



100- calorie bites

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These holiday morsels offer a cheery reason to celebrate: Each savory appetizer tallies 100 calories or fewer. The brightly seasoned bites will captivate guests without weighing them down. So light up—and lighten up—the season with diminutive delights bound to bring joy.

Endive Chicken Boats
recipe, page 37

Shrimp-and-Bacon-Stuffed Baby Potatoes

Prep: 35 minutes Bake: 42 minutes Oven: 425°F

- 14 tiny new potatoes (about 1¼ pounds)
- 2 tablespoons Dijon-style mustard
- 1 tablespoon olive oil
- 1 teaspoon Old Bay seasoning (seafood seasoning)*
- 1 7- to 8-ounce package frozen peeled cooked shrimp, thawed, drained, and chopped
- ½ of an 8-ounce package cream cheese, softened
- 1 cup shredded Gouda cheese (4 ounces)
- 5 slices bacon, crisp-cooked, drained, and crumbled
- 1 teaspoon Old Bay seasoning (seafood seasoning)*
- ¼ cup snipped fresh chives (optional)

1. Preheat oven to 425°F. Cut potatoes in half lengthwise. Using a small melon baller or a very small spoon, scoop out potato pulp, leaving ¼-inch shells. Reserve pulp for another use. Cut a thin slice from the bottom of each potato half so it stands upright. Place potatoes, cut sides up, in a 15×10×1-inch baking pan.

2. In a small bowl, combine mustard, oil, and 1 teaspoon Old Bay seasoning. Brush insides of potato shells with mustard mixture. Bake about 30 minutes or until potatoes are tender.

3. Meanwhile, for filling, in a small bowl, combine shrimp, cream cheese, Gouda cheese, bacon, and 1 teaspoon Old Bay seasoning. Spoon filling into potato shells, mounding slightly.

4. Bake for 12 to 15 minutes more or until filling is heated through and cheese is melted. Serve warm or at room temperature. If desired, garnish with chives. Makes 28 appetizers.

*Tip: If your seasoning is coarse, crush before using.

Per appetizer: 63 cal., 4 g total fat (2 g sat. fat), 24 mg chol., 168 mg sodium, 3 g carb., 0 g fiber, 4 g pro.





Rosemary, with its penetrating aroma, wakes up the taste of the mellow ingredients in this simple appetizer. The sprigs, although full of flavor, are not meant to be eaten.

Rosemary Bruschetta Stacks

Prep: 25 minutes Bake: 4 minutes
Oven: 425°F

- 3 tablespoons butter, softened
- 1 clove garlic, minced
- 12 ¼-inch slices baguette-style French bread
- 2 ¼-inch slices provolone cheese (2 ounces), each cut into 6 pieces
- 6 slices roma tomatoes
- 6 4-inch fresh rosemary sprigs
- Kosher salt or salt (optional)
- Freshly ground black pepper (optional)

1. Preheat oven to 425°F. Line a baking sheet with foil; set aside. In a small bowl, combine butter and garlic. Lightly spread butter mixture on one side of each bread slice. Place a piece of cheese on the buttered side of each of six bread slices; top each with a tomato slice, another piece of cheese, and a remaining bread slice, buttered side down.

2. Pull the leaves off the bottom 2 inches of each rosemary sprig. Push a sprig into each stack to hold it together. Place stacks on the prepared baking sheet. If desired, cover and chill for up to 2 hours.

3. Bake about 4 minutes or until cheese is starting to melt. Serve warm. If desired, sprinkle lightly with salt and pepper. Makes 6 appetizers.

Per appetizer: 90 cal., 4 g total fat (3 g sat. fat), 11 mg chol., 166 mg sodium, 10 g carb., 1 g fiber, 3 g pro.



Walnut-Feta Yogurt Dip

Prep: 25 minutes Chill: 24 hours + 1 hour

- 4 cups plain low-fat or fat-free yogurt*
- ½ cup crumbled feta cheese (2 ounces)
- ⅓ cup chopped walnuts or pine nuts, toasted
- 2 tablespoons snipped dried tomato (not oil-packed)
- 2 teaspoons snipped fresh oregano or marjoram, or 1 teaspoon dried oregano or marjoram, crushed
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground black pepper
- Assorted vegetable dippers (such as carrot or celery sticks, zucchini or yellow summer squash slices, and/or halved miniature sweet peppers)

1. For yogurt cheese, line a yogurt strainer, sieve, or small colander with three layers of 100 percent cotton cheesecloth or a clean paper coffee filter. Suspend lined strainer over a bowl. Spoon yogurt into strainer. Cover with plastic wrap and chill for 24 to 48 hours. Discard liquid in bowl.

2. Transfer yogurt cheese to a medium bowl. Stir in feta cheese, walnuts, dried tomato, oregano, salt, and pepper. Cover and chill for 1 to 24 hours. Serve with vegetable dippers. Makes 16 (2-tablespoon) servings.

***Tip:** Use yogurt that contains no gums, gelatin, or fillers. These ingredients may prevent the curd and whey from separating to make the yogurt cheese.

Per serving: 68 cal., 4 g total fat (1 g sat. fat), 8 mg chol., 140 mg sodium, 5 g carb., 0 g fiber, 4 g pro.



Avocado Pesto-Stuffed Tomatoes

Prep: 40 minutes Stand: 30 minutes

- 30 cherry tomatoes (about 1 ¼ pints)
- ½ of a medium avocado, seeded, peeled, and cut up
- 2 ounces cream cheese, softened
- 2 tablespoons basil pesto
- 1 teaspoon lemon juice
- Snipped fresh basil (optional)
- Fresh basil leaves (optional)

1. Cut a thin slice from the top of each tomato. (If desired, cut a thin slice from the bottom of each tomato so it stands upright.) Using a very small spoon or a small melon baller, carefully hollow out tomatoes. Line a baking sheet with paper towels. Invert tomatoes onto the towels. Let stand for 30 minutes to drain.

2. Meanwhile, for filling, in a food processor, combine avocado, cream cheese, pesto, and lemon juice. Cover and process just until combined.

3. Place tomatoes, open ends up, on a serving platter. Spoon filling into the tomato cups. If desired, cover loosely with plastic wrap and chill for up to 4 hours. If desired, sprinkle with snipped basil before serving and serve on basil leaves. Makes 30 appetizers.

Per appetizer: 18 cal., 1 g total fat (1 g sat. fat), 2 mg chol., 16 mg sodium, 1 g carb., 0 g fiber, 0 g pro.

SPREAD GOOD TIDINGS WITH DELICIOUS INDULGENCES THAT ARE LOADED WITH FLAVOR BUT LIGHT ON CALORIES.

Sesame Beef Kabobs

Prep: 30 minutes Marinate: 4 hours
Grill: 14 minutes

- 12 ounces boneless beef top sirloin steak, cut 1 inch thick
- 2 tablespoons soy sauce
- 2 tablespoons toasted sesame oil
- 2 tablespoons sliced green onion (1)
- 1½ teaspoons sugar
- 1½ teaspoons dry sherry (optional)
- 2 cloves garlic, minced
- ½ teaspoon sesame seeds
- ½ teaspoon crushed red pepper
- 2 small red and/or orange sweet peppers, quartered and seeded
- ¾ cup fresh pea pods, trimmed and halved crosswise diagonally
- Sesame seeds
- 4 limes, halved

1. Trim fat from meat. Place meat in a resealable plastic bag set in a shallow dish.

2. For marinade, in a small bowl, combine soy sauce, sesame oil, green onion, sugar, sherry (if desired), garlic, ½ teaspoon sesame seeds, and crushed red pepper. Pour marinade over meat. Seal bag; turn to coat meat. Marinate in the refrigerator for 4 to 24 hours, turning bag occasionally. Drain meat, discarding marinade.

3. For a charcoal grill, place meat on the grill rack directly over medium coals. Grill, uncovered, for 14 to 18 minutes for medium-rare (145°F) or 18 to 22 minutes for medium (160°F), turning once halfway through grilling. While the meat is grilling, add sweet pepper quarters to grill. Grill for 4 to 5 minutes or until lightly charred, turning once halfway through grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place meat, then sweet pepper quarters, on grill rack over heat. Cover and grill as above.) Cut meat and sweet pepper quarters into 1-inch pieces.

4. Meanwhile, in a small saucepan, cook pea pods in a small amount of boiling water for 2 to 4 minutes or until crisp-tender; drain.

5. To serve, thread meat pieces, sweet pepper pieces, and pea pods onto wooden skewers. Sprinkle with additional sesame seeds and serve with lime halves. Makes about 30 appetizers.

Per appetizer: 38 cal., 2 g total fat (1 g sat. fat), 5 mg chol., 74 mg sodium, 2 g carb., 0 g fiber, 3 g pro.



Chicken-and-Raisin-Stuffed Mushrooms

Prep: 30 minutes Bake: 13 minutes
Oven: 425°F

- 15 large fresh mushrooms (2½ to 3 inches in diameter)
- 3 tablespoons butter
- ¼ cup thinly sliced green onions (2)
- 1 clove garlic, minced
- ¾ cup finely chopped cooked chicken or turkey (about 4 ounces)
- 2 tablespoons fine dry bread crumbs
- 2 tablespoons grated Parmesan cheese
- 2 tablespoons finely chopped smoke-flavor almonds
- 2 tablespoons chopped golden raisins
- 1 tablespoon snipped fresh parsley
- Olive oil

1. Preheat oven to 425°F. If desired, remove and discard stems from mushrooms. Set mushroom caps aside.

2. For filling, in a small saucepan, melt butter over medium heat. Add green onions and garlic; cook and stir about 2 minutes or until tender. Remove from heat. Stir in chicken, bread crumbs, cheese, almonds, raisins, and parsley. Set filling aside.

3. Place mushrooms, stem sides down, in a 15×10×1-inch baking pan (if using mushrooms with stems intact, place stem sides up and omit the turning step). Bake for 5 minutes. Turn mushrooms stem sides up. Brush mushrooms with oil. Divide filling among mushrooms. Bake for 8 to 10 minutes more or until heated through. Makes 15 appetizers.

Per appetizer: 60 cal., 4 g total fat (2 g sat. fat), 13 mg chol., 65 mg sodium, 3 g carb., 0 g fiber, 3 g pro.



Endive Chicken Boats

Start to Finish: 30 minutes
Pictured on page 32.

- 1 2- to 2½-pound purchased roasted chicken
- ⅔ cup peanut sauce
- ¼ cup honey-roasted peanuts, chopped
- ¼ cup snipped fresh cilantro
- 2 tablespoons lime juice
- 1 tablespoon packed brown sugar
- 3 to 4 heads Belgian endive, separated into leaves (about 30)
- Snipped fresh cilantro (optional)

1. Remove and discard skin and bones from chicken; chop chicken (you should have about 3 cups).

2. In a large bowl, combine peanut sauce, peanuts, ¼ cup cilantro, lime juice, and brown sugar. Stir in chicken. Spoon mixture onto endive leaves. If desired, garnish with additional cilantro. Makes about 30 appetizers.

Per appetizer: 77 cal., 5 g total fat (1 g sat. fat), 27 mg chol., 310 mg sodium, 3 g carb., 0 g fiber, 6 g pro.



APPEALING ENDIVE BOATS

With 1 calorie per leaf, Belgian endive is a just-right receptacle for a variety of toppers or fillings. Here are some tips for selecting, serving, and storing endive:

- » Pick endive that is smooth with tightly closed tips.
- » Look for creamy white leaves with yellow tips. Green tips tend to be bitter.
- » For a festive look, choose red endive (white with red tips) or layer a red endive leaf atop a green endive leaf.
- » Separate the endive leaves by slicing off the stem end, then cutting out the core.
- » Store separated leaves in a plastic bag for up to 5 days.



Tuscan Cheesecake Bites

Prep: 25 minutes Bake: 12 minutes Cool: 10 minutes
Oven: 350°F

- 1/3 cup panko (Japanese-style bread crumbs)
- 1/3 cup ground walnuts
- 1/2 teaspoon dried basil, crushed
- 2 tablespoons butter, melted
- 1 8-ounce package reduced-fat cream cheese (Neufchâtel), softened
- 1 4-ounce package crumbled feta cheese with basil and tomato
- 1 egg
- 2 tablespoons sour cream
- 2 tablespoons chopped pitted ripe olives
- 2 tablespoons small fresh oregano leaves or snipped fresh basil

1. Preheat oven to 350°F. Line twenty-four 1 3/4-inch muffin cups with paper bake cups; set aside. In a small bowl, combine panko, walnuts, and dried basil. Stir in melted butter. Spoon 1 slightly rounded teaspoon of the panko mixture onto the bottom of each muffin cup. Press into bottoms using the rounded side of a measuring teaspoon; set aside.

2. In a medium bowl, beat cream cheese with an electric mixer until light and fluffy. Add feta cheese and egg; beat until combined. Stir in sour cream. Spoon about 1 tablespoon of the filling into each muffin cup.

3. Bake for 12 to 15 minutes or until filling is set. Cool in pan on a wire rack for 10 minutes. Carefully remove from muffin cups. Top with olives and fresh oregano. Serve warm. Makes 24 appetizers.

Per appetizer: 64 cal., 6 g total fat (3 g sat. fat), 22 mg chol., 103 mg sodium, 1 g carb., 0 g fiber, 2 g pro.



Shrimp and scallops are among the lowest-cal nibbles and are easily dressed up with vibrant flavors.

Triple Citrus-Scallop Ceviche

Prep: 30 minutes Chill: 1 hour Oven: 350°F

- 1 pound fresh or frozen bay scallops
- 2 cups lime juice
- Baked Tortilla Chips**
- 1/2 cup clam juice
- 2 tablespoons finely chopped chipotle pepper in adobo sauce
- 1 medium fresh poblano chile pepper, seeded and chopped*
- 3/4 cup chopped yellow sweet pepper (1 medium)
- 1 medium orange, peeled, sectioned, seeded, and chopped
- 1/2 of a medium grapefruit, peeled, sectioned, seeded, and chopped
- 1 medium lime, peeled, sectioned, seeded, and chopped
- 1/4 cup chopped red onion
- 1/4 cup snipped fresh cilantro

1. Thaw scallops, if frozen. Rinse scallops; pat dry with paper towels. Coarsely chop scallops and place in a large nonmetallic bowl. Stir in lime juice. Cover and chill for 1 hour. Meanwhile, prepare Baked Tortilla Chips.

2. In a small bowl, whisk together clam juice and chipotle pepper.

3. Drain scallops, discarding liquid. Stir clam juice mixture into scallops. Stir in poblano pepper, sweet pepper, orange, grapefruit, lime, red onion, and cilantro. Serve with tortilla chips for dipping. Makes 16 (1/4-cup) servings.

Baked Tortilla Chips: Preheat oven to 350°F. Cut flour tortillas into six to eight wedges. Place on an ungreased baking sheet. Bake for 6 to 8 minutes or until lightly browned and crisp.

***Tip:** Because chile peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with them as much as possible. When working with chile peppers, wear plastic or rubber gloves. If your bare hands do touch the peppers, wash your hands well with soap and water.

Per serving: 77 cal., 2 g total fat (0 g sat. fat), 9 mg chol., 136 mg sodium, 10 g carb., 1 g fiber, 6 g pro.



Blue Cheese-Apricot Bites

Start to Finish: 25 minutes

- 2 teaspoons butter
- 2 tablespoons finely chopped walnuts
- 2 teaspoons sugar
- 1/2 teaspoon snipped fresh rosemary or 1/4 teaspoon dried rosemary, finely crushed
- 1/4 cup crumbled Gorgonzola, Roquefort, or other blue cheese (1 ounce)
- 1 ounce cream cheese
- 16 dried apricots
- Snipped fresh rosemary (optional)

1. In a small skillet, melt butter over medium heat. Add walnuts and sugar; cook and stir 2 to 3 minutes or until walnuts are lightly toasted. Stir in 1/2 teaspoon fresh or 1/4 teaspoon dried rosemary; cook and stir for 30 seconds more. Transfer nuts to a foil-lined baking sheet; cool.

2. Meanwhile, in a small bowl, combine Gorgonzola cheese and cream cheese. Beat with an electric mixer until smooth.

3. Spoon about 3/4 teaspoon of the cheese mixture on top of each dried apricot. Sprinkle with nuts. If desired, garnish with additional fresh rosemary. Makes 16 appetizers.

Per appetizer: 33 cal., 2 g total fat (1 g sat. fat), 5 mg chol., 24 mg sodium, 3 g carb., 0.3 g fiber, 1 g pro.