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MAGAZINE

**1<sup>ST</sup> BIRTHDAY  
PARTY PLANNER**

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# EASY PEASY PARTY PLANNER

Throw a simple first-birthday fête with these tasty finger foods and effortless decorating ideas

## party food

### SWEET POTATO WEDGES WITH GINGER DIPPING SAUCE

RECIPE BY LEEANNE WRIGHT  
PHOTOGRAPHY BY ANGUS FERGUSON

Makes 6 servings Time: 30 minutes

#### POTATO WEDGES

2 lbs sweet potatoes, scrubbed and unpeeled  
3 tbsp olive oil  
1 tsp each Chinese five-spice, ground cumin, and ground coriander  
1½ tsp salt  
Pinch cayenne pepper

#### GINGER DIPPING SAUCE

⅔ cup sour cream  
1 tsp ground ginger  
1 tsp smoked paprika  
1 tbsp honey  
1 tbsp fresh lime juice

- 1 Preheat oven to 425°F.
- 2 Cut potatoes into equal-size wedges. Toss wedges with oil and spices and season with salt. Spread on a baking sheet.
- 3 Bake in the middle of the oven for 25 to 30 minutes or until tender and golden-coloured. Turn wedges over after 15 minutes.
- 4 For dipping sauce, stir together sour cream, ginger, paprika, honey and lime juice in a small bowl. Refrigerate until ready to serve with wedges.

**NUTRIENTS PER SERVING (WITH 1 TBSP SAUCE)** 251 calories, 11 g fat, 75 mg calcium, 641 mg sodium, 37 g carbohydrates, 5 g fibre, 3 g protein; excellent source of vitamin C.

# MORE EASY APPETIZERS

A platter of raw veggies with dip is a simple party must-have. When choosing veggies, try to get as many different colours on the tray as you can: tomatoes, carrots, peppers (red, yellow, orange and green), broccoli, cauliflower and cucumber create a rainbow of healthy snacking.

## CHICKEN WALDORF SANDWICH KABOB WITH YOGURT DIP

RECIPE BY PAULA BOWMAN  
PHOTOGRAPHY BY MICHAEL ALBERSTAT

Makes 8 servings Time: 25 minutes

- ½ cup plain yogurt
- 2 tbsp honey
- 2 tbsp lemon juice plus 2 tsp for apples
- 4 boneless, skinless chicken breasts (about 6 oz each)
- 2 tbsp olive oil
- 2 unpeeled Granny Smith apples, cored
- 4 cups 1-inch cubed raisin focaccia bread (or regular raisin bread)
- 2 celery stalks, cut diagonally into thin slices
- 16 red seedless grapes
- 8 wooden skewers

**1** Mix yogurt, honey and 1 tablespoon lemon juice together in a bowl; season with salt and pepper. Cover and refrigerate until ready to use.

**2** Season chicken breasts with salt and pepper. Heat oil in a large non-stick skillet over medium-high heat. Add chicken and cook 10 to 12 minutes, turning once, until no longer pink inside. Transfer to a plate and let cool. Cut each breast into 1-inch cubes; set aside.

**3** Cut each apple into 12 wedges and toss in 2 teaspoons lemon juice. Thread reserved chicken and bread onto skewers, alternating apple, celery and grapes. Serve with reserved yogurt mixture for dipping.

**NUTRIENTS PER SERVING** (1 kabob with dip): 237 calories, 6.3 g fat, 58 mg calcium, 152 mg sodium, 24.1 g carbs, 1.8 g fibre, 21.9 g protein; excellent source of niacin and vitamin B6; good source of folate and vitamin B12.



PARTY-PARENT ADVICE:

“Make food self-serve so you don’t have to worry about plating or portions and **make as much as you can ahead of the time.**”



## MINI CHEESE PUFFS WITH LEMON CRAB FILLING

RECIPE BY LEEANNE WRIGHT  
PHOTOGRAPHY BY ANGUS FERGUSSON

Makes about 30 puffs Time: about 40 minutes

### CHEESE PUFFS

1 cup	water
½ cup	unsalted butter
1 tsp	salt
1 cup	all-purpose flour
4	eggs
1 cup	finely grated Asiago cheese
¼ tsp	ground nutmeg
2 tbsp	finely chopped parsley

### LEMON-CRAB FILLING

2 cans	crabmeat, drained (about 1½ cups)
½ cup	finely chopped celery
⅓ cup	mayonnaise
1	lemon, zested and juiced

### FOR CHEESE PUFFS

- 1 Preheat oven to 375°F.
- 2 In a medium-size (3-qt) saucepan, bring water, butter and salt to a boil. Remove pan from heat and add flour. Beat briskly with a wooden spoon until flour is completely incorporated and mixture is smooth.
- 3 Return pan to stove over medium heat. Stir continuously until dough forms a ball and pulls cleanly away from sides of pan, about 2 minutes. Continue to stir for 1 more minute.
- 4 Remove pan from heat and add eggs one at a time, beating each one in with a wooden spoon before adding the next. Dough will separate, but continue to beat until it looks glossy and smooth. Finish by beating in cheese, nutmeg and parsley.
- 5 Drop rounded tablespoons of dough onto a parchment paper-lined baking sheet. A small ice cream scoop works well for this.
- 6 Bake for 25 to 30 minutes or until puffed and a light golden brown.
- 7 When ready to fill, split and hollow out each puff.

### FOR LEMON-CRAB FILLING

This delicious filling is also great spread on a croissant. For picky eaters, leave some puffs unfilled—they are tasty as is, too.

- 1 Combine all ingredients in a bowl.
  - 2 Refrigerate until ready to serve. Fill each cheese puff with 2 tsp crab and serve.
- NUTRIENTS PER SERVING (1 PUFF)** 79 calories, 6 g fat, 8 mg calcium, 170 mg sodium, 4 g carbohydrates, 0 g fibre, 3 g protein.

### *note*

You'll have about ⅓ cup leftover crab salad after filling the puffs. Save it for a sandwich or to spread over crackers.

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## TROPICAL FRUIT TRIFLE

RECIPE BY LEEANNE WRIGHT  
PHOTOGRAPHY BY ANGUS FERGUSSON

Serves 8 Time: 20 minutes

- 114-oz. packaged pound cake
- 1/3 cup strawberry jam
- 119-oz. can pineapple chunks drained (reserve 1/4 cup juice)
- 6 kiwis, peeled and sliced
- 1 mango peeled and cut into small cubes

### TOPPING

- 1 package instant pudding (made with 2 cups milk, see package details)
- 1 1/2 cups 35% cream
- 2 tbsp icing sugar
- 1/3 unsweetened coconut, toasted

**1** Cut pound cake into 1/2-inch slices. Spread jam on each slice. Cover the bottom of a large glass bowl with cake slices (jam side up). Cut cake slices to make them fit if necessary. Pour reserved pineapple juice over cake.

**2** Line edge of bowl with kiwi slices, then fill in the middle with half of pineapple and mango. Top with 1/2 cup pudding.

**3** Repeat layering, starting with kiwi and following with remaining cake and fruit. Finish up with remaining pudding. Cover and refrigerate at least 4 hours.

**4** Before serving, whip cream with icing sugar and spread on top of last layer. Sprinkle with coconut.

**NUTRIENTS PER SERVING** 562 calories, 30 g fat, 124 mg calcium, 302 mg sodium, 73 g carbohydrates, 3 g fibre, 7 g protein; excellent source of vitamin A and vitamin C; good source of folate, riboflavin and magnesium.

*make it even easier*

Buy pre-made pudding packs and a canister of whipped cream.

### PARTY-PARENT ADVICE:

"We had a little book (with a photo of our birthday girl on the front) for people to sign with their first birthday wishes. It is quite sweet and will be nice for her when she grows up."

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**PARTY-PARENT ADVICE:** “We tried to be green where we could so we made our own invites and emailed them out and only used biodegradable paper plates and cups.”

### SPARKLING CRANBERRY TEA

Makes 2 servings

Prep & assembling: about 25 minutes

Thirst quenching and refreshing, this basic recipe will work with any herbal tea.

- 4 cranberry-flavoured herbal tea bags
- 1 cup boiling water
- 2 tbsp honey
- 1½ cups sparkling water
- 1 lemon, cut into thin slices

- 1 Steep tea in boiling water for 10 minutes. Remove tea bags and stir in honey. Chill.
- 2 To serve, add ice to serving glass, fill with tea and sparkling water. Garnish with lemon slices.

**NUTRIENTS PER SERVING** 79 calories, 0 g fat, 82 mg calcium, 8 mg sodium, 21 g carbohydrates, 0 g fibre, 0 g protein.



### PARTY-PARENT ADVICE:

“I hired a babysitter for the morning (as we were getting the food and decor ready). This ensured that the guest of honour wasn’t being ignored—quite the opposite, actually.”



### BANANA BLUEBERRY SMOOTHIE

Serves 2

- 1 ripe banana, peeled and sliced
- ¾ cup plain yogurt
- 1/3 cup orange juice
- 1 2-inch piece of fresh ginger, peeled and sliced
- 1tbsp flaxseed oil
- ½ cup blueberries (fresh or frozen)

- 1 Place banana in blender.
- 2 Add all remaining ingredients.
- 3 Blend until smooth.

### NUTRIENTS PER SERVING:

210 calories, 9 g fat, 177 mg calcium, 68 mg sodium, 29 g carbs, 2 g fibre, 6 g protein; good source of vitamin B12, folate, vitamin C and magnesium.

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# set the stage

Turn treats into decor by filling clean vases with coloured candies and salty snacks. And small plants (like these succulents) can be used as decor during the party, and then become parting gifts when the party is over.



## tip

Pinks and blues are easy colour schemes for your little boy or girl, but green and lilac work just as well. Whatever you choose, play with shades and tones to make everything feel festive.

### PARTY-PARENT ADVICE:

"Forget about the guests and plan around your child's nap schedule. If that means the party starts at 11 and she passes out at 1, so be it."

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**1** Who doesn't love a classic chocolate cake? It's the perfect colour for the baby-covered-in-icing photos that you'll inevitably take. Keep nut-free goodies on hand so that everyone can sample something sweet.

**2** Whether indoors or out, paper lanterns are an inexpensive way to dress up a space for a party. Try Chinatown and party supply stores to find a huge variety of colours and shapes. Hang them with coordinating ribbon. **3** If you want more of a theme than simply colours, incorporate your birthday girl's initials through the decor. Look for letter dishes, balloons and monogrammed napkins. **4** To make everything look cohesive, choose a colour scheme and use it everywhere: napkins, table settings, flowers and even gift wrap! **5** Cupcakes are a sweet takeaway for guests. Package single cupcakes in cellophane with ribbon and hand them out in place of traditional loot bags. Bonus: the price of these cupcakes, from Eat my Words ([eatmywords.org](http://eatmywords.org)), includes a charitable donation.



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