

Bariatric Super Bowl Recipes

It's Super Bowl time and you can still have a great party and stick to your diet. Here are some fun recipes to try for snacks while watching the big game.

Chili Bows

12 oz. bow-tie pasta
1/2 medium onion, chopped
1 lb. ground turkey
1/4 tsp. salt
1/4 tsp. pepper
1 pkg. McCormick® Chili Seasoning
28 oz. can stewed tomatoes
15 oz. can black beans
15 oz. can Great Northern beans
4 oz. mozzarella cheese
1/4 cup tomato juice

Preheat oven to 350°F. Bring large pan of water to boil with pinch of salt. Add bow-tie pasta and cook until tender. Spray large pan with vegetable cooking spray and sauté onion until brown. Add ground turkey, salt and pepper and cook until browned. Add chili seasoning to turkey and mix well. Add tomatoes, tomato juice and beans and bring to boil. Reduce heat and simmer for 30 minutes, uncovered, stirring occasionally. Put drained pasta in large baking dish pour chili mixture over top and mix gently. Add thinly sliced mozzarella cheese to top. Cover and bake until cheese melts, approximately 20 minutes. Makes 10 servings.

Nutrition information per serving: calories 213; protein 16 grams; Fat 5 grams; sodium 1008 mg

Baked Spinach Artichoke Dip

1 (14 oz) can artichoke hearts, drained and chopped
1/2 (10 oz) package frozen spinach, thawed and chopped
1/2 cup fat free sour cream
1/4 cup fat free Miracle Whip
1/2 cup fat free cream cheese
1/4 cup Romano cheese, grated
1/4 teaspoon minced garlic

Preheat oven to 375 degrees F (190 degrees C). Mix all ingredients and place in a small baking dish. Cover and bake in preheated oven for 20 minutes. Uncover and put back in oven to brown for 5 minutes. Makes 24 servings.

Nutrition information per serving: 39 calories, 2 grams protein, 1 gram fat 3 grams carbohydrate, 145 mg sodium. Serve with baked pita chips or cut veggies.

Seven Layer Salad

1 head lettuce, torn into pieces
1/2 cup onion, chopped
1/2 cup celery, chopped
5 oz. water chestnuts, drained, sliced
10 oz. frozen green peas
1 1/2 cups fat-free mayonnaise
1 tbsp. sugar substitute
2 large tomatoes, sliced
2 hard cooked eggs, sliced
4 slices turkey bacon, cooked, crumbled
1/2 cup fat-free American cheese, shredded

In a large glass salad bowl, make an even layer of the lettuce. Mix onion and celery; sprinkle over lettuce. Sprinkle water chestnuts and unthawed peas over salad. Spread mayonnaise evenly over top and sprinkle with sugar substitute. Refrigerate overnight. The next day, layer remaining ingredients over mayonnaise. To serve, layer onto salad plates. Makes 12 servings.

Nutrition information per serving: calories 97; protein 5 grams; fat 2 grams; sodium 438 grams

Spicy Berry Cider

4 cups apple cider or apple juice
18 oz. pineapple juice, unsweetened
2 cups raspberries
1 tsp. allspice, whole
1 tsp. cloves, whole
1 nutmeg, whole
4 pkts. sugar substitute

In a large saucepan, combine apple cider or juice, pineapple juice, berries and spices; slowly bring mixture to a boil. Reduce heat; cover and simmer 20 minutes. Remove from heat; strain to remove seeds. Stir in sugar substitute. Serve in mugs. Garnish with a cinnamon stick if desired. Makes 7 servings.

Nutrition information per serving: calories 133; protein 0 grams; fat 0 grams; sodium 19 mg

Tortilla Dessert Cups

1/2 cup Splenda®
1 1/2 Tbsp. cinnamon
10 flour tortillas, 6 inch in diameter
8 oz cream cheese, fat free

1 cup milk, skim
3-1 oz package no added sugar white chocolate, chocolate or vanilla instant pudding mix
8 oz Cool Whip Free®
1 cup raspberries, fresh or frozen without added sugar

In a small bowl, combine cinnamon and Splenda. Spray one side of the tortilla with butter flavored cooking spray and then sprinkle with cinnamon mixture. Repeat on the other side. Cut each tortilla into 4-quarter wedges. Take each wedge, cutting it as needed to form into mini muffin pan. Bake at 350 degrees for 10 minutes or until crisp and lightly brown. Cool completely. Mix milk and pudding mix with hand-mixer for 2 minutes until thickened. Add cream cheese and beat on low speed until well blended. Fold in Cool Whip Free. Cover and refrigerate for 5 minutes. Spoon about a tablespoon of filling into each cup. Top each dessert with a few raspberries. Refrigerate until ready to serve. Makes 40 servings.

Nutrition information per serving: 24 calories; 1 gram protein; 0 grams fat; 4 grams carbohydrate; 68 mg sodium; 29 mg calcium.

Recipes from:

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