

Holiday Appetizer Recipe Hack

by www.happyeatshealthy.com

Rely on pantry staples and long-shelf life refrigerator/freezer foods for a scrumptious appetizer platter that comes together in minutes.

Pantry:

- Jar of roasted red peppers
- Jar of olive
- Nuts and seeds
- Can of chickpeas
- Additional pantry ingredients ideas: artichoke hearts, sun dried tomatoes, sardines.
- Extra virgin olive oil
- Spice seeds- about a tsp of each, use what you have (try cumin seeds, coriander seeds, fennel seeds, red pepper seeds)
 - Optional: lemon slices & garlic

Fridge/freezer:

- Block Feta cheese
- Smoked salmon

Dry roast the spice seeds in a small to medium fry pan over low heat. Add in a few glugs of olive oil and let simmer on low. Add in a smashed garlic clove and lemon slices if using.

Choose a large, pretty platter as the base. Place the feta cheese block in the center of the platter. Slice the red peppers into strips, arrange in a pile on one section of the platter.

Arrange smoked salmon next. Drain the chickpeas and add to the platter. Add in any other ingredients you are using.

Scatter the olives, nuts/seeds and drizzle the whole platter with the warm, spiced oil.

Enjoy!

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