

Appetizer Activities

One of the most important parts of a successful Community Dinner is sharing in the preparation -- and eating! -- of an appetizer. We've found that families love to gather and work together to make something they can all enjoy, and kids in particular are excited to taste something that they've helped to create.

These appetizers are all healthy, tasty and easy to make with or without kitchen facilities. While we've suggested

certain appetizer choices with each of our menu options, feel free to mix and match, choosing the appetizer that sounds like the most fun for your event!

Please note: Each set-up and recipe is intended for a table of 6-8 people.



Tzatziki (Greek yogurt and cucumber dip)



Set-up

- 1 small grater
- 2 small bowls
- 6-8 small spoons
- A small stack of paper towels
- 1 bowl or plate of lemon wedges
- 1 plate of seasonings: 1 tsp. Minced garlic, a spoonful of salt, a spoonful of ground black pepper
- 1 plate with half of a long English cucumber, chopped into 2-4 easy to handle pieces
- 1 cup yogurt
- 1 plate of Pita chips or wedges
- 1 plate of raw vegetables -- carrot and celery sticks, bell pepper strips, cherry tomatoes

Recipe/Activity Directions

1. Direct each group to wash hands first!
2. Ask each group to grate the cucumber pieces.
3. Ask participants to transfer the grated cucumber to paper towels.
4. Demonstrate how to carefully squeeze the moisture from the cucumber, using one of the small bowls to help catch the run-off.
5. Direct each group to place their squeezed cucumber into the other small bowl and mix in the yogurt.
6. Advise participants to slowly add garlic, salt, pepper and lemon juice, stirring well and tasting until they have a mixture they like.
7. Enjoy the tzatziki as a dip for pita and vegetables!





Guacamole



Set-up

- 2 bowls
- 6-8 spoons
- 2 forks
- 1 small plate of seasonings: 1 spoonful of salt, 2 teaspoons minced garlic, 2 halved limes or 1 halved lemon
- 2 avocados
- 1 paring knife*
- Optional: 1 small bowl each of chopped tomatoes and diced red onion
- 1 large bowl or basket of tortilla chips

**If preferred, you can have participants bring their avocados to an organizer to be cut open.*

Tip:

Build guacamole “kits”. Instead of putting all the utensils on the table, prepare each tables’ avocado, garlic and lemon beforehand and place them in containers on each of the tables. Just remember to keep the pit in the avocado - it keeps it from turning brown!

Recipe/Activity Directions

1. Direct each group to wash hands first!
2. Either direct participants to bring avocados to an organizer to be cut open, or demonstrate for adult guests how to properly cut open an avocado (lengthwise, around the pit). **Omit this step if you’ve put together guacamole kits.**
3. Show groups how to scoop out the avocado into the two bowls on their tables, discarding the pits and skins.
4. Demonstrate how to mash the avocado with forks.
5. Advise groups to add lime or lemon juice, salt and garlic carefully, stirring well and tasting until they have a mixture they like.
6. If using, instruct groups to add chopped onion and tomato to their guacamole as preferred.
7. Enjoy the guacamole as a dip for chips!





Bruschetta



Set-up

- 1 large plate or basket of sliced baguette or Italian bread
- 6-8 small plates
- 6-8 spoons
- 2 pairs of kid-safe scissors
- 2 bowls of diced tomatoes
- 1 small plate of seasonings: 2 tsp. Minced garlic, 2 spoonfuls of salt, 2 spoonfuls of pepper
- 1 small bowl of olive oil
- 1 small plate or bowl of fresh basil leaves (about 12 basil leaves)
- Parmesan cheese (optional)
- 1 small grater (if providing cheese)

Recipe/Activity Directions

1. Direct each group to wash hands first!
2. Instruct groups to use kid-safe scissors to snip the basil leaves into small pieces.
3. Ask participants to add basil, garlic, salt and pepper carefully to each bowl of tomatoes, stirring and tasting until they have a mixture they like.
4. Direct groups to drizzle 2-3 spoonfuls of olive oil into the tomato mixture and stir well.
5. Demonstrate how to top slices of bread with the tomato mixture and garnish with parmesan cheese (if using) and more olive oil, as desired.
6. Enjoy making and eating bruschetta!





Antipasto Kebabs



Set-up

- 24 Lollipop sticks (available online or at craft stores -- much safer than skewers!)
- 6-8 Small plates
- 1 bowl of cherry tomatoes
- 1 bowl of mozzarella cheese cubes or balls
- 1 plate of fresh basil or spinach leaves
- 1 bowl or plate of chopped bell peppers
- 1 plate of seasonings: 1 tsp. Minced garlic, 1 spoonful each of salt and pepper
- 2 empty small bowls
- 1 small bowl each of olive oil and either balsamic or red wine vinegar

Recipe/Activity Directions

1. Direct each group to wash hands first!
2. Demonstrate how to thread vegetables, cheese, and basil or spinach leaves onto lollipop sticks to make colorful skewers.
3. Instruct each group to make the dipping sauce in their 2 empty bowls: Add 1 spoonful of vinegar for every 2 spoonfuls of olive oil, the mix in garlic, salt and pepper to taste.
4. Enjoy making, dipping and eating antipasto kebabs!

