



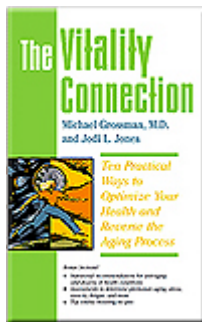
# SUPER BOWL PARTY RECIPE IDEAS

Loved by men and women alike!

*By Jodi Jones*

Don't let Super Bowl Sunday take you off your course of good health and optimum nutrition. Try these healthful alternatives to many of the less-nutritious popular dishes.

- [Wonderful White Chili](#)
- [Stuffed Sweet Peppers](#)
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**Recipes from:**

**The Vitality Connection: Ten Practical Ways to Optimize Your Health and Reverse the Aging Process** by Michael Grossman, M.D. and Jodi Jones, is the first comprehensive book to connect all of the key factors necessary for extending and improving one's quality of life.

**MORE INFO**



## WONDERFUL WHITE CHILI

This fresh spin on chili is far healthier than the traditional beef-based chili, is quicker to make, and tastes just as good—thick, rich, and spicy. As with any chili and most soups/stews, it is best when served the next day. Make this chili a day in advance and refrigerate overnight to blend the flavors. Heat before serving.

Serves: 8

### Ingredients:

3-16 ounce cans organic Great Northern white beans (low sodium), undrained  
 4 cups cooked skinless chicken breasts, cubed  
 1 tablespoon extra virgin olive oil  
 2 medium onions, finely chopped  
 4 garlic cloves, minced  
 8 ounces chopped mild chilies  
 2 teaspoons ground cumin  
 1½ teaspoon dried oregano, crumbled  
 ½ teaspoon cayenne pepper  
 1 tablespoon chili powder  
 6 cups organic chicken broth (low sodium)  
 1 cup low-fat spicy jack cheese (optional)

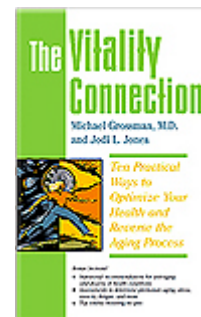
### Directions:

Cook chicken breasts by steaming or boiling for about 15 minutes. Remove from water and cut into small bite-size pieces. In medium stockpot, heat oil over medium heat and sauté garlic and onions until translucent. Add chilies, cumin, oregano, chili powder, and cayenne pepper and sauté for two minutes.

Add undrained beans and chicken stock to sauté mixture. Bring to a boil for about ten minutes. Reduce heat and add cubed chicken. Simmer for two hours uncovered. Salt and pepper to taste. If preparing a day in advance, allow to cool, cover and refrigerate until next day. When ready to serve, uncover and bring chili to a gentle boil. Garnish with low-fat spicy jack cheese if desired.

### Nutritional Value Per Serving:

Calories: 270  
 Total fat: 3 g  
 Saturated fat: <1 g  
 Protein: 22 g  
 Carbohydrate: 39 g  
 Sodium: 550 mg  
 % Fat: 11  
 % Protein: 32  
 % Carbohydrates: 57





## STUFFED SWEET PEPPERS

From stuffed cabbage to stuffed mushrooms, no other “stuffed” vegetable tastes so rich, sweet, and satisfying. These peppers are so tasty you won’t believe how healthy they truly are. Save time by preparing this dish a day in advance and refrigerate until ready to bake. Serves: 8

### Ingredients:

4 medium sweet red peppers (or bell pepper of choice)  
 ½ cup prepared garbanzo beans (canned is fine)  
 ¼ cup walnuts  
 ½ cup button mushrooms  
 ½ cup cooked brown basmati rice (see “basic recipe” section of this Appendix)  
 ½ cup soy “ground beef” (taco version adds a lot of flavor)  
 ¼ cup sunflower seeds  
 2 cups organic spaghetti sauce  
 ¼ cup low-fat mozzarella cheese  
 2 tablespoons Parmesan cheese

### Directions:

Preheat oven to 350 degrees.

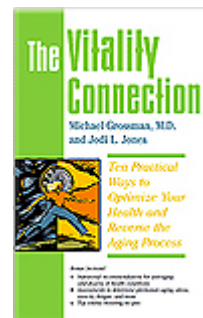
Rinse and drain garbanzo beans. Cut bell peppers in half lengthwise, remove seeds, and trim excess cartilage. Rinse and pat dry. In a food processor, coarsely chop the walnuts; add garbanzo beans and mushrooms and continue to coarsely chop. In a large bowl, combine chopped walnuts, garbanzo beans, mushrooms, sunflower seeds, brown rice, soy “ground” beef, 1 cup of the organic marinara sauce, and mozzarella cheese. Salt and pepper to taste. Mix well. Spoon mixture generously into pepper halves. Sprinkle a small amount of Parmesan cheese over top.

Place stuffed peppers into glass baking dish. Add enough water to lightly cover the bottom of the dish. Cover with foil. Bake in preheated oven for 35 minutes. Remove foil and bake another 10 minutes.

Heat remaining 1 cup of the marinara sauce; add choice of spices if desired (oregano, cayenne pepper, and/or parsley). Arrange peppers halves on platter and serve with heated marinara sauce.

### Nutritional Value Per Serving:

Calories: 201  
 Total fat: 10 g  
 Saturated fat: 1 g  
 Protein: 12 g  
 Carbohydrate: 44 g  
 Sodium: 407 mg  
 % Fat: 29  
 % Protein: 16  
 % Carbohydrates: 55





## PROTEIN PACKED EGGS

If you like tuna salad, you will love this healthy alternative to deviled eggs. In fact, I should call them “angeled” eggs, as they are heavenly and quite the opposite of traditional unhealthy deviled eggs. Not only do they have minimal fat, they are easy to make, taste great, and are loaded with protein—a necessity on Super Bowl Sunday (most diets on this day are loaded with simple refined carbohydrates)!

Serves: 12

### Ingredients:

12 large free-range eggs (Omega-3 fortified is best)  
 2 12-ounce cans white albacore tuna packed in water  
 ¼ cup light mayonnaise (or soy-based mayo)  
 ¼ fat-free plain yogurt  
 ¼ sweet pickle relish  
 Fresh ground black pepper  
 Paprika

### Directions:

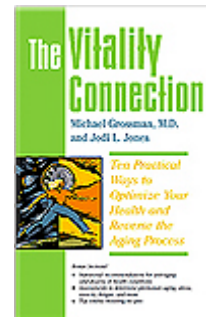
Prepare hardboiled eggs by gently boiling eggs in water for 12 minutes (best to use eggs that are at least one week old as they peel easier). Drain with cold water and refrigerate until completely chilled (overnight is best). Peel eggs and rinse to remove any excess shell. Pat dry and cut in half, length wise. Remove and discard the egg yolk (we will only use the egg whites as they are highest in protein and do not contain the fat and cholesterol found in the yolk).

Thoroughly drain tuna and place in a medium bowl. Separate or shred the tuna using a fork. Add the mayonnaise, yogurt, and relish. Mix well. Add pepper to taste. Spoon the tuna mixture into the crevice of the egg white, forming a small mound. Arrange eggs on platter and sprinkle with paprika for garnish.

Variation: Add diced celery, scallions, or parsley to tuna mixture.

### Nutritional Value Per Serving:

Calories: 60  
 Total fat: <1 g  
 Saturated fat: <1 g  
 Protein: 11 g  
 Carbohydrate: 2 g  
 Sodium: 197 mg  
 % Fat: 9  
 % Protein: 74  
 % Carbohydrates: 17





## WHOLESOME HUMMUS

Try this traditional Mediterranean spread as a healthy alternative to a cheese spread. Hummus is rich in protein and “good” fat, and tastes great on toasted whole-wheat pita bread, flat bread, or whole-grain crackers. You can make several variations by adding artichoke hearts, spinach, or roasted red peppers to the recipe below.

Serves: 10

### Ingredients:

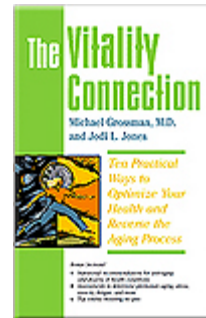
15-ounce can of garbanzo beans (chickpeas)  
 1½ tablespoons tahini (sesame paste)  
 Juice of one lemon  
 2 small garlic cloves  
 3 tablespoons olive oil  
 Salt and freshly ground pepper to taste

### Directions:

Drain and rinse the garbanzo beans. Puree the garbanzo beans in a blender or food processor with the tahini, lemon juice and garlic. With the machine running, pour the olive oil slowly through the opening in the lid until the hummus becomes thick and creamy. If hummus is too thick, slowly add more olive oil. Add salt and pepper to taste. Transfer to a covered glass bowl and refrigerate two hours before serving.

### Nutritional Value Per Serving:

Calories: 141  
 Total fat: 5 g  
 Saturated fat: 1 g  
 Protein: 6 g  
 Carbohydrate: 18 g  
 Sodium: 104 mg  
 % Fat: 33  
 % Protein: 18  
 % Carbohydrates: 49





## TANTALIZING TZATZIKI

Enjoy this traditional Greek dip as an alternative to ranch or French onion dip. It is low in fat and a perfect complement to all types of fresh vegetables such as cucumbers, celery, bell peppers, carrots, and artichoke leaves. This creamy dip also tastes great on whole-wheat pita bread.

Serves: 8-10

### Ingredients:

1 cup non fat plain yogurt  
 1 cup non fat (or low fat) sour cream  
 1 large cucumber  
 ½ lemon juice and zest  
 ½ tablespoon Sea salt  
 2 tablespoons fresh dill (or mint)  
 1 fresh garlic clove (optional)

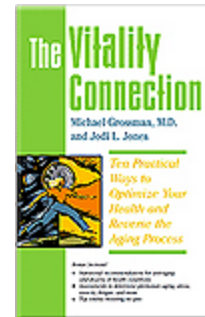
### Directions:

Peel cucumber, slice in quarters, lengthwise. Remove seeds. Place cucumber slices in plastic bag and add sea salt (this will expel the excess water in the cucumber) for 30 minutes. Remove cucumber from bag and pat dry with paper towel. Chop into small pieces. Squeeze and eliminate any excess water from chopped cucumber pieces.

Combine yogurt, sour cream, juice and zest from ½ lemon, dill, and minced garlic. Fold in cucumber. Transfer to a covered glass bowl and refrigerate two hours before serving. Keeps well refrigerated for a week.

### Nutritional Value Per Serving:

Calories: 66  
 Total fat: 1 g  
 Saturated fat: <1 g  
 Protein: 4 g  
 Carbohydrate: 13 g  
 Sodium: 47 mg  
 % Fat: 1  
 % Protein: 23  
 % Carbohydrates: 76





## BETTER BEAN DIP

And Fresh Guacamole

Try this spicy and fresh alternative to store-bought bean dip. It's quick and easy to make, and loaded with fiber, protein, and flavor! Use black bean chips as a dipper. This also makes a great spread for toasted whole-wheat pita bread.

As a complementary dip, I recommend serving a guacamole dip as well (a source of "good" fat). To make fresh guacamole, coarsely mash 3 fresh avocados (first peel and remove the pit, of course) and mix with ½ cup (or 1 cup if you prefer) of drained fresh salsa, the juice of ½ lemon, a few dashes of hot pepper sauce, and a pinch of chili powder. Mix well and refrigerate for at least two hours before serving.

Serves: 8-10

### Ingredients:

16-ounce can organic black beans  
 ½ cup spicy hot salsa (fresh is best—found in your grocer's refrigerated section)  
 1 tablespoon extra virgin olive oil  
 1 teaspoon balsamic vinegar  
 ¼ teaspoon cumin  
 ¼ teaspoon cayenne pepper

### Directions:

Rinse and drain black beans. Puree beans and remaining ingredients in food processor or blender. Blend until smooth and thick. Transfer to a covered glass bowl and refrigerate two hours before serving.

### Nutritional Value Per Serving:

Calories: 40  
 Total fat: 1 g  
 Saturated fat: <1 g  
 Protein: 1.6 g  
 Carbohydrate: 6 g  
 Sodium: 138 mg  
 % Fat: 26  
 % Protein: 17  
 % Carbohydrates: 57

