

[Non-Recipe] Recipe: **Healthy Appetizer Platter**



Photo by Daria Shevtsova on [Pexels](#)

Use this simple formula to impress your guests with a beautiful and healthy appetizer platter! Arrange the following items on a large serving plate or platter. Try to vary the placement of color and textures throughout. Add anything else that you like – pickles and olives make a great addition.

3 VEGGIES + 2 FRUITS + 1 DIP + 1 CHEESE + SOMETHING CRUNCHY

- **3 VEGGIES**

Pick three veggies. Select three different colors for the most visual appeal.

| | | |
|---------------------|----------------------------|---------------------------------|
| Bell pepper slices | Broccoli florets | Carrot sticks (or baby carrots) |
| Cauliflower florets | Celery sticks | Cherry tomatoes |
| Cucumber slices | Radishes (halved or whole) | Snap peas |

- **2 FRUITS**

Pick one familiar fruit and step outside the box for the second – figs and persimmons are delicious!

| | | |
|--------------|------------------|-------------------|
| Apple slices | Figs (halved) | Orange segments |
| Pear slices | Persimmon slices | Pomegranate arils |

- **1 DIP**

Make a simple homemade dip or use a store-bought version – fewer ingredients the better.

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|------------------------|------------------------------------|-----------|
| Black bean dip | Greek yogurt ranch | Guacamole |
| Hummus | Romesco dip | Salsa |

- **1 CHEESE**

If you use a soft cheese, like goat, be sure to put out a cheese knife for serving.

| | | |
|------------|-----------|-------|
| Cheddar | Goat | Gouda |
| Mozzarella | Provolone | Swiss |

- **SOMETHING CRUNCHY**

Add a little crunch to keep it interesting!

| | | |
|-------------------------|----------------------|----------------------|
| Almonds | Gluten free crackers | Pistachios |
| Toasted baguette slices | Walnuts | Whole wheat crackers |

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