

Healthy Tailgating Recipes

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BBQ Pulled Pork Sandwiches

Adapted from www.diabeticlivingonline.com

This is a great recipe that can be prepared the night before the tailgate party using a slower cooker (crock pot). The pork is so tender it is very easy to pull apart (shred) with a fork.

Servings: 10 (1 sandwich each)

Preparation: 20 minutes Cooking time: 8 to 9 hours (low) or 4 to 4 ½ hours (high)



Ingredients

- 2 medium onions, cut into thin wedges
- 1 2-to2 ½ pound boneless pork sirloin roast
- ½ tsp chili powder
- ½ tsp ground cumin
- ¼ tsp garlic powder
- 1 cup low-calorie barbecue sauce
- ¼ cup cider vinegar
- 1 Tbsp honey
- ¼ tsp ground ginger
- 10 whole wheat hamburger buns, split and toasted

Directions

1. In a 3 ½ or 4 quart slow cooker, combine onions and ½ cup water; set aside. Trim fat from meat. If necessary, cut meat to fit into cooker. In a small bowl, combine ½ tsp black pepper, the chili powder, ¼ tsp ground cumin, and the garlic powder. Sprinkle mixture evenly over meat; rub in with your fingers. Place meat in cooker.
2. Cover and cook on low-heat setting for 8 to 9 hours or on high-heat setting 4 to 4 ½ hours.
3. Using a slotted spoon remove the meat and onions from cooker. Using two forks pull meat apart into shreds.
4. In a large bowl, combine barbecue sauce, vinegar, honey, ginger and the remaining ¼ tsp cumin. Add shredded meat; toss gently to coat. Fill each bun with about 1/3 cup of the meat mixture and about 1 Tbsp onions.

Nutritional Facts Per Serving:

- Calories: 251
- Total Fat: 5 g
- Saturated Fat: 1 g
- Monounsaturated Fat: 2 g
- Cholesterol: 57 mg
- Sodium: 587 mg
- Total Carbs: 27 g
- Dietary Fiber: 3 g
- Protein: 23 g

Opposing-Sides Two-Bean Dip

Adapted from www.cookinglight.com

Servings: 12 (about 3 tablespoons dip and 4 chips)



Ingredients

- 1 (16-ounce) can Great Northern beans, drained
- 1/2 cup chopped onion, divided
- 3 tablespoons grated Parmesan cheese
- 1/2 teaspoon salt, divided
- 1/2 teaspoon black pepper, divided
- 2 small garlic cloves, divided
- 1 (15-ounce) can black beans, drained
- 1 (4.5-ounce) can chopped green chiles, drained
- 1/4 teaspoon ground cumin
- 1/2 cup (2 ounces) finely shredded reduced-fat cheddar cheese
- 1/4 cup sliced green onion tops
- Garlic Pita Chips

Preparation

1. Combine the Great Northern beans, 1/4 cup chopped onion, Parmesan cheese, 1/4 teaspoon salt, 1/4 teaspoon pepper, and 1 garlic clove in a food processor; process until smooth. Spoon white bean mixture into a bowl on one side; set aside.
2. Combine the black beans, 1/4 cup chopped onion, 1/4 teaspoon salt, 1/4 teaspoon pepper, 1 garlic clove, chiles, and cumin in a food processor; process until smooth. Spoon black bean mixture into other side of bowl containing white bean mixture.
3. Sprinkle cheddar cheese and green onions between 2 bean dips. Serve with Garlic Pita Chips.

Nutritional Facts Per Serving:

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| ▪ Calories: 179 | ▪ Cholesterol: 4 mg |
| ▪ Fat: 2.5 g | ▪ Sodium: 272 mg |
| ▪ Saturated Fat: 1 g | ▪ Total Carbs: 29.9 g |
| ▪ Monounsaturated Fat: 0.3 g | ▪ Fiber: 5.4 g |
| ▪ Polyunsaturated Fat: 0.4 g | ▪ Protein: 7.8 g |
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Healthy Garlic Ranch Dip

Adapted from www.sparkspeople.com/recipes

Servings: 16 (1 Tablespoon each)

Ingredients

1 packet ranch dressing powdered mix
16 oz (half large tub, 2 small containers) plain lowfat yogurt
1 tsp dried minced garlic

Directions

Mix the ingredients together; chill a minimum of 30 minutes before serving.

Nutritional Facts Per Serving:

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| ▪ Calories: 23.6 | ▪ Dietary Fiber: 0.0 g |
| ▪ Total Fat: 0.5 g | ▪ Protein: 1.5 g |
| ▪ Cholesterol: 1.8 mg | |
| ▪ Sodium: 155.7 mg | |
| ▪ Total Carbs: 2.1 g | |