

Healthy Tailgating 101

Football season is here and with that comes tailgating and lots of eating. There are healthy and delicious alternatives to the typical tailgate menu. This year, tailgate smarter by checking out these healthy ideas and recipes for the next big game.

If you usually serve:

Try this instead:

Nachos

Baked Chips and Salsa

Salsa is actually really good for you especially if you make it yourself with fresh tomatoes, onions, cilantro and peppers.

Chicken Wings

Marinated Grilled Chicken

Boneless, skinless chicken can be marinated in advance and will cook quickly when thrown on a hot grill.

Lil' Smokies

Turkey Meatballs

Here's a good low sugar recipe that can be used as a BBQ sauce substitute for turkey meatballs: 12 oz jar sugar free grape jelly and 12 oz bottle chili sauce. Mix it up, cover meatballs and heat through. (Works great in a slow cooker!)

Take-out Pizza

Vegetable Pizza

Make your own, or at the least when ordering, order thin whole wheat crust covered in your favorite fresh veggies.

Potato Salad

Grilled Veggies

Fill up on as many grilled veggies as you want. Drizzle some olive oil on them after they come off the grill.

Queso

Hummus and Whole Wheat Pita

Hummus is filled with fiber, protein and healthy fats. It comes in different flavors and is a crowd-pleaser.



Show Your Colors

To serve as an appetizer or dessert, set out fruit or veggie trays that show off your school spirit!

Fruit Trays

OU - Crimson/Cream

Crimson / strawberries, apple slices, watermelon, cherries, raspberries, cranberries, red grapes

Cream / honeydew melon, pears, low-fat yogurt dip

OSU - Orange/Black/White

Orange / orange slices, cantaloupe, mangos, apricots

Black / blackberries, purple grapes

White / honeydew melon, pears, low-fat yogurt dip

Veggie Trays

OU - Crimson/Cream

Crimson / red peppers, radishes, red onion, red potato slices, tomatoes

Cream / cauliflower, mushrooms, onions, low-fat veggie dip

OSU - Orange/Black/White

Orange / carrots, pumpkin, sweet potatoes

Black / black olives, black beans

White / cauliflower, mushrooms, onions, low-fat veggie dip

Come up with your own ideas that fit your school colors!

Easy Recipes

Sweetly Spiced Yogurt Dip

1 cup low-fat vanilla yogurt
sprinkle of brown sugar
1 tbsp ground cinnamon
2 tbsp honey

Combine, whisk and chill for 1-2 hours and serve with sliced fruit.

Basic Veggie Dip

1 16 oz container fat-free cottage cheese
1 pkg ranch dressing mix

Put cottage cheese in blender and blend until completely smooth. Pour into a bowl. Add pack of ranch mix. Cover, and refrigerate overnight so the powder has time to dissolve.