

Healthy Buffalo Chicken Dip

Joy Bauer

This decadent dish tastes like a big bowl of buffalo wings dipped in blue cheese. I snuck in some cauliflower and Greek yogurt to bump up the nutrition and volume, but I promise nobody will even notice. For sports fans, this makes a perfect game day snack. Grab your carrot and celery sticks, and get dipping!

Nutrition info: 150 calories for 1/2 cup (nutrition based on fat-free sour cream)

*I use skinless rotisserie chicken and sometimes add more than 2 cups for a heartier dip.

Nutrition analysis courtesy of Genesis® R&D

Ingredients

2 cups cooked chicken, shredded*
1 cup cauliflower rice
6 ounces (3/4 cup) nonfat plain Greek yogurt
8 ounces (1 cup) fat-free or low-fat sour cream
4 ounces (1/2 cup) reduced fat cream cheese, softened
2 tablespoons scallions, chopped, plus more for garnish
1/4 cup hot sauce
1/4 cup blue cheese, crumbled (or use 2% reduced fat, shredded Mexican cheese)
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
TO SERVE (OPTIONAL)
Celery sticks
Carrot sticks
Whole grain pita chips

CAMILLE'S BUFFALLO CHICKEN TENDERS

- Flour
- Cayenne Red Pepper
- Seasoned bread crumbs
- 1lg or 2 sm Frank's Red Hot Buffalo Wing Sauce
- 6 eggs
- Chicken tenders
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- Add red pepper to flour. Coat chicken with flour mixture. Mix 1/2 lg or 1 sm Frank's sauce to eggs and combine. Dip floured chicken into egg mixture then dip in bread crumbs. Use a non stick pan. Coat with cooking spray. Brown lightly. Remove from

pan and place in shallow casserole. Coat with other bottle or ½ Frank's sauce. Bake 350 20 min.

CAMILLE'S LIGHTER BLUE CHEESE DRESSING

Blend 3 oz Gorgonzola or blue cheese, crumbled in a bowl with 3 oz of softened light cream cheese. Stir in 1/4 cup light cream, ¼ cup light mayonnaise, 1/2 cup nonfat Greek yogurt, ½ teaspoon Worcestershire sauce, ¼ teasp garlic powder, and ¼ teasp dry mustard. Beat until fluffy and chill.

SWEET POTATO SKINS

Recipe courtesy of Food Network Kitchen

Sweet Potato Skins

Total Time:

2 hrs. 40 min

Prep:

10 min

Inactive:

1 hrs.

Cook:

1 hrs. 30 min

Yield: 8 servings (3 pieces per person)

Level: Easy

Ingredients

6 medium sweet potatoes (about 2 1/2 pounds)

3-tablespoon extra-virgin olive oil

1 cup shredded part-skim mozzarella

2 tablespoons grated Parmesan

2 scallions, thinly sliced

½ cup salsa Verde

1/2 avocado, pitted and cut into small pieces

1 cup black bean chips, crushed

Directions

Position an oven rack in the top of the oven, and preheat to 350 degrees F. Put the sweet potatoes on a rimmed baking sheet, and bake until fork-tender, 40 to 50 minutes. Let cool completely. (The potatoes can be baked, cooled and refrigerated a day ahead.) Split each in half lengthwise, and scoop out most of the flesh, leaving about a 1/4-inch border all around. (Save the scooped-out flesh for making mashed sweet potatoes later.)

Preheat the oven to 400 degrees F. put a rack on a rimmed baking sheet. Arrange the potato skins skin-side up on the rack, and brush with 2 tablespoons of the oil. Bake until the skins are slightly browned, 20 to 30 minutes. Let cool completely, then cut each in half crosswise.

Arrange the pieces skin-side down on the rack, and sprinkle each with mozzarella, Parmesan and scallions. Bake until the mozzarella melts, 8 to 10 minutes. Remove the potato skins from the oven, and drizzle with the remaining tablespoon of oil. Top each with some salsa Verde and avocado. Sprinkle with crushed chips.

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From Food Network Kitchen

SWEET POTATO TOUCHDOWN COMPLIMENTS OF JOY *BAUER*

NUTRITION FACTS **This recipe makes 2 servings**

Amount per Serving

- Calories: 140
- Protein: 3 g
- Total Fat: 6 g
 - Unsaturated Fat: 4 g
 - Saturated Fat: 2 g
- Cholesterol: 5 mg
- Total Carbohydrate: 22 g
- Dietary Fiber: 4 g
- Total Sugar: 4 g
 - Natural Sugar: 4 g
 - Added Sugar: 0 g
- Sodium: 360 mg

Move over, potato skins. This Sweet Potato Touchdown is a snap to make, requiring only a few simple ingredients. The avocado adds heart-healthy unsaturated fat and fiber, and the sweet potatoes are loaded with beta-carotene, which is converted by the body to

vitamin A to help boost immunity and promote a healthy complexion. Don't forget to (clean and then) eat the skin—lots of feel-good action lurking inside.

- **PREP TIME 10 MINUTES**
- **TOTAL TIME 15 MINUTES**

INGREDIENTS:

- 1 sweet potato, roasted
- ¼ cup guacamole
- 3 tablespoons salsa
- 2 tablespoons light sour cream or non-fat plain Greek yogurt

PREPARATION:

Top each sweet potato half with 2 tablespoons guacamole, then 1½ tablespoons salsa. Place the sour cream or Greek yogurt in a plastic bag and cut a tiny hole in the corner. Use about 1 tablespoon per each sweet potato half to make the football-lace piping.

1 serving = ½ sweet potato

For more game-day eats, try these [Football Protein Pretzels](#) and [Bell Pepper Nachos!](#)
Nutrition analysis courtesy of [Genesis® R&D](#)

BEAN SALAD

1 15oz can black eyed peas
1 15oz can whole kernel corn
1 15oz can chickpeas
1 15oz can spicy chili beans
Rinse all the peas and beans put in a large bowl

1 red bell pepper chopped
1 green bell pepper chopped
1lg (or 2 small) jalapeno pepper seeded and chopped
1 red onion chopped
1 pint grape tomatoes chopped
Add to the bowl

Dressing: in a smaller bowl
1/2 cup red wine vinegar
1 TBS balsamic vinegar
Salt & pepper to taste
1 TBS Dijon mustard
1/2 tsp. honey
1/4 cup olive oil
Wisk the dressing pour over beans and toss

THE GREAT GREEK PIZZA

PER SERVING (entire recipe): 277 calories, 4.75g fat, 990mg sodium, 38g carbs, 8.5g fiber, 4.5g sugars, 19g protein -- *POINTS®* value 5*

Ingredients:

1/2 cup chopped spinach, thawed from frozen, squeezed dry
2 tbsp. crumbled fat-free feta cheese
1/2 tsp. crushed garlic
1 stick light string cheese

1 whole-wheat or high-fiber pita
3 tbsp. canned crushed tomatoes
2 thin slices red onion, rings separated and
halved 1 tbsp. sliced black olives
4 slices plum tomato
Dash dried oregano *or* 1/4 tsp. fresh oregano
Optional: salt and black pepper

Directions:

Preheat oven to 375 degrees.

In a medium bowl, combine spinach, feta cheese, and garlic. Mix well and set aside.

Break string cheese into thirds and place in a food processor or blender -- blend at high speed until cheese takes on a shredded or grated consistency. (Or just tear string cheese into pieces and roughly chop.) Set aside.

Spray a baking sheet with nonstick spray, and lay pita in center. Spread crushed tomatoes over the pita, leaving a 1/2-inch border around the edge. Evenly top with spinach-feta mixture, and then cover with shredded/grated string cheese.

Place onion, olive, and tomato slices on top of your "pizza," and sprinkle with oregano. Bake in the oven for 8 - 10 minutes, until pizza is hot and string cheese has melted. If you like, season to taste with salt and pepper. Cut into wedges, and enjoy!

MAPLE PUMPKIN SPICE POPCORN

INGREDIENTS:

- 2 tablespoons brown sugar
- 2 tablespoons maple syrup
- 1 ½ Teaspoons pumpkin spice
- 1 tablespoon butter
- ½ cup chopped pecans, optional
- 5 cups popped popcorn

DIRECTIONS:

In a large saucepan or pot, heat brown sugar, maple syrup and pumpkin pie spice mix over medium heat. Cook, stirring, 3 minutes or until sugar is dissolved and mixture is bubbling. Stir in butter until melted and well blended. Add pecans, if desired, add popcorn and stir until well coated. Allow mixture to cool before serving. Store in airtight container. Yield: 5 cups

