

Healthy Party Snacks

With the baseball playoffs and football season upon us, here are 4 recipes for healthy snacks to have at your playoff or tailgate parties.

Lean & Luscious Seven Layer Dip

1 serving = 2 tbsp

29 calories, 1 g protein, 4 g carbohydrates, 1 g fat (trace saturated), 3 mg cholesterol, 1 g fiber, 138 mg sodium

Ingredients:

16 oz. can fat free spicy or zesty refried beans
1 Tbsp. fresh squeezed lime juice
1-1/2 tsp. chili powder
ground cumin, to taste
garlic powder, to taste
11-1/2 ounce (about 1-1/4 cups) jar guacamole dip
chopped green onions, to taste
1 cup light sour cream
3 Tbsp. canned, drained, diced green chilies
1-1/2 seeded, chopped vine-ripened tomatoes
4 oz. shredded 75% light cheddar cheese
2 Tbsp. finely chopped cilantro leaves
1/2 cup sliced, drained black olives

Instructions:

In medium bowl, mix together beans, lime juice, chili powder, cumin and garlic.

Spoon bean mixture into a 6-cup glass serving bowl. Using a spatula, spread evenly to form a flat layer. Pour guacamole evenly over beans and smooth with back of a spoon. Sprinkle green onions evenly over top.

In a small bowl, mix sour cream and chilies. Spoon mixture evenly over onions and smooth. Sprinkle tomatoes over top.

In a second small bowl, mix cheese with cilantro. Sprinkle evenly over tomatoes. Sprinkle olives over that. Cover with plastic wrap and refrigerate for at least 1 hour or up to 1 day.

Makes 6 cups.



10-Minute Party Sub

1 serving = one sandwich

280 calories, 21 g protein, 34 g carbohydrates, 6 g fat, 3 g saturated fat, 29 mg cholesterol, 3 g fiber, 969 mg sodium

Ingredients:

16-ounce whole wheat French loaf
Olive oil spray
2-1/2 cups shredded romaine or iceberg lettuce leaves
2 medium tomatoes, sliced into 1 inch thick slices
dried oregano leaves, to taste
sliced white onion, to taste
12 ounces shaved extra-lean red pepper seasoned deli turkey
3 ounces reduced-fat provolone cheese slices
3 ounces reduced-fat salami slices
4 ounces shaved 97% lean smoked deli ham
1 medium green bell pepper, cored, seeded and finely sliced in to rings, or to taste
crushed red pepper flakes, to taste
Red wine vinegar, to taste



Instructions:

Cut the loaf lengthwise to open, being careful not to cut all of the way through. Open and mist lightly with spray. Sprinkle lettuce evenly over bottom half.

Top evenly with tomato, oregano, onion, and then turkey. Lay cheese then salami slices over that. Mound ham over that. Arrange bell pepper rings over that. Sprinkle with pepper flakes.

Sprinkle red wine vinegar over top half, then close sandwich. Slice into 8 equal pieces crosswise.

Makes 8 servings.

White Castle Slyders

1 serving = 5 burgers

438 calories, 43 g protein, 41 g carbohydrates, 11 g fat, 4 g sat. fat, 2 g fiber

Save: 262 calories, 38 g fat, 11 g sat. fat

Ingredients:

5 ounces 96% lean ground beef (about 1/2 cup + 2 tablespoons)

Salt and ground black pepper

1/2 cup water + additional, if needed

1 1/2 tablespoons dehydrated minced onion

5 square dinner rolls (about 2 1/2")

5 rounds dill pickle

Instructions:

Line a medium baking sheet (one that will fit in the freezer) with a sheet of waxed paper.

Divide the beef into 5 equal portions. On the baking sheet, shape each portion into a 3 1/4" square patty. With a drinking straw, cut 5 holes from each patty, one in the center, and one halfway between each corner and the center hole. Press the straw straight into the patty, then twist to cut each hole. Lightly season both sides of the patties with salt and pepper. Place, uncovered, in the freezer for 5 minutes.

In an extra-large nonstick skillet, combine 1/2 cup water and the onion. Cook over medium heat until the mixture slowly comes to a boil. Boil, stirring occasionally, for about 3 minutes, or until the onion is soft. A thin layer of water should remain. If needed, add up to 2 tablespoons of water. Place the patties in a single layer over the onion. Cook for about 1 minute, or until the bottoms are browned and the edges are just starting to brown.

Meanwhile, place 1 roll bottom, cut-side down, on top of each burger. Place 1 roll top, cut-side down, on top of each roll bottom. When the beef is no longer pink, remove the roll tops and set aside. Slide a spatula under 1 portion of onion, 1 burger, and 1 roll bottom. Flip the stack onto a plate. Place 1 round of pickle on the center of the burger. Cover with the roll top. Repeat with the remaining burgers, pickles, and roll tops.

Makes 1 serving (5 burgers)



Smoky Turkey Chili

1 serving = 346 calories, 45 g protein, 28 g carbohydrates, 8 g fat, 7 g fiber

Ingredients:

1 tablespoon extra virgin olive oil
1 1/4 pound ground turkey breast
1 small sweet onion,
1 16-oz can(s) crushed tomatoes

1 14 1/2-oz can diced no-salt-added tomatoes,
1 tablespoon + 1 tsp chili powder
1 tablespoon cocoa powder
1 tablespoon brown sugar
2 teaspoon dried chipotle chile pepper
1 bay leaf
1/4 teaspoon hot sauce, salt and black pepper,
3 ounces finely shredded low-fat cheddar cheese



Instructions:

On the side: 1/2 c baby carrots

Put a large nonstick soup pot on medium-high heat. When heated, add oil and turkey. Using the back of a spatula, flatten the turkey so it covers the bottom of the pan. When it's no longer pink on the bottom (about 1 to 2 minutes), flip the turkey. Break it up into large chunks with a wooden spoon. Add onions and cook, stirring occasionally, until onions are tender, turkey is no longer pink through, and no excess liquid is left in the pan (about 5 minutes).

Add remaining ingredients except salt, pepper, and cheese. Stir, then cover the pot and cook over low heat for at least 2 hours, stirring occasionally. Season with salt and pepper. Let cool slightly, then remove bay leaf.

Spoon cheese onto top of each serving.

Tip Don't wait for the olive oil to heat up before you add the turkey; otherwise it will burn.

Veggie and fruit trays with **light** dips are also healthy snacks to add to your party menu.