

## HEALTHIER CANAPES AND PARTY FOODS

### Cream Cheese Penguins

#### Ingredients:

18 jumbo black olives, pitted  
1 (8-ounce) package cream cheese, softened  
18 small black olives  
1 carrot



#### Directions:

Directions Cut a slit from top to bottom, lengthwise, into the side of each jumbo olive. Carefully insert about 1 teaspoon of cream cheese into each olive. Slice the carrot into eighteen 1/4 inch thick rounds; cut a small notch out of each carrot slice to form feet. Save the cut out piece and press into center of small olive to form the beak. If necessary cut a small slit into each olive before inserting the beak. Set a big olive, large hole side down, onto a carrot slice. Then, set a small olive onto the large olive, adjusting so that the beak, cream cheese chest and notch in the carrot slice line up. Secure with a toothpick. Kitchen-Friendly View PREP 30 mins READY IN 35 mins

### No Guilt Asparagus Guacamole

10 1/2 ounces fresh, trimmed or frozen, cut asparagus  
1/4 teaspoon garlic powder  
2 teaspoons lime juice (lemon juice may be substituted)  
2 Tablespoons canned green chili peppers, drained, chopped  
1 Tablespoon onion, chopped  
2 teaspoons tomato paste  
1/8 teaspoon salt  
1/4 teaspoon ground cumin  
1/8 teaspoon white pepper

Cook asparagus. Drain well, pat dry with paper towels and place in blender. Add remaining ingredients. Blend until smooth. Dip will become less thick upon standing and will need to be stirred.