



What do you have for your Superbowl?

- 🍷 Blazin' Buffalo Chicken Dip
- 🍷 Guacamole
- 🍷 Baked Pizza Dip
- 🍷 Deviled Eggs
- 🍷 Ron's cheese-its
- 🍷 Jalapeno Poppers
- 🍷 Buffalo Chicken Tenders
- 🍷 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
 ½ Pack dry ranch dressing ½ 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. DelGrosso Pizza Sauce ¼ C. reduced fat mozzarella cheese

Favorite pizza toppings: onions, peppers, turkey sausage

Pre heat the oven to 350 degrees.

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

**Eat with turkey pepperoni chips or sliced peppers.

Whole Recipe: 10 Proteins for dip.

Caprese Skewer

2 pints cherry or grape tomatoes Sea salt
 1 Lb. fresh buffalo mozzarella Ground black pepper
 1 bunch fresh basil Extra Virgin olive oil

1. Thread ingredients onto skewers in this order: cherry tomato, fresh basil leaf, fresh buffalo mozzarella, fresh basil, and cherry tomato.
2. Sprinkle skewer with sea salt and black pepper.

3 skewers= ½ protein serving and ¼ 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 on a foil lined baking pan.
5. Bake for 20-25 minutes.

** Make sure the jalapenos can lean on each other to stay up right.

Whole recipe: 6 Protein, 2 Vegetables

Ron's cheese-its

- 1 oz. Cabot low-fat Pepper Jack, Swiss, or Cheddar cheese
 1 sheet of parchment paper
1. Cut horizontal, thin slices of cheese equal to 1 oz. Slice the rectangle cheese slices in half (makes about 12-16 pieces)
 2. Lay cheese squares on parchment paper and microwave for 1- 1 ½ minutes.
 3. Let sit for 1-2 minutes to make crunchy

Servings: 1oz. = 1 Protein Serving

Bun-less Cheeseburger Bites

1 lb. lean ground beef 24 dill pickle slices
 8 slices cooked turkey bacon ½ teaspoon onion powder
 4 oz. reduced fat cheddar, cut into 24 pieces 1 teaspoon garlic powder
 12 cherry tomatoes, halved 1 teaspoon salt
 1 cup red leaf lettuce, torn into pieces ½ teaspoon pepper

1. Preheat oven to 400 degrees. Combine beef, onion powder, garlic powder, salt and pepper in a bowl
2. Using about 1 Tbsp. of the meat mixture, make 24 patties or meatballs. Place them on foil lined baking sheets and bake for 15 minutes. Cool slightly to handle.
3. While the mini burgers are baking, cook the turkey bacon in a skillet but remove before crisp. Drain on paper to break into 24 pieces. To assemble burgers on toothpick, start with a tomato half, pickle, bacon, lettuce, cheese, and burger.

Add Calla approved condiments: sugar free ketchup, mustard, fat free mayo

Entire recipe = 2 protein servings & 4 vegetable servings

Baked Buffalo Chicken Tenders

Frozen chicken tenderloins (Publix), unbreaded and thawed
 ½ C. Frank's Redhot Buffalo Sauce Grated Parmesan cheese
 10 sprays of 0% butter

1. Preheat oven to 350 degrees.

In a medium Ziploc bag, toss thawed chicken tender, Frank's RedHot buffalo sauce, and butter until completely covered.

2. Remove from bag and sprinkle with grated parmesan cheese. Place on foil lined baking sheet.
3. 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. Spoon mixture evenly into a deep 8x8 baking dish.
3. Top with cooked onions and peppers and bake at 350 for 20-25 min.

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

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. Transfer yolk mixture to a large Ziploc bag, cut corner of bag and pipe into egg white halves.
2. Top with paprika and refrigerate 30 minutes or longer before serving.

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