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Holiday Party Ideas

vegetable day

The following are some ideas for a “legal” holiday cocktail party. There are many more wonderful recipes on the website – get creative and have an enjoyable holiday season while still losing weight! Happy Holidays!!!!



Note: the recipes that follow will not provide serving sizes as you will adjust the quantities used based on number of guests

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Fruit Cups

vegetable day

ingredients

- blueberries
- raspberries
- strawberries
- grapes
- kiwi
- bag of cranberries
- ½ pomegranate
- fresh mint sprigs

directions

- rinse all berries well
- cut grapes and strawberries in half
- fill decorative cupcake tins with variety of berries
- slice kiwi in thin slices
- arrange cups on decorative tray using ½ pomegranate, sliced kiwi, cranberries, blueberries and mint sprigs as garnish



hint: we used a pizza tray and festive colored plastic plates separated by inverted tumbler glasses as our fruit stand

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Crudité and Dip

vegetable day

ingredients

- broccoli florets
- cauliflower florets
- green pepper
- cucumber
- baby carrots
- 1 jar Walden Farms Alfredo Sauce
- 1 packet Good Seasons Italian Seasoning



directions

- mix Alfredo Sauce with Italian Seasoning (to taste) and put in decorative bowl
- slice cucumber in circles
- slice green pepper into “chip” size wedges
- trim stems on broccoli and cauliflower florets
- put bowl of dip in middle of decorative plate and arrange vegetables making a colorful presentation



“Caviar”

vegetable day

ingredients

- Cavi-Art “caviar”
- green zucchini

directions

- slice zucchini at an angle
- scoop Cavi-Art on zucchini slices



note: Cavi-Art is caviar made from seaweed

www.cavi-art.com



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Tomato Avocado Appetizers

vegetable day

ingredients

- tomato (large and cherry)
- avocado
- red onion
- fresh basil
- English cucumber
- lemon
- lime
- lettuce leaves
- salt
- pepper

directions (#1)

- dice avocado, basil and red onion
- mix diced vegetables with salt, pepper, lemon juice (add other spices to personal taste)
- slice large wedge of tomato
- place lettuce leaves on decorative plate
- place large wedge of tomato on top of lettuce
- place scoop of vegetable mix on top of tomato
- garnish with lime wedge



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directions (#2)

- slice tomato and avocado
- place avocado slices on top of tomato slices
- top with fresh basil
- add salt and pepper to taste
- arrange on decorative plate



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.....

Tomato Avocado Appetizers (continued)

directions (#3)

- slice tomato, avocado, lime
- arrange avocado slices on tomato slices
- place a scoop of diced vegetable mix from #1 on top of avocado
- arrange on decorative plate using lime wedges and diced tomato as garnish



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directions (#4)

- slice cucumber
- place a scoop of diced vegetable mix from #1 on top of cucumber
- add diced tomatoes
- arrange on decorative plate



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Guacamole

vegetable day

ingredients

- you may make your own guacamole (www.accuweight.com/guacamole.html) or buy a “legal” guacamole (one without added vinegar or sugar)
- colored peppers
- cherry tomato

directions

- slice peppers
- place guacamole in center of decorative plate and surround with colored pepper slices
- garnish with cherry tomato



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Baby Bella Fajita Appetizer

vegetable day

ingredients

- baby portobello mushrooms
- colored peppers
- onion
- fresh cilantro
- garlic
- lime
- onion powder
- chili powder
- salt
- pepper
- guacamole (see page 6)
- PAM or other zero-calorie cooking spray

diced vegetables



directions

- Remove stems from mushrooms and set mushrooms aside
- dice mushroom stems, peppers, onion, cilantro, garlic
- prep sauté pan with water and/or PAM to keep vegetables from sticking to pan
- sauté vegetables adding onion powder, chili powder, salt and pepper to taste
- cook until mixture is soft and onions are clear or browning
- squeeze fresh lime over mixture
- place mushroom caps on a baking sheet
- fill the mushroom caps with the vegetable mix
- bake at 350° for about 30 minutes
- place stuffed mushroom caps on platter
- place a dollop of guacamole on top of each and garnish with a sprig of cilantro or diced tomato (we added sliced red peppers as decoration)

“finished appetizer”



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Mocktails

any time, any day

virgin peach bellini (signature drink recipe by Michael Green)

ingredients

- 1 squeeze Crystal Light Liquid peach bellini
- 8 oz chilled sparkling water

directions

- add Crystal Light Liquid peach bellini to a champagne flute
- top with sparkling water



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Crystal Light Appletini

ingredients

- Crystal Light Appletini mix
- 8 cups water
- cranberries
- green apple slices

directions

- empty contents of one packet of Crystal Light Appletini mix into large pitcher
- add water, mixing well
- refrigerate
- serve in martini glasses
- garnish with cranberries and apple slices



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.....

Desserts

Chocolate “Truffles”

vegetable day

ingredients

- 6 medjool dates, pitted
- 2 TBSP unsweetened baking cocoa
 - note, this is the MAXIMUM cocoa per day
 - we used Ghirardelli brand, but there are many options
- 1/4 tsp pure vanilla extract
- a pinch of Kosher or sea salt
- 1 TBSP warm water



directions

- set aside 1/2 tsp of cocoa powder
 - combine remaining ingredients in a food processor or blender until well combined and smooth
 - using your hands, roll mixture into little balls creating “truffles”
 - roll “truffles” in cocoa powder previously set aside
 - place “truffles” on a plate and refrigerate for an hour or more
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Rainbow Skewers

vegetable day

ingredients

- watermelon, cubed
- strawberries, halved
- mango, sliced
- pineapple, cubed
- kiwi, sliced
- blueberries
- red seedless grapes



directions

- slide fruit onto skewer as follows:
 - 1 grape
 - 1 blueberry
 - 1 slice kiwi
 - 1 cube pineapple
 - 1 slice mango
 - 1/2 strawberry
- insert skewer into watermelon cube as base



All Natural Sugar-Free Gel Dessert

any day, any time

ingredients

- 1 packet Simply Delish sugar-free gel dessert
- 14 oz boiling water

directions

- pour water into a mixing bowl
- slowly empty contents of Simply Delish into water, mixing well
- pour into bowl or gelatin mold(s)
- refrigerate at least 40 minutes until it sets



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Dried Apple Chips

vegetable day

ingredients

- apples
- PAM olive oil or other zero calorie cooking spray

directions

- preheat oven to 200°
- wash apples
- peel and core apples (optional)
- using knife or mandolin, slice apple into thin rounds approximately 1/8" thick
- spray baking pan with PAM
- spread apple slices on pan, making sure not to overlap
- bake for 1 hour
- turn apple slices
- bake for 1 hour (for crispier chips, bake a bit longer)
- turn oven off, slightly open oven door and allow apple chips to cool

