

# 2013 Kick Off the Pounds

Live Healthy Live Well



## Healthy Tailgate/Snack Ideas

### Hummus Dip

From Thressa (Carol Chandler)

- 2c Garlic Hummus
- 1c Olive Tapenade (If you make this yourself you can limit the sodium by rinsing the olives – use any olive you like)
- 1c My Israeli Salad (see below)
- ½ c Feta Cheese
- 4 Green Onions sliced to garnish

Layer this dip on a pretty plate; I use a square one, where each layer is smaller than the first. It should look like stair steps. Garnish with Green Onions.

### Israeli Salad

From Thressa (Carol Chandler)

- ½ c chopped Roma Tomatoes
- ½ c chopped Sweet Onion
- ½ c chopped Cucumber
- 2 T. Cilantro
- 1T.Mint
- Kosher Salt to taste.

Mix together the night before putting this dip together, place in a strainer that you have placed inside another bowl. This mixture will get very watery and the straining will help pull all that water away from the veggies. Serve with homemade Pita Chips – just cut your Pitas and place in oven to crisp.

### Spicy Wings

From Tammy (Michelle Treber)

- 12 wings (2 servings)
- Sprinkle a little olive oil on wings before seasoning so the seasoning can stick
- Place the seasoning in a zip lock bag

- Cayenne pepper
- Blackening seasoning
- Garlic powder

Toss wings inside bag and shake. Place on a cookie sheet and lightly spray to prevent sticking. Bake for 45 min and serve.

## **Black Bean and Corn Salsa**

**From Abby (Carol Chandler)**

1 Can of salt free Sweet Corn (drained)  
1 Can Black Beans (drained)  
1 or 2 large tomato - diced  
½ - 1 large red onion - diced  
A few sprigs of fresh cilantro - chopped  
Fat Free Italian Dressing

Mix all ingredients in a bowl, and use as much Fat Free Italian dressing as desired. I usually use enough to kind of make the salsa a little soupy. Enjoy with pita chips or black corn chips. This recipe actually passes as a Zero Point Weight Watchers recipe (minus the chips) but you can put it on virtually anything!

## **Healthy Nacho Dip**

**From Teresa (Carol Chandler)**

1 can of black beans  
1 can shoe peg corn  
½ c onion  
½ c green pepper  
1/4 apple cider vinegar  
¼ olive oil  
3 T truvea  
Healthy nacho chips

Mix first four ingredients. Blend apple cider vinegar, olive oil, & Truvea and pour over mixture. Dip healthy nacho chips into mixture.

## **Salsa**

**From Rita (Carol Chandler)**

Diced cucumbers  
Tomatoes  
Red Onions  
Red peppers  
Broccoli  
Lt ranch  
Mild salsa  
Optional: shredded cheddar cheese

## **Butternut Squash Soup**

**From Denise (Cindy Shuster)**

2 TBSP. Olive Oil  
1 Onion (diced)  
2 Garlic Cloves (chopped)  
2 Carrots (diced)  
4 Cups Butternut Squash (peeled & chopped)  
4 Cups Stock (chicken or vegetable –can use H2O)  
1 Cup Coconut Milk  
Salt & Pepper (use to season all layers)

Saute onion & garlic in olive oil, add carrots and squash, cook until fork tender, add stock and simmer, puree in a blender, return to pot, add coconut milk and serve.

## **Buff Chick Hot Wing Dip**

**From Marilyn (Carol Chandler)**

MAKES 15 SERVINGS, PER SERVING (1/15th of recipe, about 1/4 cup): 68 calories, 1.5g fat, 616mg sodium, 2g carbs, 0g fiber, 1g sugars, 10g protein -- *PointsPlus@* value 2\*

### *Ingredients:*

Two 9.75-oz. (or 10-oz.) cans 98% fat-free chunk white chicken breast in water, drained  
One 8-oz. tub fat-free cream cheese, softened  
1/2 cup Frank's RedHot Original Cayenne Pepper Sauce  
1/2 cup shredded part-skim mozzarella cheese  
1/4 cup fat-free ranch dressing  
1/4 cup fat-free Greek yogurt (Fage 0% is the best!)

*Directions:* Preheat oven to 350 degrees. Place cream cheese in a medium bowl and stir until smooth. Mix in Frank's RedHot, mozzarella cheese, ranch dressing, and yogurt. Stir in chicken until thoroughly combined. Spoon mixture evenly into a deep 8-inch by 8-inch baking dish. Bake in the oven for 20 minutes, or until mixture is heated through. Stir well and enjoy! *To make this dish FAST, skip the oven altogether. Prepare dip according to the directions, but in a microwave-safe dish. Then microwave uncovered on high for 5 minutes (stopping and stirring halfway through cooking), or until hot.*

## **Buffalo Chicken Nachos**

**From Marilyn (Carol Chandler)**

MAKES 5 SERVINGS, 1/5th of recipe (about 12 nachos): 187 calories, 5.5g fat, 640mg sodium, 19g carbs, 2g fiber, 1.5g sugars, 13.5g protein -- *PointsPlus@* value 5\*

### *Ingredients:*

4 oz. (about 60) baked tortilla chips  
6 oz. cooked and shredded (or finely chopped) chicken breast  
2 tbsp. Frank's RedHot Original Cayenne Pepper Sauce  
3 wedges The Laughing Cow Light Creamy Swiss Cheese  
2 tbsp. fat-free sour cream  
1/4 cup crumbled blue cheese  
1/4 cup finely chopped carrots  
1/4 cup finely chopped celery

*Directions:* Preheat oven to 350 degrees. Spray a large ovenproof platter or baking sheet with nonstick spray. Spread out tortilla chips on the platter or sheet. In a medium bowl, mix chicken with hot sauce. Evenly distribute over chips. Bake until chicken is hot, 6 - 8 minutes. Meanwhile, in a medium microwave-safe bowl, stir cheese wedges until smooth. Add sour cream and 3 tbsp. water, and whisk until smooth. Stir in blue cheese. Microwave for 1 minute, or until hot. Drizzle cheese mixture over the chicken. Sprinkle with carrots and celery, and enjoy!

## **Idea for Healthy Party Snack**

**From Debbie (Cindy Shuster)**

Fill clear plastic beverage cups with a little fat free or low fat ranch dressing then top with sliced carrots and celery sticks. Individual serving and no mess :)

## **Veggie Dip**

**From Anna (Carol Chandler)**

1 can cannellini beans, rinsed  
¼ cup walnuts (omit, if there are allergy concerns)  
2-4 garlic cloves chopped  
1-2 tsp olive oil  
Juice of 1 small or ½ large lemon  
1 tbsp tahini  
¼ cup chopped parsley  
½ tsp salt  
Pepper to taste  
Hungarian paprika optional and to taste

Put the first 5 ingredients in a food processor until a nice hummus-like paste forms. You may need to adjust the lemon juice or olive oil. Then add the other ingredients until fully incorporated. I serve this dip with sliced carrots, celery, jicama, bell peppers, granny smith apples, and whole grain crackers. It is delicious and satisfies the need for crunchy snacks. I hope enjoy.

Chris (Carol Chandler) - My family loves buffalo chicken dip for our tailgates. To lighten it up, I use fat free ranch dressing, reduced fat cream cheese, skip the cheddar cheese and serve with celery slices instead of tortilla chips.

## **Southwest Chicken Dip**

**From Adrienne (Carol Chandler)**

1 can of corn drained  
1 can of black beans, rinsed and drained  
1 can of chicken breast; rinsed, drained and shredded  
1 can of cream of chicken soup  
1 can of tomatoes with green chilies  
1 8 oz. package of shredded cheese (cheddar or Mexican blend)  
1 bag of your favorite tortilla chips

Combine all ingredients except chips, mix well and microwave until hot and bubbly, stirring occasionally. Serve with tortilla chips.

## **Three Berry Trifle**

**From Adrienne (Carol Chandler)**

1 cup Sweetened Condensed Milk  
8 oz Lemon Yogurt  
½ cup Lemon Juice  
2 tsp Lemon Peel  
1 carton Cool Whip  
1 Angel Food Cake  
Strawberries  
Raspberries  
Blueberries  
2 tbsp Slivered Toasted Almonds

Cube Angel food cake. Combine milk, yogurt, lemon juice and lemon peel. Fold in 2 cups Cool Whip. Start layering: cake, then lemon mixture, then berries. End with rest of Cool Whip and almonds.

This is very pretty. Any berries or fruit would work. You can use fat free products!

## **Just Plain Good** **From Sharon (Cindy Shuster)**

2 small boxes sugar free instant vanilla pudding  
3 cups milk (the lower the sugar content the better)  
1 small sugar free cool whip  
1 bag mixed berries (16 to 20 oz size)\*seen note  
2 teaspoons truvia

Whip pudding and milk until thick. Mix in cool whip to pudding. In a food processor place the berries and truvia, lightly crush them. Fold berries into the pudding mixture. Refrigerate and enjoy.  
(\*note if you use mix berries it will make it a UGLY gray-purple color, but strawberries make a nice pink and blue or black berries a nice purple).

## **Asian Chicken Bowl** **From Valerie (Cindy Shuster)**

1/2 lb grilled boneless skinless chicken breast  
2 cups cooked brown rice  
or wild rice pilaf  
1/2 cup chopped scallions  
2 cups broccoli florets, steamed then chilled  
2 cups sliced water chestnuts  
4 cups shredded lettuce

Dressing:  
1/4 cup lemon juice  
2 tsp sesame oil  
1 tbsp soy sauce

Cut chicken in strips. Place in a large bowl with cooked rice and vegetables. In a small bowl, combine dressing ingredients; whisk until well blended. Add dressing to salad and toss well.

## **Pumpkin Fluff Dip** **From Teresa (Cindy Shuster)**

1 16 oz container fat free frozen whipped topping, thawed  
1 5 oz package sugar free instant vanilla pudding mix  
1 15 oz can solid pack pumpkin  
1 tsp pumpkin pie spice

In a large bowl, mix together instant vanilla pudding mix, pumpkin and pumpkin pie spice. Fold in the thawed frozen whipped topping. Chill in the refrigerator until serving. Serve with apple slices, ginger snaps, graham cracker sticks. Makes approximately 4 cups

**Meredith (Carol Chandler)** - I had a great idea on Sunday for the BROWNS AND BENGALS GAME! We met at my house, and then walked to the host's house. (only 4 blocks away, but it helped!) We sang some songs and did a chant on the way which was fun and didn't have to worry about parking when we got there!

## Buffalo Chicken Potato Skins

From Leslie (Lisa Barlage)

**Servings:** 12 • **Size:** 1 potato skin, loaded • **Calories:** 82 • **Fat:** 2 g • **Carb:** 7 g • **Fiber:** 1 g • **Protein:** 8 g • **Sugar:** 0.5 g  
**Sodium:** 110 mg

### Ingredients:

6 medium Idaho or Russet potatoes  
cooking spray

### For the chicken:

12 oz boneless skinless chicken breast (or tenderloins)  
1 celery stalk  
1/2 onion  
1 clove garlic  
16 oz fat free low sodium chicken broth  
1/3 cup hot cayenne pepper sauce

### For the toppings:

12 tbsp reduced fat shredded cheese  
1/2 cup carrots, cut into 2-inch matchsticks  
1 large celery stalks, cut into 2-inch matchsticks  
1/4 cup Lo Cal Blue Cheese Dressing

In a crock pot, **combine** chicken, onions, celery stalk, garlic and broth (enough to cover your chicken, use water if the can of broth isn't enough). **Cover** and cook on HIGH 4 hours or LOW 6 hours. **Remove** the chicken from pot, **reserve** 1/2 cup broth and discard the rest (or save for other recipes). **Shred** the chicken with two forks, **return** to the slow cooker with the 1/2 cup of the broth and the hot sauce; **Cook** on HIGH for an additional 30 minutes. Makes 1 1/2 cups chicken.

Meanwhile, **pierce** potato with a fork a few times all around. **Place** in microwave and cook on high about 5 minutes per potato; set aside to cool. **Cut** potatoes in half horizontally. **Scoop** out potatoes leaving about 1/4 inch thick wall, skins will weigh about 1 oz each. **Heat** oven to 450°. **Lightly spray** potato skins on both sides with oil and place a foil lined baking sheet. **Season** with salt and pepper and **bake** 10 minutes. **Remove** from the oven, **add** 2 tablespoons of chicken meat filling into each potato skin, **top** with 1 tbsp shredded cheese and bake 5 minutes or until cheese is melted. **Top** each with 1 tsp blue cheese dressing, shredded carrots and celery, and start eating!

Provided by the Live Healthy Live Well Team, Ohio State University Extension, <http://livehealthysu.edu>.