

Savor the Flavor Recipes

Recipes compliments of:



Hummus with Pita Chips

Hummus is perhaps the most well known Middle Eastern appetizer. It can be used as a dip, a spread, a pita filling or a sandwich. Makes about 2 cups.

Ingredients:

- ¼ cup tahini (sesame seed paste; available in health food stores, Middle Eastern groceries and even most supermarkets)
- 1/3 cup fresh lemon juice
- 1/3-1/2 cup warm water
- 1 clove garlic
- 2 cups (1 lb. Can) chickpeas (garbanzo beans), drained and rinsed.
- ½ tsp. salt
- salt and pepper, to taste
- olive oil (garnish)

Instructions:

1. Put tahini, lemon juice, water and garlic into a blender or food processor fitted with a metal blade. Cover and process until smooth.
2. With machine running, gradually add chickpeas, salt, and pepper, processing until the mixture is the consistency of a thick paste. If necessary, stop the machine and scrape down the sides with a spatula. If too thick, add a bit more water and process again.
3. Put in refrigerator and chill, covered.
4. Before serving, drizzle with olive oil.

To store, refrigerate, covered for up to one week or freeze for up to one month.

Serve with oven baked pita crisps or sesame crackers for dipping.

Goat Cheese Delight

This appetizer impresses guests because of its artful appearance and it is easy to make.

Ingredients:

Loaf of French bread
1 package goat cheese, softened
capers
1 fresh lemon
¼ olive oil
canned roasted red peppers, sliced thinly
scallions
salt and pepper

Instructions:

1. combine softened goat cheese with scallions, salt and pepper. Set aside.
2. combine peppers with oil, lemon juice and marinate in refrigerator.
3. slice bread in thin pieces.
4. spread cheese on bread,
5. artfully add peppers, and then capers.
6. drizzle small amount of marinade on top.

Seven Layer Mexican Bean Dip

You'll be the hit of the party with this crowd pleasing dip.

We lightened it up with low-fat cheese, fat-free bean dip and

low-fat sour cream...nobody will notice the difference!

Ingredients

- 1 cup low-fat sour cream
- 2 tbsp. reduced-sodium taco seasoning
- 9 oz. fat -free bean dip
- 6 oz. guacamole, about $\frac{3}{4}$ cup
- $\frac{1}{4}$ cup low-fat shredded cheddar cheese
- 4 medium scallions, chopped
- 1 small tomato, chopped
- 6 medium black olives, sliced

Instructions:

1. Combine sour cream and taco seasoning; mix well.
2. Spread bean dip on bottom of a 12 inch round glass serving bowl or edged platter. Top with guacamole, sour cream, cheese, scallions, tomatoes and olives.

Serve with baked chips or veggies.

Yields about 12 servings, at $\frac{1}{4}$ cup each.

Tortilla Roll-Ups

This easy recipe is great for football parties or holiday parties.

Great because it can be made ahead of time and guests love it!

Ingredients:

one package flour tortillas
one package light cream cheese, softened
one small can green chilis
garlic powder
3-4 scallions
salsa for dipping

Instructions:

- 1 Mix together cream cheese, scallions, garlic powder and green chilis
- 2 Spread mixture on a tortilla
- 3 Roll tortilla up gently.
- 4 Slice tortillas to make pinwheels.
- 5 Arrange on a platter and serve with salsa.

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