

# HEALTHY HOLIDAY CELEBRATIONS

## IDEAS FOR HALLOWEEN CELEBRATIONS

### APPLE BITES

#### Ingredients

- Apples
- Broken up banana chips OR almond slivers

#### Instructions

1. Quarter and core an apple, cut a wedge from the skin side of each quarter, and press banana chips in place for teeth.
2. Note: If you are not going to serve the apple bites right away, baste the apples with orange juice to keep them from browning.



### Carrot-Carved Pumpkin

#### Ingredients

- Nutritious dip (see the Healthy Dips section for options)
- Baby carrots
- Crown of broccoli for the pumpkin stem
- Cucumber or other vegetables to create the mouth

#### Instructions

1. On a large platter, organize the baby carrots or other vegetables of your choice into the shape of a pumpkin.
2. Use small containers filled with dip to create the eyes.



Note: Try making other festive shapes with vegetables like a skeleton, spider, or a graveyard scene.

# HEALTHY HOLIDAY CELEBRATIONS

## EYEBALLS

### Ingredients

- Carrots
- Nutritious dip (see Healthy Dips section below))
- Pitted black olives, blueberries, or raisins

### Instructions

1. Slice carrots into one-inch-thick chunks,
2. Top each with the nutritious dip
3. Then top one half of a pitted black olive, raisin, or blueberry.
4. Serve and enjoy!



## FINGER FOOD

### Ingredients

- Nutritious dip (see Healthy Dips below)
- Carrots and other vegetables of your choice
- Banana chips or almonds

### Instructions

1. Fill a serving bowl with a nutritious dip.
2. Peel and cut carrots or other vegetables to create long goblin-like fingers.
3. Using a paring knife, cut a flat, shallow notch on the tip of each finger, then use dip to attach a banana chip or almond on each notch.
4. Place the goblin fingers into the dip, and serve with plenty of carrots and other vegetables for dipping.



# HEALTHY HOLIDAY CELEBRATIONS

## CHEESY FINGERS

### Ingredients

- Mozzarella string cheese
- Green bell pepper
- Nutritious dip (see the Healthy Dip section below)



### Instructions

1. Using a paring knife, cut each string cheese in half. Then carve a shallow area for a fingernail just below the rounded end of each half.
2. Make knuckle joints by carving out tiny horizontal wedges of cheese (see image).
3. For the fingernails, slice a green bell pepper into small strips and stick them on as fingernail using the nutritious dip.

## HEALTHY DIPS

### DILL DIP

### Ingredients

- 1 cup sour cream, light or fat free
- 6 tbsp low fat mayonnaise
- 4 tbsp fresh dill, minced (or 2 tsp dried dill weed)
- 2 tbsp fresh parsley, minced
- 2 tbsp green onion, minced
- 2 tbsp chili sauce (or ½ tsp dried chili flakes)
- 1 tsp dijon mustard
- 2 cloves garlic finely minced
- ½ tsp Worcestershire sauce



### Instructions:

1. Combine all ingredients in a bowl.
2. Season to taste with salt and pepper.
3. Refrigerate until well-chilled.

### Serving Suggestions:

Serve with roasted or boiled potatoes, whole wheat crackers like Ryvita, or with fresh vegetables.

# HEALTHY HOLIDAY CELEBRATIONS

## CREAMY HUMMUS

### Ingredients

- 1 can chickpeas, rinsed and drained
- 2 tbsp Lemon juice
- 2-3 garlic cloves
- ½ tsp cumin
- ½ cup fresh parsley

### Instructions:

1. Place all ingredients into a food processor or blender.
2. Blend, adding a little water to desired consistency.
3. Add salt and pepper to taste.



### Serving Suggestions:

Serve with baked tortillas, as a spread on sandwiches, as a dip for fresh vegetables, or on toasted pita bread.

## TZATZIKI

### Ingredients

- 3 cucumbers, English works best
- 1 tsp salt
- 2 cups plain yogurt, low fat
- 2-3 garlic cloves
- 1 tbsp vinegar
- ½ tsp lemon
- 2 tbsp olive oil
- ¼ tsp dried mint
- ¼ tsp dried dill



### Instructions:

1. Peel cucumbers and scoop out seeds if desired. Grate cucumbers into a medium bowl, sprinkle salt over them, and mix well.
2. Allow to sit for about 30 minute. Squeeze out liquid that collects.
3. Mix cucumbers with remaining ingredients and chill in the refrigerator.

### Serving Suggestions:

Serve with pita bread, whole wheat crackers, as a spread on sandwiches, or as a dip for fresh vegetables. It is also great on baked or boiled potatoes, yams, and with roasted vegetables.

# HEALTHY HOLIDAY CELEBRATIONS

## EGG DIP FOR VEGETABLES

### Ingredients

- 4 hard-boiled eggs, peeled
- 1/3 cup plain yogurt, low fat
- 2 tbsp light mayonnaise
- 2 tbsp green onion, chopped
- 2 tsp fresh dill, chopped (or use ¼ tsp dried)
- 2 tsp fresh basil, chopped (or use ¼ tsp dried)
- 1 tsp dijon mustard
- cayenne pepper and garlic powder to taste



### Instructions:

1. In a food processor or blender, puree eggs.
2. Blend in yogurt, mayonnaise, onion, dill, basil, and mustard.
3. Season with salt, cayenne pepper, and garlic powder.
4. Refrigerate covered. Can be stored up to 3 days.

### Serving Suggestions:

Serve with pita bread, whole wheat crackers, as a spread on sandwiches, or as a dip for fresh vegetables