

A brown football with white laces is centered on a green football field with white yard lines. The text is overlaid on the football.

SIMPLY DELICIOUS SUPERBOWL SNACKS

Bundle

TABLE OF CONTENTS

1. VOLUME 1

- a. **Bean Dip and Chips**
- b. **Presto Change-O Chex Mix**
- c. **Cheesy Potato Skins**
- d. **Crock Shredded Beef Sandwiches**
- e. **Chinese Cole Slaw**
- f. **Fudge Brownie Pie**

2. VOLUME 2

- a. **Guacamole, Salsa, and Chips**
- b. **Jalapeno Spread with Sourdough Dippers**
- c. **Soft Taco/Burrito Bar**
- d. **Lemonade Cake**
- e. **Giant Peanut Butter Chocolate Chip Cookies**

3. VOLUME 3

- a. **Cream Cheese/Salsa Dip and Chips**
- b. **Half Time Stuffed Meatloaf Sandwiches**
- c. **Spicy Chicken Stromboli**
- d. **Fresh Fruit Kabobs**
- e. **Peanutbutterscotch Pretzels**
- f. **Lemon Cream Cupcakes**

Saving Dinner with



The Dinner Diva

6 Super Bowl Snacks
to share with friends
on the big day

The Recipes and Instructions for

6 Simple Super Bowl Snacks

Includes:

Bean Dip and Chips
Presto Change-O Chex Mix
Cheesy Potato Skins
Crock Shredded Beef Sandwiches
Chinese Coleslaw
Fudge Brownie Pie

From the Cooking Coach

Leanne Ely - The Dinner Diva

Dear Friends,

The Super Bowl kicks off this Sunday in the United States and believe me, this is a big event. Let me rephrase that. This is a Big Event, capital B, capital E.

And like all Big Events, you gotta have food. But for the Big Event, you need Big Food, not sissy hors d'oeuvres — Guy Food. The kind of stuff you can wrap your big hands around and get serious with. The kind of food that drips down your chin requiring a big napkin before you're tempted to use your sleeve.

This menu follows my 90/10 rule. 90% of the time, we eat healthfully; very conscientious of what we are choosing to fuel our bodies with. The other 10% of the time, we eat stuff like this—fun, celebratory food that is okay every once in awhile.

Here's the practical side of things—we all know who will be making this Big Food, right? So let's get a fun menu together with minimal fuss that's fun to eat.

Cheers,
Leanne

Shopping List

MENU:

Recipe 1: Bean dip and chips

Recipe 2: Presto Change-O Chex Mix

Recipe 3: Cheesy Potato Skins

Recipe 4: Crock-Pot Shredded Beef Sandwiches

Recipe 5: Chinese Coleslaw

Recipe 6: Fudge Brownie Pie

SHOPPING LIST:

MEAT

Bacon [R3]

Chuck roast [R4]

CONDIMENTS

Worcestershire sauce [R2]

Vegetable oil [R4]

Good Seasons Italian salad dressing mix [R4]

Barbecue sauce [R4]

Low sodium soy sauce [R5]

Toasted sesame oil [R5]

Salsa (optional) [R1]

Olives (optional) [R1]

PRODUCE

Garlic

4 large Russet potatoes [R3]

Green onions [R3] [R5]

1 (16-oz.) bag coleslaw mix (this one has the dressing in the bag) [R5]

Ginger [R5]

Cilantro [R5]

Lime [R5]

Jalapeños (optional) [R1]

SPICES

Seasoned salt [R2]

Italian seasoning [R4]

Garlic powder [R4]

Onion powder [R4]

DAIRY/DAIRY CASE

Butter [R2] [R3]

Shredded cheddar cheese [R3]

Sour cream [R3]

Egg [R6]

DRY GOODS

Corn Chex cereal [R2]

Rice Chex cereal [R2]

Wheat Chex cereal [R2]

Mixed nuts [R2]

Raisins [R2]

Pepperidge Farm goldfish [R2]

Pretzels (I like the little waffle looking ones) [R2]

Dry roasted peanuts [R5]

1 (23-oz.) package of brownie mix [R6]

Pecans [R6]

FREEZER

9 inch pie shell [R6]

Vanilla ice cream [R6]

BAKERY

1 dozen hoagie rolls (or other larger roll) [R4]

OTHER

M & M's [R2]

Frito-Lay bean dip in a can [R1]

Favorite Chips [R1]

SHOPPING LIST LEGEND

[R1] – [R6] = Recipe 1, Recipe 2, Recipe 3, etc...

Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Bean Dip and Chips

Makes a Lot

INGREDIENTS:

I buy the Frito Lay bean dip in a can (remember the 90/10 rule) And a bag of your favorite chips

COOKING INSTRUCTIONS:

Transfer the bean dip to a serving bowl. Do the same with the chips. You can dress it up a bit by adding chopped green peppers, sour cream, salsa, jalapeños, or olives.

NUTRITION per serving: See package for nutritional information.

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only. If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 1

DO AHEAD TIP: This mix can be made two days ahead of time and stored in a sealed container at room temperature.

Presto Chang-O Chex Mix

Makes a Lot

INGREDIENTS:

6 tablespoons butter	2 cups Wheat Chex cereal	3/4 cup mixed nuts
1 teaspoon seasoned salt	2 cups raisins	
4 teaspoons Worcestershire sauce	2 cups M & M's	
2 cups Corn Chex cereal	2 cups Pepperidge Farm goldfish	
2 cups Rice Chex cereal	2 cups pretzels (I like the little waffle looking ones for this)	

COOKING INSTRUCTIONS:

Preheat oven to 250. Heat butter in a 13 x 9 baking pan in the oven till butter is melted. Remove and stir in seasoned salt and Worcestershire. Add the Chex and nuts. Mix until all is coated then bake in the same 250 degree oven for 45 minutes, stirring every 15 minutes or so (use your timer!) until nicely browned. Let cool spread out on a paper towel. When it's all cooled, you can add the remaining ingredients and mix up really well.

NUTRITION per serving: Calculated for 12 Servings (excluding Pepperidge Farm goldfish): 346 Calories; 15g Fat; 4g Protein; 51g Carbohydrate; 3g Dietary Fiber; 17mg Cholesterol; 292mg Sodium. Exchanges: 1 Grain (Starch); 1 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only. If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 1

Cheesy Potato Skins

Makes 8 skins

INGREDIENTS:

4 large Russet potatoes, baked and cooled
2 tablespoons butter, melted
1 cup shredded cheddar cheese

1/2 cup sour cream
1/2 cup cooked chopped bacon
4 green onions, chopped fine
Salt and pepper to taste

COOKING INSTRUCTIONS:

Cut potatoes lengthwise into fourths; carefully scoop out the pulp, leaving about 1/4 inch of potato to make the shells. Save the potato pulp for another use (I see hash browns in your future).

Set the oven to broil. Place the potato shells, skin side down on the rack in the broiler (you want to be able to see the inside of the potato). Brush with butter, salt and pepper to taste. Broil (4-5 inches away from the heat) for 8 to 10 minutes or until crisp and brown. You will want to baby-sit these guys to make sure they don't get overly done, too.

Sprinkle cheese over the potato and broil for about 30 seconds (again, babysitting the taters is in order here) or until cheese is hot and melted. Serve hot with sour cream, bacon and green onions.

NUTRITION per serving: 230 Calories; 18g Fat; 9g Protein; 8g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 364mg Sodium. Exchanges: 1/2 Grain (Starch); 1 Lean Meat; 3 Fat.

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 1

Crock Shredded Barbecue Beef Sandwiches

Makes about a dozen sandwiches

INGREDIENTS:

5 pounds chuck roast
3 tablespoons vegetable oil
3 cups water
Salt and pepper to taste
2 teaspoons Italian seasoning

1 package Good Seasons Italian salad dressing mix
1 teaspoons garlic powder
1 teaspoon onion powder
1 bottle your favorite barbecue sauce
1 dozen hoagie rolls (or other larger roll) split lengthwise

COOKING INSTRUCTIONS:

In a Dutch oven or large skillet, heat the oil over medium high heat. Add the roast and brown nicely on all sides. Place the roast in a crock cooker and add the water to the pan you used for browning the beef. Using a wire whisk, get up all the browned bits off the bottom of the pan and pour that beefy water into the crock cooker.

Now add all the seasonings to the roast, cover and cook on low about 8 to 10 hours (your cooker could cook faster—watch it at about the 4 or 5 hour mark).

When cooked, remove the meat, allow to cool and shred the beef using two forks. Return the beef to the crock-pot and cook on high until heated through, about 15 minutes to a half hour.

Use a slotted spoon to remove the beef, pile into a bowl and serve with the rolls and barbecue sauce. Let your gang make their own!

NUTRITION per serving: 645 Calories; 36g Fat; 37g Protein; 41g Carbohydrate; 2g Dietary Fiber; 109mg Cholesterol; 860mg Sodium. Exchanges: 2 1/2 Grain (Starch); 4 1/2 Lean Meat; 4 1/2 Fat.

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 1

Chinese Coleslaw

Makes 4-6 servings

INGREDIENTS:

1 (16-oz.) bag coleslaw mix (this one has the dressing in the bag)	1 tablespoon low sodium soy sauce
3 green onions, chopped	1/2 tablespoon toasted sesame oil (the oil is brownish)
3 teaspoons ginger, grated	1/2 tablespoon lime juice
2 cloves garlic, pressed	1/2 cup dry roasted peanuts
	1/4 cup cilantro, chopped

COOKING INSTRUCTIONS:

Place the coleslaw mix (not the dressing) in a large bowl. In another smaller bowl, mix together the dressing that came with the coleslaw mix and the remaining ingredients except the peanuts and cilantro. Pour the dressing mixture onto the coleslaw tossing well to mix. Sprinkle peanuts and cilantro on top and serve.

NUTRITION per serving: 472 Calories; 40g Fat; 4g Protein; 21g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 740mg Sodium. Exchanges: 1/2 Grain (Starch); 1/2 Lean Meat; 8 Fat; 1 Other Carbohydrates.

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 1

Fudge Brownie Pie

Makes a 9-inch pie

INGREDIENTS:

1 frozen 9 inch pie shell	1 egg
1 (23-oz.) package of brownie mix	2/3 cup chopped pecans
1/2 cup water	Vanilla ice cream (served on the side with a slice of warm pie)

COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. Thaw your pie shell at room temp for about 20 minutes. In the meantime, combine the brownie mix, water and egg and beat till smooth. Fold in the nuts and pour mixture into the shell. Bake for 35 to 45 minutes until puffed and nicely browned on the top. Cool, but do serve it warm with a scoop of vanilla. You're going to love this!

NUTRITION per serving: (excluding ice cream): 706 Calories; 34g Fat (41.7% calories from fat); 8g Protein; 99g Carbohydrate; 2g Dietary Fiber; 35mg Cholesterol; 536mg Sodium. Exchanges: 1 Grain (Starch); 6 1/2 Fat; 5 1/2 Other Carbohydrates.

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 1

Saving Dinner with



The Dinner Diva

A Super Bowl Menu for the
whole gang on the big day

Includes Recipes and Instructions for:

Guacamole, Salsa and Chips
Jalapeno Spread with Sourdough Dippers
Soft Taco/Burrito Bar
Lemonade Cake
Giant Peanut Butter Chocolate Chip Cookies

From the Cooking Coach

Leanne Ely - The Dinner Diva

Dear Friends,

The Super Bowl kicks off this Sunday in the United States and believe me, this is a big event. Let me rephrase that. This is a Big Event, capital B, capital E.

And like all Big Events, you gotta have food. But for the Big Event, you need Big Food, not sissy hors d'oeuvres — Guy Food. The kind of stuff you can wrap your big hands around and get serious with. The kind of food that drips down your chin requiring a big napkin before you're tempted to use your sleeve.

This menu follows my 90/10 rule. 90% of the time, we eat healthfully; very conscientious of what we are choosing to fuel our bodies with. The other 10% of the time, we eat stuff like this—fun, celebratory food that is okay every once in awhile.

Almost everyone loves Mexican food...what's not to like? So serving up a hefty helping of Hispanic home cooking is what this event is all about.

Cheers,
Leanne

ONE WEEK AHEAD

Call your friends and family to invite them to your party. Ask one of them to bring ice.
Go shopping for paper goods and decorations, using your favorite team's colors.

TWO DAYS AHEAD

Clean out your refrigerator.

If you think you'll need it, haul out that big cooler from the garage and clean it out.

Check your pantry against your shopping list, then go shopping.

ONE DAY AHEAD

Bake Lemonade Cake; cool and cut as directed; cover and refrigerate.

Bake Giant Peanut Butter Chocolate Chip Cookies; cool completely and store in an air-tight container.

Pull together all of the pieces you are going to use for serving (platters, bowls, baskets, etc.). Cover them with a towel to keep them dust-free till serving time.

THE MORNING OF

Set your serving table.

Shred lettuce and cheese and chop tomatoes, green onions and cilantro for Soft Taco/Burrito Bar. Place items in individual plastic baggies and refrigerate.

JUST BEFORE SERVING

If you have refrigerated the guacamole, remove the pit from the center and give it a stir. Arrange it on your serving table with salsa and tortilla chips.

Place Jalapeno Spread with Sourdough Dippers on serving table.

Arrange Soft Taco/Burrito Bar items in individual containers.

Warm tortillas in oven and arrange Soft Taco/Burrito Bar.

Arrange cake and cookies on serving plates.

Arrange beverages in ice bucket/cooler.

MAY THE BEST TEAM WIN!!!!

Shopping List

Recipe 1: Guacamole, Salsa and Chips
Recipe 2: Jalapeno Spread with Sourdough Dippers
Recipe 3: Soft Taco/Burrito Bar
Recipe 4: Lemonade Cake
Recipe 5: Giant Peanut Butter Chocolate Chip Cookies

MEAT

12 boneless skinless chicken thighs [R3]

DELI

Salsa (or buy jarred) [R1]

CONDIMENTS

Vegetable oil [R4]
Mayonnaise (1 cup) [R2]
Peanut butter, chunky OR smooth (1 cup) [R5]

PRODUCE

Red onions (1 small) [R1]
Garlic (1 large clove) [R1]
Green onions (1 to 2 bunches for Soft Taco/Burrito Bar) [R3]
Avocados (4 to 5) [R1]
Lettuce (1 head) [R3]
Plum (Roma) tomatoes (3 plus garnish for Soft Taco/Burrito Bar) [R1] [R3]
Cilantro (1/4 cup chopped plus garnish for Soft Taco/Burrito Bar) [R1] [R3]
Limes (1 large) [R1]

CANNED GOODS

2 (14.5-oz.) cans diced tomatoes with green chilies (Rotel is a good brand)
Black beans [R3]
Pinto beans
1 (4-oz.) can diced green chilies [R2]
Jalapeno peppers (2 ounces diced) [R2]
Salsa (if not using fresh from deli)

SPICES

Cayenne pepper (optional) [R1]

DAIRY/DAIRY CASE

Butter (2 sticks) [R5]
Eggs (6) [R4] [R5]
Sour cream (as garnish for Soft Taco/Burrito Bar) [R3]
2 (8-oz.) packages cream cheese [R2]
Cheddar cheese (as garnish for Soft Taco/Burrito Bar) [R3]
Parmesan cheese (1 cup grated) [R2]

DRY GOODS

All-purpose flour (2 1/2 cups) [R5]
Baking powder [R5]
Baking soda [R5]
Granulated sugar (1 cup) [R5]
Brown sugar (1 cup) [R5]
Powdered (confectioners) sugar (2 cups) [R4]
Semi-sweet chocolate chips (2 cups) [R5]
1 package (2-layer size) lemon cake mix [R4]
1 package (4-serving size) lemon flavor instant pudding and pie filling [R4]
1 envelope taco seasoning mix [R3]
1 large bag tortilla chips [R1]

FREEZER

1 can lemonade concentrate [R4]

BAKERY

6-inch corn tortillas [R3]
10-inch flour tortillas (whole wheat, if desired) [R3]

OTHER

Aluminum foil wrap [R3]
Plastic baggies [R3]
Paper goods (your choice/team colors)
Beverages (your choice)
Ice (if necessary)

SHOPPING LIST LEGEND

[R1] – [R6] = Recipe 1, Recipe 2, Recipe 3, etc...
Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

SHOPPING LIST LEGEND

[R1] – [R6] = Recipe 1, Recipe 2, Recipe 3, etc... Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Guacamole, Salsa and Chips

Serves 8

INGREDIENTS:

4 to 5 ripe avocados, peeled and pitted
1 large lime, juiced
1/2 teaspoon salt, or to taste
1 small red onion, finely chopped
1/4 cup chopped cilantro, or more to taste

3 plum (Roma) tomatoes, chopped
1 large clove garlic, pressed
Pinch of cayenne pepper (optional)
Your favorite store-bought salsa
1 large bag tortilla chips

COOKING INSTRUCTIONS:

In a medium bowl, using a fork, mash together avocados, lime juice and salt; add onion, cilantro, tomatoes, garlic and cayenne pepper. For the best flavor, serve immediately and don't refrigerate. However, if you must prepare it ahead, be sure to place an avocado pit in the middle of the guacamole (to keep it from turning brown); cover and refrigerate. Just before serving, remove the pit and give the guacamole a quick stir. Place salsa in a serving bowl and tortilla chips in a basket; serve.

NUTRITION per serving: 474 Calories; 30g Fat; 7g Protein; 50g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 692mg Sodium. Exchanges: 2 1/2 Grain (Starch); 1 Vegetable; 1/2 Fruit; 6 Fat. Points: 11

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only. If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 2

Jalapeno Spread with Sourdough Dippers

Serves 8

INGREDIENTS:

2 (8-oz.) packages cream cheese, softened
1 cup mayonnaise
1 (4-oz.) can diced green chilies, drained

2 ounces canned jalapeno peppers, drained and diced
1 cup grated Parmesan cheese
1 loaf Sourdough bread, cut into bite-sized chunks

COOKING INSTRUCTIONS:

In a large bowl, stir together cream cheese and mayonnaise until smooth; stir in green chilies and jalapeno peppers. Pour mixture into a microwave-safe serving dish; sprinkle with Parmesan cheese. Microwave on High until not, about 1 minute. Place bowl on a large platter and arrange Sourdough bread chunks around the dip.

NUTRITION per serving: 568 Calories; 43g Fat; 8g Protein; 27g Carbohydrate; 2g Dietary Fiber; 84mg Cholesterol; 851mg Sodium. Exchanges: 2 Grain; 1 Lean Meat; 6 Fat. Points: 14

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only. If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 2

Soft Taco/Burrito Bar

Serves 8

INGREDIENTS:

12 boneless skinless chicken thighs	Shredded iceberg lettuce
1 envelope taco seasoning mix	Shredded Cheddar cheese
6-inch corn tortillas	Chopped tomatoes
10-inch flour (whole wheat if desired) tortillas	Chopped green onions
Canned black beans, drained and rinsed	Chopped cilantro
	Sour cream

COOKING INSTRUCTIONS:

Place chicken in a slow cooker. In a bowl, combine tomatoes and taco seasoning mix; pour over chicken. If tomato liquid does not cover the chicken, add water to cover. Cover slow cooker and cook on HIGH for 3 to 5 hours. Using two forks, shred the chicken right in the slow cooker and blend into the juices. Just before serving, preheat oven to 350 degrees. Wrap corn and flour tortillas separately in aluminum foil wrap; heat in oven for about 20 minutes. Serve chicken and tortillas with garnishes.

NUTRITION per serving: 590 Calories; 24g Fat; 43g Protein; 51g Carbohydrate; 8g Dietary Fiber; 150mg Cholesterol; 953mg Sodium. Exchanges: 1 Grain (Starch); 5 Lean Meat; 1 Vegetable; 2 1/2 Fat. Points: 13

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 2

Lemonade Cake

Serves 8

INGREDIENTS:

1 package (2-layer size) lemon cake mix	1 cup water
1 package (4-serving size) lemon flavor instant pudding and pie filling	1/4 cup vegetable oil
4 eggs	1 can frozen lemonade concentrate, thawed
	2 cups powdered (confectioners) sugar

COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. In a large electric mixer bowl, combine cake mix, pudding mix, eggs, water and oil; blend well. Beat at medium speed for 4 minutes. Pour into a greased and floured 9- x 13-inch baking pan and bake for 45 to 50 minutes or until a cake tester inserted in the center comes out clean and cake begins to pull away from the edges of the pan. Cool in pan for about 5 minutes then thoroughly prick the warm cake with a utility fork right through to the bottom of the cake. In a medium bowl, whisk together lemonade and sugar until smooth. Gradually spoon glaze over cake until completely absorbed. Cool and cut into squares.

NUTRITION per serving: 617 Calories; 17g Fat; 6g Protein; 113g Carbohydrate; 1g Dietary Fiber; 106mg Cholesterol; 666mg Sodium. Exchanges: 1/2 Lean Meat; 3 Fat; 7 1/2 Other Carbohydrates. Points: 14

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 2

Giant Peanut Butter Cookies

Serves 12

INGREDIENTS:

1 cup (2 sticks) butter, softened	2 1/2 cups all-purpose flour
1 cup chunky OR smooth peanut butter	1 teaspoon baking powder
1 cup granulated sugar	1 teaspoon baking soda
1 cup firmly packed brown sugar	1/2 teaspoon salt
2 eggs	2 cups semi-sweet chocolate chips

COOKING INSTRUCTIONS:

Preheat oven to 375 degrees. In a large bowl, cream the butter, peanut butter and sugars until light; add eggs and mix until fluffy. In another large bowl, blend flour, baking powder, baking soda and salt. Add these dry ingredients to the butter mixture. Add the chocolate chips and blend well. Using an ice cream scoop, scoop cookie dough onto a lightly greased baking sheet; press till flat with the heel of your hand. Bake for 10 to 15 minutes.

NUTRITION per serving: 638 Calories; 36g Fat; 10g Protein; 76g Carbohydrate; 4g Dietary Fiber; 77mg Cholesterol; 513mg Sodium. Exchanges: 1 1/2 Grain (Starch); 1 Lean Meat; 6 1/2 Fat; 3 1/2 Other. Points: 15

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 2

Saving Dinner with



The Dinner Diva

6 Super Bowl Snacks
to share with friends
on the big day

The Recipes and Instructions for

6 Simple Super Bowl Snacks

Includes:

Cream Cheese/Salsa Dip and Chips
Half Time Stuffed Meatloaf Sandwiches
Spicy Chicken Stromboli
Fresh Fruit Kabobs
Peanutbutterscotch Pretzels
Lemon Cream Cupcakes

From the Cooking Coach

Leanne Ely - The Dinner Diva

Dear Friends,

The Super Bowl kicks off this Sunday in the United States and believe me, this is a big event. Let me rephrase that. This is a Big Event, capital B, capital E.

And like all Big Events, you gotta have food. But for the Big Event, you need Big Food, not sissy hors d'oeuvres — Guy Food. The kind of stuff you can wrap your big hands around and get serious with. The kind of food that drips down your chin requiring a big napkin before you're tempted to use your sleeve.

This menu follows my 90/10 rule. 90% of the time, we eat healthfully; very conscientious of what we are choosing to fuel our bodies with. The other 10% of the time, we eat stuff like this—fun, celebratory food that is okay every once in awhile.

Here's the practical side of things—we all know who will be making this Big Food, right? So let's get a fun menu together with minimal fuss that's fun to eat.

Cheers,
Leanne

Shopping List

Recipe 1: Cream Cheese/Salsa Dip and Chips

Recipe 2: Half Time Stuffed Meatloaf

Sandwiches

Recipe 3: Spicy Chicken Stromboli

Recipe 4: Fresh Fruit Kabobs

Recipe 5: Peanutbutter-scotch Pretzels

Recipe 6: Lemon Cream Cupcakes

SHOPPING LIST:

MEAT

3 pounds 95% lean ground beef [R2]

Chicken (4 cups shredded or cooked) [R3]

DELI

Ham (1/4 pound thinly sliced) [R2]

Salami (1/4 pound thinly sliced) [R2]

CONDIMENTS

Chunky salsa (8-oz.) [R1]

Vegetable oil [R2]

Hot sauce [R3]

Creamy peanut butter [R5]

PRODUCE

Onions (1 medium) [R2]

Green bell pepper (1 large) [R2]

Mushrooms (1 cup chopped) [R2]

Fresh fruit (such as pineapple, mango, bananas, kiwi, strawberries) [R4]

Lemons (2 1/4 teaspoons grated peel plus 2 tablespoons juice) [R6]

SPICES

Sea salt [R2,R6]

Black peppercorns [R2]

Garlic powder [R2]

Sesame seeds [R5]

Vanilla extract [R6]

DAIRY/DAIRY CASE

Cream cheese (8-oz.) [R1]

Eggs (4) [R2,R6]

Grated Parmesan cheese (1 cup) [R2]

Swiss cheese (1/4 pound thinly sliced) [R2]

Blue cheese (1/2 cup crumbled) [R3]

Unsalted butter (1 cup plus 3 tablespoons) [R6]

Sour cream (2 cups) [R6]

Milk [R6]

DRY GOODS

Tortilla chips [R1]

Instant rice (1 cup) [R2]

Butterscotch morsels (11-oz.) [R5]

3-inch twisted pretzels (60) [R5]

Sugar (2 cups) [R6]

Flour (3 1/2 cups) [R6]

Baking soda [R6]

Baking powder [R6]

Powdered sugar (2 1/4 cups) [R6]

FREEZER

Chopped Spinach (10-oz.) [R2]

Puff pastry sheets (17.3-oz. package) [R3]

BAKERY

Hoagie rolls (16) [R2]

OTHER

Wax paper [R2]

Bamboo skewers [R4]

SHOPPING LIST LEGEND

[R1] – [R6] = Recipe 1, Recipe 2, Recipe 3, etc... Each recipe is assigned a number which corresponds to the shopping list. This is handy if you need to alter any recipes or omit a certain recipe from the menu.

Cream Cheese/Salsa Dip and Chips

Serves 8

INGREDIENTS:

1 (8-oz.) package cream cheese, softened

1 (8-oz.) jar chunky salsa

Tortilla chips

COOKING INSTRUCTIONS:

Place cream cheese on a large shallow serving bowl or plate; pour salsa on top. Surround with tortilla chips.

NUTRITION per serving: 391 Calories; 25g Fat; 6g Protein; 38g Carbohydrate; 4g Dietary Fiber; 31mg Cholesterol; 506mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 5 Fat. Points: 1

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.

If you'd like to share, please share our free menus available on the web at

www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 3

Half Time Stuffed Meatloaf Sandwiches

Serves 16 (Leftovers for the next day!)

INGREDIENTS:

1 cup instant rice

3 pounds 95% lean ground beef

1 large egg, slightly beaten

1 medium onion, chopped

1 large green bell pepper, seeded, deribbed and chopped

1 cup chopped fresh mushrooms

Garlic powder, to taste

Sea salt and freshly ground black pepper, to taste

1 cup grated Parmesan cheese

1 (10-oz.) package frozen chopped spinach, thawed and squeezed dry

1/4 pound thinly sliced deli ham

1/4 pound thinly sliced salami

1/4 pound thinly sliced Swiss cheese

Hoagie rolls, split

Vegetable oil

COOKING INSTRUCTIONS:

Preheat oven to 375 degrees. Lightly grease a shallow roasting pan. Prepare instant rice according to package directions. In a large bowl, combine ground beef, egg, chopped onion, bell pepper, mushrooms and cooked rice; season with garlic powder, salt and pepper; blend well. On a clean working surface, arrange sheets of wax paper approximately 1 1/2 feet long by 1 foot wide. Place meat mixture on wax paper and flatten into a large square, about 1/2 inch thickness (the thinner the better). Sprinkle with more garlic powder then layer with Parmesan, spinach, ham, salami and Swiss cheese. Using the wax paper, roll the meat as tightly as possible while removing the wax paper as you go. Tuck the two open ends of meat into the meatloaf itself and, with hands lightly coated in vegetable oil, shape it into a loaf. While lifting with the wax paper, transfer to the prepared roasting pan; slide wax paper out from underneath. Bake meatloaf for 1 hour and 10 minutes or until meat is no longer pink and juices run clear. Allow to cool for 15 minutes before slicing. Serve on rolls.

NUTRITION per serving: 526 Calories; 10g Fat; 23g Protein; 45g Carbohydrate; 3g Dietary Fiber; 55mg Cholesterol; 795mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat. Points: 9

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.

If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 3

DO-AHEAD TIP: Cook chicken.

Spicy Chicken Stromboli

Serves 8

INGREDIENTS:

4 cups cubed or shredded cooked chicken
1/2 cup crumbled blue cheese

1/4 cup plus 2 tablespoons hot sauce
1 (17.3-oz.) package puff pastry sheets, thawed

COOKING INSTRUCTIONS:

Preheat oven to 400 degrees. In a medium bowl, combine chicken, blue cheese and hot sauce. On a lightly floured surface, unfold pastry sheet and roll it into a 10" x 14" rectangle. With the short side facing you, spoon chicken mixture down the center of the pastry. Fold the two opposite sides of the pastry to the center, over the filling, and press to seal. Place Stromboli on a baking sheet, seam side down and tuck the ends under to seal; bake for 30 minutes or until pastry is golden brown. Allow Stromboli to cool for about 10 minutes before slicing.

NUTRITION per serving: 557 Calories; 33g Fat; 35g Protein; 28g Carbohydrate; 1g Dietary Fiber; 87mg Cholesterol; 587mg Sodium. Exchanges: 2 Grain(Starch); 4 1/2 Lean Meat; 0 Vegetable; 5 Fat. Points: 15

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 3

Fresh Fruit Kabobs

Serves 8

INGREDIENTS:

Assorted fresh fruit

COOKING INSTRUCTIONS:

Alternately thread chunks of your favorite available fresh fruit onto bamboo skewers. Some examples:

Pineapple
Mango
Bananas (toss in a little lemon juice to prevent from browning)
Kiwi
Strawberries

Arrange on a large platter.

NUTRITION per serving: Will vary depending on the type and amount of fruit that you use.

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 3

Peanutbitterscotch Pretzels

Makes 60 Pretzels

INGREDIENTS:

1 (11-oz.) package butterscotch morsels
1/3 cup creamy peanut butter

60 (3-inch) twisted pretzels
2 tablespoons (or more) sesame seeds, toasted*

COOKING INSTRUCTIONS:

In a medium microwave-safe bowl, microwave morsels and peanut butter on MEDIUM-HIGH (70%) power for 1 minute; stir. Microwave again, at additional 10- to 20-second intervals, stirring until smooth. Dip about 3/4 of one pretzel in butterscotch mixture, shaking off excess; place on a wire rack and sprinkle lightly with toasted sesame seeds. Repeat with remaining pretzels. If butterscotch mixture thickens, microwave on MEDIUM-HIGH (70%) power at 10- to 15-second intervals, stirring until smooth. Refrigerate pretzels for 20 minutes or until set; store in airtight containers or zipper-topped plastic bags.

*To toast sesame seeds – Spread in a skillet over medium heat, shaking pan occasionally until fragrant.

NUTRITION per serving: 36 Calories; 1g Fat; 1g Protein; 6g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 31mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fat; 1/2 Other Carbohydrates. Points: 1

Copyright © 2020 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 3

Lemon Cream Cupcakes

Makes 30 cupcakes

INGREDIENTS:

1 cup butter, softened
2 cups sugar
3 eggs
2 teaspoons grated lemon peel
1 teaspoon vanilla extract
3 1/2 cups flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
2 cups sour cream

FROSTING:

3 tablespoons butter, softened
2 1/4 cups powdered sugar
2 tablespoons lemon juice
3/4 teaspoon vanilla extract
1/4 teaspoon grated lemon peel
1 tablespoon milk

COOKING INSTRUCTIONS:

Preheat oven to 350 degrees. In a large bowl, cream together butter and sugar; beat in eggs, one at a time. Add lemon peel and vanilla; blend well. In another large bowl, combine dry ingredients; add to egg mixture alternately with sour cream (batter will be thick). Fill greased or paper-lined muffin cups with 1/4 cup of batter and bake for 25 to 30 minutes or until a toothpick inserted near the center comes out clean; cool for 10 minutes then remove to wire racks to cool completely. Prepare frosting: In a small bowl, cream butter and powdered sugar; add lemon juice, vanilla, lemon peel and milk; beat until smooth.

NUTRITION per serving: 239 Calories; 11g Fat; 2g Protein; 34g Carbohydrate; trace Dietary Fiber; 29mg Cholesterol; 169mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1 1/2 Other Carbohydrates. Points: 7

Copyright © 2011 Leanne Ely All Rights Reserved. May be copied for individual personal use only.
If you'd like to share, please share our free menus available on the web at www.SavingDinner.com

Simply Delicious Super Bowl Snacks Volume 3