



Party Food

The Christmas Party Season will soon be upon us and you may have some entertaining to do. Obviously we are all likely to eat and drink a little too much, but the following party food ideas are relatively low in fat and calories and wonderfully tasty.

Bruschetta (makes about 12)

Ingredients

Half granary/brown French stick
Small tin of Sainsbury's bruschetta tomato ???
Small tin of black olives sliced and in brine
5-6 leaves fresh basil, chopped
?? low fat mozzarella cheese, grated or sliced
Olive oil and/or chilli oil

1. Trim the ends off the French stick and slice the remainder into about 12 slices.
2. Cook under a pre-heated grill for 1-2 mins on each side.
3. Spread a teaspoon of the bruschetta ??? onto each piece of bread and top with 3-4 olive slices.
4. Garnish with mozzarella and chopped basil and drizzle over a little olive or chilli oil.
5. Return to the grill for 1-2 minutes or until the cheese is melted. Serve immediately.

Smashed chickpeas on pitta (makes enough to spread on 6 pitta)

Ingredients

400g tin of chickpeas
1 red chilli
1 clove of garlic
Cumin powder
Juice of a lemon
Olive oil
6 brown pitta bread

1. Ground the chilli and the garlic clove into a paste.
2. Mash the chickpeas (you may need to use a fork rather than a potato masher).
3. Add the ground chilli and garlic, lemon juice and a pinch of cumin powder and season.
4. Add a couple of splashes of olive oil until the chickpeas are ready to spread.
5. Toast the pitta bread and cut into strips. Spread with the chickpea mash.

Vegetable mini kebabs (makes about 20)

Ingredients

1 red onion
1 green pepper
1 red or yellow pepper
10 button or 5 medium size mushrooms
Cocktail sticks
Chilli powder or other spices

1. Wash and cut the peppers into bite-sized pieces about 3cmx3cm.
2. Wash and cut the medium-sized mushrooms in quarters (or half for the button mushrooms).
3. Cut the red onion in half and then into slices.
4. Spear one of each of the four veg onto a cocktail stick.
5. Place the kebabs on a wire rack on a baking tray.
6. Sprinkle some chilli powder (or an alternative – 5 spice, cumin etc) on each kebab.
7. Bake at gas 6 for 20-25 mins.

Chicken mini kebabs

See vegetable mini kebabs but substitute one of the veg for bite-sized pieces of chicken. There is no need to pre-cook the chicken but these kebabs may need longer in the oven.

Sunday Roast on a stick (makes about 20)

Ingredients

2 smallish, thin beef steaks
2 carrots
2-3 green string less beans (or equivalent)
5-6 Aunt Bessie's roast potatoes (or home made!)
5-6 Aunt Bessie's Yorkshire puddings (or home made!)
Cocktail sticks
Horseradish sauce

1. Pan fry the beef steaks for 2-3 minutes. Leave to cool. Cut into bite-sized pieces.
2. Take the potatoes and yorkshires out of the freezer. Part cook the roast potatoes until they are no longer frozen but still firm (about 8-10 minutes). Take out of the oven and cut into bite-sized pieces.
3. Cut the carrots and beans into bite-sized pieces and blanch.
4. Cut the yorkshires into bite sized pieces.
5. Spear one of each of the roast components onto a cocktail stick.
6. Place the roasts on a wire rack on a baking tray.
6. Cook at gas 6 for 20-25 minutes or until heated through.
7. Service either drizzled with horseradish or with it to dip the roasts into.

Mushroom pate

Ingredients

8oz sliced mushrooms

2oz margarine

1oz bread crumbs

2tsp grated onion

3oz softened butter

4oz low fat cream cheese

1stp lemon juice

salt pepper, & powdered nutmeg

1. Cook the mushrooms in the margarine very slowly for about 15 minutes.
2. Add the bread crumbs and leave to cool.
3. Once cooled, transfer to a processor or liquidiser and add the grated onion, softened butter, low fat cream cheese and lemon juice.
4. Season with salt, pepper and a pinch of nutmeg and liquidise to a smooth pate.
5. Place in a dish and cover with foil.
6. Freeze for 1 hour, then turn out of tin and spread on toast ready to eat.