

# A Healthy Game Plan for Your Super Bowl Party

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For many football fans, Super Bowl Sunday means chips, dips, wings, pizza and tons of fried food. According to the National Chicken Council, prices and demand for hot wings are going to skyrocket in the days leading up to the Super Bowl. This year be creative and HEALTHY and give your guests game-time snacks that won't weigh them down. With only a few ingredients (and a few extra minutes of your time) you can make your own snacks at a low price.

**Personal Trainer, Certified Nutritionist & Exercise Physiologist, Franci Cohen** can show you a few easy ways to make substitutions in your menu and score a touchdown with these healthy snacks.

## **Crispy Crunchy Chicken Sticks:**

What you will need:

First take each chicken finger and slide onto a wooden skewer (skewers should be pre-soaked in water to prevent burning). Coat chicken skewer in flour and then brush honey onto chicken to fully coat. Next, dip chicken in mixture of equal parts glazed pecans (finely chopped or pulsed in food processor) and Panko flakes, and season with salt and some cayenne pepper to taste. Now, were going to BAKE these skewers! Line skewers on greased tray and bake at 350 degrees for about 10 minutes, or until chicken appears golden but still moist.

\*Serve with choice of hot sauce, spicy mayo, or other spice-infused dip for a sweet and spicy chicken treat!

Also try this instead of a Super Sub!

## **Revamped Deli Roll**

What you will need:

Lay 1 rice paper wrapper on a cutting board and spread mixture of equal parts mustard and mayo. Next, place a few slices of pastrami on top. Then, spread some instant mashed potatoes over pastrami (instant mashed potatoes are dehydrated potato flakes. Rehydrate with a little water and a touch of earth balance or other butter alternative). Place some roast beef on next and then a few rings of caramel onions. Top it off with a few slices of turkey breast. Finally, roll it up tightly in jelly-roll fashion, slice & serve!

\*looks like giant colorful sushi pieces, that are scrumptious to eat and light on the carbs, fat and calories!

## **Beet Sliders:**

Chimichurri:

Mix all chimichurri ingredients together in blender to form a creamy mayo texture. Lightly toast/warm slider buns in oven. Spread some chimichurri spread on bottom of bun. Top with a beet then spread a bit more chimichurri on top of beet. Top it off with se arugula mixed greens. Spread a little more chimichurri on top bun, and use bun to close slider. Stick a toothpick into slider to secure all ingredients in place. This is a great Super Bowl option for vegetarians, and those who just want a break from the grease-laden meat. Boiling the beets in pickling spices (generally used for corned beef), offers that meaty taste without all the day and cholesterol!

by: ***Franci Cohen***