

PARTY FOODS

Healthy Living

Entertaining does not need to be an excuse for unhealthy eating. There are many ways to bring wonderful, nutrient rich foods into your party – with a little planning, your next event can be the perfect opportunity to showcase your favorite delicious, healthy and crowd-friendly foods.

APPETIZERS:

Seasonal vegetables with hummus: Serve a combination of grilled, blanched and raw vegetables for color and variety. Make your own hummus or choose a favorite store-bought with clean ingredients for a quick cheat.

Grilled shrimp with herbs

Shot sized seasonal soup: chilled gazpacho is a great summer starter! This may sound a bit different than your typical apps but it is sure to please a crowd, it looks great and requires no utensils.

FOR THE MAIN EVENT:

Jazz up your simple chicken dinner – try making chicken with a fruit salsa in the summer or top with a sauté of mushrooms. Roast or grill a whole chicken for an easy yet elegant meal.

Pork tenderloin – always a crowd favorite. Pair with autumn vegetables and a rich balsamic glaze in the fall months or a light lemon herb grilled tenderloin in the summer
fish

Veggie burgers/Grilled Portobello/ Bun-less burgers – Ditch the staple burger for a fun and fresh twist. Try making your own veggie burger or grilled mushroom or offer your typical burger recipe in a lettuce wrap or on its own. You can easily shave off 150 calories by cutting out the bun and this allows the flavors in the burger a spotlight moment! Keep meat-based burgers to at least 90% lean and keep your patties around 4 ounces for portion control.

SIDES

Whole wheat pasta salad with light lemon or balsamic dressing – You definitely won't miss the mayo – pasta salad with a light lemon and herb dressing is a light and delicious side. Toss in your favorite seasonal vegetables and a few nuts for crunch, you won't miss the heavy pasta salads

Quinoa salad – comb through your fresh 20 or 180 recipes; you have at least a few quinoa salads in the mix. They are so easy for entertaining since they can easily be made ahead.

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SIDES CONT.

Seasonal vegetable salad - combine fresh and grilled or roasted seasonal vegetables for extra flavor or create a fun twist with seasonal fruit

TIPS

Whether you are hosting or attending, stay focused to stay on track by following these steps:

- Arrive with a plan
- Don't arrive hungry
- Drink water or herbal tea first and always alternate any alcoholic drinks with another glass of water
- If you are not hosting, offer to bring a healthy appetizer, vegetable side or dessert
- Fill one plate and avoid picking
- If you are hosting, offer to send guests home with food to avoid excess leftovers

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