

Caprese Skewers

Servings: 24

Adapted from www.loveandlemons by Johnson County Extension Master Food Volunteers

Salad on a stick! A fun appetizer any time of year, but especially summer. Feel free to add or modify ingredients based on preferences and availability. Use marinated mozzarella balls for a flavor zing!

INGREDIENTS

24 cherry or grape tomatoes
24 small mozzarella balls
24 fresh basil leaves
24 thin slices salami
Extra-virgin olive oil, for drizzling
Balsamic reduction, for drizzling
Sea salt and fresh ground black pepper to taste

DIRECTIONS

1. Arrange tomatoes, mozzarella, salami and basil leaves on mini (6-inch) skewers.
2. Arrange on serving dish.
3. Drizzle with olive oil and balsamic reduction; sprinkle with salt and peper to taste.
4. Refrigerate leftovers in an airtight container within 2 hours.

Nutrients Per Serving:

100 Calories | 9g Fat (4.5g Saturated) | 1g Carbohydrates | 0g Added Sugar | 6g Protein | 55mg Sodium | 0g Fiber

Sweet and Spicy Snack Mix

Servings: 20 (approx 1/4 cup each)

Aource: Carol Esser, Extension Master Food Volunteer

An addictive snack mix with an interesting sweet smoky flavor. Be prepared to make multiple batches, as it disappears quickly!!

INGREDIENTS

9.25 ounce bag chili cheese corn chips
1 cup tiny pretzel twists
1 stick butter
1 ½ teaspoons garlic powder
1/4 teaspoon baking soda
2 cups cheddar goldfish crackers
1 cup mixed nuts
1 ½ teaspoons chili powder
1/4 cup brown sugar

DIRECTIONS

1. Preheat oven to 350°F. Line a large cookie sheet with foil.
2. In a medium saucepan, bring butter, chili powder, garlic powder and brown sugar to a boil. Stir in baking soda.
3. In a large mixing bowl, place chili cheese corn chips, pretzels, goldfish and mixed nuts. Pour butter mixture over ingredients in the bowl. Stir to coat everything well.
4. Dump snack mixture onto prepared cookie sheet. Bake for 12 minutes. Loosen snack mix from foil after removing from oven. Allow to cool.
5. Store in an air tight container.

Nutrients Per Serving:

220 Calories | 14g Fat (4g Saturated) | 21g Carbohydrates | 3g Added Sugar | 3g Protein | 320mg Sodium | 1g Fiber

Maple Smoked Salmon Dip

Servings: Yields 2.75 cups (45 1-tablespoon servings)

Source: Shelle Cox, Extension Master Food Volunteer

This delicious dip uses salmon prepared in the Maple Smoked Salmon recipe that follows. Prepare an extra 8 ounces of salmon and reserve a tablespoon of the glaze to make this fabulous dip!

INGREDIENTS

8 ounces Neufchatel cheese, softened
8 ounces maple-plank grilled salmon,
chopped (see attached recipe)
2 green onions, chopped
1/4 ounce fresh thyme, chopped
1/4 cup heavy whipping cream
1 tablespoon lemon juice
1 tablespoon maple glaze (reserved from
salmon recipe)
1/2 teaspoon chipotle chili pepper
seasoning
1/2 teaspoon smoked paprika

DIRECTIONS

1. In a large bowl, combine all ingredients and mix well.
2. Cover and refrigerate for at least 2 hours.
3. Garnish with smoked paprika before serving.
4. Serve with crackers, crostini and/or raw vegetables.
5. Refrigerate any leftovers in an airtight container within 2 hours, for up to 2 days.

Nutrients Per Serving:

50 Calories | 3.5g Fat (2g Saturated) | 2g Carbohydrates | 1g Added Sugar | 3g Protein | 65mg Sodium | 0g Fiber

Maple Smoked Salmon

Servings: 4-6 filets

Source: Shelle Cox, Extension Master Food Volunteer

A delicious dinner treat to eat as a filet. Plan to use the grilled salmon in the Maple Smoked Salmon Dip recipe for an even better appetizer!

INGREDIENTS

1 large side of salmon, skin on (or 4-6 filets)

1-2 untreated maple planks

Glaze

1/4 cup pure maple syrup

2 tablespoons Dijon mustard

1 tablespoon soy sauce

1 teaspoon smoked paprika

2 cloves garlic, minced

Salt and pepper to taste

DIRECTIONS

1. Soak the maple plank(s) in water for at least 1-3 hours (using a heavy can to keep submerged in water).
2. Preheat your grill to medium-high (350-400°F).
3. Char the plank(s) by placing on the grill for 3-5 minutes until it starts to smoke, then flip over and repeat.
4. In a small bowl, whisk the maple syrup, Dijon mustard, soy sauce, smoked paprika, and garlic together. Reserve 1 tablespoon Glaze if making the Maple Smoked Salmon Dip recipe.
5. Season salmon filet with salt and pepper.
6. Place salmon (skin side down) on the hot plank and brush generously with the glaze.
7. Close the grill and allow to cook for 12-20 minutes (depending on thickness) until salmon flakes easily and reaches an internal temperature of 135-140°F with a probe thermometer.
8. Remove from grill and let it rest for a few minutes before serving.

Nutrients Per Serving:

190 Calories | 5g Fat (1g Saturated) | 10g Carbohydrates | 8g Added Sugar | 24g Protein | 400mg Sodium | 0g Fiber