



"Getting kids excited about wholesome, healthy food"

Small Bites

Menu

Cucumber Cups with Cannellini Mousse

Parmesan Cups with Caponata

Garlic Vegetable Dip with Crudit  Vegetables in a Baguette Cup

Dim Sum

Date and Chia Truffles

Honey and Popcorn Balls

Cucumber Cups with Cannellini Mousse

Ingredients

2 cucumbers, peeled
1 lb. cannellini beans
Juice of 1-2 lemons
2 tablespoons Italian parsley
1/4 cup olive oil
2 tablespoons parmesan cheese
1 tablespoon minced garlic
Salt and pepper to taste
Sundried tomato to garnish

Directions

In a food processor, blend the drained beans, garlic, parsley, parmesan, and lemon juice. Add oil in a little stream until a smooth paste starts to form. Add seasoning and check the flavors. Put all of the mousse in a pastry bag with a piping tip and set at side. Cut each slice of cucumber about 1/2 inch thick rounds. Lay on a cutting board. Scoop the middle out with a melon scooper, and fill the cavity with the mousse from the pastry bag. Garnish with sundried tomato and serve.

Parmesan Cups with Caponata

Ingredients

Parmesan Cups:

1 1/2 - 2 cups of freshly grated Parmesan cheese

Caponata:

1 globe eggplant - about 1 lb., diced

Salt
4 tbsp. olive oil
1 small onion, minced
1 celery stalk, minced
1 garlic clove, minced
4-6 plum tomatoes, finely chopped
1/2 cup pitted green olives, finely chopped
2 to 3 tbsp. small capers, drained
1 teaspoon red pepper flakes
1/4 cup red wine vinegar
2 to 3 tbsp. sugar
1 tbsp. tomato paste
1/4 cup chopped parsley

Directions

For the Parmesan Cups: Preheat a nonstick pan over medium low heat. Add 2 tsp. of parmesan cheese sprinkled in a round disc about two inches diameter. Let disc cook until cheese is melted and slightly browned on the bottom. Carefully flip the disc over and cook for a few more seconds. Pick up the disc and quickly place it over the bottom of a shot glass and form it to the shape of the glass to form a cup. Remove and let cool.

For the Caponata: Heat 2 tablespoons oil in a large skillet over medium-high heat. Add onion and celery, season with salt. Cook, stirring occasionally until the onion begins to soften - about 5 minutes. Add the garlic. Cook 1-2 minutes more. Remove from the skillet and set aside. Wipe the pan clean, turn the heat to high and add the remaining olive oil. Let this heat until the oil is nearly smoking. Add the eggplant and spread it out in as thin a layer as you can in the skillet. Let this sizzle for 1-2 minutes before stirring, then let it sit for a full minute before stirring again. Cook like this for 5-6 minutes. Add the onion-celery mixture, the tomatoes, olives, pine nuts, capers and red pepper flakes. Stir well. Add the vinegar, sugar and tomato paste and stir once more. Cook, stirring occasionally until eggplant is very soft, about 8 minutes. Remove from heat and let cool to room temperature. Mix in the parsley, season with salt and pepper.

Garlic Vegetable Dip with Crudité Vegetables in a Baguette Cup

Ingredients

1 cup Greek yogurt
2 medium cloves garlic, minced
1/2 teaspoon kosher or sea salt
1/2 teaspoon cayenne pepper
Fresh cracked black pepper, to taste
1 teaspoon dried oregano
1 teaspoon dried tarragon

Directions

For the dip, grate garlic very finely using microplane, and combine all ingredients in a bowl.

For the bread cup, cut a piece of baguette on an angle about three inches long. Hollow out a tablespoon worth of bread with your fingers so it forms the shape of a cup. Scoop the dip into the cup and add your thin pieces of vegetable crudité.

Dim Sum

Ingredients

1 lb. ground pork
3 cloves garlic, very finely minced
2 tbsp. ginger, very finely minced
4 green onions, finely minced
2 tsp. salt
½ tsp. black pepper
1 tbsp. soy sauce
1 green chili, very finely minced
30 wonton wrappers

Directions

Combine all ingredients in a large metal bowl, and mix thoroughly. Throw the meat against the edge of the bowl for about 3 minutes to combine well and soften the meat. Set up a bowl with water, and set out the wonton wrappers. Place just under a tablespoon of mixture into a wonton wrapper, and wet the edges with your finger. Bring all the edges together, and fill all wontons. To cook, arrange in a steamer and cook approximately seven minutes until meat is completely cooked through. Serve drizzled with soy sauce.

Date and Chia Truffles

Ingredients

6 large Medjool dates
½ cup chia seeds
2 tablespoons coconut oil
Optional: ½ teaspoon natural vanilla extract or a pinch of cinnamon powder for taste
Optional add ins: dark chocolate chips, shredded coconut, dried fruit (a couple tablespoons of any add-in)

Directions

Remove the pits from the dates and pulse the dates in a food processor or blender until it forms a paste. In a medium bowl, mix the date paste with the chia seeds and coconut oil. It will form a thick dough. Roll this dough into balls and coat with desired topping (shredded coconut, cocoa powder, or chia seeds).

Honey Popcorn Balls

Ingredients

10 cups popped popcorn
3 tablespoons honey
(optional add in cinnamon, cloves, nutmeg, cocoa powder)

Directions

Heat honey in a small pan until runny and bubbly, and carefully mix in with popcorn until well coated. Add any additional add ins, and mix thoroughly. Let cool approximately 10 minutes. Using plastic wrap, shape into small balls.