

## MEDITERRANEAN KABOBS

Preparation time: 15 minutes

- 1 (9-ounce) package uncooked fresh refrigerated cheese-filled spinach tortellini
- 1/4 cup fat free Italian vinaigrette dressing
- 1/2 medium (1/2 cup) red bell pepper, cut into 3/4-inch pieces
- 1/2 pound (1/2-inch thick) slice **Alpine Lace® Deli Reduced Fat Provolone Cheese**, cut into 1/2-inch cubes
- 1 (6-ounce) jar marinated artichoke hearts, drained, cut into pieces
- 15 extra large pitted ripe olives

Cook tortellini according to package directions. Drain.

Place cooked tortellini, dressing, red pepper, cheese, drained artichokes and olives in large resealable plastic food bag. Tightly seal bag. Turn bag several times to coat ingredients well. Place in 13x9-inch pan. Refrigerate, turning occasionally, at least 2 hours or overnight.

Remove all ingredients from marinade; discard marinade. Thread 1 piece red pepper, 1 piece artichoke heart, 1 olive, 1 cube cheese and 1 tortellini on each 4-inch skewer. Repeat with remaining skewers.

15 kabobs

### Nutrition Facts (1 kabob):

Calories 50; Fat 3g; Cholesterol 5mg; Sodium 200mg; Carbohydrate 4g; Dietary Fiber 1g; Protein 3g

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## LAYERED SHRIMP APPETIZER

Preparation time: 10 minutes

- 1 (8-ounce) package nonfat cream cheese, softened
- 2 tablespoons fat free skim milk
- 3 ounces **Alpine Lace® Deli Reduced Fat Cheddar Cheese**, shredded
- 1/2 cup cocktail sauce
- 5 ounces cooked small shrimp
- 2 tablespoons sliced green onions

Crackers

Combine cream cheese and milk in small bowl. Beat at medium speed, scraping bowl often, until smooth (1 to 2 minutes). Stir in Cheddar cheese, reserving 1/4 cup cheese for topping.

Spread cream cheese mixture onto bottom of 10-inch round serving dish. Spread evenly with cocktail sauce; top with shrimp, green onions and reserved cheese.

Cover; refrigerate at least 1 hour. Serve with crackers.

10 servings

### Nutrition Facts (1 serving spread only):

Calories 70; Fat 2.5g; Cholesterol 40mg; Sodium 510mg; Carbohydrate 4g; Dietary Fiber 0g; Protein 8g

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## ARTICHOKE BAGEL BITS

Preparation time: 15 minutes

Baking time: 9 minutes

- 3/4 cup fat free mayonnaise
- 1/4 cup chopped oil-packed sun-dried tomatoes
- 2 tablespoons shredded Parmesan cheese
- 1 (14-ounce) can artichoke hearts, rinsed, drained, chopped
- 2 tablespoons pitted sliced ripe olives, drained
- 2 ounces slices **Alpine Lace® Deli Reduced Fat Swiss Cheese**, finely chopped
- 3/4 teaspoon Italian seasoning
- 12 plain or egg mini bagels, split
- Fresh basil, if desired

Heat oven to 350°F. Combine all ingredients except bagels and basil in medium bowl.

Spread 1 1/2 tablespoons artichoke mixture over cut surface of each bagel half. Place onto ungreased baking sheet. Bake for 9 to 12 minutes or until filling is hot and cheese is melted.

Cut each bagel half in half. Serve warm garnished with basil, if desired.

48 appetizers

### Nutrition Facts (1 appetizer)

Calories 30; Fat .5g; Cholesterol 5mg; Sodium 80mg; Carbohydrate 5g; Dietary Fiber 1g; Protein 1g

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## CALIFORNIA CRAB MELT

Preparation time: 20 minutes

Broiling time: 3 minutes

- 1 (8-ounce) package crabmeat or imitation crabmeat, coarsely chopped
- 1/2 cup light mayonnaise
- 1/4 cup sliced green onions
- 6 ounces (1 1/2 cups) **Alpine Lace® Deli Reduced Fat Swiss Cheese**, shredded
- 1/2 teaspoon garlic salt
- 1/4 teaspoon paprika
- 20 slices sourdough or French bread baguette

Heat broiler. Combine all ingredients except bread in medium bowl.

Place bread slices on large baking sheet. Broil 5 to 6 inches from heat until toasted (1 to 2 minutes). Turn bread slices over; spread each with about 1 tablespoon crabmeat mixture. Broil 5 to 6 inches from heat until cheese is bubbly (2 to 3 minutes). Serve immediately.

20 appetizers

### Nutrition Facts (1 appetizer)

Calories 90; Fat 4g; Cholesterol 20mg; Sodium 190mg;  
Carbohydrate 7g; Dietary Fiber 0g; Protein 6g

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## ROASTED RED PEPPER & OLIVE SPREAD

Preparation time: 25 minutes

- 4 ounces reduced fat cream cheese, softened
- 1 tablespoon thinly sliced green onion
- 1 tablespoon roasted red pepper, chopped
- 1 tablespoon kalamata or pitted ripe olives, drained and chopped
- 1/8 teaspoon garlic powder
- 32 reduced fat baked whole wheat wafer crackers
- 2 (3/4-ounce) slices **Alpine Lace® Deli Reduced Fat Provolone Cheese**, each cut into 16 triangles

Roasted red pepper, chopped, if desired

Stir together cream cheese, green onion, 1 tablespoon chopped red pepper, olives and garlic powder in small bowl.

Spread about 1 teaspoon cream cheese mixture onto each cracker; top with 1 triangle cheese. Garnish with red pepper, if desired.

32 appetizers

### Nutrition Facts (1 appetizer)

Calories 30; Fat 1.5g; Cholesterol <5mg; Sodium 50mg;  
Carbohydrate 3g; Dietary Fiber <1g; Protein 1g

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## Come for Appetizers



## VEGGIE WRAP-UPS

Preparation time: 20 minutes

- 4 (8-inch) reduced fat whole wheat tortillas
- 1 (7-ounce) container roasted red pepper hummus
- 1/4 cup chopped kalamata olives
- 4 lettuce leaves
- 8 (3/4-ounce) slices **Alpine Lace® Deli Reduced Fat Swiss Cheese**
- 1/4 cup roasted red pepper strips
- 1 small (1 cup) cucumber, cut into 2x1/8-inch strips

To assemble wraps, spread each tortilla with 3 tablespoons hummus. Sprinkle 1 tablespoon olives over hummus. Place 1 lettuce leaf on bottom half of tortilla. Top with 2 slices cheese. Place 1 tablespoon roasted red pepper strips and 1/4 cup cucumber strips onto cheese. Roll up. Wrap each in plastic food wrap.

Refrigerate at least 1 hour. Cut each wrap into 8 pieces. Secure each piece with toothpick, if desired.

32 appetizers

### Nutrition Facts (1 appetizer):

Calories 45; Fat 1.5g; Cholesterol 5mg; Sodium 90mg;  
Carbohydrate 6g; Dietary Fiber 1g; Protein 3g

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