

Healthy Tailgating with Healthy Columbus Video Recipes

Loaded Sweet Potato Skins

(from Martha Stewart's *Food Everyday* magazine)

Serves 8

4 medium sweet potatoes (about 2 pounds), scrubbed and patted dry

1 Tablespoon olive oil

coarse salt & ground black pepper

¼ cup low-fat buttermilk

¼ teaspoon sweet paprika (plus more for garnish)

4 slices bacon

¼ cup reduced-fat sour cream

1 scallion, sliced, for garnish

1. Preheat oven to 450°F. On a rimmed baking sheet, rub sweet potatoes with olive oil and season with salt and pepper. Bake until tender (~40-45 minutes). Let cool on sheet (keep oven on).
2. Halve sweet potatoes lengthwise: scoop out 1/3 cup flesh from each half into medium bowl. Add buttermilk and paprika to bowl. Mash until smooth; season with salt and pepper. Stuff sweet potato skins with filling. (To store refrigerate up to 2 days.)
3. Arrange sweet potato skins on sheet; bake until lightly browned around edges (~15 minutes).
4. Meanwhile in skillet, cook bacon over medium heat until crisp (~5-8 minutes). Drain on a paper-towel-lined plate; crumble. Stir together sour cream and 2 Tablespoons water; drizzle over sweet potato skins. Garnish with bacon, paprika and scallion; cut in half to serve.

Nutrition Information (per serving): 145 cal, 4.1g fat (1.3g sat fat), 3.6g protein, 23.9g carbs, 3.5g fiber

Spinach-Artichoke Dip

(from Martha Stewart's *Food Everyday* magazine)

Serves 8

1 can (14 ounces) artichoke hearts in water, rinsed, drained and coarsely chopped

4 ounces reduced-fat bar cream cheese

¼ cup plus 1 Tablespoon grated Parmesan cheese

1 Tablespoon fresh lemon juice

1 small garlic clove, chopped

1/8 teaspoon cayenne pepper

2 scallions, sliced

1 package (10 ounces) frozen, chopped spinach, thawed and squeezed dry
raw vegetables for dipping (bell-pepper wedges, carrot slices, cauliflower florets, sugar snap peas, etc.) for dipping

1. Place half the artichokes in a food processor; add cream cheese, ¼ cup Parmesan, lemon juice, garlic, cayenne, and 3 Tablespoons water. Process until smooth.
2. Add scallions, remaining artichoke hearts and spinach, pulse briefly. Transfer mixture to a serving bowl. (To store, refrigerate up to 2 days). Top with 1 Tablespoon Parmesan and serve dip with raw vegetables.

Nutrition Information (per serving, without vegetables): 79 cal, 4.5g fat (2.7g sat fat), 5.2g protein, 6g carbs, 2.9g fiber

Garlic Parmesan Roasted Garbanzo Beans

(from *Clean Eating* magazine)

Serves 10

2 15-ounce cans chickpeas (aka garbanzo beans), drained and rinsed

1 Tablespoon olive oil

1 teaspoon minced garlic

½ teaspoon sea salt

fresh ground pepper, to taste

½ cup grated Parmesan cheese

1. Spread chickpeas on several layers of paper towels and let dry for at least 30 minutes.
2. Preheat oven to 400°F. In a medium bowl, combine oil, garlic, salt and pepper. Add cheese and stir until crumbly and oil is absorbed. Add chickpeas and toss to coat.
3. Spread on baking sheet and bake for 45-50 minutes, until golden and crispy.

NOTE: If you want, add herbs such as rosemary or thyme for added flavor and nutrients.

Nutrition Information (per ¼ cup serving): 118 cal, 3g fat (1g sat fat), 6g protein, 15g carbs, 3g fiber, 200mg sodium

Baked Buffalo Wings (from popsugar.com)

Serves 6

3 pounds drumettes and wings

*** (for even healthier version like in the video go with 2-3 pounds skinless chicken breast, cut into strips and placed on skewers)**

1 Tablespoon butter

6 sprigs fresh thyme

10 garlic cloves, crushed

¾ cup hot sauce

For Blue Cheese Dip:

1 cup low-fat Greek yogurt

½ cup blue cheese crumbles

scallions, chopped for garnish

1. Preheat oven to 375°F and lightly grease oven proof pan.

2. In a sauté pan over low heat, melt butter. Add thyme and garlic and allow to simmer for 3 minutes. Once mixture becomes aromatic, add hot sauce and stir.
3. Pour entire mixture over chicken and toss to coat. Allow wings (or breast skewers) to marinate in the fridge for about 30 minutes.
4. Meanwhile, combine blue cheese and Greek yogurt in small bowl. Mix well and refrigerate.
5. Transfer chicken to oven-proof baking dish and place in oven. Bake for 30 minutes; with tongs or fork flip and base wings/skewers.
6. Bake for 25 minutes more, occasionally basting chicken.
7. Remove pan from oven, allow chicken to slightly cool in pan. Base with juicers and serve with blue cheese dip.

Nutrition Information (per serving as wings*): 377 cal, 17g fat (6.4g sat fat), 51.4g protein, 4.9g carbs, 1500mg sodium

***much lower as baked chicken breast!!**