

Tailgating 101

The Guide to Healthy Sports Party Foods

Lexington-Fayette County Health Department

Having fun at tailgating parties doesn't have to ruin your healthy diet. Most favorite party foods have a healthy alternative. Check out these suggestions and recipes, and have fun cheering on your team.

- Baked tortilla chips and salsa
- Fresh fruit salad
- Veggie sticks and low-fat dip
- Oatmeal raisin cookies
- Fruit and low-fat vanilla yogurt parfaits
- Grilled chicken instead of fried

Five-Star White Turkey Chili

Ingredients

1 tablespoon stick margarine or butter
1 1/2 cups chopped onion
1/2 cup chopped celery
1/2 cup chopped red bell pepper
1 tablespoon minced seeded jalapeño pepper
1 garlic clove, minced
3 cups chopped cooked turkey (about 15 oz)
2 (19-oz) cans cannellini beans or other white beans, drained and divided
2 (16-oz) cans fat-free, low-sodium chicken broth
1 (4.5-oz) can chopped green chilies
1 cup frozen whole-kernel corn
1 1/2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
1/4 teaspoon black pepper
1 cup 1% low-fat milk
1/2 cup chopped fresh cilantro

Preparation

Melt the margarine in a large Dutch oven over medium-high heat. Add onion and next 4 ingredients (onion through garlic), and sauté 5 minutes. Add turkey, 1 1/2 cups beans, broth, and next 6 ingredients (broth through black pepper), and bring to a boil. Cover, reduce heat, and simmer 15 minutes. Mash remaining beans. Add mashed beans and milk to the turkey mixture. Simmer, uncovered, 20 minutes or until mixture is thick, stirring frequently. Stir in chopped cilantro. Yield 11 servings (1 cup each)

Nutritional Information

Calories 217 (19% from fat); Fat 4.6g (sat 1.1g, mono 1.3g, poly 1.6g); Cholesterol 33mg; Protein 19.6g; Carbohydrate 25.1g; Calcium 82mg; Sodium 462mg; Fiber 3.5g; Iron 3.2mg;

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Zippy Deviled Eggs

Ingredients

¼ cup low-fat cottage cheese
2 tablespoons low-fat mayonnaise
1 teaspoon chopped fresh chives
½ teaspoon prepared horseradish
Paprika (optional)

5 hard-cooked eggs
1 tablespoon fat-free sour cream
1 teaspoon prepared mustard
1/8 teaspoon onion powder
Fresh parsley sprigs (optional)

Preparation

Place cottage cheese in container of an electric blender; cover and process until smooth. Slice eggs in half lengthwise; remove yolks. Mash 2 yolks; reserve remaining yolks for another use. Add cottage cheese, mayonnaise, and next five ingredients. Pipe into egg whites. If desired, garnish with paprika and parsley. Yield: 10 servings

Nutritional Information

Calories 34; Protein 3.1 g; Fat 1.9 (Sat 0.5g); Cholesterol 44 mg; Carbohydrate 0.7 g; Fiber 0g; Iron 0.1 mg; Sodium 81 mg; Calcium 10 mg

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Beverages

Those who choose to drink alcoholic beverages should do so sensibly and in moderation—defined as the consumption of up to one drink per day for women and up to two drinks per day for men. Healthier, non-alcoholic beverages include:

- Bottled Water
- Diet soda
- 100% fruit juice
- Smoothies made with juice, yogurt & fruit



Grilled Tomato Salad

Ingredients

1 tablespoon extra virgin olive oil
1 tablespoon fresh lemon juice
2 cloves of garlic minced
3 dashes of Worcestershire sauce
½ cup chopped fresh basil
Salt and pepper to taste
5 large vine ripened tomatoes - quartered
½ loaf of crusty bread torn in 5 pieces

Preparation

Prepare the grill. Whisk in a medium bowl - oil, lemon juice, garlic and Worcestershire sauce, add basil and let set. Combine salt and pepper with the quartered tomatoes. When grill is hot shear the tomatoes, turning frequently until brown on all sides. Toss sheared tomatoes in the basil mixture. Season with salt and pepper. Yield: 5 servings.

Serve with the crusty bread.

*Source: Leslie Ann Britton, Coleman
NASCAR Team Challenge Winner!*