



Nutritious + Delicious Game Day Eats

HEALTHY, TOUCHDOWN-WORTHY RECIPES FOR FOOTBALL SUNDAY



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BBQ Chicken Flatbread Pizza

Ingredients

- 2 whole-wheat flatbreads or 6½-inch whole wheat pitas
- ½ cup reduced-sugar barbecue sauce
- 1½ cups cooked chicken breast, shredded
- ½ cup canned black beans, drained, rinsed
- ½ cup corn kernels
- ½ medium red onion, chopped
- ½ cup shredded cheddar cheese
- ¼ cup fresh cilantro, finely chopped
- 1 Tbsp. fresh lime juice

Instructions

Preheat oven to 350° F.

Place flatbreads on a large baking sheet. Spread barbecue sauce evenly on flatbreads. Top flatbreads evenly with chicken, black beans, corn, onion, and cheese.

Bake for 5 to 8 minutes, or until cheese is melted.

Top evenly with cilantro and drizzle with lime juice. Serve immediately.

Makes 4 servings, 1/2 flatbread each.

Margherita Pizza

Ingredients

- Nonstick cooking spray
- 1 (16-oz.) package whole wheat pizza dough, at room temperature
- 2 tsp. extra-virgin olive oil
- ¼ cup tomato sauce, no sugar added
- 1 cup shredded mozzarella cheese
- 1 medium tomato, sliced
- ¼ cup whole basil leaves, torn in small pieces

Instructions

Preheat the oven to 450° F. Lightly coat 12-inch pizza pan with spray. Starting at the center, and moving outward, use your fingertips to press dough to ½-inch thick. Stretch dough until it won't stretch any further. Let dough relax for 5 minutes; continue to stretch to desired diameter. Drizzle oil over dough; spread with a pastry brush to the edges.

Spread tomato sauce evenly over the dough, leaving a quarter-inch border. Layer with cheese, tomato, and basil. Bake for 15 to 18 minutes, or until crust is golden brown and cheese is bubbling.

Makes 6 servings.

Barbecue Spaghetti Squash Sliders

Ingredients

Parchment paper
1 medium spaghetti squash about 3 lbs.
2 Tbsp olive oil divided use
¼ tsp. sea salt or Himalayan salt
¼ tsp. ground black pepper
2 cups shredded green cabbage
1 cup shredded red cabbage
¼ cup vegan mayonnaise or all-natural mayonnaise
1 tsp. Dijon mustard
1 dash ground celery seed optional
1 dash ground white pepper or ground black pepper
1 medium onion finely chopped
1 tsp. garlic powder
½ tsp. ground cumin
½ tsp. ground paprika
¼ tsp. crushed red pepper flakes optional
2 Tbsp. low-sodium organic vegetable broth
¼ cup all-natural smoked barbecue sauce no sugar added
12 small whole-grain dinner rolls cut in half lengthwise, toasted (if desired)
24 thinly-sliced pickles low-sodium if possible

Instructions

Preheat oven to 375° F. Line large baking sheet with parchment paper. Set aside. Cut spaghetti squash in half lengthwise. Remove seeds and membrane. Place spaghetti squash, cut side up, on baking sheet. Evenly drizzle with 1 Tbsp. oil. Season with salt and pepper. Place cut side down. Bake for 40 to 45 minutes, or until tender.

While spaghetti squash is baking, make coleslaw by combining green and red cabbage, mayonnaise, mustard, celery seed (if desired), and white pepper in a medium bowl; mix well. Refrigerate, covered, until ready to use. Heat remaining 1 Tbsp. oil in large nonstick skillet over medium-high heat. Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent. Add garlic powder, cumin, paprika, and red pepper flakes (if desired); cook, stirring constantly, for 2 minutes. Add broth; cook, stirring frequently, for 1 minute. Remove from heat. Set aside.

Scrape spaghetti squash flesh into stringy noodles. Add to skillet; cook, over medium-high heat, stirring frequently, for 1 to 2 minutes, or until broth is absorbed. Add barbecue sauce; cook, stirring constantly, for 3 to 4 minutes, or until well coated and heated through. Evenly top each bottom roll with spaghetti squash mixture, coleslaw, 2 pickles, and top roll; serve immediately.

Makes 6 servings, 2 sliders each.

Philly Cheese Steak Sliders

Ingredients

2 tsp. olive oil
1 medium onion, sliced
1 medium green (or red) bell pepper, sliced
8 oz. sliced mushrooms
1 Tbsp. fresh oregano, finely chopped (or 1 tsp. dried oregano leaves)
Sea salt (or Himalayan salt) and ground black pepper (to taste; optional)
8 oz. raw lean beef sirloin, sliced very thin
¼ cup sliced banana (or cherry) peppers (optional)
2 oz. provolone cheese, thinly sliced
4 small whole-wheat rolls, split, toasted

Instructions

Heat oil in large nonstick skillet (or griddle) over medium-high heat.
Add onion and bell pepper; cook, stirring frequently, for 3 to 5 minutes, or until onions are soft. Add mushrooms and oregano. Season with salt and pepper if desired; cook, stirring frequently, for 3 to 5 minutes, or until mushrooms are soft.
Add sirloin; cook, stirring frequently, for 3 to 4 minutes, or until beef is cooked through. Top evenly with banana peppers (if desired) and cheese. Remove from heat; cover and let stand for 1 to 2 minutes, or until cheese is melted.
Top buns evenly with meat mixture; serve immediately.

Makes 4 servings.



Sweet Potato Skins With Turkey Bacon and Tomatoes

Ingredients

4 baked medium sweet potatoes cut in half
1 tsp. olive oil
½ tsp. sea salt (or Himalayan salt)
½ cup reduced-fat (2%) plain Greek yogurt
2 slices cooked turkey bacon chopped
2 medium tomatoes chopped
8 green onions thinly sliced

Instructions

Heat oven to 400° F. Scoop flesh out of sweet potatoes and reserve for another use. Place skins on a baking sheet. Brush with oil and sprinkle with salt. Bake for 10 minutes, or until crisp. Top each sweet potato half evenly with yogurt, turkey bacon, tomato, and green onions.

Makes 4 servings.

Sweet Potato Skins With Chicken and Spinach

Ingredients

4 baked medium sweet potatoes cut in half
1 tsp olive oil
½ tsp sea salt (or Himalayan salt)
4 oz shredded cooked chicken breast
1 tsp all-natural taco seasoning no salt added
1 cup steamed spinach
½ cup reduced-fat (2%) plain Greek yogurt
¼ cup chopped fresh cilantro

Instructions

Heat oven to 400° F. Scoop flesh out of the sweet potatoes and reserve for another use. Place skins on baking sheet. Brush with oil and sprinkle with salt. Bake for 10 minutes, or until crisp. While skins are baking, combine chicken and taco seasoning in a small bowl; mix well. Set aside. Replace sweet potato flesh and top each sweet potato half evenly with spinach, chicken mixture, yogurt, and cilantro.

Makes 4 servings.

Buffalo Chicken Dip

Ingredients

2 oz . Neufchatel cheese, softened
1½ cups reduced fat (2%) plain Greek yogurt
¾ cup shredded part-skim Mozzarella cheese
⅓ cup cayenne pepper hot sauce
¼ cup crumbled blue cheese
1½ cups shredded cooked chicken
Nonstick cooking spray
4 cups raw vegetables (like celery sticks, carrots sticks, jicama sticks, cherry tomatoes, and cucumber slices)

Instructions

Preheat oven to 350° F. Combine Neufchatel cheese, yogurt, mozzarella cheese, hot sauce, blue cheese, and chicken in a medium bowl; mix well. Place in a 1½-quart baking dish that is lightly coated with spray. Bake for 25 to 30 minutes, or until cheese is melted and edges begin to slightly brown. Serve immediately with raw vegetables for dipping.

Makes 8 servings, about ½ cup dip and ½ cup veggies each

Zucchini Fries

Ingredients

Nonstick cooking spray
¼ cup whole-wheat flour
2 Tbsp. cornmeal
1 tsp. sea salt
½ tsp. ground black pepper
3 medium zucchini, cut into ½ x 3-inch sticks
2 large egg whites, lightly beaten

Instructions

Preheat oven to 475° F. Line baking sheet with foil; lightly coat with spray. Combine flour, cornmeal, salt, and pepper in a large resealable plastic bag; shake to combine. Working with a few pieces at a time, dip zucchini in egg whites and lift out, letting excess drip back into bowl; drop zucchini into bag containing flour mixture. Seal bag and shake to coat. Repeat with remaining zucchini. Place zucchini on prepared baking sheet. Bake for 12 to 14 minutes, turning after 6 minutes, or until tender-crisp and golden brown.

Makes 4 servings

Buffalo Chicken Tenders With Blue Cheese Dip

Ingredients

4 Tbsp hot pepper sauce, divided use
2 Tbsp white vinegar
1 tsp garlic powder
1 tsp ground paprika
1 dash ground cayenne pepper to taste (optional)
1 lb raw chicken breast tenders
¼ cup reduced-fat (2%) plain yogurt
1 Tbsp crumbled blue cheese
4 medium celery stalks, cut into sticks

Instructions

Combine 1 Tbsp. hot sauce, vinegar, garlic powder, paprika, and cayenne (if desired) in a small bowl; mix well. Add chicken; toss to coat. Marinate, covered, in refrigerator for 30 minutes. Preheat oven to 375° F. Place chicken in a baking dish. Discard any remaining marinade. Bake for 12 to 15 minutes, or until chicken is no longer pink in the middle.

While chicken is baking, combine yogurt and cheese in a small bowl; mix well. Set aside.

Combine chicken and remaining 3 Tbsp. hot sauce in a large bowl; toss gently to blend.

Serve chicken with dip and celery.

Makes 4 servings.



Spicy Sweet Potato Fries

Ingredients

2 large yams, peeled, cut into ½-inch thick lengthwise batons
2 Tbsp. extra-virgin olive oil
1 Tbsp. chili powder
Sea salt (or Himalayan salt) (to taste; optional)

Instructions

Heat oven to 400° F. Place sweet potatoes in a large bowl. Drizzle with oil; toss gently to coat.

Season with chili powder and salt; toss gently to coat. Spread potatoes in a single layer on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, turning once, until brown and tender. Cool for 5 minutes before serving.

Makes 3 servings.

Golden Ranch Dip With Collagen Boost

Ingredients

¾ cup reduced-fat (2%) plain Greek yogurt
¼ cup reduced-fat sour cream
2 Tbsp. chopped chives
1 Tbsp. chopped parsley
2 tsp. garlic powder
2 tsp. dried dill
1 tsp. onion powder
1 tsp. ground turmeric
2 scoops Collagen Boost
Ground black pepper (to taste; optional)

Instructions

Place yogurt, sour cream, chives, parsley, garlic powder, dill, onion powder, turmeric, and Collagen Boost in a blender or food processor; cover. Blend until smooth. Sprinkle with ground black pepper (if desired). Serve immediately, or store refrigerated in an airtight container for up to 5 days.

Makes 2 servings, approx. ½ cup each

Cheesy Cauliflower Nachos

Ingredients

1 medium head cauliflower cut into florets
2 tsp. olive oil
½ tsp. ground cumin
¼ tsp. sea salt or Himalayan salt
¼ tsp. chili powder
¼ tsp. garlic powder
½ cup shredded Monterey jack or pepperjack cheese
¼ cup chopped tomato
¼ cup chopped red onion
¼ cup chopped orange bell pepper
1 medium jalapeño seeds and veins removed (optional), sliced (can add a second if desired)
½ cup mashed avocado
2 Tbsp. finely chopped cilantro

Instructions

Preheat oven to 425° F. Place cauliflower on baking sheet. Drizzle with oil. Sprinkle with cumin, salt, chili powder, and garlic powder; toss gently to blend. Spread evenly on baking sheet. Bake for 30 to 35 minutes, or until tender-crisp and golden. Top evenly with cheese. Bake for 3 to 5 minutes, or until cheese is melted. Top evenly with tomato, onion, bell pepper, jalapeños, avocado, and cilantro; serve immediately.

Makes 4 servings.



Bell Pepper Nachos

Ingredients

Nonstick cooking spray
¼ medium onion chopped
8 oz raw 93% lean ground turkey
1 tsp. Taco Seasoning Blend
¼ cup water
1 medium orange bell pepper cut into 1-inch wide slices
¼ cup shredded sharp cheddar cheese
1 medium jalapeño seeds and veins removed, sliced (optional)
½ cup pico de gallo or fresh tomato salsa

Instructions

Preheat oven to 375° F. Heat medium saucepan, lightly coated with spray, over medium-high heat.

Add onion; cook, stirring frequently, for 4 to 5 minutes, or until onion is translucent.

Add turkey; cook, stirring frequently, for 4 to 5 minutes, or until turkey is no longer pink.

Add Taco Seasoning Blend and water. Mix well; cook, stirring frequently, for 2 minutes, or until water evaporates. Arrange peppers in an oven-proof baking dish; top with turkey mixture and cheese. Bake for 5 to 8 minutes, or until cheese melts.

Divide pepper mixture evenly between two serving plates. Top with jalapeños (if desired) and pico de gallo; serve immediately.

Makes 2 servings.





Classic Nachos

Ingredients

- 4 (6-inch) corn tortillas, cut into wedges
- 2 tsp. olive oil
- ½ medium lime
- 1 dash chili powder
- Sea salt (or Himalayan salt) (to taste, optional)
- ½ cup pinto beans, warm
- 4 oz cheddar, (or jack) cheese, shredded
- 2 medium tomatoes chopped
- ½ medium onion, finely chopped
- ½ medium green bell pepper, chopped
- ½ medium jalapeno, seeds and veins discarded, finely chopped
- ¼ medium avocado, chopped
- 4 fresh cilantro sprigs, chopped
- 2 Tbsp. reduced-fat (2%) plain Greek yogurt

Instructions

Heat oven to 375° F.

Brush both sides of tortillas with oil. Arrange in a single layer on a baking sheet. Bake for 10 to 15 minutes, or until crisp.

Squeeze lime over chips. Sprinkle with chili powder and salt (if desired).

Arrange half of the tortilla chips in a medium baking dish. Layer with half the beans and cheese.

Repeat. Bake chip mixture for 3 to 4 minutes, or until cheese melts.

Top with tomatoes, onion, bell pepper, jalapeno, avocado, cilantro, and yogurt.

Makes 4 servings.

Fudgy Avocado Brownies

Ingredients

Nonstick cooking spray
1 medium ripe avocado, mashed
¼ cup coconut oil, melted
1 large egg, lightly beaten
½ cup pure maple syrup
1 tsp. pure vanilla extract
¾ cup unsweetened cocoa powder
½ tsp. sea salt (or Himalayan salt)
¼ cup gluten-free flour
⅓ cup dark chocolate chips

Instructions

Preheat oven to 350° F. Line an 8 x 8-inch baking pan with aluminum foil. Lightly coat with spray. Set aside. Combine avocado, oil, egg, maple syrup, and extract in a medium bowl; mix well. Set aside. Combine cocoa powder, salt, and flour in a medium bowl; mix well. Add cocoa powder mixture to avocado mixture; mix well. Add chocolate chips; mix until blended. Pour batter into prepared pan; spread to make even. Bake for 33 to 36 minutes, or until toothpick inserted in center comes out clean. Cool for an hour before removing from pan. Cut into sixteen squares.

Makes 16 servings.

Chocolate Chip Cookies

Ingredients

¼ cup extra-virgin organic coconut oil, solid
½ cup coconut sugar
1 large egg yolk
1 tsp. pure vanilla extract
1 cup gluten-free all-purpose flour
¼ tsp. baking soda, gluten-free
¼ tsp. baking powder, gluten-free
½ tsp. sea salt (or Himalayan salt)
¼ cup dark chocolate

Instructions

Preheat oven to 325° F. Line two baking sheets with parchment paper. Set aside. Combine oil and sugar in a large mixing bowl, using a hand mixer; beat until well mixed. Add egg yolk and extract; mix well. Set aside. Combine flour, baking soda, baking powder, and salt in a medium bowl; mix well. Add oil mixture to flour mixture; mix well. Fold in chocolate chips. Roll into Tbsp.-sized balls and place on prepared baking sheets. Bake for 10 to 12 minutes, or until golden brown.

Makes 16 servings.



No-Bake S'mores Bars

Ingredients

- 2 whole-wheat graham crackers (1 cracker sheet each) broken into large pieces
- 1 large ripe banana mashed
- $\frac{1}{2}$ cup all-natural almond butter
- 2 Tbsp. unsweetened cocoa powder
- 4 scoops Chocolate Whey protein powder divided use (I use Shakeology)
- $\frac{3}{4}$ cup part-skim ricotta cheese
- 1 scoop Vanilla Whey protein powder (I use Shakeology)
- 2 to 3 drops marshmallow flavor (optional)
- 3 Tbsp. extra-virgin organic coconut oil melted

Instructions

- Place graham crackers in food processor (or blender); process continuously until crackers are crushed into fine crumbs. Set aside.
- Line an 8 x 8-inch pan with plastic wrap (or aluminum foil). Evenly sprinkle $\frac{1}{3}$ of graham cracker crumbs in bottom of pan. Set aside.
- Combine banana, almond butter, cocoa powder, 2 scoops Chocolate protein powder, and $\frac{1}{3}$ of graham cracker crumbs in a medium bowl; mix well with clean hands or a rubber spatula.
- Press chocolate mixture into prepared pan. Cover with plastic wrap and press down to flatten into pan. Refrigerate for 1 hour to set.
- Place cheese, Vanilla Whey protein powder, and marshmallow flavor in food processor (or blender); process until smooth and well blended.
- Evenly spread cheese mixture over chocolate mixture. Set aside.
- Combine remaining 2 scoops Chocolate Whey protein powder and oil in a small bowl; mix until smooth. Evenly spread Chocolate protein powder mixture over cheese mixture.
- Sprinkle top with remaining $\frac{1}{3}$ of graham cracker crumbs.
- Lightly press graham cracker crumbs into top.
- Refrigerate for 1 hour, or until set.
- Cut into twelve bars (approx. $2\frac{1}{2}$ x 2-inches). Serve immediately, or store in an airtight container in the refrigerator for up to three days.

Makes 12 servings.

Baked Pumpkin Donuts

Ingredients

1½ cups gluten-free all-purpose flour
⅓ cup coconut sugar
1 tsp. baking powder
½ tsp. baking soda
½ tsp. sea salt (or Himalayan salt)
¾ tsp. pumpkin pie spice
¼ tsp. ground nutmeg
⅓ cup pumpkin puree
4 Tbsp. extra-virgin organic coconut oil, melted, divided use
½ cup canned coconut milk
Nonstick cooking spray
¼ cup pure maple syrup
¼ cup coconut butter, softened
2 Tbsp. water

Instructions

Preheat oven to 350° F. Combine flour, sugar, baking powder, baking soda, salt, pumpkin pie spice, and nutmeg in a large bowl; mix well. Set aside.

Combine pumpkin, 2 Tbsp. oil, and coconut milk; mix well.

Add pumpkin mixture to flour mixture; mix until just blended. Place batter in large re-sealable plastic bag. Cut off one corner to create a piping bag. Pipe batter into a donut pan lightly coated with spray, filling ¾ full.

Bake for 8 to 12 minutes, or until a toothpick inserted in the middle comes out clean. Cool to room temperature. While donuts are baking, place maple syrup, coconut butter, and remaining 2 Tbsp. oil in blender; cover. Blend until smooth.

Place glaze in a medium bowl. Dip top of each donut into glaze; place on a wire rack until glaze sets.

