



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Good Eats for Game Day... or Anytime!

Is your menu ready for game day? Do you need an idea to spice up a lunchbox? Looking for a unique, flavorful dinner that will be ready in minutes? You can feel better about serving recipes that offer a spin on Buffalo wings and loaded potato skins. Best thing about these – no fried foods **AND** you're getting another serving of veggies.

Grab a rotisserie chicken, or try your hand at roasting a whole chicken. You could even cook up a large batch of chicken breasts or tenders ahead of time to use in these and other easy recipes:

Preheat oven to 350°F. Place roaster, breast up, in roasting pan along with ½ cup water.

Place roasting pan into the oven and cook until internal temperature in thigh reads 180°F.

Carve after it sits for 10-15 minutes.

5-7 lb. roaster – cook for 2 ½ hrs. 7+ lb. roaster – cook for 3 ¼ hrs.

Buffalo Chicken Stuffed Celery

Ingredients:

- ¾ cup cooked shredded chicken breast
- 2 Tbsps. buffalo sauce
- 6 stalks celery, halved
- 3 Tbsps. blue cheese dressing

Directions:

1. Mix chicken and buffalo sauce in small bowl. Fill each celery stalk with buffalo chicken.
2. Serve with blue cheese dressing for dipping.

Recipe and image courtesy of Produce for Kids.



Buffalo Chicken Stuffed Baked Potato Skins

Ingredients:

- 6 small-to-medium russet potatoes
- 1 ½ cups cooked shredded chicken breast
- 2-3 Tbsps. buffalo sauce
- ¾ cup shredded Cheddar cheese
- ½ cup blue cheese yogurt dressing
- 2 green onions, sliced

Directions:

1. Prick potatoes several times with a fork. Microwave on HIGH 5 minutes per potato, set aside to cool. **Alternate method:** Prick potatoes with fork and place on baking sheet. Bake 45-60 minutes in a 400°F oven or until tender. Let cool.
2. Cut potatoes in half lengthwise and scoop out inside of potato (this can be mixed with toppings or saved for another dish, like mashed potatoes). Spray skin side with cooking spray and place back on baking sheet.
3. Mix chicken and buffalo sauce. Add to potato skin halves and top with cheese. Bake 5-7 minutes, or until heated through and cheese melts. Top with blue cheese dressing and green onions.

Recipe and image courtesy of Produce for Kids.

