

What do you have for your Superbowl?



- 🍷 Blazin' Buffalo Chicken Dip
- 🍷 Spinach Dip
- 🍷 Guacamole
- 🍷 Jalapeno Poppers
- 🍷 Baked Pizza Dip
- 🍷 5 Minute Coleslaw
- 🍷 Deviled Eggs
- 🍷 Buffalo Chicken Tenders
- 🍷 Shrimp Cocktail
- 🍷 Vegetable Cups with Jalapeno Yogurt Dip
- 🍷 Philly Cheesesteak Dip

Blazin' Buffalo Chicken Dip

2 (10 oz.) can 98% fat free chicken ½ C. Frank's Redhot Buffalo Sauce
 1 (8 oz.) pkg. fat free cream cheese, soft ½ C. Reduced fat mozzarella cheese
 ¼ C. fat free ranch dressing ¼ C. fat free Greek yogurt

1. Preheat oven to 350 degrees.
2. Place the cream cheese in a medium bowl and stir until smooth, Mix in Frank's RedHot, mozzarella cheese, ranch dressing and yogurt. Stir in chicken until thoroughly combined.
3. Spoon mixture evenly into a deep 8x8 baking dish. Bake for 20 min or until heated thoroughly. Stir well and enjoy!!!

** Dip carrots, celery sticks and sliced bell peppers in the delicious dip. Can even be used as a spread on lettuce wraps!!

***For a quick dish, microwave for 5 minutes; stir halfway through.

Whole Recipe: 26.5 proteins.

Guacamole

1 medium Avocado ¼ C Raw Purple Onion
 ½ C Tomatoes, diced 1 tsp. Salt
 2 Tbsp. Lemon juice ¼ C. Cilantro

- Mix all ingredients together until slightly smooth
 Can be used as a dip, dressing & sauce topping

Servings: Whole recipe = 2 veg serving

Baked Pizza Dip

8 oz. fat free cream cheese, softened ¼ C. reduced fat parmesan cheese
 1/2 C. Publix brand Pizza Sauce ¼ C. reduced fat mozzarella cheese

Favorite pizza toppings: onions, peppers, turkey sausage

1. Pre heat the oven to 350 degrees.
2. Mix parmesan cheese and cream cheese.
3. Spread cream cheese mixture on bottom of the pan.
4. Add layer of tomato sauce. Top with mozzarella cheese and favorite toppings. Bake for 15 minutes or until cheese bubbles.

**Eat with turkey pepperoni chips or sliced peppers.

Whole Recipe: 10 Proteins for dip.

Vegetable Cups with Jalapeno Dip

Vegetables cut into strips, (Bell peppers, Carrots, Celery)
 Jalapeno yogurt Dip (purchased at Costco)

1. Place dip at the bottom of a plastic cup. Add vegetables.

Deviled Eggs

6 hard-boiled eggs 2 Tbsp. Tzatziki sauce (Hannah brand)
 1 Tbsp. mustard, optional Paprika for presentation
 Salt and Pepper to taste **Can sub. Greek yogurt or fat free mayo for Tzatziki

1. Combine yolks and all ingredients (not whites) in a bowl, blend well using a mixer or food processor until smooth.
2. Transfer yolk mixture to a large Ziploc bag, cut corner of bag and pipe into egg white halves.
3. Top with paprika and refrigerate 30 minutes or longer before serving.

Entire recipe = 6 protein servings, each half = ½ serving of protein

Spinach Dip

8 oz 1% low fat Cottage cheese 1 (10 oz) pkg. chopped spinach,
 1 (8 oz.) 0% Plain Greek yogurt 1 pack dry vegetable soup mix (Knorr brand)
 4 oz. fat free cream cheese, softened

1. Process cottage cheese in food processor or blender until smooth.
2. Add 0% Greek yogurt & cream cheese in a medium bowl & set aside
3. Press spinach between paper towels until barely moist
4. Add spinach & dry vegetable soup to cheese mixture; stir well
5. Cover & refrigerate for about 3 hours.

Servings: Approximately 4 cups total. 1 cup = 2 proteins

5 Minute Cole Slaw

1 C. 0% plain Greek yogurt 1 Tbsp. White vinegar
 4 C. shredded cabbage 3 Tbsp. Splenda
 2 Tbsp. Lemon Juice Salt & Pepper to taste

1. Add all ingredients to a large bowl
2. Toss to coat well
3. Serve chilled

Entire recipe = 2 protein servings & 4 vegetable servings

1 Cup of Cole Slaw = ½ protein serving & 1 vegetable serving

Baked Buffalo Chicken Tenders

Frozen chicken tenderloins (Publix), unbreaded and thawed
 ½ C. Frank's Redhot Buffalo Sauce
 Grated Parmesan cheese

1. Preheat oven to 350 degrees.
2. In a medium Ziploc bag, toss thawed chicken tenders and Frank's RedHot buffalo sauce until completely covered.
3. Remove from bag and sprinkle with grated parmesan cheese. Place on foil lined baking sheet.
4. Cook for 20-25 minutes or until fully cooked.

4oz. Chicken (2 strips) = 4 proteins

Philly Cheesesteak Dip

8 oz. grilled steak, chopped 1 c diced onion
 1 c diced pepper 8 oz. fat-free cream cheese, softened
 ½ c (4 oz.) plain Greek yogurt 4 oz. low-fat shredded mozzarella

1. Saute onion and pepper in olive oil over medium heat.
2. Mix cream cheese, yogurt, mozzarella and chopped steak, stir until well combined.
3. Add cooked onion + pepper to bowl and bake at 350 for 20-25 min.

Entire recipe: 15 proteins, 4 vegetables 1 serving: 4 proteins, 1 vegetable

Jalapeno Poppers

3 slices of Turkey bacon 8 oz. fat free cream cheese, softened
 ¼ cup minced green onions ¼ C. reduced fat cheddar cheese, shredded
 18 jalapeno peppers, halved lengthwise and seeded

1. Pre heat the oven to 375 degrees.
2. Cook the bacon in the microwave until crispy, let cool and crumble.
3. In a medium bowl, mix together the softened cream cheese, bacon crumbles, cheddar cheese and green onions.
4. Fill the seeded jalapenos with the cream cheese mixture. Place jalapenos