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Quick, Easy, Light, Delicious Appetizers



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We are always looking for those quick and easy yet delicious appetizers to serve guests, or family - appetizers that can be whipped up in a jiffy. For that light snacking I have a couple of appetizer recipes that are designed to help you with time, money and health benefits; and provide a lip-smacking treat for all.

Shrimp Boil

This is a recipe that doesn't require exact ingredient measurement – just think of your taste and experiment. It couldn't be simpler!

Depending on the quantity of shrimp, use either of the following utensils:

7 Qt. (6.6L) or 10 Qt. (9.5L) and the 6 Qt. (5.67) Culinary Basket, or
3 Qt. (2.8L) Sauce Pan and 2.5 Qt. (1.49L) Culinary Basket

Directions:

Fill sauce pan or roaster with water half of the way full, add lemon juice, cayenne pepper, 2 onions quartered and 1 clove garlic peeled. Bring water to boil, approximately 5 minutes. Place shelled shrimp in culinary basket and lower into water. Boil until shrimp turns pinkish in color. Remove basket and drain in sink. Serve as shrimp cocktail, a main dish, or as a salad.

Black Bean Salsa

Easy, easy, easy!

16 ounces (1 can) black beans, drained and rinsed (454g)
12 ounces (1 can) white corn, drained (340g)
¼ cup cilantro, chopped (4g)
½ cup green pepper, seeded and chopped (62g)
½ red onion, chopped
3 – 4 tomatoes, chopped

1 jalapeño pepper, seeded and chopped

1 tablespoon canola oil (15mL)

juice of one lime

1 teaspoon salt (6g)

1 teaspoon garlic, minced (3g)

Directions:

Place first 7 ingredients in large bowl and blend well. Add remaining ingredients and mix well. Cover and refrigerate for 2 – 3 hours. Serve with baked tortilla chips.

Rating:


