



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Small Bites for Many Occasions

Whether you're looking for finger foods for your next gathering, or something to pack in a lunchbox, there are many great ideas you can make ahead of time.

When deciding what bite-sized items to make, find options that offer flavor with "better for you" ingredients. Even though appetizers and bite-sized desserts are small, they can be high in fat, added sugar and calories - which means not-so-good choices! Find some recipes made in muffin tins that you can make ahead of time. You're sure to find something everyone will love, and just might make back-to-school lunches a bit easier!

Mini Banana Oatmeal Muffins

Ingredients:

- 1 cup old-fashioned rolled oats
- 1 large egg, lightly beaten
- 1 large ripe banana, mashed
- 3/4 cup nonfat Greek yogurt
- 1/4 cup plain or cinnamon applesauce
- 1/4 cup unsweetened almond or coconut milk
- 3 Tbsps. honey
- 1 tsp. ground cinnamon
- 3/4 tsp. vanilla extract
- 3/4 tsp. baking powder
- 1/8 tsp. salt
- Optional Toppings: nuts, seeds, fruit (fresh or dried), chocolate chunks



Directions:

1. Preheat oven to 350°. Spray mini muffin tin with baking spray. In large skillet, toast oats over medium heat 8 minutes or until golden brown, stirring occasionally.
2. In large bowl, whisk egg; whisk in banana, yogurt, applesauce, milk, honey, cinnamon, baking powder, vanilla extract and salt until combined. Fold oats into egg mixture until combined.
3. Evenly divide oatmeal mixture into prepared cups, filling 3/4 full; add toppings, if desired. Bake 20 minutes or until toothpick inserted in center of muffins comes out clean. Cover and refrigerate leftovers up to 2 days.

Cauliflower Pizza Cups

Ingredients:

- 1 large head cauliflower, coarsely chopped
- 2 large egg whites
- 3/4 cup grated Parmesan cheese
- 1/4 cup low-fat ricotta cheese
- 2 tps. no salt added Italian seasoning
- 24 slices turkey pepperoni, chopped
- 1/2 cup low-sodium marinara sauce
- 1/2 cup shredded part-skim mozzarella cheese



Directions:

1. Preheat oven to 400°. Liberally spray 12-cup muffin pan with cooking spray.
2. In food processor, pulse half the cauliflower 10 times or to rice-like consistency; transfer to large microwave-safe bowl (you should have about 6 cups). Repeat with remaining cauliflower.
3. Heat cauliflower in microwave oven on high 8 minutes or until tender; stir in eggs, remaining pepperoni, 1/2 cup Parmesan cheese, ricotta cheese, Italian seasoning and 1/2 the pepperoni. Heat cauliflower mixture in microwave oven on high 2 minutes; stir.
4. Firmly press cauliflower mixture into prepared cups; with back of spoon, make small well in center of each. Bake cups 18 minutes or until browned; add sauce, mozzarella cheese and remaining 1/2 the pepperoni. Bake cups 10 minutes or until cheese melts; sprinkle with remaining 1/4 cup Parmesan cheese. Cool cups in pan 5 minutes; remove cups and serve.