



20

(Better-for-You)
Tailgating
Recipes

Super Snacks *for* Game Day

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HEALTHY MEAL PLANNING SOLVED

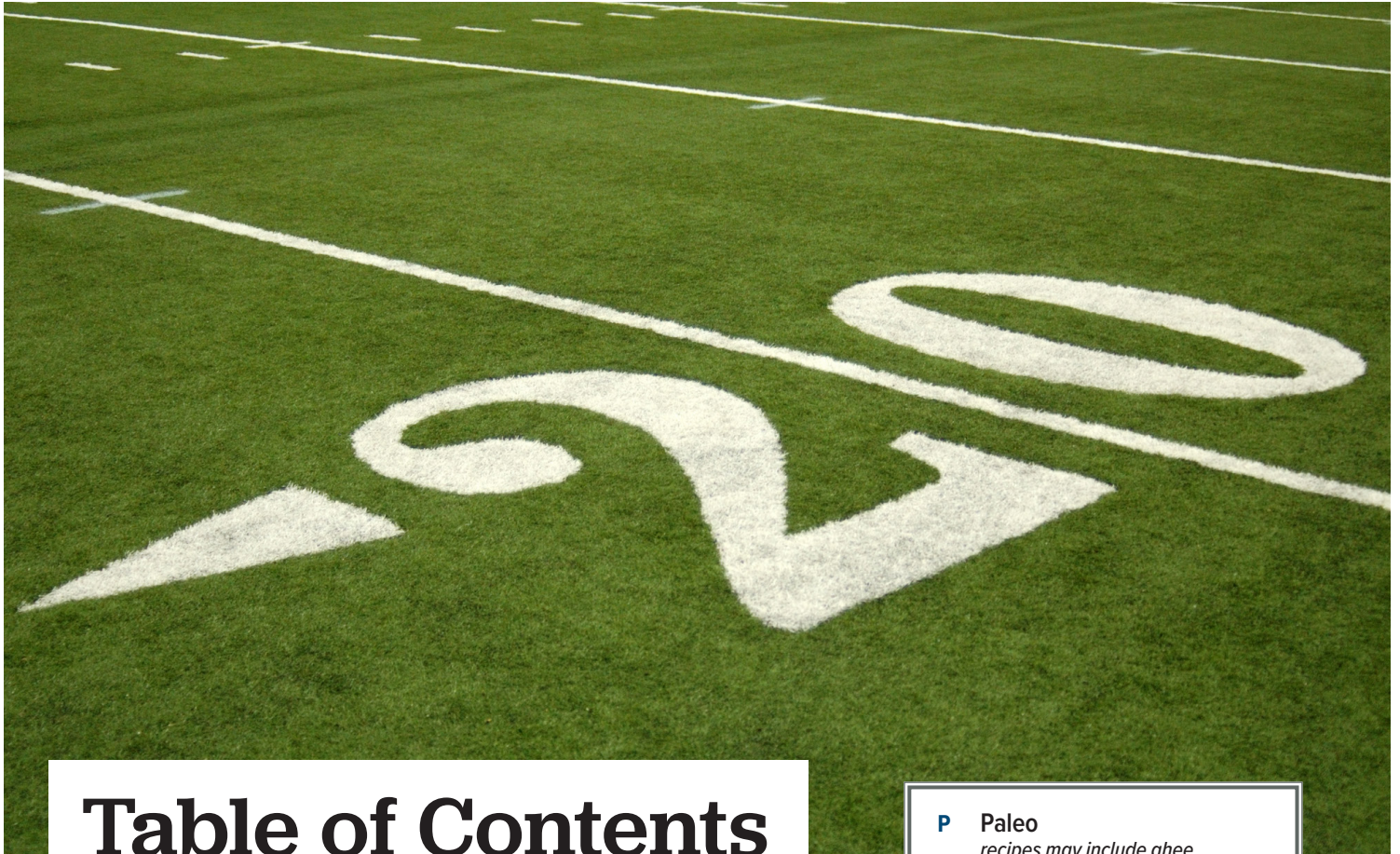


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- P** Paleo
recipes may include ghee
- F** Freezable
- IP** Instant Pot
- Q** Quick
under 45 minutes
- V** Vegetarian
may contain eggs and dairy
- GF** Gluten-free

GFA Gluten-free adaptable
*recipe contains soy sauce, miso,
Worcestershire sauce, fish sauce
and/or tamari; all are available in
gluten-free and regular varieties*



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TIP: Choose avocados that are just ripe; if they're too soft, the fries will fall apart.

Avocado Fries with Creamy Chipotle Dipping Sauce

(P) (Q) (V) (GF)

SERVES 6. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 45 MINUTES.

Yes, you can make fries out of heart-healthy avocados! These wedges can be baked or fried in advance, then heated up on game day.

FRIES

- ½ cup almond flour
- ¼ cup coconut flour
- 1 tsp sea salt
- ½ tsp each garlic powder and paprika
- ¼ tsp each onion powder and ground black pepper
- 1 large egg, beaten
- 3 avocados

DIP

- ⅓ cup avocado oil mayonnaise
- 1 tbsp fresh lime juice
- ¼ tsp chipotle chile powder
- ⅛ tsp sea salt

1. Make fries: Preheat oven to 450°F. Line a large baking sheet with parchment. In a medium bowl, combine almond and coconut flours, salt, garlic powder, paprika, onion powder and pepper. Place egg in a separate small bowl.

2. Halve and pit avocados. Cut each half into 4 to 6 wedges. Dip one wedge in egg then dredge in flour mixture and place on baking sheet. Repeat with remaining avocado, egg and flour mixture. Mist fries with cooking spray and bake until golden, 15 to 18 minutes, turning over and misting with cooking spray halfway through.

3. Meanwhile, make dip: Combine all ingredients in a small bowl. Serve fries with dipping sauce on the side.

NOTE: Alternatively, cook the fries in a skillet. Pour avocado oil in a medium nonstick skillet until ½ inch deep and heat on medium. Working in 3 batches, cook until golden, 1 to 2 minutes per side. If serving immediately, keep warm in a 200°F oven on a metal rack set over a baking sheet while cooking remaining slices. Make them in advance and simply heat them up before serving on game day.

PER SERVING (% of recipe): Calories: 338, Total Fat: 31 g, Sat. Fat: 5 g, Monounsaturated Fat: 20 g, Polyunsaturated Fat: 5 g, Carbs: 14 g, Fiber: 10 g, Sugars: 2 g, Protein: 6 g, Sodium: 467 mg, Cholesterol: 44 mg



Sticky Honey Garlic Chicken Wings

F GF A

SERVES 6. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 55 MINUTES.*

*PLUS COOLING TIME.

Sweet citrus and sesame flavors will make these wings a crowd-pleaser on game day. Try serving these in a basket with carrot and celery sticks and your family will be convinced they came from your local wing joint!

- 3 tbsp** each raw honey and fresh orange juice
- 2 tbsp** each Sucanat, reduced-sodium soy sauce, hot sauce, rice vinegar and fresh lime juice
- 1 tsp** toasted sesame oil
- 2 tsp** grated ginger
- 2 cloves** garlic, minced
- 1 tsp** arrowroot starch
- 2 lb** split chicken wings
- Chopped fresh cilantro for garnish, optional

- 1.** Preheat oven to 400°F and line a large baking sheet with parchment paper.
- 2.** Prepare sauce: In a medium saucepan, whisk together honey, orange juice, Sucanat, soy sauce, hot sauce, vinegar, lime juice, oil, ginger and garlic. Whisk in arrowroot. Set saucepan over medium and cook, stirring constantly until sauce thickens slightly, about 1 to 2 minutes. Let cool to room temperature.
- 3.** Reserve ¼ cup of the sauce in a separate bowl for dipping. Place chicken wings on prepared sheet and brush with sauce from saucepan.

- 4.** Bake for 20 minutes and flip, basting with remaining sauce from saucepan. Bake 18 to 20 minutes more until thermometer registers 165°F when inserted into thickest part (avoiding bone). Transfer to a plate. Drizzle reserved ¼ cup sauce over wings or use as a dip (reheat if desired). Garnish with cilantro (if using).

PER SERVING (% of recipe): Calories: 217, Total Fat: 11 g, Sat. Fat: 3 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 2.5 g, Carbs: 16 g, Fiber: 0 g, Sugars: 14 g, Protein: 15 g, Sodium: 282 mg, Cholesterol: 82 mg

Buffalo Chicken Twice-Baked Potatoes

GF

SERVES 8.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 1 HOUR, 25 MINUTES.

- 4 Russet potatoes, scrubbed and dried

- 1 tbsp avocado oil

RANCH DRESSING

- ½ cup avocado oil mayonnaise
- 2 tbsp plain unsweetened almond milk
- 1 tbsp fresh lemon juice
- 2 tsp dried parsley
- 1½ tsp dried dill
- ½ tsp coconut aminos
- ½ tsp garlic powder
- ¼ tsp onion powder
- ⅛ tsp ground black pepper

FILLING

- 3 tbsp ghee, divided
- 1 lb boneless, skinless chicken thighs, patted dry, trimmed, cut into 1-inch pieces
- sea salt and ground black pepper, to taste
- ¾ cup hot sauce
- 2 ribs celery, thinly sliced
- 1 green onion, thinly sliced



1. Preheat oven to 350°F. Rub potatoes with oil and prick all over with a fork. Place on a baking sheet and roast until very tender, about 1 hour to 1 hour, 30 minutes (depending on size of potatoes).

2. Meanwhile, prepare dressing: In a medium bowl, whisk all ingredients together in a bowl. Thin with additional water if dressing is too thick, whisking in 1 tsp at a time. (**MAKE AHEAD:** Dressing can be made up to 2 days in advance; keep covered and refrigerated. Whisk before serving.)

3. Prepare filling: Warm 1 tbsp ghee in a large skillet over medium heat. Add chicken to skillet, season with salt and pepper and cook, stirring occasionally, until golden and cooked through, 8 to 10 minutes. Using a slotted spoon, transfer chicken to a cutting board; finely chop. Return to

skillet, reduce heat to medium-low and add hot sauce and remaining 2 tbsp ghee; stir until well combined. Remove from heat.

4. Slice potatoes in half lengthwise. Scoop flesh into a large bowl, leaving enough flesh inside potato skins so they hold their shape. Mash potato flesh with a fork. Add chicken and sauce from skillet and mix to combine well with potato flesh. Taste and season with salt and pepper, if needed. Scoop mixture back into skins. Bake until heated through, about 15 to 20 minutes.

5. Drizzle potatoes with ranch dressing and top with celery and green onions.

PER SERVING (½ potato): Calories: 317, Total Fat: 20 g, Sat. Fat: 5 g, Monounsaturated Fat: 12 g, Polyunsaturated Fat: 5 g, Carbs: 20 g, Fiber: 3 g, Sugars: 2 g, Protein: 14 g, Sodium: 982 mg, Cholesterol: 81 mg



Pair these polenta fries with your favorite CE-approved marinara sauce.

Chile Cheese Polenta Fries

V GF

SERVES 4 to 6.

HANDS-ON TIME: 30 MINUTES.

TOTAL TIME: 1 HOUR, 10 MINUTES.

- 3½ cups** low-sodium vegetable or chicken stock
- 1 cup** coarse whole-grain cornmeal
- ¼-½ tsp** red pepper flakes
- 1 large** clove garlic, peeled and smashed with the side of a knife
- ½ tsp** sea salt
- ½ tsp** olive oil
- 2½ oz** grated Pecorino Romano cheese

1. In a large pot, bring stock to a boil. Slowly pour in cornmeal, stirring continuously. Once cornmeal is bubbling, reduce heat to low. Add pepper flakes, garlic and salt.

2. Stir polenta every couple of minutes for 30 to 45 minutes, until tender and pulling away from sides of pot.

3. Oil an 8-inch square baking pan with straight sides. Discard garlic clove and pour polenta into pan, using a spatula to smooth it into corners. Cover top of polenta with plastic wrap and refrigerate until cool.

4. Preheat oven to 425°F. Meanwhile, carefully turn polenta onto a cutting board and cut into 1 x 3-inch sticks. Arrange on a large, parchment-lined baking sheet. Sprinkle with cheese; bake for 15 to 20 minutes until cheese is bubbling and golden and edges are browning.

PER SERVING (¾ cup): Calories: 182, Total Fat: 7 g, Sat. Fat: 3 g, Monounsaturated Fat: 1 g, Polyunsaturated Fat: 1 g, Carbs: 21 g, Fiber: 2 g, Sugars: 0 g, Protein: 11 g, Sodium: 481 mg, Cholesterol: 18 mg

Salt & Vinegar Potato Chips

V GF

SERVES **4 TO 6.**

HANDS-ON TIME: **25 MINUTES.**

TOTAL TIME: **1 HOUR, 5 MINUTES.**

Soaking potato slices in apple cider vinegar adds a light acidic note to these purple potato chips without the chemical aftertaste you often get from store-bought varieties. If you like a stronger acidic punch, simply soak them longer.

14 oz purple or Russet potatoes, scrubbed and cut into 1/16-inch slices with a mandoline

1 cup apple cider vinegar, or as needed

2 tbsp olive oil

1½ tsp sea salt

1. Preheat oven to 400°F.


2. In a bowl, submerge potato slices in vinegar. Soak for 15 to 30 minutes; drain and wipe out bowl. (**NOTE:** Soaking for 15 minutes yields a mild vinegar flavor, if you prefer a bigger acidic punch, soak for 30 minutes.)

3. Lay slices flat on paper towel, pat dry. Transfer to bowl; toss slices with oil and salt. Line 2 large baking sheets with parchment paper and lay potato slices flat, ensuring they are not overlapping.

4. Bake for 8 minutes, flip over, and bake for 3 to 5 minutes more, until chips are crispy and edges are slightly browned. Transfer chips to racks to cool. Arrange remaining potato slices on sheets and repeat baking process.

PER SERVING (1/6 of chips): Calories: 88, Total Fat: 4.5 g, Sat. Fat: 0.5 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 0.5 g, Carbs: 11 g, Fiber: 1.5 g, Sugars: 0 g, Protein: 1 g, Sodium: 484 mg, Cholesterol: 0 mg





These nachos look impressive but are surprisingly fast – just 20 minutes from start to finish!

Southwestern
Veggie Nachos

SEE RECIPE ON NEXT PAGE.

Southwestern Veggie Nachos



SERVES 8.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 20 MINUTES.

Grilled avocado halves take these super-fast nachos to the next level, but you can skip this step if you prefer. Serve with sour cream, hot sauce and salsa.

- 1 tsp** olive oil
- 1 large** avocado, halved and pitted
- 6 oz** whole-grain tortilla chips
- 1 cup** shredded Monterey Jack cheese
- 1 cup** BPA-free canned unsalted black beans, drained and rinsed
- ½ cup** halved cherry tomatoes
- ¼ cup** pickled red onions, optional (recipe below)
- 1** jalapeño chile pepper, sliced
- ¼ cup** chopped fresh cilantro

- 1.** Preheat an indoor grill to medium-high.
- 2.** Brush oil over cut sides of avocado. Place avocado cut sides down on grill and cook until lightly charred and grill marks appear, 1 to 2 minutes. Transfer to a cutting board. When cool enough to handle, remove skin from avocado and dice.
- 3.** Preheat oven to 375°F. Line a large baking sheet with parchment. Spread chips over parchment and top with cheese. Layer avocado, beans, tomatoes, pickled onions (if using) and jalapeño over cheese. Bake for 10 to 12 minutes, until cheese is melted and bubbling. Sprinkle with cilantro.

PER SERVING: (½ of recipe): Calories: 349, Total Fat: 20 g, Sat. Fat: 5 g, Monounsaturated Fat: 7 g, Polyunsaturated Fat: 3 g, Carbs: 37 g, Fiber: 8 g, Sugars: 2 g, Protein: 9 g, Sodium: 264 mg, Cholesterol: 13 mg

PICKLED RED ONIONS (optional): In a small saucepan, bring 6 tbsp red wine vinegar and 1½ tsp raw honey to a boil. Add 1 small red onion, sliced, stir, and turn off heat. Cover and set aside until onions cool to room temperature. Use right away or refrigerate in a small container.



Harissa Carrot Fries



SERVES 4 to 6.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 50 MINUTES.

- 1¼ lb** peeled carrots
- ½ tbsp** harissa, or to taste (**NOTE:** Harissa is a spice blend that can vary in heat depending on the brand; you can adjust this amount to taste.)
- 1 tbsp** olive oil
- 1 tsp** ground cumin
- 1 tsp** sea salt, or to taste
- ½ tsp** cracked black pepper, or to taste
- 1 tbsp** finely chopped fresh parsley

- 1.** Preheat oven to 425°F. Meanwhile, cut carrots into ¼ x 3-inch sticks. In a bowl, toss together carrots, harissa, oil, cumin and salt.
- 2.** On 2 parchment-lined baking sheets, spread out fries so they are not crowded or overlapping and bake for 25 to 30 minutes. Remove fries from oven and gently toss. Reduce heat to 375°F, switch positions of baking sheets and bake for another 10 minutes until fries are crispy and browning.
- 3.** Remove from oven; season fries with pepper and toss with parsley.

PER SERVING (½ cup): Calories: 74, Total Fat: 3 g, Sat. Fat: 0 g, Carbs: 11 g, Fiber: 3 g, Sugars: 5 g, Protein: 1 g, Sodium: 471 mg, Cholesterol: 0 mg



Creamy Kale Dip with Za'atar Pita Chips

Q V

SERVES 4. HANDS-ON TIME: 20 MINUTES. TOTAL TIME: 30 MINUTES.

A sprinkling of Za'atar, an aromatic Middle Eastern blend of herbs and spices, gives these baked pita chips addictive flavor without the need for a ton of oil or salt. Be sure to let the dip sit in the fridge for a couple of hours before serving – this softens the kale and mellows out its bitterness. You can also serve with vegetables for dipping.

DIP

- 1 cup** plain whole-milk Greek yogurt
- ½ cup** finely chopped stemmed kale
- 2 tbsp** each finely chopped fresh chives and flat-leaf parsley
- 1 tbsp** fresh lemon juice
- 1 small** clove garlic, crushed
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- Pinch** ground cayenne pepper

PITA CHIPS

- 2 6-inch** whole-grain pitas
 - 2 tbsp** extra-virgin olive oil
 - 2 tsp** Za'atar seasoning blend
 - Pinch** sea salt
- 1.** Prepare pita chips: Preheat oven to 350°F. Line a large rimmed baking sheet with parchment paper.
 - 2.** Using kitchen scissors or a sharp knife, split pitas horizontally through centers to make 4 thin pitas total. Brush both sides of each piece with oil; cut each into 6 triangles to make

24 pieces total. Arrange in a single layer on prepared baking sheet. Sprinkle with Za'atar and salt. Bake until crisp, tossing halfway, 15 to 20 minutes. (**TIP:** Let cool completely; store in an airtight container for up to 2 days.)

3. Meanwhile, in a large bowl, stir together all dip ingredients until well combined. Cover and refrigerate for at least 2 hours, or up to 3 to 4 days.

PER SERVING (¼ of dip and 6 pita chips):
 Calories: 215, Total Fat: 11 g, Sat. Fat: 3 g,
 Monounsaturated Fat: 7 g, Polyunsaturated Fat: 1 g,
 Carbs: 22 g, Fiber: 2.5 g, Sugars: 4 g, Protein: 9 g,
 Sodium: 491 mg, Cholesterol: 8 mg



Pineapple & Turkey Bacon Pizza

F Q

MAKES 1 PIZZA. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

This easy pizza is the perfect combination of salty and sweet, thanks to turkey bacon and pineapple. Prep the toppings ahead of time for a laid-back game day.

- 1 lb** (1 ball) uncooked whole-wheat pizza dough
- ½ tsp** olive oil, divided
- ⅓ cup** all-natural marinara sauce
- 1¼ cups** shredded Monterey Jack cheese
- 4 slices** turkey bacon, no added nitrates or nitrites, cooked and chopped
- ½ cup** fresh or frozen and defrosted pineapple, diced
- ¼ cup** thinly sliced red onion

- 1.** Preheat oven to 475°F.
- 2.** Use a rolling pin to roll dough to an 8½ x 13-inch rectangle or 11-inch circle. Grease a large baking sheet with ¼ tsp oil. Add dough to sheet and brush with remaining ¼ tsp oil.

- 3.** Spread sauce over dough. Sprinkle with cheese, then bacon, pineapple and onion. Bake until crust is golden and cheese is melted, about 10 to 12 minutes.

PER SERVING (⅓ of pizza):
 Calories: 197, Total Fat: 9 g, Sat. Fat: 4 g,
 Monounsaturated Fat, 4 g, Polyunsaturated
 Fat, 1 g, Carbs: 17 g, Fiber: 3 g, Sugars: 2.5 g,
 Protein: 11 g, Sodium: 470 mg, Cholesterol: 28 mg



**Instant Pot Spicy
Beef Chili**
*with Buttermilk
Jalapeño Corn Bread*
SEE RECIPE ON NEXT PAGE.

Instant Pot Beef Chili with Buttermilk Jalapeño Corn Bread

F IP

SERVES 4. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 1 HOUR, 10 MINUTES.

An electric pressure cooker makes great chili in a snap, and it can also bake up delicious corn bread at the same time. When cooked, the top of the corn bread will appear pale, but the bottom will be golden brown – just invert it onto a serving plate for the best presentation.

- 2 tbsp** olive oil, divided
- 1 lb** lean ground beef
- 1 large** yellow onion, chopped
- 2 cups** low-sodium beef broth
- 1 15-oz** BPA-free can unsalted kidney beans, drained and rinsed
- 1 14.5-oz** BPA-free can unsalted diced tomatoes, with juices
- ¼ cup** unsalted chile powder blend (aka chili powder)
- 2 tbsp** unsalted tomato paste
- 1 tbsp** ground cumin
- 1 tbsp** chopped canned chipotle pepper in adobo
- ¾ cup** fine-ground yellow cornmeal
- ¾ cup** whole-wheat pastry flour
- 1 tsp** each baking powder and baking soda
- ¼ tsp** sea salt
- ½ cup** whole-milk buttermilk
- 2 large** eggs
- 2 tbsp** raw honey
- 2 tbsp** chopped jalapeño chile pepper, optional
- ½** red bell pepper, finely chopped
- ½ cup** shredded cheddar cheese

1. Press Sauté on Instant Pot and set to More/High; heat 1 tbsp oil. Add beef and onion. Cook, stirring occasionally, until meat is cooked through and onions are tender, 15 minutes. (**TIP:** Don't break up meat too much; larger chunks add texture.) Press Cancel. Using heat-resistant gloves, lift inner pot and pour beef mixture into a colander to drain fat.

2. Return inner pot to Instant Pot. Add broth, scraping up any brown bits from bottom. Add beef and onion mixture. Add beans, tomatoes, chile powder blend, tomato paste, cumin and chipotle; stir to combine.

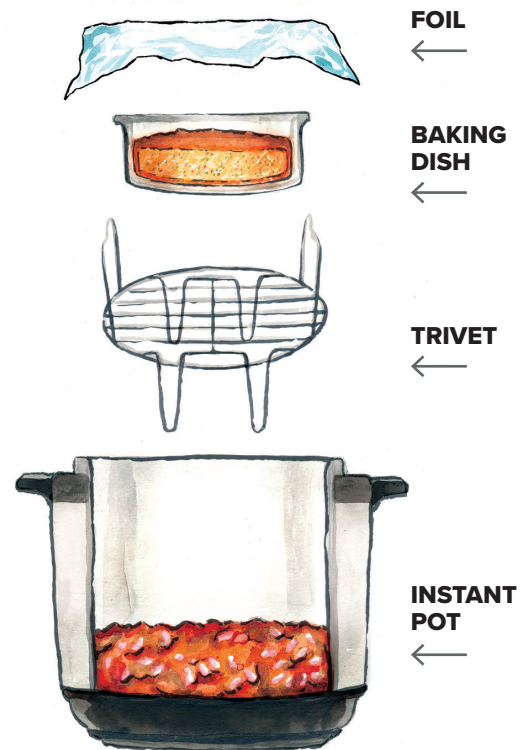
3. Place a trivet (with 2-inch legs) over chili mixture in pot. Spray a 7-inch round metal dish (about 3 inches tall) with cooking spray. In a medium bowl, whisk together cornmeal, flour, baking powder, baking soda and salt. In a separate medium bowl, whisk together buttermilk, egg, honey and remaining 1 tbsp oil. Stir in jalapeño (if using) and bell pepper. Fold wet mixture into dry mixture until just combined. Fold in cheddar cheese. Pour batter into prepared dish, cover tightly with foil and place over trivet. Lock lid and set release valve to Seal. Press Pressure and set to More/High; adjust cooking time to 25 minutes.

4. Let pressure naturally release for 10 minutes (don't move the vent), then carefully set release valve to Venting. When metal pin in lid falls and all pressure is released, unlock lid. Using heat-resistant gloves or sturdy tongs, remove corn bread from pot. Run a knife along edge of dish then carefully invert onto a plate. Serve chili with optional toppings and corn bread.

PER SERVING (¼ of recipe):
Calories: 741, Total Fat: 26 g, Sat. Fat: 9 g, Monounsaturated Fat: 11 g, Polyunsaturated Fat: 3 g, Carbs: 84 g, Fiber: 12 g, Sugars: 20 g, Protein: 43 g, Sodium: 995 mg, Cholesterol: 183 mg

LAYER YOUR TOOLS RIGHT

Place the chili at the bottom, followed by the trivet and the foil-wrapped corn bread.



OPTIONAL TOPPINGS: Sour cream, cilantro, shredded cheddar cheese



Italian Meatball Sliders



SERVES 12.

HANDS-ON TIME: 20 MINUTES.

TOTAL TIME: 40 MINUTES.

Smothered in marinara sauce and oozing with melted cheese, these sliders are seriously indulgent snack food. Your guests will happily chomp away on these meaty bites – but only you'll know that they're less than 225 calories per serving!

- 1 lb** lean ground turkey
- 2 cloves** garlic, minced
- 1 egg** white
- ¼ cup** minced yellow onion
- ¼ cup** minced roasted red bell peppers (packed in water and drained)
- 2 tsp** Italian seasoning
- ½ tsp** sea salt
- ¼ tsp** ground black pepper
- ½ cup** natural jarred marinara sauce
- ½ cup** shredded mozzarella cheese
- 24** cocktail-size whole-grain pitas or buns, split, toasted lightly if desired

1. Preheat oven to 400°F. Line a large, rimmed baking sheet with foil and mist with cooking spray.

2. In a medium mixing bowl, combine turkey, garlic, egg white, onion, bell peppers, Italian seasoning, salt and black pepper. Gently mix until combined. Using a spoon or small scooper, form into patties about 1 scant tbsp each, making about 24 sliders; place on sheet. **(MAKE AHEAD:** Prepare patties up to one day in advance, wrap tray in plastic wrap and refrigerate.)

3. Transfer to oven and bake for 10 minutes. Remove from oven and flip patties over. Bake for 5 more minutes. Remove patties from oven; spoon marinara over each patty and sprinkle each with cheese, dividing evenly. Switch oven to broiler setting on high, return to oven and broil for 4 to 5 minutes, until cooked through and cheese is bubbling. Using a fork or tongs, transfer each patty into a pita or bun.

PER SERVING (2 sliders): Calories: 213, Total Fat: 4 g, Sat. Fat: 1 g, Monoun-saturated Fat: 2 g, Polyunsaturated Fat: 0 g, Carbs: 29 g, Fiber: 3 g, Sugars: 4 g, Protein: 11 g, Sodium: 554 mg, Cholesterol: 21 mg



NUTRITIONAL BONUS:

These sliders provide 11 g of lean, metabolism-boosting protein in every serving. Studies show that consuming enough protein is a key factor for controlling your weight, as it keeps you feeling full and satisfied.



Jicama Guacamole

Q V GF

SERVES 12. HANDS-ON TIME: 25 MINUTES. TOTAL TIME: 25 MINUTES.

- 2** avocados
- 1 tsp** coarse sea salt, divided
- ¼ tsp** garlic powder
- 1** jalapeño chile pepper, seeded and minced
- 1 cup** finely chopped strawberries
- ½ cup** peeled and finely chopped jicama (¼-inch cubes)
- ⅓ cup** minced red onion
- ⅓ cup** lightly-packed chopped fresh cilantro leaves
- 1** lime, juiced

Tortilla chips or crudité, such as jicama slices, for dipping

1. Cut avocados in half and remove pits. Use a spoon to scoop flesh from 3 halves; place in a medium bowl. Peel remaining ½ avocado and finely chop flesh; set aside. Sprinkle ½ tsp salt and garlic powder over avocado in bowl; mash with a fork.

2. To bowl, add jalapeño, strawberries, jicama, onion and cilantro; gently fold to combine. Add reserved diced avocado, lime juice and remaining ½ tsp salt; gently fold to incorporate.

3. Serve with tortilla chips or crudité (such as raw jicama slices).

PER SERVING (¼ cup): Calories: 63, Total Fat: 5 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 1 g, Carbs: 5 g, Fiber: 3 g, Sugars: 1 g, Protein: 1 g, Sodium: 131 mg, Cholesterol: 0 mg

Shrimp & Goat Cheese Quesadillas



SERVES 4.

HANDS-ON TIME: 10 MINUTES.

TOTAL TIME: 20 MINUTES.

Quesadillas are versatile and a guaranteed crowd pleaser. Assemble them up to 12 hours in advance; refrigerate then bake when needed.

- 6 oz** frozen cooked shrimp (peeled and deveined, tail off), thawed, drained and coarsely chopped (about 1 cup)
- 4 oz** goat cheese, crumbled (½ cup)
- ½ cup** jarred sliced roasted red peppers, drained
- ¼ cup** jarred sliced green olives, drained
- 1 tbsp** chopped fresh basil
- 4 small** whole-grain tortillas (each 6 to 8 inches in diameter)
- 2 tsp** olive oil
- ¼ tsp** ground black pepper

1. Preheat oven to 425°F.

2. In a medium bowl, mix shrimp, cheese, roasted peppers, olives and basil. Lay tortillas out in a single layer on a flat surface. Scoop quarter of

shrimp mixture into center of each tortilla. Fold tortilla over filling into a half-moon shape, pressing gently to flatten filling evenly inside tortilla.

3. Place tortillas on a parchment-lined baking tray. Brush tops of each tortilla with oil and sprinkle with black pepper. Bake for 6 minutes, until quesadillas are golden brown. Remove from oven and let rest for 1 to 2 minutes. Cut each quesadilla in half and arrange on a platter.

PER SERVING (2 halves): Calories: 308, Total Fat: 13 g, Sat. Fat: 5 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 1 g, Omega-3s: 240 mg, Omega-6s: 460 mg, Carbs: 26 g, Fiber: 3 g, Sugars: 2 g, Protein: 18 g, Sodium: 554 mg, Cholesterol: 78 mg



NUTRITIONAL BONUS:

Goat cheese is not only a tangy addition to our quesadillas but is also a very rich source of the essential amino acid tryptophan. In addition to functioning as a building block in protein synthesis, tryptophan has been found to positively affect mood and relaxation efforts and is often dubbed “nature’s sleeping pill.”

Cheddar Cornbread Jalapeño Poppers Q V

SERVES 20.

HANDS-ON TIME: 45 MINUTES

TOTAL TIME: 1 HOUR, 5 MINUTES

Jalapeño poppers are generally laden with cheese, breaded and deep-fried – not exactly a clean snack! We reduced the cheese and mixed it into a baked cornbread batter. Serve them with your favorite salsa and a bit of sour cream. When handling several hot chile peppers as you do here, it might be helpful to use gloves.

- 20 jalapeño chile peppers
- 1 cup spelt flour or whole-wheat flour
- 1 cup cornmeal, finely ground
- 1 tsp baking powder
- 1 tsp each sea salt and ancho chile powder
- ½ tsp ground cumin
- ¾ cup plain full-fat yogurt
- ¼ cup egg whites
- 3 tbsp raw honey
- ⅓ cup fresh cilantro sprigs, chopped
- 3 green onions, thinly sliced (about ⅓ cup)
- 1¼ cups shredded cheddar cheese, divided
- ⅓ cup sour cream, optional
- ⅓ cup all-natural jarred salsa, optional



1. Preheat oven to 400°F.

2. Wearing gloves, cut stem end off each jalapeño and discard. Cut peppers in half lengthwise and, using a small paring knife or a teaspoon, carefully cut or scoop out seeds and discard. Place peppers cut side up on a parchment-lined baking sheet; set aside. (**NOTE:** Most of the heat in a jalapeño pepper is in the seeds. By removing the seeds, we're left with a flavorful pepper with a great little kick.)

3. In a medium-size bowl, whisk together flour, cornmeal, baking powder, salt, chile powder and cumin; set aside.

4. In a separate bowl, whisk together yogurt, egg whites and honey. Add yogurt mixture, plus cilantro, green

onions and 1 cup cheese to dry ingredients and mix well until just combined.

5. Spoon about 2 tsp mixture into the center of each jalapeño half. Smooth tops of mixture and place jalapeños back onto baking sheet, filling side up.

6. Bake for 10 minutes. Remove from oven, sprinkle stuffed jalapeños with remaining ¼ cup cheese and continue to bake for 2 more minutes or until top is golden brown and cheese is melted. Let cool at room temperature for 5 minutes before serving. Arrange on a platter with sour cream and salsa for dipping, if desired.

PER 2 POPPERS (2 stuffed jalapeño halves):
Calories: 82, Total Fat: 1.5 g, Sat. Fat: 0.5 g,
Carbs: 13 g, Fiber: 2 g, Sugars: 4 g, Protein: 4 g,
Sodium: 171 mg, Cholesterol: 3.5 mg

TIP: Make a few adjustments to the filling mixture for a great, simple cornbread recipe. Add all of the cheese into the cornmeal-yogurt mixture. Chop 2 to 3 seeded jalapeño peppers and add them to the mixture as well before pouring it into a nonstick baking pan (9 x 11 x 2 inches). Bake for 15 to 20 minutes at 350°F or until golden brown and a toothpick inserted into the center comes out clean.



Slow-Cooker Pulled Pork Sandwiches

SERVES 10. HANDS-ON TIME: 55 MINUTES. TOTAL TIME: 5 HOURS, 55 MINUTES.

2 tsp	ancho chile powder (or other mild chile powder)	2 tsp	each onion powder, mustard powder and paprika
2 tsp	ground cumin	⅛ to	
1 tsp	ground black pepper	¼ tsp	ground cayenne pepper, optional
¾ tsp	sea salt, divided		Zest of 1 lemon
3½-lb	bone-in pork shoulder, trimmed of fat, at room temperature	¾ cup	plain full-fat Greek yogurt
1½ cups	unsalted tomato sauce	2 tbsp	raw honey
½ tsp	potato starch	1 tbsp	poppy seeds
¾ cup	+ 2 tbsp apple cider vinegar, divided	1 large	carrot, peeled and shredded (NOTE: Shred using the shredding disk on a food processor or using the large holes on a box grater.)
6 tbsp	Sucanat	1 large	zucchini, trimmed and shredded
1 tbsp	Worcestershire sauce	¼ head	red cabbage, cored and thinly sliced (about 1½ cups)
		10	whole-wheat buns or kaiser rolls

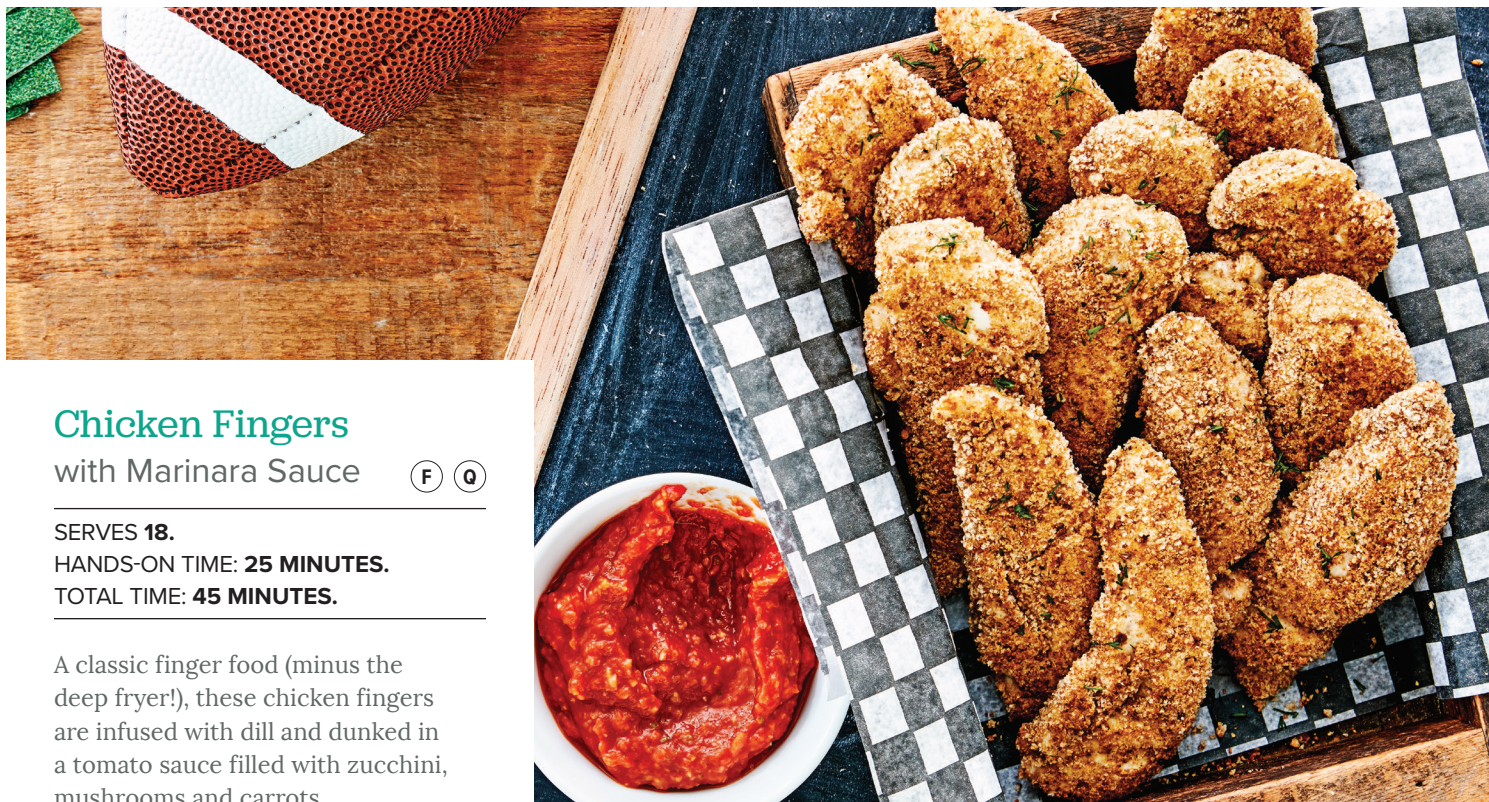
1. In a small bowl, combine chile powder, cumin, black pepper and ½ tsp salt. Rub all over pork. Mist a large, heavy skillet with cooking spray and heat on medium-high. Add pork and cook without moving until browned, 2 to 3 minutes. Turn pork and repeat until all sides are browned. Transfer to slow cooker. Add 1 cup water, cover and cook on low for 5 to 7 hours, or until meat easily separates from the bone and internal temperature reaches 145°F on an instant-read thermometer. Let pork rest in slow cooker, uncovered, for 20 minutes.

2. While pork rests, prepare sauce: In a small saucepan, whisk tomato sauce and potato starch until smooth. Add ¾ cup vinegar, Sucanat, Worcestershire, onion powder, mustard powder, paprika, cayenne (if using) and remaining ¼ tsp salt; whisk to combine. Turn heat on stove top to high and bring to a simmer, whisking occasionally. Reduce heat to medium-low and simmer, whisking frequently, until flavors blend, about 5 minutes. Remove from heat and cover to keep warm.

3. Prepare coleslaw: In a large bowl, stir together lemon zest, yogurt, honey, poppy seeds and remaining 2 tbsp vinegar until combined. Place grated carrot and zucchini on two layers of paper towel (or use a clean kitchen towel) and press down firmly with additional paper towels to absorb as much water as possible. Transfer to bowl with yogurt mixture. Add cabbage and stir until combined.

4. Transfer pork to a work surface and shred pork with 2 forks, discarding any fat. Transfer to a large serving bowl, add about three-quarters of the sauce and toss well with tongs. Add additional sauce, to taste, or reserve for another use. Add ¾ cup pork and about ½ cup coleslaw to each bun.

PER SERVING (1 sandwich): Calories: 401, Total Fat: 12 g, Sat. Fat: 4 g, Carbs: 40 g, Fiber: 5 g, Sugars: 17 g, Protein: 32.5 g, Sodium: 551 mg, Cholesterol: 77 mg



Chicken Fingers

with Marinara Sauce



SERVES 18.

HANDS-ON TIME: 25 MINUTES.

TOTAL TIME: 45 MINUTES.

A classic finger food (minus the deep fryer!), these chicken fingers are infused with dill and dunked in a tomato sauce filled with zucchini, mushrooms and carrots.

- 3 tbsp** olive oil, divided
- 1 small** yellow onion, finely chopped
- ½ cup** grated carrot
- ½ cup** finely chopped white mushrooms
- 2 cloves** garlic, minced
- 1 cup** grated zucchini
- ½ cup** finely chopped jarred roasted red pepper (water packed)
- 1 28-oz** can BPA-free crushed unsalted tomatoes
- ½ tsp** dried oregano
- ¼ cup** whole-wheat flour
- ½ tsp** ground black pepper
- ¼ tsp** sea salt
- 2 large** eggs
- ¾ cup** whole-wheat bread crumbs
- 2 tbsp** finely chopped fresh dill
- 1½ lb** chicken breast tenders (18 tenders) **(NOTE:** Alternatively, use 1½ lb of chicken breast cut into 1-inch x 3-inch strips.)

1. In a medium saucepan on medium-high, heat 1½ tsp oil. Add onions and cook, stirring frequently, until onion is translucent, 2 to 4 minutes. Add carrots and cook, stirring occasionally, until carrot is softened, 2 to 3 minutes. Add mushrooms and cook, stirring occasionally, until mushrooms begin to brown, 2 to 3 minutes. Add garlic and cook, stirring constantly until garlic is fragrant, about 30 seconds. Add zucchini and red pepper; cook, stirring occasionally, until vegetables are softened, about 5 to 7 minutes. Add tomatoes and oregano and reduce heat to medium-low. Cook, stirring occasionally, until vegetables are very soft, 12 to 15 minutes. Remove from heat. Using an immersion blender, blend until completely smooth. Cover to keep warm.

2. Preheat oven to 375°F. Line 2 large rimmed baking sheets with parchment paper. In a shallow pan, combine flour, pepper and salt. In a second shallow pan, whisk eggs with 1 tbsp water. In a third shallow pan, combine bread crumbs and dill.

3. Dredge 1 chicken tender through flour and shake off excess; dredge through egg mixture, allowing excess to drip back into pan; dredge through bread crumb mixture and place on 1 prepared sheet. Repeat with remaining chicken. Discard remaining flour, egg and bread crumbs.

4. In a large skillet on medium-high, heat 2½ tsp oil. Add one-third of chicken tenders and cook, flipping once, until just golden brown on each side, about 1½ minutes total. Transfer to second prepared sheet. Repeat with remaining 2 batches, adding remaining oil 2½ tsp at a time, until all chicken has been browned.

5. Bake chicken until no longer pink inside, about 5 to 7 minutes. Serve warm with dipping sauce.

MAKE AHEAD: Prep the sauce entirely in advance. Cool completely and cover in an airtight container; reheat before serving.

PER SERVING (1 Chicken Finger and 1½ Tbsp Sauce): Calories: 107, Total Fat: 4 g, Sat. Fat: 1 g, Carbs: 8 g, Fiber: 2 g, Sugars: 3 g, Protein: 10 g, Sodium: 89 mg, Cholesterol: 42 mg

Flourless Trail
Mix Peanut Butter
Skillet Cookie

SEE RECIPE ON NEXT PAGE.



Flourless Trail Mix Peanut Butter Skillet Cookie

Q V GF

MAKES 1 10-INCH COOKIE.

HANDS-ON TIME: 15 MINUTES.

TOTAL TIME: 35 MINUTES.

What could be better than a batch of decadent peanut butter cookies? One giant cookie! This jumbo-sized treat is baked right in the skillet with a variety of toppings including chocolate chips, dried fruit, coconut and more. Eat as is, or top with whipped cream (coconut or regular) or your favorite ice cream.

coconut oil, for greasing

- 1 cup** unsalted peanut butter (creamy or crunchy)
- ½ cup** pure maple syrup
- 1 large** egg + 1 large egg yolk, room temperature
- ¾ tsp** baking soda
- ½ tsp** pure vanilla extract
- ½ tsp** sea salt
- ¼ cup** chopped dark chocolate or semisweet chocolate chips
- ¼ cup** dried naturally sweetened cranberries
- ¼ cup** unsweetened shredded coconut
- ¼ cup** salted, roasted peanuts, chopped

1. Preheat oven to 350°F. Grease an 8-inch cast iron skillet with oil.

2. In a large mixing bowl, using an electric hand mixer on medium, beat peanut butter, maple syrup, egg, egg yolk, baking soda, vanilla and salt until well combined.

3. Add chocolate chips, cranberries, coconut and peanuts and mix on low just to combine.

4. Spread mixture into prepared skillet and bake until top is golden brown, edges are dry and center is still somewhat soft, 20 to 25 minutes (you want it to be slightly underdone). Let cool completely before slicing into 10 slices. Keep refrigerated up to 5 days.

PER SERVING (⅒ of cookie): Calories: 299, Total Fat: 21 g, Sat. Fat: 6 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 5 g, Carbs: 23 g, Fiber: 4 g, Sugars: 14 g, Protein: 9 g, Sodium: 202 mg, Cholesterol: 37 mg



Chocolate Cherry Almond Nice Cream

P F V GF

SERVES 5.

HANDS-ON TIME: 15 MINUTES.

HANDS-ON TIME: 15 MINUTES.*

*PLUS FREEZING TIME.

- 1 15-oz** BPA-free can full-fat coconut milk
- 2 cups** sliced and frozen bananas
- ⅓ cup** unsweetened cocoa powder
- ⅓ cup** natural smooth almond butter
- 3** Medjool dates, pitted
- 2 tbsp** pure maple syrup
- 1 tsp** pure vanilla extract
- 1 cup** frozen dark sweet cherries, chopped + 2 tbsp for garnish
- slivered almonds, for garnish, optional
- cacao nibs, for garnish, optional

1. Line an 8 x 8-inch baking pan with parchment paper. In a high-powered blender or food processor, purée coconut milk, bananas, cocoa powder, almond butter, dates, maple syrup and vanilla until smooth. Pour into baking pan.

2. Stir in 1 cup cherries. Garnish with additional cherries and, if using, top with slivered almonds and cacao nibs. Cover and freeze for at least 2 hours. If freezing for longer, thaw in the refrigerator for 15 to 30 minutes to soften slightly.

PER SERVING (1 cup): Calories: 397, Total Fat: 27 g, Sat. Fat: 16 g, Monounsaturated Fat: 6.5 g, Polyunsaturated Fat: 3 g, Carbs: 40 g, Fiber: 7 g, Sugars: 23 g, Protein: 7 g, Sodium: 16 mg, Cholesterol: 0 mg

Chocolate Chip Cookie Dough Balls

F Q V GF

MAKES **26 BALLS.**

HANDS-ON TIME: **20 MINUTES.**

TOTAL TIME: **20 MINUTES.***

*PLUS CHILLING TIME.

Enjoy these simply as the choco-chip cookie dessert balls they are, or roll these chewy, nutty balls in your choice of topping – goji berries, cacao or coconut – so that every bite is uniquely delicious.

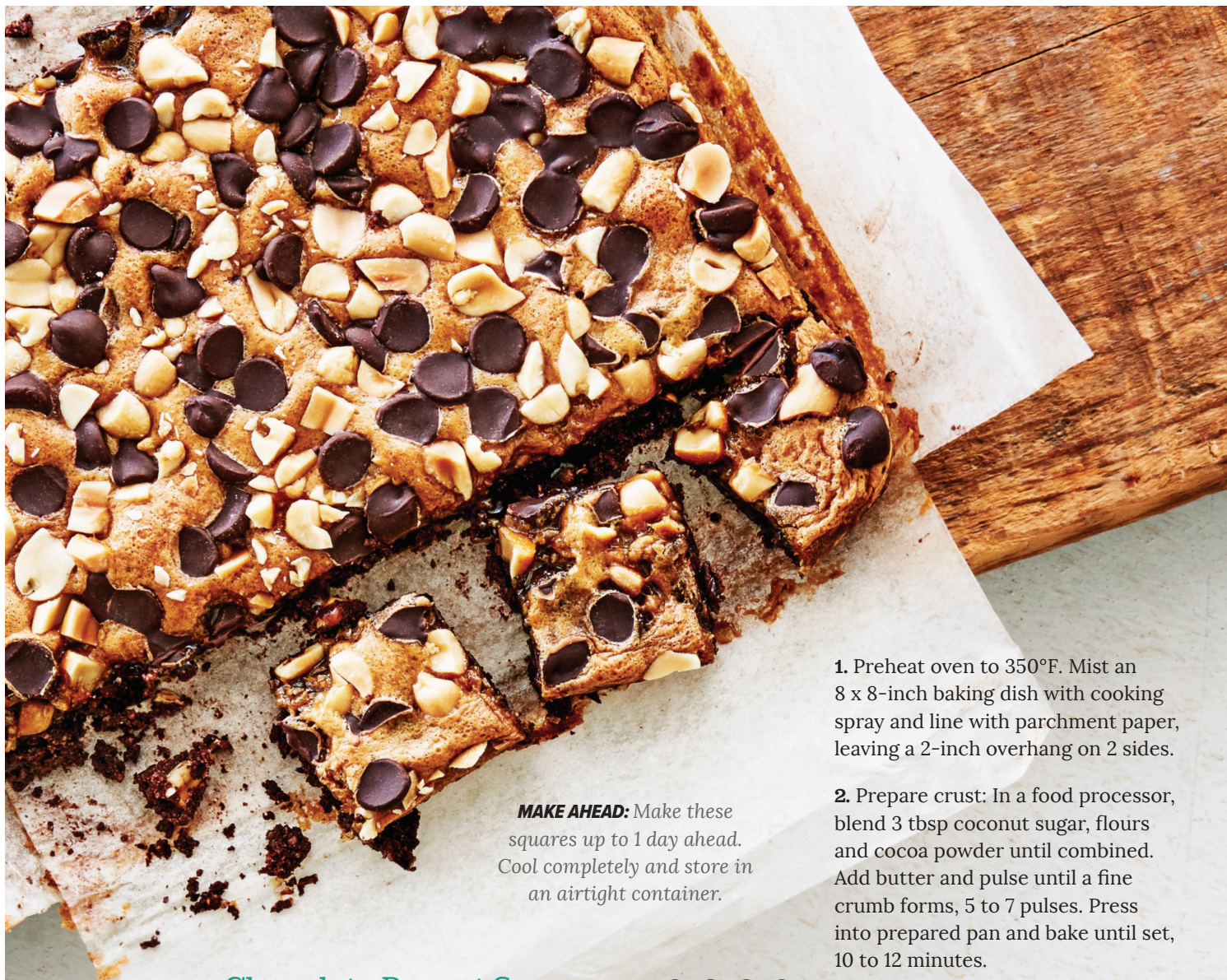
- 1¼ cups** large flake oats
- ¾ cup** unsweetened flaked coconut
- ¾ cup** natural peanut butter
- 5 tbsp** raw honey
- 2 tbsp** coconut oil
- 1 tsp** pure vanilla extract
- ½ cup** dark chocolate chips
- flaked or shredded coconut, unsweetened cacao powder or goji berries, for rolling

1. In a food processor, pulse oats and flaked coconut until coarsely ground, 30 seconds. Add peanut butter, honey, oil and vanilla; blend until mixture comes together, 30 seconds. Add chocolate chips; pulse 10 times to combine.

2. Transfer mixture to a bowl. With wet hands, form 1 tbsp dough into a firmly packed ball. Roll in your choice of topping then place on a large parchment-lined baking sheet. Repeat with remaining dough. Chill in the refrigerator until firm, 2 hours. Store in an airtight container in the refrigerator.

PER SERVING (1 ball): Calories: 130, Total Fat: 9 g, Sat. Fat: 4 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 2 g, Carbs: 10 g, Fiber: 2 g, Sugars: 5 g, Protein: 3 g, Sodium: 1 mg, Cholesterol: 0 mg





MAKE AHEAD: Make these squares up to 1 day ahead. Cool completely and store in an airtight container.

Chocolate Peanut Squares F Q V GF

MAKES 25 SQUARES. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

A seriously decadent dessert for peanut lovers! A gluten-free crust is layered with a peanut butter filling sweetened with coconut sugar and topped off with crunchy peanuts and chocolate chips.

½ cup	coconut sugar, divided	1 tsp	pure vanilla extract
½ cup	brown rice flour	¼ tsp	sea salt
¼ cup	almond flour	¼ cup	unsweetened shredded coconut
¼ cup	unsweetened cocoa powder	¼ cup	roasted unsalted peanuts, coarsely chopped
6 tbsp	organic unsalted butter, chilled, cut into cubes	⅓ cup	dark chocolate chips (70% or greater)
2 large	eggs		
2 tbsp	natural unsalted peanut butter		

1. Preheat oven to 350°F. Mist an 8 x 8-inch baking dish with cooking spray and line with parchment paper, leaving a 2-inch overhang on 2 sides.

2. Prepare crust: In a food processor, blend 3 tbsp coconut sugar, flours and cocoa powder until combined. Add butter and pulse until a fine crumb forms, 5 to 7 pulses. Press into prepared pan and bake until set, 10 to 12 minutes.

3. Meanwhile, in a medium bowl, using a handheld electric mixer on medium-high, beat eggs, peanut butter, vanilla, salt and remaining 5 tbsp coconut sugar until fluffy and doubled in volume, 2 to 3 minutes. Beat in shredded coconut. Spread mixture over crust. Bake for 8 minutes. Top with peanuts and chocolate chips and bake for 3 to 5 minutes more, until filling is set.

4. Cool completely on a wire rack. Lift edges of paper and transfer to a board; cut into 25 squares.

PER SERVING (1 square): Calories: 109, Total Fat: 7 g, Sat. Fat: 3.5 g, Monounsaturated Fat: 2 g, Polyunsaturated Fat: 1 g, Carbs: 10 g, Fiber: 1 g, Sugars: 6 g, Protein: 2 g, Sodium: 29 mg, Cholesterol: 22 mg