



## Searching for Some Low Fat Appetizers?

Lots of low-fat foods make excellent appetizers. Low-fat cottage cheese, puréed until smooth and flavored with your favorite herbs, makes a great dip. A variety of homemade or store-bought spreads made from chickpeas or other beans are also delicious. Serve any of these with raw vegetables, perhaps expanding beyond the predictable celery sticks to cauliflower, jicama and bell pepper strips. Try lightly-steamed asparagus spears, or crostini (small, thin slices of toasted bread). Roast a whole head of garlic in the oven (it becomes very mild), squeeze out the soft garlic paste and spread on crostini or melba toast. Grapes, or whatever fresh fruit is in season, also make wonderful appetizers. Look for frozen cooked shrimp on sale; they can be thawed and served to dip in cocktail sauce or salsa. Mushrooms or artichoke hearts marinated in a low-fat dressing are popular, too. Or cook frozen tortellini or mini-pierogies, cool and offer with salsa, horseradish-cottage cheese dip or low-fat salad dressing.

For information on recipes and low fat foods, contact your local **Health and Wellness Center (HAWC)** or **Dietitian**.

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