

Appetizers

New Year's Eve Fondue

Rocco Dispirito - for The Associated Press
Palm Beach Post

Servings: 4

Start to Finish Time: 30 minutes

TIP: Allow the cheese to stand at room temperature for 20 to 30 minutes before making the fondue. It will melt quicker and blend more smoothly.

For healthy dunking, you can serve whole-wheat bread or grapes for dipping, or even pieces of raw broccoli, cooked shrimp, or baked chicken strips.

4 slices light whole-wheat bread
16 seedless red grapes
1/4 cup water
1 tablespoon shallot, minced
1 tablespoon arrowroot powder
4 ounces demi sec Champagne, divided
4 ounces Jarlsberg lite cheese, finely shredded
2 ounces pecorino Romano cheese, grated
2 ounces lite Brie, cut up with rind removed
salt
cayenne pepper

Preheat the broiler. Set the top oven rack about 4 inches below the broiler.

Cut the crusts off the bread slices. Cut each bread slice into four equal strips. Wrap one bread strip halfway around one grape and poke a long metal skewer through the bread and grape so that the skewer is pushed through both ends of the bread strip with the grape in the middle. Repeat with the remaining bread strips and grapes.

Place all 16 skewers on a large baking sheet. Broil for 2 to 3 minutes, or until the bread is browned and crisp, turning once halfway through broiling. Set aside.

In a small saucepan over medium-high heat, bring the water and shallot to a simmer. Cook, uncovered, until the shallots are tender, about 2 minutes.

Meanwhile, in a small bowl, mix the arrowroot with one ounce of the Champagne.

Pour the remaining Champagne into the saucepan with the shallot.

Whisk the arrowroot and Champagne mixture into the saucepan. Continue to cook and whisk until the mixture is thickened, about 30 seconds.

Reduce the heat to low and add the Jarlsberg, whisking constantly until the cheese is melted. Add the pecorino and continue whisking until melted. Repeat with the Brie.

Season to taste with salt and a pinch of cayenne.

Pour the mixture into a fondue pot and serve with the bread and grape skewers for dipping.

Yield: 16 skewers

Per Serving (excluding unknown items): 9 Calories; trace Fat (0.4% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable.