

Healthier party nibbles

A few healthy party nibbles to serve your guests. These can be prepared in advance, leaving you plenty of time to get everything else ready!

Party skewers

Cut jarred roast peppers, jarred roast artichokes and feta into similar sized small pieces. Skewer one of each on a cocktail stick and top with a marinated olive.

Marinated Olives

Heat ¼ cup of good quality extra virgin olive oil in a saucepan with strips of zest from an organic lemon, 1 – 2 cloves of garlic roughly sliced and 1 – 2 sprigs fresh rosemary and cook on a low heat for 5 minutes. Do not allow the oil to come to the boil. Remove from the heat and add 400g mixed olives. Leave to stand for at least 30 minutes before serving. These taste best when marinated a day or two in advance and for best results, use a mixture of good quality un-pitted olives. For a little spice, add a pinch of dried chilli flakes.

Garlic and parmesan courgette rounds

Preheat oven to 220C and line a baking tray with greaseproof paper. Slice a courgette into thin rounds. Break an egg into a bowl, add one garlic clove, grated or crushed and stir to mix. Place 2 tbsp. grated parmesan and 1 ½ tbsp corn flour in another bowl. Season well with black pepper and stir. Dip each courgette round into the egg mix, then into the seasoned corn flour. Shake off any excess and place on baking tray. Bake in the oven for 10 minutes, then flip each round and bake for another 5 – 8 minutes until browned. Serve warm. For extra flavour add a little finely chopped rosemary or other herbs of choice to the egg mixture. These can be prepared an hour in advance and popped into the oven just before your guests arrive. Also a great way to get your kids to eat more veg!

Savoury toasted pumpkin seeds

Heat a large frying pan on a medium heat until hot. Place a couple of handfuls of pumpkin seeds on the pan and toast for 1 – 2 minutes. Turn off heat, sprinkle with 1 tsp. soy sauce or tamari, stir and leave to cool and dry. These are great to serve on their own or to sprinkle on salads or soups.

Cucumber feta bites

Slice one cucumber in half and split each half length ways, giving your 4 long pieces. Scrape the seeds out of the middle using a teaspoon. Mix 200g feta with 200g ricotta cheese and a little finely chopped dill. Pipe or spread the feta mixture into the centre of the cucumber, slice into inch long pieces and top each piece with a toasted walnut.