

*Launch
LIVE!*



Up Your Appetizer Game: Healthy Bites, Big Flavor

Menu: Ceviche with Red Onion and Avocado; Healthy Slow Cooker Meatballs; Greek Layered Dip



Shopping List

Produce	Dry	Dairy	Seafood/Meat
<ul style="list-style-type: none"> • 1-2 Lemons (or ¼ c + 1 Tbs lemon juice) • Orange Juice • 1 Serrano Chili • 1 clove Garlic • 1 medium Red Onion • 3 cups Tomato • ½ cup Cilantro • 2 cup Parsley • 1 Cucumber • 1/2 cup Kalamata Olives • 1 cup Romaine Lettuce 	<ul style="list-style-type: none"> • 6 Tablespoons Olive Oil • 1 cup Breadcrumbs • 3 teaspoons Italian Seasoning • 1 (28 oz) can Crushed Tomatoes • 1 (15 oz) can Tomato Sauce • 1 teaspoon Dried Basil • 1 teaspoon Oregano • 1 Tablespoon Maple Syrup or Honey • 1 can Roasted Red Peppers • Salt • Pepper 	<ul style="list-style-type: none"> • 2 eggs • 2 cups plain Greek yogurt 	<ul style="list-style-type: none"> • 1 pound 8-10 dry pack Scallops • 2 pounds Lean Ground Turkey • 1/2 cup crumbled Feta Cheese



Prep Before You Cook

Ready, set, prep! Gather your equipment and finish any prep so you're all set to cook along with Chef Jeremy.

EQUIPMENT:

- 1 Cutting Board
- 1 Chef Knife
- 1 Soft Spatula
- 2 medium Mixing Bowls
- 1 large Mixing Bowl
- Slow Cooker
- 1 shallow Serving Dish
- 1 Sanitizer Towel with Sanitizer Solution (1 Tablespoon bleach mixed with 1 quart water)
- Tasting Spoons
- Measuring Cups and Spoons

PREP STEPS:

- Wash all produce items

Scallop Ceviche with Red Onion and Avocado

Serves 6 | Prep: 20 mins | Total: 25 mins

Ingredients

- ¼ cup **Orange Juice**, fresh
- ¼ cup **Lemon Juice**, fresh
- ¼ cup **Lime Juice**, fresh
- 2 Tablespoon **Extra Virgin Olive Oil**
- ½ teaspoon **Salt**, Kosher
- 1 **Serrano Chili**, seeded and minced
- 1 clove **Garlic**, minced
- ¾ cup **Red Onion**, ¼ inch dice
- 1 cup **Tomato**, ¼ inch dice
- 1 pound 8-10 dry pack **Scallops**, ¼ inch dice
- ½ cup **Cilantro**, rough chopped

Directions

Whisk the orange, lemon and lime juices together with the olive oil and salt in a medium mixing bowl. Toss the chili, garlic and onion in the mixture to coat and set aside for 10 minutes while you prep the remaining ingredients.

Using a soft spatula, fold in the tomato, scallop and cilantro. Set aside in the refrigerator for about 15 minutes to allow the scallops to “cook” in the citrus juice.

Remove from the fridge, gently fold the ingredients again and taste. Adjust the salt if needed and serve with corn tortilla chips.



Recipe Customization

This recipe is dairy-free and gluten-free.

To make it FODMAP Friendly:
Swap out the red onion for the green part of scallions, sliced. Eliminate garlic. Limit or eliminate tomatoes.

Slow Cooker Turkey Meatballs with Simple Tomato Basil Sauce

Serves 10 | Prep: 25 mins | Total: 4.5 - 5 hours

Ingredients

- 2 pounds **Lean Ground Turkey**
- 2 **Eggs**
- 1 cup **Breadcrumbs**
- 1/4 cup **Parsley**, finely chopped
- 2 teaspoon **Italian Seasoning**
- 1 teaspoon **Salt**
- 1/2 teaspoon **Black Pepper**
- 2 tablespoon **Olive Oil**

Directions

In a large mixing bowl, combine the ground turkey, eggs, breadcrumbs, parsley, Italian seasoning, salt, pepper, and olive oil. Mix gently until all ingredients are just combined, being careful not to overmix, as this can make the meatballs dense. Roll the mixture into 1½-inch meatballs and set aside.

For additional flavor, you may brown the meatballs before slow cooking. Heat olive oil in a skillet over medium heat and cook the meatballs for 1–2 minutes on each side until lightly browned. They do not need to be fully cooked through during this step. Place meatballs aside. Prepare the Simple Tomato Basil Sauce (**see recipe on next page**) and add the meatballs to the sauce in the slow cooker.

Cover and cook on LOW for 4–5 hours or on HIGH for 2–3 hours, until the meatballs are fully cooked and tender. Before serving, garnish with fresh basil or parsley if desired. Serve warm with toothpicks or appetizer picks for easy appetizer portions.



Recipe Customization

This recipe is dairy-free.

To make it gluten-free:
Use gluten-free breadcrumbs

To make it FODMAP Friendly:

- Swap onion and garlic powders for Chives (green tops only) and be sure to choose Italian seasoning without garlic/onion, choose canned tomatoes without any garlic or onion added.

Simple Tomato Basil Sauce

Ingredients

- 1 (28 oz) can **Crushed Tomatoes**
- 1 (15 oz) can **Tomato Sauce**
- 2 tablespoons **Olive Oil**
- 1 teaspoon **Italian Seasoning**
- 1 teaspoon dried **Basil**
- 1 tablespoon **Maple Syrup** or **Honey**
- **Salt** and **Pepper** to taste

Directions

To prepare the sauce, add the crushed tomatoes, tomato sauce, olive oil, Italian seasoning, dried basil, maple syrup or honey, and a pinch of salt and pepper directly into the slow cooker. Stir until well combined. Carefully place the meatballs into the sauce and gently coat them.

Greek Layered Dip

Serves 8 | Prep: 20 mins | Total: 25 mins

Ingredients

- 2 cups plain **Greek yogurt**
- 1 tablespoon **Lemon Juice**
- 1 teaspoon dried **Oregano**
- 1/4 teaspoon **Black Pepper**
- Pinch of **Sea Salt**
- 1 cup **Cucumber**, diced
- 1 cup **Tomatoes**, chopped
- 1/3 cup **Red Onion**, finely diced
- 1/2 cup **Roasted Red Peppers**, chopped
- 1/2 cup **Kalamata Olives**, sliced
- 1 cup **Romaine Lettuce**, chopped
- 1/2 cup crumbled **Feta Cheese**
- 2 tablespoons **Fresh Parsley** or **Dill**, chopped



Directions

In a medium bowl, combine the Greek yogurt, lemon juice, oregano, salt, and pepper, stirring until smooth and well blended. Spread the yogurt mixture evenly into the bottom of a shallow serving dish or clear glass bowl.

Wash and chop all vegetables into small, bite-sized pieces to create even layers and make the dip easy to scoop. Begin layering the ingredients over the yogurt by adding the chopped romaine first, followed by the cucumbers, tomatoes, roasted red peppers, and red onion. Sprinkle the sliced olives and crumbled feta cheese evenly across the top, then finish with fresh parsley or dill.

If desired, drizzle lightly with olive oil and add a sprinkle of extra oregano or lemon zest for additional flavor. Serve with whole grain pita chips and fresh vegetables such as carrots, cucumbers, and bell peppers.

Recipe Customization

This recipe is gluten-free.

To make it dairy-free:

Use dairy-free yogurt and skip feta or replace with a dairy-free option.

To make it FODMAP Friendly:

Swap out the red onion for the green part of scallions, sliced. Omit tomatoes if sensitive.