



These veggie ideas make delightful appetizers, just in time for potluck season! And you don't take a chance with those, I guarantee their success.



Preparation time: 5 minutes

Cooking time: 10 minutes

Ingredients for 6

- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 cup grated Parmesan cheese
- 1 can roasted artichoke hearts (14oz), drained and roughly chopped (I recommend the roasted artichokes from Trader Joe's)
- 1/2 cup minced shallots
- 1 tablespoon lemon juice
- Salt and pepper
- Pita chips for serving

Artichoke Dip

An all-time favorite!

Preheat oven to 400F.

In a medium bowl, stir together mayonnaise, sour cream, Parmesan cheese and onion. When these ingredients are combined, mix in artichoke hearts and lemon juice, and season with salt and pepper. Transfer mixture to a shallow baking dish.

Bake for 20 minutes, or until light brown on top.

Enjoy with pita chips.





Preparation time: 10 minutes

Cooking time: 25 minutes

Ingredients for 6

- 4 bell peppers (mix yellow, orange and red bell peppers as you wish)
- 2 tablespoons olive oil
- 2 cloves garlic, crushed
- Salt and pepper

Roasted Bell Peppers

They bring color and flavor to any feast.

Remove the core and seeds of the bell peppers and place on a baking sheet.

Broil until charred on all sides, about 7 to 10 minutes for the first side, then 3 to 5 minutes for each remaining side.

Remove from broil and let cool, then gently peel the bell peppers.

Slice lengthwise and arrange on a platter. Whisk the olive oil with the garlic, salt and pepper, and sprinkle over the bell peppers. Enjoy at room temperature.



Preparation time: 10 minutes

Disgorge time: 1 hour

Cooking time: 10 minutes

Ingredients for 6

- 12 Chinese or Japanese eggplants
- 4 green onions, finely sliced
- 1 jalapeno, finely chopped
- 2 tablespoons chopped mint
- Olive oil
- Salt and pepper

Grilled Eggplant Salad

This salad is a sinful whim.

Cut the eggplant in half lengthwise, and arrange on a baking sheet. Season with salt and let disgorge for about 1 hour. Pat dry and drizzle with olive oil.

Grill on the barbecue until lightly charred, about 5 minutes on each side. Set aside to cool.

Cut the eggplant in cubes and transfer to a bowl. Add green onions, jalapeno, mint and 4 tablespoons olive oil. Season with salt and pepper and toss gently. Enjoy at room temperature.