



SUPER BOWL

Game Time Recipes

Hosting a Super Bowl Party this year? Offer your football fans plenty of good food to munch on while cheering for their favorite team! Try some of these recipe favorites!

Boneless Buffalo Wings

Prep Time: 30 minutes / Ready in: 40 minutes
Yield: 8 servings (2 wings, 1/2 cup vegetables & 2 tablespoons dip each)

Ingredients

- 3 tablespoons nonfat buttermilk
- 3 tablespoons hot pepper sauce such as Frank's Red Hot, divided
- 3 tablespoons distilled white vinegar divided
- 2 pounds chicken tenders
- 6 tablespoons whole-wheat flour
- 6 tablespoons cornmeal
- 1/2 teaspoon cayenne pepper
- 2 tablespoons canola oil divided
- 2 cups peeled carrot sticks
- 2 cups celery sticks
- Spicy Blue Cheese Dip (recipe follows)

Directions

- Whisk buttermilk, 2 tablespoons hot pepper sauce and 2 tablespoons vinegar in a large bowl until combined. Add chicken; toss to coat. Transfer to the refrigerator and let marinate for at least 10 minutes or up to 1 hour, stirring occasionally. The chicken can marinate for up to 1 hour.
- Meanwhile, whisk flour and cornmeal in a shallow dish. Whisk the remaining 1 tablespoon hot sauce and 1 tablespoon vinegar in a small bowl.
- Remove the chicken from the marinade and roll in the flour mixture until evenly coated. (Discard remaining marinade and flour mixture.) Sprinkle both sides of the chicken with cayenne.
- Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add half the chicken, placing each in a little oil. Cook until golden brown and cooked through, 3 to 4 minutes per side. Transfer to a serving platter. Repeat with the remaining 1 tablespoon oil and chicken, reducing the heat if necessary. Transfer to the platter. Drizzle the chicken with the reserved hot sauce mixture. Serve with carrots, celery and Spicy Blue Cheese Dip.

Baked Onion Dip

Prep Time: 10m / Cook Time: 45m / Ready in: 55m
Yield: 6 cups

Ingredients

- 2 cups sweet onion, peeled and chopped
- 2 cups mayonnaise
- 2 cups Parmesan cheese

Directions

- Preheat oven to 350 degrees F (175 degrees C). Prepare a 2 quart baking dish with cooking spray.
- In a large mixing bowl, combine the mayonnaise, onions and cheese. Pour the mixture into the baking dish and bake for approximately 45 minutes, until the top is slightly brown. Serve hot with buttery, round crackers.

Easy Guacamole

Prep Time: 10m / Ready in: 40m
Yield: 2 cups

Ingredients

- 2 avocados
- 1 small onion, finely chopped
- 1 clove garlic, minced
- 1 ripe tomato, chopped
- 1 lime, juiced
- salt and pepper to taste

Directions

- Peel and mash avocados in a medium serving bowl. Stir in onion, garlic, tomato, lime juice, salt and pepper. Season with remaining lime juice and salt and pepper to taste. Chill for half an hour to blend flavors.

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Italian Turkey Sliders with Honey Dijon Mayo

Hands-On Time: 10 minutes / Ready In: 20 minutes
Serves: Makes 16 burgers

Ingredients

- 20 ounces lean ground turkey
- 2 Tablespoons grated Parmesan cheese
- 1 clove garlic, minced
- 1/2 teaspoon each dried basil and oregano
- 1 teaspoon salt
- pepper to taste
- 16 dinner rolls or slider rolls

Directions:

1. Combine ground turkey, cheese and all seasonings. Mix together well.
2. Shape turkey into 16 small patties.
3. Place patties on a greased baking sheet.
4. Bake at 350 degrees F for 8 - 10 minutes or until cooked through. Be careful not to cook too long or they will become dried out.
5. Place on rolls and top with Honey Dijon Mayo.

Honey Dijon Mayo - Combine 1/3 cup mayonnaise with 1 Tablespoon honey Dijon mustard and stir until well blended.

Down Home Baked Beans

Prep Time: 10m / Cook Time: 1h 15m / Ready in: 1h 25m
Yield: 10 to 12 servings

Ingredients

- 1 pound bacon
- 2 (28 ounce) cans baked beans
- 1 (12 ounce) bottle chili sauce
- 1 large sweet onion, chopped
- 2 cups packed brown sugar

Directions

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside.
3. In a large bowl combine beans, chili sauce, onion, brown sugar and bacon. Pour into a 9x13 inch casserole dish.
4. Bake in preheated oven for 45 minutes to 1 hour.

Cajun Appetizer Meatballs

Prep Time: 15m / Cook Time: 40m / Ready in: 1h
Yield: 4 servings

Ingredients

- 1 pound lean ground beef
- 1 1/2 teaspoons hot pepper sauce
- 2 tablespoons Cajun seasoning
- 1 tablespoon Worcestershire sauce
- 1 tablespoon dried parsley
- 1/4 cup finely chopped onion
- 1/4 cup fresh bread crumbs
- 1/4 cup milk
- 1 egg
- 1/2 cup barbeque sauce
- 1/2 cup peach preserves

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking sheet.
2. In a large bowl, mix thoroughly the ground beef, hot pepper sauce, Cajun seasoning, Worcestershire sauce, parsley, onion, bread crumbs, milk, and egg.
3. Form the mixture into golf ball sized meatballs and place on the prepared baking sheet. Bake in preheated oven for 30 to 40 minutes, or until there is no pink left in the middle.
4. In a small bowl, combine the barbeque sauce and peach preserves.
5. When meatballs are done, place in a serving dish and cover with the barbeque sauce mixture. Toss to coat.

Recipes taken from:

Disney Family Food -- 20 Hearty Game Day Munchies
<http://family.go.com/food/recipe-619388-football-party-food-t/>

Information compiled and compliments of:



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