

Wickedly Delectable Holiday Recipes

Quick, Easy & Healthy Too

By Simone Stepancic



The holidays are upon us and time again to celebrate a festive season with family and friends.

This year, it's my turn to have a party celebration in the comforts of my home.

My friends know that I always surprise them with something that is special and unique.

The most important thing for me is to prepare food that is amazingly healthy, and at the same time, festive, flavourful and tasty.

My theme for this year is finger food; it is great for holiday appetizers and party food, with lots of small bites and nibbles that can be eaten with the fingers.

Too much work? Not at all!

Just plan ahead, and have a clear vision of what kinds of finger food you will serve.

Developing a plan and agenda will definitely shorten and ease your preparation time.

Use your creative talents and make

the most irresistible bite-sized food that looks appealing and tastes absolutely delicious.

QUICK AND EASY FESTIVE PLATES

Employ different ingredients, colours, shapes and textures when decorating the plate.

Festive Plate 1

Garnish the plate with fresh carrots, celery, red and yellow peppers, chopped fennel, cucumbers, red radishes, cherry tomatoes; and add home-made dip such as spinach or

avocado-lime cream dip in the middle.

Joyful Plate 2

Serve a vegetarian version of sushi nori stuffed with sunflower or almond pâté, tomatoes and red peppers, on a bed of sprouts.

Jolly Plate 3

Decorate your festive plate with sliced cucumbers; add parsley pâté, and place half of a cherry tomato on top. Sprinkle onion sprouts on cucumbers to get more texture and colour.

Festive Plate 4

Make your own tasty guacamole with avocado, tomatoes, olives and serve with homemade dehydrated flax-almond crackers. Pesto and hummus pair very well with dehydrated crackers, celery ribs and a bowl of sun-dried black olives.

Joyful Plate 5

Red is a festive colour, and bright red stuffed tomatoes will embellish the plate like never before.

Stuffing for the tomatoes is made of pine nuts, garlic, olive oil and freshly squeezed lemon juice.

Quick and Easy Festive Sweet Plates

We all like rich, creamy, decadent desserts, full of texture and flavour.

You can make your own desserts that are healthy, tasty, and free of unhealthy fats, flour and sugar.

These desserts are alternatives that look appealing and taste absolutely delicious.

I use organic nuts, seeds and seasonal fruits in my desserts.

They are rich in enzymes and natural sugars, and provide nutrients such as vitamins, minerals, and fiber. At the same time, they satisfy your sweet desire.

Deliciously Sweet Plate

Create a red raspberry cake by using nuts and seeds along with dates, raisins or dried fruits.

It is one of my favourite cakes; delicious and rich in flavour to satisfy your sweet tooth.



Chocolaty Sweet Plate

Delight your guests with Chocolate Brownies made of raw cacao, almonds and coconut.

These chocolate brownies are my sweet temptation.

Let It Snow Icy Cheesecake

Add some white to your plate décor.

I am thinking of my icy white cheesecake made of macadamia nuts and medjool dates and decorated with colourful fresh berries.

Truffle Assortment Plate

Truffles can be a beautiful creation to impress your guests; made with chocolate ganache or with almonds, berries, and cream fillings.

Have fun, play with food and let your imagination guide you through this path of discovery. Share the joy with your loved ones - after all, it is a



celebration of life and a time of giving.

Food is a blessing; give thanks daily, not just on holidays.

The following are some of 'My Beautiful Creations:'

AVOCADO SUSHI ROLLS

Filling:

- 1 English cucumber peeled, seeded and sliced thinly
- 1 avocado peeled and sliced
- 6-8 scallions thinly sliced
- 200 gr. sunflower sprouts
- 1 inch or more ginger root fresh, peeled, thinly sliced or grated
- 1 small bunch red radishes

Parsnip Pate:

- 2 cups parsnips
- ½ cup pine nuts un-soaked
- 3 scallions
- ½ teaspoon Celtic salt or to taste
- ¼ - ½ cup Extra virgin olive oil or to a proper consistency

In food processor pulse all the ingredients.

Preparation:

- ✂ Place a sheet of nori on a bamboo mat

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✿ Fill one end of a nori sheet with about 3 tablespoons of parsnip pate and spread out evenly on half of the sheet

✿ Add avocados, cucumbers, green onions, ginger root, and red radishes. Toss some sunflower sprouts and let the leafy ends go over the edges of the nori

✿ Fold the bottom of the bamboo mat over the filling and roll the sheet up. Wet the edges and press the roll for a couple of seconds to seal

NOTE: Sprinkle ginger with sea salt and let stand for 5 minutes. Rinse well and sprinkle with lemon.

STUFFED TOMATOES

Ingredients:

2 cups pine nuts soaked 1 hour
4 tomatoes, medium remove tops
5 Kalamata olives pitted
2 garlic cloves minced
1 cup spinach shredded
Lemon freshly squeezed to taste
Water to smooth consistency
Olive oil to smooth consistency
Fresh Basil finely chopped
Fresh Oregano finely chopped
Celtic sea salt to taste

Preparation:

✿ Remove the insides of tomatoes
✿ Drain the tomatoes for one hour

Stuffing:

✿ Mix pine nuts, water, lemon, salt, garlic, olive oil and insides of tomatoes in food processor
✿ In a mixing bowl mix the remaining ingredients with a spoon
✿ Fill the tomatoes with stuffing
✿ For presentation cover stuffed tomatoes with removed tops

You can use this stuffing on fresh English cucumbers, or as a dip with

fennel, celery, carrots or other vegetables.

“CHEEZE CAKE”

Crust:

2 cups almonds, soaked over night
1 cup medjool or honey dates
Pinch of Celtic salt

Filling:

3 cups raw macadamia nuts soaked
1 1/2 tbsp vanilla extract liquid
1/2 lemon freshly squeezed
1 cup water
Pinch of Celtic salt
Agave nectar to taste
2 tbsp coconut oil

Preparation:

✿ Grind the almonds in blender to get flour consistency
✿ Transfer almond flour to food processor, add Medjool dates, salt and blend ingredients thoroughly
✿ Form a ball
✿ Place the ball into a cake pan a gently press to form a crust
✿ In a food processor, mix macadamia nuts and water. Add freshly squeezed lemon, vanilla extract, coconut oil, pinch of salt and agave nectar
✿ Pour filling over crust and put in the freezer for a few hours
✿ When the cheese cake firms take it out and decorate it with different fresh fruits

EXOTIC CHOCOLATE CRÈME

Ingredients:

1/2 avocado peeled, pitted
1 tbsp. raw cacao
5 dates stoned, soaked
Agave nectar to desired sweetness
Water from soaked dates to desired consistency

Preparation:

✿ Soak dates for 2 hours
✿ In a blender mix all the ingredients until smooth and silky



Stuffed Tomatoes



Exotic Chocolate Crème



Festive Plate

Photo by Melissa Kurtin

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