

## 3 Healthy Side Dishes for Your Next Dinner Party

Whether you're cooking for a crowd or whipping up a few veggies to go with your main, these recipes will surely become your go-tos.

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Published on January 20, 2017 - 5:00am EST



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To start 2017 off on the right foot, Laurie Lloyd, founder of [Liv Light](#), suggests staying away from refined sugar and highly-processed and packaged foods. “I love all of these dishes (Tuna Tartare, Vegetarian Stuffed Mushrooms and Smashed Potatoes) because they are super healthy, but absolutely delicious and look beautiful when displayed,” Lloyd explains. “I chose these particular recipes not only for their health benefits, but also because they are easy to make ahead, which is always a plus when hosting a party!”

### **Tuna Tartare (yields approximately 24 pieces)**

“Tuna is a great source of protein, omega-3’s, vitamins and minerals,” says Lloyd. “I serve it on a rice cracker or

cucumber slice (rather than bread) to keep it light and gluten free.”

### Ingredients

- 1 lb. sushi grade tuna
- ¾ tsp. fresh ginger, peeled and minced
- 1 ½ tblsp. low-sodium tamari (wheat-free soy sauce)
- 2 tsp. fresh lime juice
- 1 ½ tblsp. organic sesame oil
- 1 jalapeno, minced
- 2 tsp. black sesame seeds
- Rice crackers or sliced cucumbers

### Directions

Cut tuna into quarter inch cubes. Combine ginger, tamari, lime juice, jalapeño, and sesame oil. Add tuna and stir gently. Place mixture in the fridge for about 30 minutes to marinate. Top rice crackers or cucumber slices with tuna mixture and sprinkle with sesame seeds.



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### Vegetarian Stuffed Mushrooms (yields approximately 30 pieces)

“Mushrooms are low in calories, while still being hearty and filling, and are loaded with essential nutrients,” says Lloyd. “They have so many health benefits including helping with weight loss, lowering cholesterol, fighting cancer and improving immune health. My version is stuffed with lots of other veggies and held together with crushed walnuts, rather than breadcrumbs. This increases the healthy fat and keeps them gluten free.”

### Ingredients

- 1.5 lbs. large white mushrooms or baby bella
- 2 tblsp. extra virgin olive oil or coconut oil
- ½ yellow onion

- 3 green onions
- 1 red bell pepper
- ¼ cup roasted red peppers
- ½ cup walnuts, crushed
- 1 tsp. oregano
- ¼ cup fresh flat leaf parsley
- ¼ cup fresh grated parmesan (optional...could sub nutritional yeast or vegan parmesan)
- salt and pepper to taste

### Directions

Preheat oven to 400 degrees. Clean mushrooms gently with a towel and remove stems carefully, keeping caps intact. Place the mushrooms stem side down on a baking sheet and bake until liquid begins to leak out, about ten minutes. Remove and place on paper towels to soak up additional liquid. In the meantime, chop half the mushroom stems into small pieces, as well as onion, green onion, peppers, and parsley. Heat oil in a large skillet and add chopped veggies (except parsley), oregano, salt, and pepper. Sauté until veggies are tender. Transfer to a bowl and let cool slightly before adding parsley, walnuts, and parmesan. Mix well. Place par-cooked mushrooms on a baking sheet and fill with stuffing. Bake for 15 minutes.



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### Smashed Potatoes (serves 4-6)

"I love these smashed mini potatoes because they feel like a deep fried treat while actually being super healthy," says Lloyd. "They are highly seasoned and crisp up beautifully in the oven. The more colorful potatoes are also rich in nutrients and antioxidants."

### Ingredients

- 1 ½ lbs. mixed baby potatoes
- 2 tblsp. extra virgin olive oil
- 1 ½ tsp. onion powder

- 1 tsp. garlic powder
- 2 tsp. dried parsley
- ½ tsp. mustard powder
- 1 tsp. sea salt
- ½ tsp. black pepper

**Directions**

Fill a medium pot with water and bring to a boil. Carefully place the potatoes into the pot and boil for 15 minutes, until just fork tender (you don't want them falling apart). In the meantime, preheat oven to 400 degrees and line a baking sheet with parchment paper. Combine onion powder, garlic powder, parsley, mustard powder, salt, and pepper in a small bowl and set aside. Drain the potatoes and carefully pat dry. Once they are cool enough to touch, transfer them to the baking sheet, and gently smash with a fork, until they're about ¼-½ inch thick. Drizzle oil over all the potatoes and sprinkle with the seasoning mix. Bake for about 30 minutes or until crispy. Sprinkle with additional seasoning.

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