

The simplest way

...to make a mezze plate.

A mezze plate is a great snack or starter and perfect for sharing.

It is ideal hands-on food for kids, and junior chefs can help prepare it too.



Options are limited only by imagination. Just remember to include plenty of veg! Our plate, pictured above, includes:

- Baba ghanoush and Middle Eastern bean dip (or try hummus and tzatziki).
- Dolmades (vine leaves stuffed with rice and herbs).
- Olives.
- Cucumber and carrot sticks (capsicum sticks, green beans and baby corn work well too).
- Flat bread cut into wedges.
- Tabbouleh.

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The *Eat It To Beat It* program is supported by the Western Sydney
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