

K-12 CULINARY CONNECTION'S

SEPTEMBER

Nutrition Newsletter



FALL TIME EQUALS GAME TIME...AND GAME TIME EATS!

For some sports enthusiasts, Friday nights and weekends in the fall mean one thing...football!!! Almost as important as the game itself is the game day food! But between the concession stands and tailgates, all the extra calories and fat can start to add up. It is possible to still enjoy game day goodies this football season by making a few healthier changes. Check out some healthier tips listed below!



PRE-GAME PREP

Prep work before the big game is a smart and strategic way to ensure you have healthy snacks on hand. If you are contributing a dish to the tailgate, healthier options like guacamole or hummus with sliced vegetables can replace the usual chips and dip. Buffalo cauliflower bites are a great alternative to deep fried wings! (see recipe below) Trips to the concession stands on Friday night football games can be replaced with pre-packed snacks like roasted chick peas, almonds, cheese and crackers, etc. The most important tip to successful healthy snacking during the game is to always plan ahead!



HALF TIME = MEAL TIME

Mindless munching during a game happens to all of us! To avoid hours of excessive snacking, commit to eating just during half time. Pre-select all the items you plan to munch on while there is a break in the game. This will allow you to focus on your food and really enjoy the game day goodies and enjoy the action on the field more once the game is back in play!

Directions:

- Preheat the oven to 450°F. Lightly spray a large non-stick baking sheet with oil.
- Combine the water, flour, and garlic powder in a bowl and stir until well combined.
- Coat the cauliflower pieces with the flour mixture and place on the baking sheet; bake for 20 minutes.
- While the cauliflower is baking, combine the hot sauce and butter in a small bowl.
- Pour the hot sauce mixture over the baked cauliflower and continue baking for an additional 5 minutes.
- Serve with a light blue cheese or ranch dressing and some crunchy celery sticks!

RETHINK THE DRINKS!

It's easy to lose track of how many sodas and other sugary drinks that are consumed during a game. Avoid lots of extra calories and sugar by planning to drink mostly water or packing some sugar free flavorings.



Ingredients:

- 1 cup water
- 1 cup all-purpose flour
- 2 tsps garlic powder
- 22 ozs cauliflower florets
- 3/4 cup Franks Hot Sauce
- 1 tbsp unsalted butter melted