HEALTHY APPETIZERS

Grilled Vegetables

Vegetables:
- red bell pepper (yellow, orange, green)
- zucchini
- button mushrooms
- eggplant (round)
- kabocha pumpkin
- Okinawan sweet potato
- asparagus

Kosher salt
pepper
olive oil
Balsamic vinegar

Prepare 15 minutes before grilling:

Cut bell pepper into halves. Cut other vegetables into big chunks.
Place vegetables into a container and sprinkle with Kosher salt, pepper, garlic powder, onion powder, olive oil. Toss.
Cook vegetables on a Hibachi. Do not overcook. Crunch vegetables maintain their natural sweetness.
Take veggies off the grill.

Mix sauce by combining Balsamic vinegar and olive oil.
You can dip the vegetables in the sauce, or drizzle the sauce over the veggies.

Turkey Patties

Ingredients:

1 lb. ground turkey
American parsley (chopped fine)
round onion (chopped fine)
pepper
garlic salt (with dried parsley)
garlic powder
onion powder

1. Mix ground turkey, American parsley, and round onion.
2. Sprinkle with pepper, garlic salt, and garlic powder.
3. Form into balls or patties.
4. Spray Pam lightly over skillet.
5. Cook turkey balls/patties until brown.
<table>
<thead>
<tr>
<th>Good Cooking Oils:</th>
<th>Bad Cooking Oils:</th>
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<tbody>
<tr>
<td>Canola oil</td>
<td>Vegetable shortening</td>
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<tr>
<td>Flaxseed oil</td>
<td>Hard margarine</td>
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<tr>
<td>Peanut oil</td>
<td>Butter</td>
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<tr>
<td>Olive oil</td>
<td>Palm oil</td>
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<tr>
<td>Non-hydrogenated soft margarine</td>
<td>Palm kernel oil</td>
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<td>Safflower oil</td>
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<td>Sunflower oil</td>
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