



Sample Cocktail Party

Serves: 30

This is a great party menu when you are hosting a crowd. Many of the appetizers can be made in advance, and the hot selections can be made throughout the evening to keep the food table full and constantly changing!

Baked Brie with Carmelized Onions

Spicy Cilantro Hummus

Italian Style Stuffed Mushrooms

Mini Pitas with Tuna

Pot Stickers with Asian Dipping Sauce

Blue Cheese Spears

Marinated Chicken Skewers with Peanut Sauce

Fruit Platter

Toffee Crunch Caramel Cheesecake



Spicy Cilantro Hummus

Servings: 12 (original Recipe serves 8)
Note: Scaling affects only items in the Ingredient Amount column, values in the Directions portion must be scaled manually.

This is a great way to make your own hummus. Since it doesn't call for tahini paste, all of the ingredients are readily available.

3 cups chickpeas, canned, rinsed and drained
3/4 cup plain low-fat yogurt
1 1/2 cups chopped fresh cilantro
3 small garlic clove, chopped
3/4 small jalapeno pepper, finely diced
1/4 cup fresh lemon juice
3 tablespoons water
3/4 teaspoon salt

Slip skins from chickpeas with your fingers, then purée chickpeas with yogurt, cilantro, garlic, jalapeno pepper, lemon juice, water, and salt in a food processor until smooth. If too thick, continue to add water to desired consistency.

Serving Ideas: Serve with raw veggies or grilled pitas.



Mini Pitas with Tuna

Servings: 12

These are great for parties. They are small enough to eat standing up in a bite or two, but they are also satisfying for those who are a little more hungry!

2 cans white tuna in water, drained and flaked
1/2 cup mayonnaise
2 pickles, diced
2 eggs, hard-boiled, chopped
1 teaspoon pepper
12 mini pita bread rounds, halved crosswise
8 lettuce leaves, torn to fit

Season with pepper. Line bread halves with lettuce leaves. Divide tuna mixture among bread pockets. Serve immediately.



Blue Cheese Spears

Servings: 15

The sweetness of the honey and the pear balance with the sharp cheese and bitter endive leaves in this elegant appetizer.

1 head endive
1 large pear, cored and diced
1 cup crumbled blue cheese
1/2 cup pecans, toasted, coarsely chopped
3 tablespoons honey

Slice off the base of the endive and separate the endive leaves, carefully pulling them off at the base so they're intact. Wash the leaves, and refrigerate for at least two hours.

Mix remaining ingredients in bowl. Arrange endive spears on a platter. Fill the base of each leaf (the strongest and whitest part) with a heaping tablespoon of blue cheese mixture and serve.

Washing and then refrigerating the endive ahead of time will ensure that they are crunchy and crisp when ready to serve.