

ARE YOU READY FOR SOME GOOD FOOD?

Megan Patten, MS, RD, LD, York Hospital Registered Dietitian, invites you to kick off Sunday's Super Bowl party with a lineup of easy snack recipes that are fun to make and packed with nutrition and heart-healthy ingredients.

Enjoy these delicious treats with your friends and family and everybody wins!



York Hospital



Cowboy Caviar Dip

Serves 8

Ingredients:

- 1/4 cup juice from 2 limes
- 2 Tbsp. red wine vinegar
- 1 Tbsp. honey
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 1/4 tsp. chili powder
- 2 ripe avocados, pitted, peeled, and chopped
- 1 (15.25-oz.) can whole kernel sweet corn, drained
- 1 (15-oz.) can black beans, drained and rinsed
- 1 small red bell pepper, seeded and finely chopped
- 1 jalapeno pepper, finely chopped
- 3/4 cup finely chopped red onion
- 1/3 cup fresh cilantro, finely chopped

Dip can be made up to one day ahead; toss again and add more lime juice before serving, if desired. If making ahead, wait to add avocado until ready to serve.

Directions:

1. In a small bowl, whisk lime juice, vinegar, honey, salt, pepper, and chili powder and set aside.
2. Toss remaining ingredients in a large bowl, then pour dressing over top and toss to coat.

Nutritional Information (per serving): Calories 170; Fat 8 g; Saturated Fat 1 g; Cholesterol 10 mg; Sodium 380 mg; Carbohydrate 16 g; Fiber 2 g; Sugar 5 g; Added Sugar 0 g; Protein 10 g.



Black Bean Chili

Serves 6. Nutritional Information (per serving): Calories 190; Fat 5 g; Saturated Fat 1 g; Sodium 470 mg; Carbohydrate 28 g; Fiber 7 g; Protein 7g

Ingredients:

2 Tbsp. olive oil

1/2 tsp. whole cumin seeds

1 1/4 cup diced sweet onion, divided

3/4 cup diced red bell pepper, divided

1 (1 oz.) packaged chili seasoning mix

2 (15 oz.) canned black beans, rinsed and drained

2 cups water or vegetable stock

1 cup salsa

1/2 cup chopped tomatoes (may use cherry tomatoes), seeded and drained

1/4 cup chopped cilantro (optional)

1 cup frozen corn
sour cream or plain yogurt (optional garnish)

Directions:

1. Heat oil in a large pot over medium-high heat until shimmering. Add cumin and stir briefly until seeds turn a little darker, about 1 minute, then add 1 cup of the onion and 1/2 cup of the bell pepper and cook for 2 to 3 minutes. Add chili mix and cook for 1 minute more, until spices are fragrant. Add beans, water or vegetable stock, and salsa. Simmer for 5 minutes.
2. While soup simmers, make fiesta veggie mixture. In a small bowl mix together the remaining

1/4 cup onion, remaining 1/4 cup bell pepper, tomatoes and cilantro if using. Set aside.

3. Remove soup from heat. Pour half the soup into a blender or food processor and puree (or puree in the pot using an immersion blender). Return puree to the pot and stir in frozen corn. Simmer over medium-high heat to cook corn.
4. To serve, ladle soup into 6 bowls. Top each with some fiesta mixture and a dollop of sour cream or yogurt if desired.



Pizza Lettuce Wraps

Serves 4

Ingredients:

- 1 cup cherry tomatoes or grape tomatoes, quartered
- 1 cup cannellini beans, rinsed and drained
- $\frac{3}{4}$ cup shredded reduced-fat mozzarella cheese
- $\frac{1}{4}$ cup thinly sliced, cooked turkey pepperoni, chopped
- $\frac{1}{4}$ cup snipped fresh basil
- 1 Tbsp. snipped fresh oregano
- 8 large bibb lettuce leaves

Directions:

In medium bowl combine tomatoes, beans, cheese, pepperoni, basil and oregano. Divide tomato mixture among lettuce leaves. Roll up or leave open as cups.

Nutritional Information (per serving): Calories 144; Fat 5 g; Saturated Fat 2 g; Cholesterol 16 mg; Sodium 435 mg; Carbohydrate 12 g; Sugar 1 g; Protein 12 g



Dark Chocolate Avocado Truffles

Makes 20 Truffles

Ingredients:

- 1 medium avocado, ripe, peeled, pitted and mashed
- 5 oz. 72% dark chocolate, chopped
- 2 Tbsp. honey or maple syrup
- 1/2 tsp. pure vanilla extract
- 1 Tbsp. chia seeds
- 1/8 tsp. sea salt
- 2 1/2 Tbsp. unsweetened cocoa powder, divided

Directions:

1. Melt the chocolate in the microwave, taking care not to burn it. Once melted, stir in the mashed avocado, honey, vanilla extract, chia seeds, salt and 1 1/2 Tbsp. of the cocoa powder until thoroughly combined.
2. Place the truffle mixture into the fridge for 30 to 40 minutes and let cool until partially set.
3. Use a small ice cream scooper or tablespoon to dollop out the truffles and form balls with your hands.
4. Roll in the remaining 1 Tbsp. of cocoa powder or other toppings (cinnamon sugar, nuts, unsweetened coconut).

Nutritional Information (per serving): Calories 70; Fat 5 g; Saturated Fat 2.5 g; Sodium 15 mg; Carbohydrate 6 g; Fiber 2 g; Sugar 4 g; Protein 1 g



3-Ingredient Breakfast Cookies

Makes 9 Cookies

Ingredients:

- 2 very ripe bananas
- 3/4 C. quick-cooking oats
- 1/4 C. chunky peanut butter

Directions:

1. Heat oven to 350 degrees. In a medium bowl, mash bananas with a fork until mostly smooth. Add oats and peanut butter; mix well to combine.
2. Portion dough (about 2 tablespoons each) onto a parchment-lined baking sheet. Flatten dough into discs with your palm and bake until cookies are firm, about 15 minutes.

Nutritional Information (per serving): Calories 90; Fat 4 g; Saturated Fat 1 g; Sodium 35 mg; Carbohydrate 12 g; Fiber 2 g; Protein 3 g

