

THE FRESH 180

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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