

## Healthy Tailgating 101

Football season is here and with that comes tailgating and lots of eating. There are healthy and delicious alternatives to the typical tailgate menu. This year, tailgate smarter by checking out these healthy ideas and recipes for the next big game.

### If you usually serve:

**Nachos**

Salsa is actually really good for you especially if you make it yourself with fresh tomatoes, onions, cilantro and peppers.

### Try this instead:

**Baked Chips and Salsa**

**Chicken Wings**

Boneless, skinless chicken can be marinated in advance and will cook quickly when thrown on a hot grill.

**Marinated Grilled Chicken**

**Lil' Smokies**

Here's a good low sugar recipe that can be used as a BBQ sauce substitute for turkey meatballs: 12 oz jar sugar free grape jelly and 12 oz bottle chili sauce. Mix it up, cover meatballs and heat through. (Works great in a slow cooker!)

**Turkey Meatballs**

**Take-out Pizza**

Make your own, or at the least when ordering, order thin whole wheat crust covered in your favorite fresh veggies.

**Vegetable Pizza**

**Potato Salad**

Fill up on as many grilled veggies as you want. Drizzle some olive oil on them after they come off the grill.

**Grilled Veggies**

**Queso**

Hummus is filled with fiber, protein and healthy fats. It comes in different flavors and is a crowd-pleaser.

**Hummus and Whole Wheat Pita**

## Show Your Colors

To serve as an appetizer or dessert, set out fruit or veggie trays that show off your school spirit!

### Fruit Trays

#### OU - Crimson/Cream

**Crimson** / strawberries, apple slices, watermelon, cherries, raspberries, cranberries, red grapes

**Cream** / honeydew melon, pears, low-fat yogurt dip

#### OSU - Orange/Black/White

**Orange** / orange slices, cantaloupe, mangos, apricots

**Black** / blackberries, purple grapes

**White** / honeydew melon, pears, low-fat yogurt dip

### Veggie Trays

#### OU - Crimson/Cream

**Crimson** / red peppers, radishes, red onion, red potato slices, tomatoes

**Cream** / cauliflower, mushrooms, onions, low-fat veggie dip

#### OSU - Orange/Black/White

**Orange** / carrots, pumpkin, sweet potatoes

**Black** / black olives, black beans

**White** / cauliflower, mushrooms, onions, low-fat veggie dip

Come up with your own ideas that fit your school colors!

## Easy Recipes

### Sweetly Spiced Yogurt Dip

1 cup low-fat vanilla yogurt  
sprinkle of brown sugar  
1 tbsp ground cinnamon  
2 tbsp honey

Combine, whisk and chill for 1-2 hours and serve with sliced fruit.

### Basic Veggie Dip

1 16 oz container fat-free cottage cheese  
1 pkg ranch dressing mix

Put cottage cheese in blender and blend until completely smooth. Pour into a bowl. Add pack of ranch mix. Cover, and refrigerate overnight so the powder has time to dissolve.