

# Healthy Game Day Snacks

Super Bowl Sunday is not just about the game, but the great food served at the watch parties and get-togethers. In the past we typically never thought twice about the calories or fat in our snacks. However, today we are so much more health conscious and more concerned about the types of foods we consume. So with the help of the Food Network, I have found some recipes that are full of taste, but are lower in calories and fat than typical game day foods. The Buffalo Chicken Sliders would be perfect served with the Homemade Potato Chips and a side of Kale Artichoke Dip and Homemade Ranch Dip.

Adopting a healthy life-style doesn't mean giving up taste or quality, you just have to modify the recipes of your old favorites and be willing to try some foods!

## Buffalo Chicken Sliders

### Ingredients

1 tablespoon vegetable oil  
2 pounds boneless, skinless chicken thighs  
Kosher salt and freshly ground black pepper  
1 tablespoon dark brown sugar  
2 teaspoons paprika  
1/4 teaspoon cayenne  
1 cup hot sauce, such as Frank's Red Hot  
12 small rolls, such as Hawaiian or Parker House rolls, buttered and griddled  
Homemade Ranch Dip (See the recipe)  
1 cup blue cheese crumbles  
Tomato slices  
Green leaf lettuce

### Directions

Preheat the oven to 400 degrees F.

Heat a 12-inch ovenproof skillet over medium-high heat. Add in the oil. Sprinkle both sides of the chicken with salt, pepper, the brown sugar, paprika and cayenne. Sear both sides of the chicken until golden, about 4 minutes. Add in the hot sauce to the skillet. Bring to a simmer and then place in the oven to finish off, and the chicken registers 160 degrees F on an instant-read thermometer.

Let the chicken cool, and then pull the meat with your hands. Adjust the seasoning if necessary, and then place back in the oven at BROIL until crusty and caramelized on top, about 4 minutes.

Place some chicken on the bottom buns, top with ranch, blue cheese crumbles, tomatoes and then lettuce. Serve.

## **Kale & Artichoke Dip**

### **Ingredients**

1 1/2 cups thawed, squeezed and chopped frozen kale (about 5 ounces)  
1/2 cup thawed and roughly chopped frozen artichoke hearts (about 2 ounces)  
3/4 cup shredded low-fat Swiss cheese  
3/4 cup skim milk  
1/3 cup freshly grated Parmesan  
4 ounces reduced-fat cream cheese, at room temperature  
1/2 teaspoon Worcestershire sauce  
Large pinch cayenne pepper  
Kosher salt  
1 small clove garlic, finely minced  
Serve with Homemade Potato chips or Multi-grain corn tortilla chips

### **Directions**

Preheat the oven to 450 degrees F. Combine the kale, artichoke hearts, 1/2 cup of the Swiss cheese, the milk, all but 1 tablespoon of the Parmesan, the cream cheese, Worcestershire, cayenne, 1/2 teaspoon salt and the garlic in a medium bowl. Transfer to a 1-quart baking dish and sprinkle with the remaining 1/4 cup Swiss cheese and 1 tablespoon Parmesan. Bake until bubbly and lightly golden, 20 to 25 minutes. Let set for 5 minutes and serve with tortilla chips

## **Homemade Potato Chips**

### **Ingredients**

3 large russet potatoes (2 1/4 pounds total) washed and sliced into 1/8-inch thick rounds  
2 tablespoons olive oil  
2 teaspoons coarsely ground black pepper  
Salt  
Serve with Homemade Ranch Dressing for Kale & Artichoke Dip

### **Directions**

Toss potatoes in a large bowl with 2 tablespoons of oil, and pepper until well coated. Preheat oven to 450 degrees F. Arrange potato slices in 1 layer on 2 cookie sheets. Bake for 20 to 25 minutes until chips are crisped and lightly browned. Remove from oven, season with salt and cool.

## **Homemade Ranch Dip**

### **Ingredients**

2 cloves garlic  
1/2 teaspoon kosher salt  
1 cup prepared fat-free mayonnaise  
1/4 to 1/3 cup low-fat buttermilk  
2 tablespoons minced flat-leaf parsley leaves  
2 tablespoons minced fresh chives  
1 scallion, trimmed and thinly sliced  
1 teaspoon white wine vinegar  
Freshly ground black pepper

### **Directions**

Mash the garlic and salt to a paste with the side of a chef's knife. In a medium bowl, whisk together the garlic, mayonnaise, 1/4 cup buttermilk, parsley, chives, scallion, vinegar and pepper to taste. If the sauce is very thick, thin the dressing with a couple tablespoons more of the buttermilk. Use immediately or store covered, in the refrigerator, for up to 3 days.

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