

Girls Night-In Recipe Guide

Healthy Appetizers

- Zucchini Pizza Bites: Zucchini rounds topped with sugar-free marinara, mozzarella, and turkey pepperoni. Bake at 400°F until bubbly.
- Greek Yogurt Ranch Veggie Cups: Carrots, cucumbers, and bell peppers served in cups with a scoop of Greek yogurt ranch.
- Cucumber Salmon Bites: Cucumber slices topped with cream cheese, smoked salmon, and dill or seasoning.
- Turkey & Cucumber Roll-Ups: Thin slices of turkey wrapped around cucumber sticks with hummus or light cream cheese.

Personal Pizza Ideas

- Mini Naan Flatbread Pizza: Whole wheat naan with marinara, mozzarella, veggies, and turkey sausage. Bake 8-10 min at 400°F.
- Cauliflower Crust Pizza: Cauliflower crust with tomato slices, spinach, mushrooms, and light cheese.
- Portobello Mushroom Pizza: Portobello caps topped with pizza sauce, cheese, and toppings. Bake until bubbly.
- Tortilla Pizza: Crisp a high-protein tortilla, then add toppings and bake.

Bonus Crowd Favorite

- Charcuterie Kabobs: Skewer a cube of cheese, a slice of deli meat, a grape tomato or olive, and a cucumber slice or basil. Let guests build their own for a fun, portion-controlled snack.