

Entertaining Ideas

Easy And Healthy Foods For Last-Minute Guests

(NAPSA)—Warmer weather offers plenty of opportunities for pop-up parties, so you need to be prepared.

A pop-up party is a chance to socialize that just “pops up”; what happens when a drop-by lingers or a last-minute invite is extended to neighbors.

With the right ingredients on hand, it's easy to say, “Can I get you something to eat?” and make the most of the situation. The key is to stock up on healthy snacks and know quick serving ideas.

“Don't turn down an opportunity to entertain because you didn't make plans or because you have a small kitchen,” says Chef Jennifer Schaertl, author of “Gourmet Meals in Crappy Little Kitchens.”

One healthy, preservative-free product Schaertl recommends is premade, all-natural Wholly Guacamole. It saves time, and because avocados are rich in nutrients, it's a better choice than other dips or condiments. Schaertl offers her chef's insider tip: “Adding freshly chopped ingredients such as cilantro, onions, tomatoes, peaches or mangoes makes it homemade.”

Schaertl suggests this quick-fix recipe from her book made with Wholly Guacamole that doubles as an upscale appetizer or summer entrée. Hint: Uncooked cakes can be wrapped with plastic and frozen for your next pop-up party.

Guacamole Crab Cakes

- 1½ cups Spicy Wholly Guacamole
- ½ cup bread crumbs
- ¼ cup mayonnaise
- 2 eggs
- 1 lb. lump crabmeat
- 1 lb. select crabmeat
- Sea salt and pepper to taste



Olive oil as needed
Limes, thinly sliced

1. Combine Spicy Wholly Guacamole, bread crumbs, mayonnaise and eggs. Stir and set aside for 5 minutes.

2. Fold crab into guacamole mixture, season to taste with salt and pepper.

3. Form into bite-size cakes for appetizers (larger for entrée portions) and place on a parchment-lined cookie sheet.

4. Preheat sauté pan over medium heat and add 3 tablespoons of olive oil. Carefully add a few crab cakes into the pan to fry. Cook one side until crispy, then gently flip. When golden brown, place cooked crab cakes on paper towels to drain, and repeat.

5. Arrange lime slices onto platter or serving tray and set a warm crab cake on each lime slice. Serve immediately.

For more recipes, coupons and where to find Wholly products, (hint: look in the refrigerated, fresh produce section), visit www.eatwholly.com.