 1 lb chicken breast
- 2 tsp fresh tarragon
- 1/2 tsp kosher salt
- 1 cup all-natural chicken broth
- 4 tsp corn starch
- 3/4 cup frozen corn kernels

Instructions

Directions
1.Preheat the oven to 350°F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the carrot and onion and cook, stirring frequently, until softened, about 5 minutes. Add the garlic, and cook 1 minute more.
2.Stir in the chicken, tarragon, salt, and pepper. Cook until the chicken is no longer pink, about 5 minutes.
3.Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.
4.To prepare the bundles, use a muffin pan with 12 medium-size cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides.
5.Place a generous 1/4 cup of the chicken mixture into each wrap, and sprinkle the Parmesan cheese on top. Fold the corners up and over the top of the filling and press to seal the edges (it doesn't have to be perfect!). Brush the remaining oil on top of each bundle.
6.Bake until golden and crisp,12 to 15 minutes. Cool slightly before eating.

Nutrition Information per Serving (2 bundles): 360 calories, 7g fat (1g saturated, 0.4 omega-3), 680mg sodium, 48g carbohydrate, 3g fiber, 24g protein, 70% vitamin A, 15% iron

Queso blanco



Ingredients

- 1 tbsp olive oil
- 1/4 cup white onion finely diced
- 1 large jalapeno, seeds removed, finely diced
- 12 oz white american cheese, shredded
- 4 oz Monterrey Jack Cheese, shredded (not pre-shredded)
- 1 cup cream, half&half, or whole milk
- 1 roma tomatoes, seeds removed and diced
- 1 small bunch cilantro, roughly chopped

Instructions

Heat the oil in a saute pan over medium heat. Saute the onion and pepper until softened and reduce heat to medium-low. Stir in the shredded cheese and 1/4 cup of the cream. Quickly stir until the cheese is melted. Add the tomatoes, cilantro, and additional cream a little at a time until you reach desired consistency. Serve immediately with tortilla chips, tortillas, or on tacos, burritos, etc.

Reduced Fat Hot Artichoke Dip

Source: Doctor Oz show

Ingredients

- 1 cup Chopped frozen artichoke hearts
- 1/2 cup frozen chopped spinach
- 2 tbsp water
- 4 oz reduced-fat cream cheese
- 4 oz 2% Greek yogurt
- 1/2 cup grated parmesan cheese
- 2 tbsp low-fat milk
- 1/2 tsp salt
- 1/4 tsp garlic powder
- 1 pinch black pepper

Instructions

Directions

1. Combine diced artichoke hearts and chopped spinach in a microwave-safe bowl with 2 tablespoons of water.

2. Cover bowl with plastic and poke a few holes in it to vent. Microwave vegetables on high for 6 minutes.

3.Combine remaining ingredients in a small saucepan.

4.Add the steamed artichokes and spinach and place pan over medium/low heat, stirring often for 10 minutes or until simmering.

5. Just before serving, you may wish to broil the dip in an oven-safe dish for 1 to 2 minutes (under high broil) or just until slightly brown on top. Serve with crackers, toasted bread, pita chips or raw vegetables for dipping.

Nutritional Facts

For 1 (1/2 cup) serving

230 calories
14 g fat

Restaurant Style Garlic French Fries

Ingredients

- 1 lb french fries
- 1 tbsp olive oil
- 2 tsp finely minced garlic
- 2 tsp finely minced parsley
- 1/4 tsp black pepper
- dash salt

Instructions

Instructions

1.Bake fries as directed on packaging.
2.While the fries are baking combine the rest of the ingredients together.
3.Once the fries are done cooking combine fries and mixture together (you might need to add more salt (just your personal preference)) .
4.Enjoy