

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!

