

Food Advocate



Monthly Newsletter
October 2023: Game Day Recipes

HCAA Food Advocacy
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Welcome!

Hi, I'm glad you are here! For those who are new- I have created this resource to share yummy, yet healthy and simple recipes, as well as a way to keep in touch! Each month a different category of food will be introduced, whether that is plant-based meals or gluten free meals; there is a recipe for everyone! If you are looking to showcase your favorite recipe and or share any recommendations, feel free to email me at cinsley@harfordcaa.org. Previous newsletters can be found at harfordcaa.org under Programs> Food Advocacy Program> Food Advocacy Newsletter.

Game Day Recipes

Now that fall is here, that also means football season is here. The following recipes are perfect for football Sundays, hosting a gathering, or when you are looking for a comfort meal. The best part is that these recipes are cost-effective and require minimal steps!

Loaded Sheet-Pan Nachos

Ingredients:

Not all of the following ingredients are required to make the meal; choose ingredients that appeal to you

- Whole grain tortilla chips
- Protein: ground chicken, beef, turkey, or beans
- 1 bell pepper, diced
- 1 medium red onion, diced
- 1-2 cups low-fat shredded cheese
- 1/4 cup pickled jalapenos
- 1/4 cup cilantro, chopped
- 1/4 cup scallion, sliced
- Salsa and or sour cream



Directions:

1. Preheat oven to 400 degrees F.
2. If choosing to add protein, cook that first in a medium sized skillet.
3. Lay down a layer of tinfoil on your sheet pan.
4. First, add your chips, then follow with other ingredients of your choice.
5. Bake for around 8-10 minutes.
6. Let cool. Top with salsa and or sour cream.

Vegetarian Chili

Yield: 4 servings

Ingredients:

- 1 tablespoon canola oil
- 3/4 cup white onion, finely chopped
- 1/2 cup red bell pepper, finely chopped
- 4 cloves garlic, chopped
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- Dash of salt and pepper
- 2 (15 ounce) cans, no-sodium black beans, drained and rinsed
- 1 (15 ounce) can, no-sodium corn, drained and rinsed
- 1 (14 ounce) can diced tomatoes
- 1/4 cup water
- 1/2 cup low-fat shredded cheese (cheddar or mozzarella)
- Sour cream



Directions:

All ingredients can also be thrown into a crockpot

1. Heat canola oil in a large saucepan over medium-high heat.
2. Begin to add onion, bell pepper, and garlic to pan. Cook until tender (about 8 minutes).
3. Stir in chili powder, cumin, salt, and pepper.
4. Add beans, corn, tomatoes, and water (simmer for 5 minutes).
5. Take off heat and top with cheese and sour cream.

Hot Italian Sub Sliders

Ingredients:

Measurements depend on how many sliders you plan on making)

- Slider buns (Hawaiian rolls work great)
- Ham
- Salami
- Pepperoni (large rounds)
- Provolone
- Roasted red peppers, sliced
- Banana peppers, sliced
- Butter
- Italian seasoning
- Marinara sauce for dipping



Directions:

1. Preheat oven to 350 degrees F.
2. Slice your slider buns in half. Place bottom of bun in a baking dish. Layer your ham, salami, pepperoni, and provolone.
3. Add roasted red peppers and banana peppers. Place your other half of slider buns on top.
4. In a small bowl, whisk together butter and Italian seasoning. Brush the top of your sliders with mixture.
5. Cover with tinfoil and bake for 20-25 minutes.

Buffalo Cauliflower

Yield: 4 servings

Ingredients:

- 3/4 cup all-purpose flour
- 1 teaspoon paprika
- 2 teaspoons garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3/4 cup milk or dairy-free alternative
- 1 head cauliflower
- 1/4 cup buffalo sauce or hot sauce
- 2 tablespoons coconut oil or vegetable oil
- 1 tablespoon honey
- Low-fat ranch for dipping



Directions:

1. Preheat oven to 450 degrees F. Line a baking sheet with parchment paper.
2. In a large bowl, add the flour, paprika, garlic powder, salt, pepper, and milk. Stir ingredients until well combined.
3. Break the head of cauliflower into small portions and rinse and dry.
4. Add cauliflower to the batter. Arrange on baking sheet and bake for 20 minutes, flipping halfway.
5. In a small bowl, combine the buffalo sauce, oil, and honey, stirring until evenly combined.
6. Brush the buffalo sauce mixture on the cauliflower and bake for another 20 minutes.

Zucchini Pizza Bites

Yield: 8 servings



Ingredients:

- 1 pound zucchini (medium-large)
- 1/2 cup pizza sauce
- 1 teaspoon oregano
- 2 cups low-fat, shredded mozzarella
- 1/4 cup low-fat, shredded parmesan
- 1/2 cup mini pepperoni or chopped pepperoni
- Any additional pizza toppings of your choice

Directions:

1. Preheat oven to 450 degrees F.
2. Slice zucchini into 1/4-inch thick rounds. Place on a baking sheet.
3. Top each slice with pizza sauce and a sprinkle of oregano. Add cheeses and mini pepperoni.
4. Bake for about 10 minutes (check halfway through).