

Dietitian's Super Bowl Appetizers

Baked Sweet Potato Fries

30 minutes total

Ingredients:

Olive oil for tossing

5 sweet potatoes, peeled and sliced into ¼-inch long slices, then ¼ wide inch strips

Spice Blend: ½ tsp paprika, 1 tsp garlic powder, ¼ tsp black pepper, pinch of salt

Dipping Sauce: ¼ cup Dijon mustard mixed with 1 tbsp honey.

Directions: Preheat oven to 450 degrees F. Line a sheet tray with parchment. In a large bowl toss sweet potatoes with just enough oil to coat. Sprinkle with spice blend. Spread sweet potatoes in a single layer on prepared baking sheet, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Serve with honey mustard dipping sauce.



Grilled Chicken Spinach Quesadillas

20 minutes total

Ingredients:

1 tbsp Olive oil

½ cup chopped onions

2 cups spinach

1 lb grilled chopped chicken

½ cup grated Monterey Jack cheese

4 large 100% whole wheat tortillas

1 tsp salt free garlic herb blend seasoning

Directions:

1. Heat a skillet to medium heat. Add oil and onions, sauté until translucent. Add spinach and allow to wilt slightly. Add chicken and spices, allow to heat through. Remove from pan.
2. Place tortilla in pan, add half of the chicken & spinach mixture evenly over tortilla. Sprinkle with half the cheese. Place another tortilla on top and allow to heat through until browned, flip and allow to crisp on other side, about 3-4 minutes per side.
3. Serve quesadillas with the avocado and salsa (like Palmieri's Salsa, locally made in New Haven, CT, sold at ShopRite of West Hartford)



Butternut Fundido

Recipe:

Ingredients:

1 tbsp olive oil

¾ cup diced red onion

1 tablespoons GF all-purpose flour

¼ cup unsalted chicken stock

1 small butternut squash, roasted and puréed (can use a frozen puree)

½ cup shredded Monterey Jack cheese

Spice Blend: pinch of ancho chili pepper, pinch of black pepper, pinch of onion, pinch of garlic, pinch of paprika, pinch of cumin, pinch of oregano, pinch of red pepper.

2 tbsp chopped chives

1/2 jalapeño pepper, thinly sliced

Serve with baked tortilla chips, celery sticks, endive, carrots sticks or sliced jicama!



Butternut Fundido cont. from previous page

Preparation:

1. Heat oil in a medium skillet over medium heat. Add onion; cook 5 minutes or until softened. Add flour; cook 2 minutes, stirring constantly. Add stock and squash, bring to a boil. Reduce heat to medium-low; add cheese and spices; cook 2 minutes or until smooth, stirring until cheese melts.
2. Preheat broiler to high.
3. Sprinkle feta cheese and jalapeño. Broil 2 minutes or until cheese is bubbly and lightly browned. Top with chives and enjoy dipping!

Shana's Buffalo Chicken Bites

20 minutes total

Ingredients:

- 1tbsp olive oil
- 2 pounds chicken breast, chopped into bite size pieces
- ½ cup chicken stock
- ½ cup hot sauce
- ½ tsp. cornstarch

Directions: Heat skillet to medium high heat. Add olive oil. Add bite size chicken to pan and allow to brown on each side. Mean while, in a sauce pan, dissolve cornstarch in chicken stock. Stir in hot sauce. Bring to a simmer on the stove to thicken. You can add some ground cayenne pepper or a small amount of extra hot sauce to make this even spicier. Add a crushed red pepper if you desire. Once chicken is done cooking, add chicken to sauce and coat well. Next, place chicken and sauce into a tin foil packet, bake for about 15 at 350 degrees F. Enjoy.



Endive Caprese Boats

Ingredients:

- 3 Endive heads, leaves washed, lightly dried, and separated
- 2 cups chopped cherry tomatoes
- 1 cup chopped fresh mozzarella
- 2 tbsp lightly dried basil (Gourmet Garden brand, sold at ShopRite)
- ¼ cup balsamic reduction, or balsamic glaze
- Pinch of salt and pepper

Directions: Mix together tomatoes, mozzarella, basil with salt and pepper. Fill each endive leaf with mixture. Drizzle with balsamic and enjoy. Finger food at its best!



Serve Fresh Cut Crudité's with Hummus and Tortilla Chips

Recipes and picture credit: Shana Griffin

Shana Griffin is the registered dietitian for the ShopRite of West Hartford. Shana has an office in the store, located on the corner of Kane and Prospect streets, and offers a variety of FREE health and wellness services, including one on one nutrition consultations, grocery store tours, weight management and culinary workshops as well as food sampling and recipe demonstrations.

All nutritional services are available to customers free of charge. To make an appointment, customers can call Shana at 860-233-1713 or email her at shana.griffin@wakefern.com.

