

Fruit-Cheese-Salmon-Mix-‘Em-Up Appetizers

This colorful tray of appetizers are a color feast to the eye, not to mention a contrast in texture and flavor as well as some very healthy ingredients. You will have fun trying different combinations.

Pugliese or whole grain sourdough, cut in thin slices

Virgin olive oil

Soft goat cheese or light cream cheese

Avocado, sliced

Pear, ripe but still firm pear, sliced thin

Beet, fresh, peeled and grated into thin strips

Purple cabbage, grated/sliced into thin strips

Smoked salmon or lox

Capers

Toast bread slices, brush with olive oil. (Alternately, you may brush with oil & broil until toasty-brown.) Place on platter. (If your bread loaf is on the larger side, cut slices in half or quarters. You may also use a baguette, though sometimes these are a little more dry or tough.)

Serve with small dishes of goat cheese, avocado, pear slices, beet strips, cabbage strips, salmon and capers. You may mix and match. Or, try to pile some of each on one baguette – good luck!

