

Bowl Worthy Buffalo Chicken

Recipe Adapted from Skinnytaste.com

Makes 5 Servings

Ingredients

1 lb boneless skinless chicken breasts
1 celery stalk
½ onion, diced
1 clove garlic
Water
⅓ - ¼ cup buffalo sauce (I use Frank's)
1 container (5-6 oz) plain non-fat
Greek yogurt

5 large lettuce leaves*
1-1 ½ cups shredded carrot
2 large celery sticks, cut into 2 inch matchsticks



Directions

1. In a large pot, add chicken, celery stalk, onion, and garlic. Add water until chicken is covered. Cook over medium high heat until water reaches a boil. Let simmer until chicken is cooked through.
2. Remove chicken from pot and shred with two forks.
3. Place chicken in a bowl. Add buffalo sauce and Greek yogurt and mix until well combined.
4. To prepare lettuce cups or wraps, place about ½ cup of chicken mixture in each leaf. Top with about ¼ cup shredded carrots and celery matchsticks.

Notes: The liquid used to poach the chicken is a great homemade chicken stock. Strain off the onion, garlic, and celery and pour into an airtight container. Store in refrigerator or freezer.

*Bibb or Iceberg lettuce work best for lettuce cups. If you make lettuce wraps, any lettuce will work fine including Green Leaf or Romaine.

Nutrition Information per Serving: Calories- 140, Total Fat-2.5gm, Saturated Fat- 0.5gm, Trans Fat- 0gm, Cholesterol- 50mg, Sodium- 670mg, Total Carbs- 6gm, Fiber- 2gm, Protein- 22gm

Championship Cheese Sticks

Original Recipe from Skinnytaste.com

Makes 12 Servings

Ingredients

12 reduced-fat mozzarella
string cheese sticks
1 large egg, beaten
2 Tbsp flour
5 Tbsp bread crumbs
5 Tbsp panko crumbs
2 tsp grated parmesan cheese
1 Tbsp dried parsley
1 Tbsp garlic powder
Non-stick cooking spray



Directions

1. Cut cheese sticks in half so you have 24 pieces. Place in freezer until hard.
2. In a bowl, whisk egg until beaten.
3. In a separate bowl, place flour.
4. In a separate bowl, combine bread crumbs, panko, parmesan, dried parsley, and garlic.
5. Preheat oven to 400° F. Line large baking sheet with foil and spray lightly with non-stick cooking spray.
6. Dip frozen cheese sticks in flour, shake off excess, then dip in the egg, and finally coat with bread crumb mixture. Place sticks on baking sheet. Repeat process with remaining cheese sticks.
7. Spray tops of cheese sticks lightly with non-stick cooking spray. Bake in bottom third of oven until crisp, 4-6 minutes. Turn and bake another 4-6 minutes until golden brown. Watch closely so the cheese doesn't melt; if cheese melts it has been in too long.

Note: You can make these ahead of time by placing the coated cheese sticks on a baking sheet lined with wax paper and storing them in the freezer until ready to bake.

Nutrition Information per Serving (2 pieces): Calories- 80, Total Fat- 3gm, Saturated Fat- 1.5gm, Trans Fat- 0gm, Cholesterol- 25mg, Sodium- 230mg, Total Carbs- 6gm, Fiber-0gm, Protein- 8gm

Football Deviled Eggs

Makes 12 Servings

Ingredients

6 eggs
¼ cup lite mayonnaise
2 tsp mustard
Salt and pepper, to taste
Chives



Directions

1. Hard boil eggs. There are many methods to do this. I fill up a pot half way with water and gently add eggs, making sure water covers eggs with at least an inch of water above. Bring water to a boil over medium-high heat, reduce to a simmer, and let cook for 10 minutes. Remove eggs from heat and drain water. Let cool.
2. Peel eggs and gently remove yolks, trying to not break the whites.
3. Combine egg yolks, mayonnaise, mustard, salt and pepper until well blended. To make smooth, do this in a food processor until all lumps are gone.
4. Spoon or pipe egg mixture back into egg white halves.
5. To create football laces, cut chives to length of yolk and place on top of yolk. Cut 3 smaller pieces of chives and place evenly on top of longer piece.

Nutrition Information per Serving: Calories- 60, Total Fat- 4.5gm, Saturated Fat- 1gm, Trans Fat- 0gm, Cholesterol- 95mg, Sodium- 65mg, Total Carbs- 2gm, Fiber-0gm, Protein- 4gm

Blitzin' Black Bean, Corn & Pomegranate Salsa

Original Recipe from Amy Ford

Makes 10 Servings

Ingredients

1 can (16 ounces) black beans, rinsed and drained well
1 can (15.25 ounces) whole kernel corn, rinsed and drained well
½ cup pomegranate seeds (seeds from about 1 pomegranate*)
¼- ⅓ cup light Italian dressing
Cumin, to taste

Directions

1. Combine all ingredients in a bowl.
2. Mix well.
3. Store in a sealed container in the refrigerator.
4. Serve with touchdown tortilla chips (recipe included) or fresh veggies.

Notes: This recipe also makes a great side salad served with grilled pork or chicken.

*Trader Joe's and other select stores sell pomegranate seeds! This is a big timesaver!

Nutrition Information per Serving: Calories- 80, Total Fat- 1gm, Saturated Fat- 0gm, Trans Fat- 0gm, Cholesterol- 0mg, Sodium- 290mg, Total Carbs- 17gm, Fiber- 4gm, Protein- 3gm



End Zone Edamame Guacamole

Recipe Adapted from [Two Peas & Their Pod](#)

Makes 8 Servings

Ingredients

1 cup frozen shelled edamame, thawed
1 ripe avocado, peeled and pitted
½ cup plain non-fat Greek yogurt
½ cup chopped cilantro
1-2 cloves garlic, minced
½ jalapeño, finely chopped and seeded
¼ tsp cumin
Juice of 2 limes
Salt and ground black pepper, to taste
1-2 Tbsp water



Directions

1. Put all ingredients, except water, into the bowl of a food processor or blender.
2. Pulse until well combined.
3. Add enough water to create a creamy, smooth consistency. Do not add too much water; you don't want it to be runny.
4. Pulse until smooth.
5. Serve with touchdown tortilla chips (recipe included) or fresh veggies.

Note: This also makes a great spread for sandwiches or wraps.

Nutrition Information per Serving: Calories- 80, Total Fat- 4.5gm, Saturated Fat- 0.5gm, Trans Fat- 0gm, Cholesterol- 0mg, Sodium- 10mg, Total Carbs- 6gm, Fiber-3gm, Protein- 4gm

Touchdown Tortilla Chips

Ingredients

White corn tortillas (taco size, about 5-6 inches in diameter)

Non-stick cooking spray

Salt, to taste

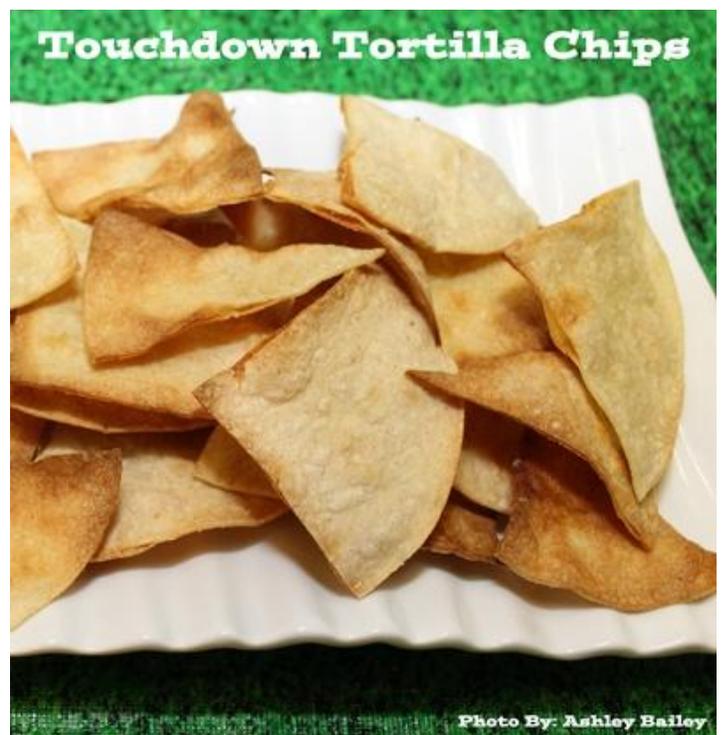
Directions

1. Preheat oven to broiler setting.
2. Cut tortillas into triangles. I cut mine into quarters to create 4 chips per tortilla so they are big enough to scoop with.
3. Spray cut tortillas lightly with cooking spray on both sides.
4. Arrange tortillas onto a large baking sheet in a single layer, not overlapping.
5. Sprinkle with salt, to taste.
6. Bake in oven for 3-4 minutes. Turn chips over and bake 4-5 additional minutes, or until chips are golden brown and crispy.
7. Be sure to keep an eye on your tortilla chips as they can quickly and easily burn in the broiler!

Note: You can add other seasonings to create unique tortilla chips such as salt and pepper, paprika, cumin, garlic, etc.

Nutrition Information per Serving (4 chips):

Calories- 50, Total Fat- 0.5gm,
Saturated Fat- 0gm, Trans Fat- 0gm,
Cholesterol- 0mg, Sodium- 17mg (not
including added salt, since amount will
vary based on taste), Total Carbs- 12gm,
Fiber-2gm, Protein- 1gm



Kick-Off Cake Kabobs

Recipe Adapted from [Blimpy Girl](#) via Pinterest

Makes 36 Servings

Ingredients

- 1 angel food cake (can use store bought or bake your own)
- 2 pints fresh strawberries
- ½ bag (or about 6 ounces) semi-sweet or dark chocolate chips
- 36 wooden skewers (10 inches long)

Directions

1. Rinse and dry strawberries well. Remove leaves and stems and cut into halves or thirds, depending on size.
2. Cut angel food cake into 1 inch cubes.
3. Slide a strawberry half and then a cake cube onto skewer, followed by another strawberry half and cake cube or until skewer is full. Repeat for each kabob.
4. Melt chocolate according to package directions.
5. Put melted chocolate into a plastic zip lock bag. Snip corner of bag to create a piping bag and drizzle chocolate over the cake kabobs in a zigzag pattern.
6. Allow chocolate to set and harden 15-20 minutes before serving.

Nutrition Information per Kabob: Calories- 70, Total Fat- 1.5gm, Saturated Fat- 1gm, Trans Fat- 0gm, Cholesterol- 0mg, Sodium- 85mg, Total Carbs- 14gm, Fiber-1gm, Protein- 1gm

