

# Join the party!

Indulge and still fit into your little black dress, thanks to light bites that are low in fat but all fun.

By Adeena Sussman Photographs by Sang An



## Mexican Tostadas

These spicy snacks taste even better than nachos, plus the avocado and tuna add a hefty 10 grams of heart-healthy fat. *Serves 8*

- 8 corn tortillas (6 inches each)
- 3 tbsp canola oil
- $\frac{3}{4}$  tsp salt
- $\frac{1}{2}$  tsp finely chopped chipotle pepper
- 2 tbsp fresh lime juice
- 1 tbsp tequila
- $\frac{1}{2}$  tsp adobo sauce
- $\frac{1}{2}$  tsp ground cumin
- $\frac{1}{4}$  tsp sugar
- 1 lb sushi-grade tuna, cut into  $\frac{1}{4}$ -inch cubes
- 1 avocado, cut into  $\frac{1}{4}$ -inch cubes
- 3 scallions (green part only), thinly sliced
- 3 tbsp hulled pumpkin seeds

Heat oven to 350°. Cut 2 rounds from each tortilla with a 3-inch cookie cutter. Brush both sides of tortillas with 1 tbsp of oil and sprinkle with  $\frac{1}{2}$  tsp of salt. Place rounds in 1 layer on cookie sheets; bake until crisp and edges are golden, 10 to 12 minutes. Remove from oven. Whisk chipotle, remaining 2 tbsp oil, lime juice, tequila, adobo sauce, cumin, sugar and remaining  $\frac{1}{4}$  tsp salt in a bowl. Place tuna, avocado,  $\frac{2}{3}$  of scallions and 2 tbsp of pumpkin seeds in another bowl. Pour dressing over top and gently stir to coat, trying not to break up avocado. Spoon tuna mixture onto tortilla rounds. Top with remaining 1 tbsp pumpkin seeds and remaining  $\frac{1}{3}$  of scallions.

**THE SKINNY 248 calories per 2 tostadas**  
14.6 g fat (1.8 g saturated),  
13 g carbs, 2.9 g fiber, 16 g protein




## Ginger Champagne Cocktail

Bubbly with benefits? Ginger may help prevent cancer by halting abnormal cell growth. (We'll take two!) *Serves 8*

- $\frac{1}{2}$  cup chopped fresh ginger
- $\frac{2}{3}$  cup plus 2 tbsp sugar
- $\frac{1}{4}$  tsp Chinese five-spice powder
- 3 tbsp chopped crystallized ginger
- 8 whole star anise
- 1 bottle (750 ml) Champagne or sparkling wine

Bring ginger,  $\frac{2}{3}$  cup of sugar and  $\frac{1}{2}$  cup water to a boil in a small saucepan. Reduce to a simmer; cook until liquid thickens to maple syrup consistency, about 15 minutes. Remove from heat; let cool. Strain syrup; discard ginger. Combine Chinese five-spice powder and remaining 2 tbsp sugar on a shallow plate. Moisten the rim of Champagne flutes with water and dip in sugar. Drop 1 tsp crystallized ginger and 1 star anise into each glass. Add 1 tbsp syrup and about 3 oz Champagne.

**THE SKINNY 150 calories per cocktail**  
0 g fat, 23 g carbs, 0 g fiber, 0 g protein



Prep ahead for  
appetizers in  
mere minutes.

**Dates With Goat Cheese  
Wrapped in Prosciutto**

These rich nibbles only taste decadent. Soft goat cheese is naturally lower in fat. *Serves 8*

- 1/3 cup soft herbed goat cheese
- 16 Medjool dates, pitted
- 16 large basil leaves
- 4 wide, thin slices prosciutto di Parma, each cut into 4 long strips
- 16 toothpicks, soaked in water 10 minutes

Heat broiler to low. Spoon 1 tsp cheese into each date; wrap with a basil leaf, then a prosciutto strip. Secure with a toothpick. Broil until cheese bubbles, about 3 minutes. Serve warm.

**THE SKINNY 187 calories  
per 2 dates**  
3 g fat (1.9 g saturated),  
36 g carbs, 3.3 g fiber, 6 g protein

**Lamb Chops With  
Pomegranate Relish**

We heart this dish. Pomegranate may protect your arteries against LDL ("bad") cholesterol. *Serves 8*

- 2 large oranges, segmented
- 1/3 cup red wine (such as Pinot Noir)
- 1/4 cup unsweetened pomegranate concentrate (found at gourmet markets)
- 3 tbsp honey
- 1 tbsp olive oil
- 2 cloves garlic, thinly sliced
- 1 tsp dried oregano
- 16 baby lamb chops, frenched (ask your butcher to do it), fat trimmed to 1/8 inch
- 1 cup pomegranate seeds
- 1/3 cup finely diced Vidalia onion
- 1/4 cup chopped fresh mint
- 1 1/2 tsp fresh lemon juice

Cut orange segments into 1/8-inch pieces over a bowl; collect juice (about 1/3 cup); set orange segments aside. Whisk orange juice, wine, pomegranate concentrate, 2 tbsp of honey, oil, garlic and oregano in a bowl. Arrange lamb in a 9" x 13" baking dish; pour marinade over lamb. Cover; chill 1 to 2 hours, turning once. Combine cut orange, pomegranate seeds, onion, mint, remaining 1 tbsp honey and lemon juice in a bowl. Toss gently; chill. Heat a grill or grill pan to medium-high. Remove lamb from dish, pat dry and grill to desired doneness (3 minutes per side for medium-rare). Let rest 1 to 2 minutes. Serve topped with relish.

**THE SKINNY 246 calories  
per 2 chops with 1/4 cup relish**  
9.4 g fat (4.7 g saturated),  
18.3 g carbs, 1.2 g fiber, 21 g protein

# Double-dip! This dish is low in calories.

## Cheesy Sweet Potato Crisps

Potato pancakes get a makeover, and so do you! These have lots of vitamin A, which will help keep your skin healthy for the holidays. *Serves 8*

- 1 lb sweet potatoes, peeled
- 2½ oz finely grated Parmigiano-Reggiano (about 1 cup)
- 2 egg whites
- 2 tsp chopped fresh rosemary
- ¾ tsp cracked black pepper
- Parchment paper

Heat oven to 425°. Finely grate sweet potatoes into a bowl. Squeeze grated sweet potatoes in batches to release as much moisture as possible and place in another bowl; fluff with a fork. Stir in cheese, egg whites, rosemary and pepper. Line a large cookie sheet with parchment paper. Spoon 1 rounded tbsp batter onto cookie sheet and flatten into a thin, 2- to 2½-inch round. Repeat with remaining batter, leaving 1 inch between rounds. Bake until edges and underside are crisp and browned, 13 to 15 minutes. Remove from oven, let cool slightly and remove from parchment. Serve warm with Rosemary-Balsamic Cream.



## Rosemary-Balsamic Cream

- 1 tsp canola oil
- 4 shallots, finely chopped
- ½ cup balsamic vinegar
- ½ cup reduced-fat sour cream
- ½ tsp chopped fresh rosemary

Heat oil in a small saucepan over medium heat. Cook shallots until translucent but not browned, about 5 minutes. Add vinegar, bring to a boil, then reduce heat to a high simmer. Cook until ¾ of liquid has evaporated and shallots are very dark, 5 to 7 minutes. Remove from heat. Combine sour cream, rosemary and 2 tsp water in a bowl. Spoon balsamic-shallot sauce into center of sour cream and swirl with a toothpick. Serve with crisps.

**THE SKINNY 144 calories per 3 crisps with cream**  
5.2 g fat (3.2 g saturated),  
17 g carbs, 1.8 g fiber, 6 g protein



## Mexican Hot Cocoa

It's not a real party without chocolate! Savor this sweet treat and you'll get 20 percent of your daily calcium. *Serves 8*

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| 2 cups reduced-fat (2 percent) evaporated milk | 1½ tsp ground cinnamon                          |
| ½ cup whole milk                               | ¼ tsp ancho chili powder                        |
| ½ cup chocolate liqueur                        | 10 cinnamon sticks                              |
| 1 tsp vanilla extract                          | 1 dried red chile                               |
| ¼ cup sugar                                    | 2½ oz bittersweet chocolate, broken into pieces |
| 1 tbsp unsweetened cocoa                       | ¼ cup heavy whipping cream                      |

Whisk evaporated milk, whole milk, liqueur, vanilla, sugar, cocoa, 1 tsp of cinnamon and chili powder in a heavy saucepan. Add 2 of the cinnamon sticks and chile and cook gently over medium-low heat until warm. Add chocolate and cook, whisking until melted. Gently bring to a high simmer; reduce heat and simmer until liquid thickens and reduces slightly, whisking often, 10 minutes. Combine heavy cream with remaining ½ tsp cinnamon and beat until peaks form. Ladle ⅓ cup hot cocoa into each of 8 teacups; top with 1 tbsp whipped cream and garnish with a cinnamon stick.

**THE SKINNY 218 calories per teacup**  
7.8 g fat (4.8 g saturated), 20 g carbs, 1 g fiber, 2.3 g protein



FOOD STYLING: JEE LEVIN; PROP STYLING: LYNN BUTLER

## Survive eating season!

Go to [Self.com/forums](http://Self.com/forums) to get advice on coping with holiday diet challenges, weekdays from December 10 to 21.