



Made From Scratch

Game Day Goodies

Score a touchdown with family and friends at your next tailgate with one of these game day goodies.

Sweet Potato Nachos

Ingredients:

- 3 medium sweet potatoes (about 1 lb.) (peeled and thinly sliced 1/4 in. thick)
- 1 tbsp. olive oil
- 1 1/2 tsp. paprika
- 1 tsp. chili powder
- 1 tsp. garlic powder
- 1/3 c. no-salt-added black beans (rinsed and drained)
- 1/3 c. low-fat shredded cheddar cheese
- 1/3 c. Roma tomato (chopped) or canned, no salt added diced tomatoes (rinsed and drained)
- 1/3 c. chopped avocado

Instructions:

1. Preheat the oven to 425°. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
2. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder, and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans.
3. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes and bake for 5 to 10 minutes more, or until crisp.
4. Remove the pans from the oven. Sprinkle the beans and cheddar over the sweet potatoes. Bake for 2 minutes, or until the cheddar melts.
5. Sprinkle with the tomato and avocado.



Nutrition facts | Servings: 6

Calories: 209 | **Fat:** 5.5 g | **Saturated Fat:** 1.5 g | **Fiber:** 6 g | **Carbs:** 34 g | **Protein:** 6 g | **Sodium:** 194 mg

Almond Snack Mix

Ingredients:

- 1/3 c. whole, unsalted almonds
- 2/3 c. whole-grain cereal squares
- 1/2 c. low-fat granola (without raisins)
- 1/4 c. golden raisins or apricot halves (cut into pieces)
- 1/4 c. sweetened, dried cranberries

Instructions:

1. Preheat oven to 350°. Spread the almonds in a single layer on an ungreased baking sheet. Bake for 5 to 10 minutes, or until lightly toasted, stirring once or twice to ensure even baking. Transfer to a plate to cool.
2. Meanwhile, in a large bowl, stir together the remaining ingredients. Stir in the cooled almonds.



Nutrition facts | Servings: 4 | **Serving size:** 1/2 cup

Calories: 174 | **Fat:** 6.5 g | **Saturated Fat:** .5 g | **Fiber:** 5 g | **Carbs:** 29 g | **Protein:** 4 g | **Sodium:** 72 mg

Cooking Tip: If all the snack mix isn't eaten on the day you make it, we recommend using the golden raisins. The moisture of the dried apricots may cause the cereal to lose its crispness over time. Be sure the almonds are completely cooled when you add them to the mix; otherwise, they will make it soggy.

Storage Tip: Store at room temperature in an airtight container for three to four weeks.

Looking for great-tasting, healthy dishes? WebMD's recipes make it easy to meet your nutritional needs. Each recipe includes step-by-step instructions, nutritional information, healthy ingredients, and helpful preparation tips to make delicious meals.

Baked Hot Wings with Cilantro Lime Dip

Ingredients:

- 2 lbs. whole chicken wings
- 1/2 c. no-sugar-added apricot preserves (reduced or no sugar)
- 1 tbsp. garlic (minced, reserve 1/2 tsp.)
- 1 tbsp. reduced sodium soy sauce
- 1 tsp. Thai-style chili garlic sauce
- 2 tbsp. lime juice (divided)
- 1/2 tsp. black pepper (divided)
- 1 c. plain nonfat Greek yogurt (non-fat)
- 1/4 c. fresh cilantro (chopped)

Instructions:

1. Preheat oven to 375°. Coat a baking sheet with cooking spray.
2. Remove skin from wings. Lay chicken wings in a single layer on the baking sheet and spray again with cooking spray.
3. Bake for 10 minutes. While the chicken is baking, whisk apricot preserves, 2.5 tsp. of garlic, soy sauce, chili garlic sauce, lime juice and 1/4 tsp. ground black pepper together and set aside.
4. After the wings have been in the oven for 10 minutes, coat them generously with the apricot preserve mix. Return to the oven for another 15 minutes or until wings are cooked through and glazed is caramelized.
5. In a small bowl, whisk together Greek yogurt, 1 tbsp. lime juice, cilantro, and 1/4 tsp. ground black pepper. Serve dipping sauce with hot wings.



Nutrition facts | Servings: 4 | Serving size: 3 whole wings, or 6 wings and drumettes, 1/4 cup dip
Calories: 220 | **Fat:** 5 g | **Saturated Fat:** 1.4 g | **Fiber:** 0 g | **Carbs:** 17 g | **Protein:** 25 g | **Sodium:** 245 mg

Beef and Beer Chili

Ingredients:

- 2 tsp. canola oil
- 1 lb. beef top round (trimmed of fat, and cut into 1/4-inch cubes)
- 1 c. onion (finely chopped)
- 2 tsp. garlic (minced or chopped)
- 1 tsp. paprika
- 2 to 3 tsp. chili powder
- 1/2 tsp. ground cumin
- 1 tsp. dried oregano flakes
- 14.5 oz. can Mexican-style stewed tomatoes
- 1 c. light or non-alcoholic beer (beef broth or water substitute)
- 1 to 2 tsp. chili pepper or jalapeno chili (halved and seeded, finely chopped) (optional)
- 15 oz. can low-sodium kidney or pinto beans (drained and rinsed)
- Onion (finely minced), for serving (optional)
- Reduced-fat sharp cheddar or Monterey Jack cheese (optional)

Instructions:

1. Heat the oil over medium-high heat in a large, nonstick frying pan or skillet. Add beef, onion, and garlic, stirring occasionally, until browned (about 3 minutes).
2. Spoon beef mixture into a crock pot. Add paprika, chili powder, cumin, oregano, stewed tomatoes (including liquid), beer, jalapeno, and beans. Stir to combine. Cover and turn the crock pot on low. Cook for 8-10 hours.
3. Sprinkle each serving with minced onion and grated cheese if desired.



Nutrition facts | Servings: 6
Calories: 227 | **Fat:** 6.2 g | **Saturated Fat:** 2 g | **Fiber:** 5.5 g | **Carbs:** 19.9 g | **Protein:** 22.1 g | **Sodium:** 417 mg

Cooking Tip: Add green or red bell peppers for extra flavor. Serve with cornbread or buttermilk biscuits.