

Winning Super Bowl Snacks

Football fans love to celebrate with their teams! The Super Bowl is a special opportunity to host the granddaddy of all parties. You can score winning points with your crowd and serve great-tasting healthier snacks without getting a penalty flag. Your game plan can also incorporate a quarterback sneak to thwart mindless munching.

One way to slow down overeating is to narrow the food options. Too many different foods make guests want to sample everything. You can serve plenty of food but have fewer choices. Use small plates to encourage eating less. Having food easily accessible encourages the kind of unconscious nibbling that leads to eating too much. Position the food table away from the television, so that guests must get up and walk to refill their plates.

Better choices are easy to find and may be even easier to prepare. Here are some substitutions to help reduce fat, cholesterol, and sodium while increasing antioxidants, healthy fats, fiber, vitamins, and minerals.

If you usually serve chicken wings, try marinated grilled chicken instead. Boneless, skinless chicken breasts or strips can be marinated in advance and will cook quickly on a hot grill. Use a meat thermometer to avoid over or under-cooking; chicken breasts should reach a minimum internal temperature of 165°F.

If you usually serve bratwurst, try turkey sliders instead (recipe follows). Ground turkey is a lean meat that makes an excellent burger. Slice the buns widthwise and toast them on the grill during the last few minutes of cooking for a nice crust.

If you usually serve cocktail wieners, try the Caprese Skewers below instead. The tomatoes, mozzarella cheese, and basil are colorful while adding calcium and Vitamin C. Use the mozzarella sparingly to minimize fat content.

Instead of take-out pizza serve a vegetable pizza. The recipe below requires no cooking, and it holds up well so you can make it in advance with any raw veggies you have on hand.

If you usually serve nachos with cheese, try baked chips and salsa instead. Fried corn chips and cheese sauce can be easily replaced by a homemade chips and a delicious salsa, such as the recipes below.

Instead of potato chips try hummus and whole wheat pita. Hummus is a traditional Middle Eastern dip made from chickpeas. Contributing fiber, protein, and healthy fats, this dip is a healthful crowd-pleaser. Many flavorful combinations are available at the grocery, or you can make your own hummus (see recipe below.)

Make chili with lean ground beef or ground turkey with no loss of flavor. You can even go vegetarian-style and omit the meat to reduce the fat.

Vegetable trays are easily prepared ahead of time and can be served with tasty, lowfat and tasty dips.

Offer fruit-perhaps as kabobs-to satisfy the sweet tooth.

Snack mix can be made from lower fat ingredients without sacrificing taste.

Whether you like football, or watch the game for the commercials, enjoy the Super Bowl with these recipes.

Fruit Kabobs with Yogurt Dip

2 small fruits of your choice, such as apple, pear, clementine orange, banana, kiwi, grapes
1 8-ounce can chunk pineapple
1 6- or 8-ounce container fruit yogurt
1 to 2 tablespoons lowfat whipped topping

Wash fruit under cold running water. Peel bananas, clementine oranges, and kiwi. Drain pineapple juice into a bowl. Cut fruit in wedges or chunks. Dip fruit that turns dark (such as apples and bananas) in the pineapple juice. Thread fruit on skewers or toothpicks. Arrange on a platter. Stir together the yogurt and whipped topping. Pour into a bowl for dipping. Refrigerate any leftovers. Makes about 30 toothpick kabobs, or 6 servings

Turkey Sliders

1½ pound ground turkey
3 garlic cloves, minced
1 tablespoon olive oil
2 tablespoons each fresh basil and oregano, chopped (2 teaspoons each dried herbs)

1 tablespoon rosemary, chopped
1 jalapeño pepper, minced (optional)
8 Kalamata olives, pitted and chopped
Dash salt (optional)

Combine all ingredients in a medium bowl, mix thoroughly. Pat into small circles; grill until internal temperature reaches 165°F. Serve on mini whole-wheat rolls or cut whole-wheat sub buns into halves. Add your favorite toppings. Spinach, spicy mustard, banana peppers, and red onions are great additions. Yield: 12 sliders or servings

Nutritional Analysis per slider: 222 calories; 18g protein; 10g fat; 15g carbohydrates; 215mg sodium; 58mg cholesterol

Caprese Skewers

1/2 pint cherry tomatoes
4 ounces part-skim mozzarella cheese
3 tablespoons basil leaves
1/4 cup olive oil

2 teaspoons balsamic vinegar
Salt and freshly ground pepper, to taste
Toothpicks

Wash tomatoes and basil leaves thoroughly. Chop mozzarella into small chunks. On each toothpick, thread one tomato, one basil leaf, one chunk mozzarella, and another tomato, if possible. Meanwhile, prepare vinaigrette by mixing olive oil, balsamic vinegar, salt, and pepper. Adjust amounts according to preference. When all are threaded, drizzle with dressing. Add more pepper for garnish and to taste. Yield will vary by size of tomatoes; makes approximately 12 servings

Nutritional Analysis per serving: 67 calories; 2.5g protein; 6g fat; 1g carbohydrates; 45 mg sodium; 5mg cholesterol.

Vegetable Pizza

1 package readymade pizza dough
1(8 ounce) package reduced fat cream cheese
1 package dry ranch-type dressing mix
1 cup green pepper, diced
1/2 cup broccoli, chopped fine

1/2 cup carrots, shredded
Other raw vegetables, as desired, such as red bell pepper, onion, cauliflower
1 cup shredded low fat cheddar cheese

Combine cream cheese and dressing mix. Spread on crust; top with chopped vegetables. Sprinkle cheddar cheese on top. Yield: 15 servings.

Nutritional Analysis per serving: 97 calories; 6g protein; 3g Total Fat; 11g carbohydrates; 11 g; 0.3g fiber; 124mg sodium; 1 g Saturated Fat; 5mg cholesterol

Extra Easy Hummus

1 Can Garbanzo beans, drained
1 Clove garlic, crushed
2 Teaspoons ground cumin

½ Teaspoon salt
1 Tablespoon olive oil

In mixer or food processor mix the beans until smooth. Add garlic, cumin, salt and olive oil. Blend together. Paste may be thick, so you can add reserved juice until the consistency is where you prefer. Yield: 6 servings.

Nutritional Analysis per serving: 110 calories; 3.8g protein; 3.2g total fat; 17g Carbohydrates; 3.3g fiber; 414mg sodium`

Black Bean and Corn Salsa

1 can black beans, drained and rinsed	1 cup chopped roma tomato
1 can sweet corn, drained and rinsed	1/4 cup chopped fresh cilantro
1/2 cup chopped onion	

Mix all ingredients together. Can be made ahead and kept refrigerated. Yield: 8 servings, 1/2 cup each
Nutrition Information per serving: 80 calories; 0.5g fat; 14g carbohydrate; 4g protein; 4g fiber; 260mg sodium

Homemade Tortilla Chips

Cut corn or flour tortillas into 4 to 8 wedges, depending on how big you want your chips. Place on a baking sheet and spray both sides of the tortilla wedge with nonstick cooking spray. Season according to taste. Some suggestions include salt, pepper, cayenne pepper, chili seasoning, ground cumin, garlic powder, or make sweet chips with a little cinnamon and sugar. Bake the chips at 350°F oven until crisp, about 6-8 minutes.

Beef Empanadas

1/2 pound boneless beef top sirloin, diced (remove visible fat first)	1/4 teaspoon black pepper
1 cup finely chopped red potato	1 tablespoon finely chopped cilantro
1 cup finely chopped onion	1 cup beef broth
1/4 teaspoon salt	1 tablespoon cornstarch
1/4 teaspoon ground cumin	1 tablespoon water
1/4 teaspoon allspice	36 wonton wrappers
	Cooking spray

Preheat oven to 400°F. Combine beef, potato, onion, seasonings, cilantro, and beef broth in saucepan. Bring to a boil over medium heat, stirring occasionally. Reduce heat and simmer for 8 minutes (or until potato is done). Remove from heat and cool. Drain meat mixture in a colander; discard liquid. Finely chop meat mixture with a knife or in food processor (be careful to not "over chop" in food processor). Place 2 baking sheets in oven. Meanwhile, whisk together cornstarch and water. Place 1 tablespoon beef mixture into center of wonton wrapper. Brush the edges with cornstarch mixture to moisten. Bring opposite corners together to form a triangle. Pinch the edges to seal. Place on a wire rack. Repeat with remaining beef mixture and wrappers (keep remaining wrappers under a damp towel to prevent excess drying.). Remove baking sheets from oven and coat with cooking spray. Arrange empanadas in a single layer on cooking sheets and coat with cooking spray. Bake at 400°F for 8 minutes or until golden, turning once. Yield: 12 servings (3 empanadas)

Nutrition Information Per serving: 113 calories; 1g fat; 7g protein; 18g carbohydrate; 1g fiber; 202mg sodium

A+ Party Mix

3 cups fat-free pretzel nuggets (sourdough work well)	2 tablespoons chili powder
3 cups corn-squares cereal	1 tablespoon ground cumin
1/2 cup slivered almonds	1/4 teaspoon salt
1 (6-oz) bag low-sodium bagel chips, broken into pieces	Cooking spray
	1 (6-oz) bag dried apricots

Preheat oven to 250°F. Combine pretzels, cereal, almonds, and bagel chips in a jelly-roll pan. Combine chili powder, cumin and salt. Lightly coat pretzel mixture with cooking spray. Sprinkle with chili powder mixture. Bake for 15 minutes. Cut each dried apricot into quarters. After pretzel mix has baked for 15 minutes, stir in apricots. Bake for 30 more minutes, stirring twice. Yield: 22 servings; 1/2 cup each

Find more recipes at

- <http://familynutrition.ext.wvu.edu/recipes>
- www.MyEatSmartMoveMore.com

Thanks to Brooke Baker, M.S., RD, LD, Extension Specialist, Family Nutrition Program for supplying information for this article.

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