

Avocado-Cilantro Dip

Ingredients

4 avocados, pitted and chopped

1 1/2 cups sour cream

1 cup chopped cilantro

4 tablespoons fresh lime juice

Directions

Puree avocados, sour cream, cilantro and lime juice; season.

Serve dip with baked pita chips, tortilla chips or crackers.

Chicken Tender Bites

Ingredients

2 stick (4 ounces) unsalted butter, melted

3 teaspoons cayenne pepper

2 teaspoon salt

3 cups bread crumbs

1 cup unsweetened shredded coconut

3 pounds skinless, boneless chicken breast, cut into 1-inch cubes

Directions

Preheat the oven to 400 degrees. In a small bowl, combine the butter, cayenne pepper and salt.

In a shallow dish, combine the bread crumbs and coconut.

Brush the chicken cubes with the butter mixture, then toss in the coconut mixture to coat.

Place the chicken on a rack set on a baking sheet and bake until crisp and golden, about 25 minutes.

Shroom & Snap Pea Saute

Ingredients

3 tablespoons butter

16 ounces shiitake mushroom caps, sliced 1/2 inch thick

2 clove garlic, smashed

16 ounces sugar snap peas, trimmed

Directions

Melt 1 tbsp. butter in large skillet over medium-high heat.

Add mushrooms and garlic and cook until tender, 7 minutes; transfer to plate.

Add peas, 1/4 cup water and remaining 2 tsp. butter to skillet; saute until tender, 5 minutes.

Return mushrooms to skillet, heat through and season.

Fruit and Yogurt Dip

Ingredients

4 cups vanilla yogurt

2 cups honey

2 teaspoons ground cinnamon

2 quarts strawberries, cut into bite-size pieces

6 cups fresh pineapple chunks

2 cups melon chunks

2 kiwi, sliced

16 mint leaves

Directions

In a small bowl, stir together the yogurt, honey and cinnamon.

Thread the fruit and mint leaves onto skewers and serve with the yogurt dip.