

HEALTHY GAME DAY RECIPES



By Charlotte Martin, MS, RDN, CPT

Football season is here. Many celebrate with friends and plenty of food at watch parties. Here are some healthy tailgate dishes that will allow you to watch the game and not your waistline.

**merritt
clubs**

LOADED PLANTAIN

NACHOS



Serves: 8

Ingredients:

- 2 large unripe, green plantains
- 1 lb lean ground turkey
- 2 Tbsp taco seasoning
- 1 can black beans, drained & rinsed
- 1 cup shredded reduced-fat Mexican-blend cheese

For serving:

- Jarred salsa
- Plain Greek yogurt
- Diced avocado

Directions:

1. Preheat oven to 375 degrees F. Slice plantains into 1/8-inch thick slices using a mandolin slicer.
2. Spread plantain slices in an even layer (no overlapping) onto two foil-lined and lightly-greased baking sheets. Spray tops with olive oil cooking spray, and sprinkle with sea salt. Bake for 15 – 20 minutes, until lightly browned.
3. Meanwhile, season turkey with taco seasoning, and cook until browned.
4. Top plantain chips with turkey, beans, and cheese, and cook until cheese is melted, about 5 to 7 minutes more.
5. Serve with additional toppings.



MINI CHEESEBURGER BITES

Serves: 20 bites

Ingredients:

- 20 mini turkey or vegetarian meatballs
- 5 slices turkey bacon
- 5 slices reduced-fat cheddar, cut into 4 pieces per slice
- Few leaves iceberg lettuce
- 10 grape tomatoes, cut in half widthwise

Directions:

1. Cook meatballs and turkey bacon according to package directions. Cut each slice turkey bacon into 4 pieces.
2. Assemble bites: stack a meatball, piece of cheese, piece of turkey bacon, small piece of lettuce, and grape tomato half on a toothpick. Repeat with remaining ingredients. Serve!



BUFFALO 🏈 🌭 CAULIFLOWER DIP

Serves: 8

Ingredients:

- 1 head cauliflower, chopped into florets
- 1 Tbsp olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 4 ounces reduced-fat cream cheese
- 1 cup plain Greek yogurt
- ½ cup Frank's hot sauce (or Buffalo wing sauce)
- 1 Tbsp dry ranch seasoning
- 1 cup shredded reduced-fat cheddar cheese, divided
- Sliced green onion for garnish

Directions:

1. Preheat oven to 450 degrees F. Toss cauliflower florets with olive oil, salt and pepper on baking sheet. Bake for 15-20 minutes, or until tender and slightly browned. When cauliflower is done, lower oven temperature to 350 degrees F.
2. Add roasted cauliflower to food processor and pulse until finely diced. Add cream cheese, yogurt, hot sauce, ranch seasoning and 1/2 cup cheddar to the food processor and pulse until smooth and creamy.
3. Transfer cauliflower mixture to a baking dish. Top with remaining cheddar. Bake for 25-30 minutes, or until mixture is heated through.
4. Remove from oven and garnish with sliced green onion and serve.





TAKE 5

CANDY BITES

Serves: 20 bites

Ingredients:

- 8 pitted medjool dates
- 1 oz. dry-roasted peanuts
- ¼ cup no-sugar-added peanut butter
- ½ tsp vanilla extract
- 1, 3-oz bar no-sugar-added chocolate (such as Lily's Sweets), broken into small pieces
- ½ tsp coconut oil
- 20 mini football-shaped pretzels

Directions:

1. Blend first 4 ingredients in a food processor until a "dough" forms.
2. Press half-tablespoon mixture into the bottom of 20 slots of a mini muffin pan.
3. Melt chocolate and coconut oil in the microwave until smooth, about 1 minute. Pour 1 teaspoon chocolate into each slot. Top with a pretzel.
4. Freeze until firm, about 30 minutes. Store in the refrigerator.
5. Blend in food processor til a "dough" forms. Press 1 heaping tbsp into the bottom of 8 lightly greased slots of muffin pan. Melt 1 bar @lilys_sweets sea salt bar + 1/2 tsp coconut oil, pour over top of each. Top with two mini pretzels each & freeze til firm!

