

POCONO RECORD

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Keeping Super Bowl snackers satisfied

Plan your recipes quarter by quarter to keep fans full until final score

SUPER BOWL RECIPES

MINI MAC 'N' CHEESE POPOVERS

RECIPE FROM: Franci Cohen, personal trainer, certified nutritionist

INGREDIENTS

1 box elbow noodles
3 tablespoons butter
2 tablespoons flour
4 cups skim milk
1 cup low-fat Muenster cheese
8 American cheese slices
½ cup part-skim cheddar cheese
½ panko flakes (Japanese bread crumbs)
Cooking spray
Mini muffin trays

PROCEDURE

Preheat oven to 375 degrees F.

Start by melting the butter in a saucepan on medium heat. Then, whisk in flour to form a roux and gradually whisk in the skim milk. Bring to a boil.

Reduce heat and add Muenster, American and cheddar cheeses, and then remove cheese sauce from heat.

For the pasta, cook noodles as directed on box. Al dente is best.

After draining the noodles, return them to the pot and pour the cheese sauce over pasta. Mix well.

Spoon the mac 'n' cheese mixture into greased muffin tray.

Top each mini mac 'n' cheese with panko flakes.

Place tray in the oven and bake until cheese mixture sets and tip of each popover is brown and toasty (about 10-15 minutes).

BLACK 'N' WHITE SPAGHETTI & MEATBALL SWIRLS

YIELD: 25 to 30 meatballs

RECIPE FROM: Franci Cohen, personal trainer, certified nutritionist

INGREDIENTS

½ pound extra lean chopped meat

½ pound ground turkey

5 large organic eggs

3 tablespoons whole grain bread crumbs

Salt and pepper to taste

Canola oil

1 bag organic black bean spaghetti

1 box artichoke spaghetti

Fun skewers or long toothpicks

48-ounce jar marinara sauce

PROCEDURE

Mix chopped meat and ground turkey together in a large bowl. Add eggs, bread crumbs and salt and pepper, and mix with hands until well incorporated.

In a frying pan, heat a thin layer of canola oil on medium for 3 to 4 minutes. Add meatballs, one by one, making sure not to overcrowd the pan.

Once the meatballs are lightly browned on both sides, add marinara sauce. Then turn the heat up, cover and bring to a boil.

Reduce heat and simmer for 10 to 15 minutes until meatballs are fully cooked.

Cook both spaghetti products as instructed on package.

On a serving plate, alternate swirled bundles (swirl with a fork) of black bean spaghetti and artichoke spaghetti. Spoon sauce over each and top with a single meatball.

Secure meatball and pasta bundle in place with skewer or toothpick.

First-quarter appetizers

Franci's Mac 'n' Cheese Popovers are a perfect first-quarter appetizer. The popovers can be served on a platter with some veggies and dip garnish, said **Franci Cohen of Brooklyn, N.Y., personal trainer and certified nutritionist.**

"This will brighten up the display and encourage guests to try the veggies as well," she said.

Cherry tomatoes, broccoli, cauliflower and carrots with ranch dressing go well with this appetizer.

Serving appetizers and finger foods during the first quarter helps keep things simple and allows guests to snack and mingle with other guests as the game gears up, Cohen said.

Second-quarter goodies

This is a good time to serve food from slow cookers or chafing pans, according to Hendry.

That way, guests can fill bowls and help themselves, he said.

Try dishes that only require a bowl and spoon to eat, such as beans and rice.

Hendry suggested making several different recipes.

"Maybe one with a spicy sauce and sausage, or a black bean and rice as a vegetarian dish," he said.

Set out a tray with condiments, including sour cream, grated Parmesan cheese, croutons, bacon bits and just about any other topping you think your guests might find tasty.

Fill a basket with different types of sliced artisan breads and rolls, as well as plenty of soft whipped butter.

Half-time show

Half-time is a good time to replenish the serving dishes and put out more rolls, if needed.

Cohen suggested serving Spaghetti Meatball Swirls for a half-time meal.

"Because your guests are more likely to be seated to watch the halftime show, instead of jumping around cheering for their teams, the white and black swirl with two meatballs is like serving a main course, only easier to serve," she said