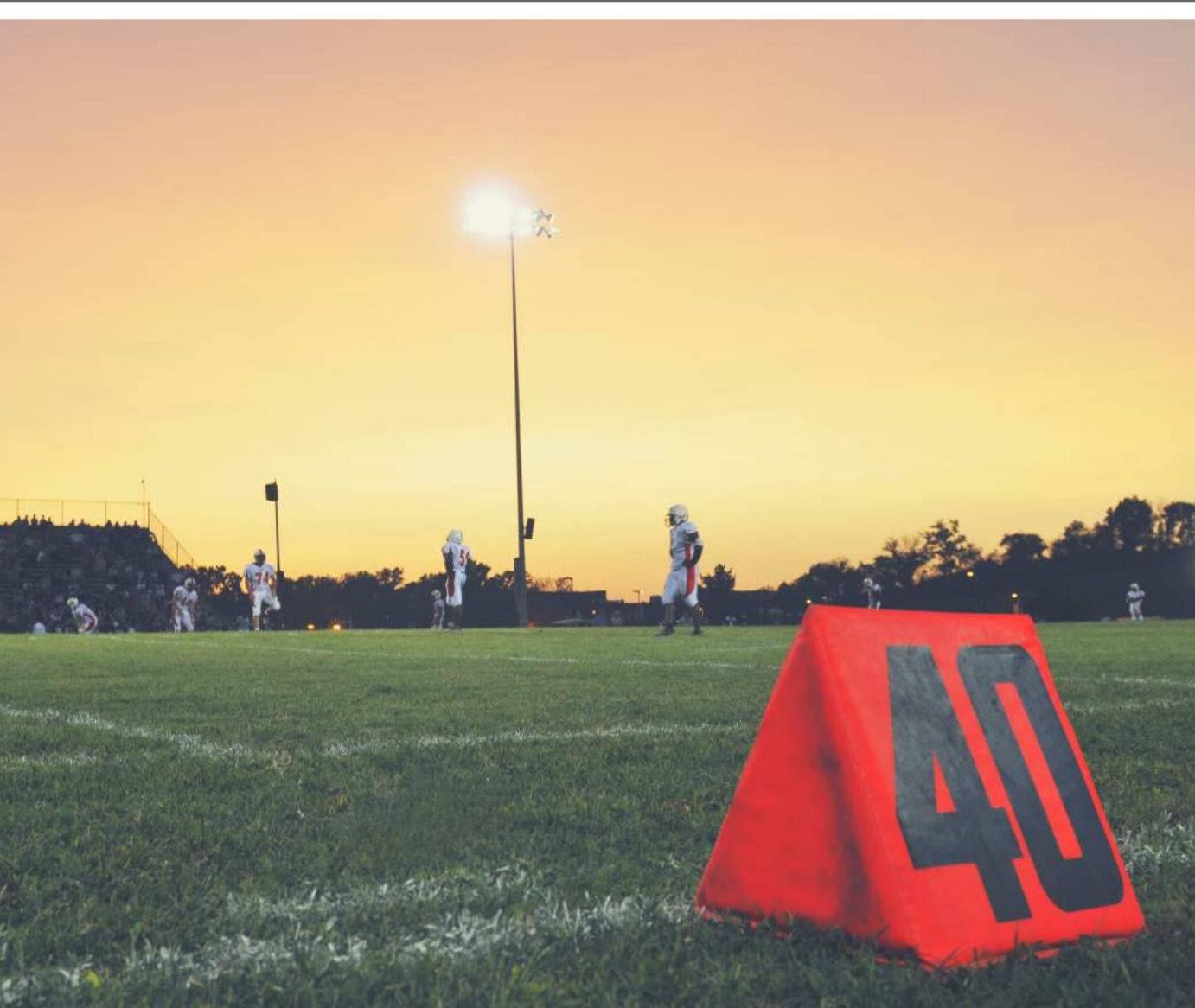


TEAM WANDERLUST

GAME DAY EATS

RECIPES FOR A HEALTHIER TAILGATE PARTY



MEGANHOLMESFITNESS.COM



Growing up as the baby of five in an Irish Catholic family, I was born to bleed Notre Dame gold and blue through and through. As fate would have it, I actually ended up meeting and marrying a college football player and now the sound of rambunctious cheering fills my living room every weekend during football season. Admittedly, I am not as big of a fan of football as my husband but I sure do love the food!

Thank you so much for spending the last few days with me in my football and fitness challenge group. It gives me a lot of joy to share my passion for health and fitness with others and I hope you'll join me for more groups like this in the future.

In health and happiness,
Megan

Buffalo Cauliflower Wings

Ingredients

½ cup low-fat (1%) plain yogurt
2 Tbsp. crumbled blue cheese
Nonstick cooking spray
6 cups cauliflower florets
½ tsp sea salt (or Himalayan salt), divided use
½ cup hot pepper sauce
⅓ cup rice vinegar
1 Tbsp. cornstarch, gluten-free
(preferably GMO free)
2 tsp. ground chili powder
¼ tsp. ground smoked paprika
½ tsp. garlic powder
½ tsp. onion powder
1 tsp. pure maple syrup
1 tsp. olive oil

Instructions

Preheat oven to 350° F.

Combine yogurt and cheese in a small bowl; mix well. Refrigerate until needed.

Lightly coat large baking sheet with spray.

Place cauliflower florets on baking sheet. Coat cauliflower lightly with spray. Season evenly with ¼ tsp. salt.

Bake for 20 minutes, or until tender-crisp.

While cauliflower is baking, combine hot sauce, rice vinegar, and cornstarch in medium saucepan; whisk until cornstarch is dissolved.

Add chili powder, paprika, garlic powder, onion powder, maple syrup, oil, and remaining ¼ tsp. salt; whisk to blend.

Heat hot sauce mixture over medium-high heat; cook, stirring frequently, for 10 minutes, or until thickened. Set aside.

Pour hot sauce mixture over baked cauliflower (on baking sheet); mix well.

Return cauliflower to oven. Bake for 5 minutes.

Serve hot with sauce.



BBQ Chicken Sweet Potatoes

Ingredients:

- 2 small sweet potatoes, washed, pierced several times with a fork
- 1½ cups shredded cooked chicken breast, boneless, skinless, warm
- ¼ cup barbecue sauce, warm
- ¼ cup Quick Pickled Red Onions (or 2 Tbsp. chopped red onions) (optional)
- 1 Tbsp. finely chopped fresh parsley (or cilantro) (for garnish; optional)

Instructions

Preheat oven to 400° F.

Place sweet potatoes on a baking sheet. Pierce each sweet potato 3 to 4 times with a fork. Bake for 35 to 45 minutes, or until tender.

While sweet potato is baking, combine chicken and barbecue sauce in a small bowl; mix well. Set aside.

Cut sweet potatoes in half lengthwise.

Top sweet potatoes evenly Quick Pickled Red Onions and chicken mixture. Sprinkle evenly with parsley; serve immediately.

Tips:

Look for barbecue sauce that has an ingredient list that does not contain artificial sweeteners, additives, or preservatives. There are many brands on the market that are sweetened with small amounts of honey, maple syrup, or molasses.

Use Healthy Barbecue Sauce as a homemade alternative to store-bought barbecue sauce.



If you have an InstantPot, this is a really great way to put it to work! I made my chicken first and then the sweet potatoes! Delicious and quick! I topped with bell peppers and a sprinkle of cheese.

Baked Honey Lime Chicken Taquitos

Ingredients:

- 3 cups cooked shredded chicken
- 2 tablespoons fresh lime juice
- 1/3 cup honey
- 1 tablespoon chili powder
- 1/2 teaspoon garlic powder
- 2 cups shredded cheese
- 10 soft taco sized flour tortillas
- Cooking spray

Cilantro Lime Cream

- 1 cup sour cream
- 1/3 cup green taco sauce (mild)
- 1 teaspoon fresh lime juice
- 1/4 cup fresh cilantro

Blend in food processor until smooth.

Directions:

Preheat oven to 350 degrees.

In a large bowl, combine chicken, lime juice, honey, chili powder, and garlic and mix to coat.

Lay out your tortillas, and divide chicken evenly on the center of each tortilla. Top each one with cheese.

Roll each tortilla tightly, leaving the ends open, and place them on a baking sheet sprayed with nonstick spray or olive oil.

Spray the tops of the taquitos and sprinkle with salt.

Bake for 10 minutes, then serve with Cilantro Lime Cream.

Notes:

I've made these with flour tortillas and corn tortillas for a GF version. I have to say I prefer the corn version because they crisped up better and were the perfect snacking size. If you decide to use corn tortillas, heat them on both sides in a little oil on the stove before rolling or they will just fall apart. I made a huge batch and stuck them in the freezer--microwave for about a minute for a yummy, quick snack!





The Bengal BBQ's SAFARI SKEWER

INGREDIENTS

1 POUND FRESH ASPARAGUS (THICK STALKS)

1 POUND BACON (REGULAR CUT)

1 LEMON

SKEWERS

CUT ASPARAGUS AND BACON INTO THIRDS. WRAP BACON AROUND ASPARAGUS PIECES, AND SKEWER (PLACE THE PIECES ON HORIZONTALLY AND NOT LENGTHWISE - BE SURE TO PIERCE THE END OF THE BACON TO PREVENT IT FROM UNRAVELING).

PLACE ON OUTDOOR GRILL, TURNING FREQUENTLY. SQUEEZE SOME LEMON JUICE OVER THE SKEWERS WHILE GRILLING.

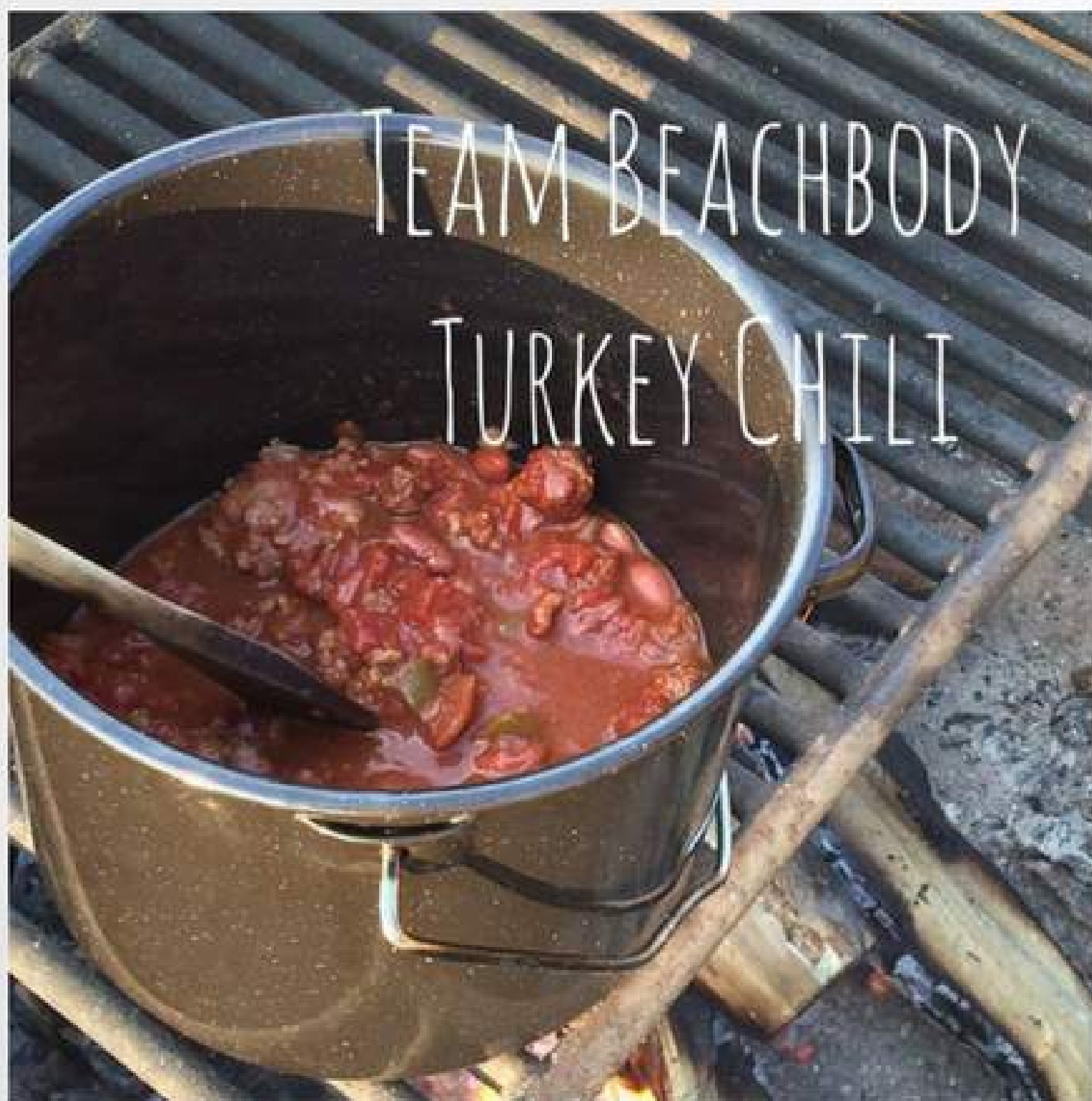
SKEWERS ARE DONE WHEN BACON IS THOROUGHLY COOKED, AND SLIGHTLY CHARRED AROUND THE EDGES.

SQUEEZE SOME EXTRA LEMON UPON REMOVING FROM THE GRILL.

It's not whether you get
knocked down, it's whether
you get back up.

VINCE LOMBARDI

CAN'T GO WRONG WITH CHILI ON A CRISP FALL DAY!



Total Time: 35 min.

Prep Time: 10 min.

Cooking Time: 25 min.

Yield: 6 servings, about 1½ cups each

Ingredients:

1 tsp. olive oil

1 large onion, chopped

1 medium red bell pepper, chopped

1 medium yellow (or orange) bell pepper, chopped

1 lb. raw 93% lean ground turkey

1 (28-oz.) can chopped tomatoes

2 cans (15-oz. each) kidney beans, rinsed, drained (I used dried)

1 tsp. chili powder

½ tsp. sea salt

Crushed red peppers (to taste, optional)

Preparation:

1. Heat oil in a large saucepan over medium-high heat.

2. Add onion and bell peppers; cook, stirring frequently, for 4 to 5 minutes, or until onion is soft.

3. Add turkey; cook for 4 to 5 minutes, or until turkey is browned

4. Add tomatoes, beans, chili powder, salt, and red peppers; cook, stirring frequently, for 10 to 15 minutes.

5. Divide chili into 6 serving bowls and garnish with parsley if desired.

*I added cumin, some ground cayenne pepper and a dash of cocoa powder to this recipe for a little more kick. It was delicious! I also prefer cooking my chili all day (or in a pressure cooker) because it feels like it gives the ingredients more time to meld and enhances the flavor.

VEGAN MAC AND CHEEZE

- 1 lb elbow macaroni (whole wheat for a healthier recipe)
- 2 medium Yukon gold potatoes, peeled and diced
- 1 medium carrot, peeled and diced
- 2/3 cup diced white or yellow onion
- 2 1/2 cups water
- 2/3 cup canola oil
- 1/3 cup raw cashews
- 1/3 cup macadamia nuts
- 2tsp sea salt
- 2 garlic cloves, chopped
- 1/4 tsp dry mustard
- 2T fresh lemon juice
- 1/3 tsp pepper
- 1/4 tsp cayenne pepper
- 1/4 cup plain bread crumbs, optional



Preheat oven to 350.

Lightly oil a 3-quart casserole dish. Prepare the pasta according to package directions. Drain and set aside. While pasta is cooking, combine potatoes, carrots, onion and the 2 1/2 cups water in a small saucepan and set over medium heat. Bring to a boil, turn down the heat until the water is simmering, and cook, covered, for 10 minutes or until the vegetables are tender. The smaller you cut the vegetables, the less time it will take to cook them. Put the oil, cashews, macadamia nuts, salt, garlic, dry mustard, lemon juice, black pepper, cayenne, and cooked vegetables with the cooking water into a blender and process until completely smooth. Toss cooked pasta with blended cheese sauce until it is completely coated. Transfer the mixture to the casserole dish and sprinkle with bread crumbs, if using. Bake for 30 minutes or until the cheese sauce is bubbling.

Notes: I've used all cashews and it's turned out just fine. Cut the cayenne if you're making it for kids who don't like spice. Cook the pasta about a minute less than the minimum cooking time since it will continue to bake in the oven. This keeps it from getting too mushy.

Slow Cooker BBQ Beef

5 t honey
3/4 t black pepper
2 (1-pound) flank steaks
1 cup chopped onion
1 cup tomato paste
3 T Worcestershire sauce
3 T molasses
3 T cider vinegar
1 T chili powder
1 t garlic powder
1 t dry mustard
1 t ground cumin
1/2 t salt
10 (2 1/2-ounce) submarine rolls,
halved
Red onion slices (optional)
Dill pickle slices (optional)

Combine 1 tablespoon honey and pepper; rub over both sides of steaks. Combine 1/4 cup brown sugar, onion, and next 9 ingredients (onion through salt) in an electric slow cooker. Add steaks; turn to coat. Cover with lid; cook on high-heat setting for 1 hour. Reduce heat setting to low; cook for 7 hours. Remove steaks; reserve sauce. Shred steaks with 2 forks. Return shredded steak to cooker; stir into sauce. Spoon 1/2 cup steak mixture onto bottom half of each roll; top with onion and pickles, if desired. Cover with tops of rolls.





Shrimp Ceviche

Ingredients:

- ½ cup fresh lime juice
- 1 lb. cooked medium shrimp, peeled and deveined, coarsely chopped
- 1 medium cucumber, finely chopped
- ½ medium red onion, finely chopped
- 2 medium Serrano chiles (or jalapenos), seeded and deveined, finely chopped (optional)
- 1 medium tomato, finely chopped
- 1 medium ripe avocado, finely chopped
- 2 Tbsp. finely chopped fresh cilantro
- ¼ tsp. sea salt
- 16 endive leaves

Preparation:

1. Combine lime juice and shrimp in a medium bowl; mix well. Marinate, covered, in the refrigerator, for 6 to 24 hours.
2. Combine shrimp mixture, cucumber, onion, chiles (if desired), and tomato in a large bowl; mix well.
3. Add avocado, cilantro, and salt; toss gently to blend.
4. Evenly portion shrimp mixture into endive leaves. Serve two leaves for each portion.





Almond Crusted Chicken

Ingredients

2 Tbsp. raw honey

2 Tbsp. Dijon mustard

2 tsp. rice wine vinegar

Nonstick cooking spray or olive oil cooking spray

2 large eggs

2 Tbsp. water

1 lb. raw chicken breast tenders, skinless

1 cup whole wheat Panko bread crumbs (Japanese-style bread crumbs)

1/2 cup finely chopped sliced raw almonds

1 dash sea salt or Himalayan salt

1 dash ground black pepper

Instructions

Combine honey, mustard, and vinegar in a small bowl; mix well. Chill.

Preheat oven to 425° F.

Line baking sheet with foil; lightly coat with spray.

Combine eggs and water in a medium shallow bowl; whisk to blend.

Soak chicken in egg mixture for 30 minutes, turning once; set aside.

Combine bread crumbs, almonds, salt, and pepper in a large resealable plastic bag; shake to combine.

Working with a few pieces at a time, lift chicken from egg mixture, letting excess drip back into bowl, and drop into bag containing bread crumb mixture. Seal bag and shake to coat; repeat with remaining chicken.

Place chicken on prepared baking sheet. Bake for 18 to 20 minutes, turning after 10 minutes, until no longer pink in the middle and golden brown.

Serve with honey mustard dipping sauce.



Cowboy Caviar

Ingredients

2 cans (15 oz. each) black beans drained, rinsed

1 can (15 oz.) corn rinsed, drained

2 medium red bell peppers chopped

¼ cup finely chopped fresh cilantro

¼ cup fresh lime juice

Instructions

Combine beans, corn, bell peppers, and cilantro in a large bowl; mix well.

Drizzle with lime juice; toss gently to blend.

Chill, covered, in refrigerator for 1 to 2 hours before serving



Nachos



Ingredients

4 corn tortillas, cut into wedges

2 tsp. olive oil

½ medium lime

1 dash chili powder

Sea salt (to taste, optional)

½ cup cooked pinto beans, warm

4 oz cheddar (or jack) cheese, shredded

2 medium tomatoes chopped

½ medium onion, finely chopped

½ medium green bell pepper, chopped

½ medium jalapeno, seeds and veins discarded, finely chopped

¼ medium avocado, chopped

4 fresh cilantro sprigs, chopped

2 Tbsp. reduced fat (2%) plain Greek Yogurt

Instructions

Heat oven to 375° F.

Brush both sides of tortillas with oil. Arrange in a single layer on a baking sheet. Bake for 10 to 15 minutes, or until crisp.

Squeeze lime over chips. Sprinkle with chili powder and salt (if desired).

Arrange half of the tortilla chips in a medium baking dish. Layer with half the beans and cheese. Repeat.

Bake chip mixture for 3 to 4 minutes, or until cheese melts.

Top with tomatoes, onion, bell pepper, jalapeno, avocado, cilantro, and yogurt.

Seven Layer Dip



Ingredients

- 2 medium ripe avocados
- 2 Tbsp. fresh lime juice
- 1 dash sea salt or Himalayan salt
- 1 dash ground black pepper
- 8 oz. low-fat plain Greek yogurt (2%)
- 2 tsp. Taco Seasoning Blend no salt added
- 1 (15-oz) can nonfat refried beans warm
- 4 medium tomatoes chopped
- 1 yellow pepper chopped
- 1 bunch green onions ends trimmed, sliced thin
- 2 Tbsp. shredded cheddar or pepper jack cheese ($\frac{1}{2}$ oz)

Instructions

Mash avocados in a medium bowl.

Add lime juice, salt, and pepper; mix well. Set aside.

Combine yogurt and taco seasoning in a medium bowl; mix well. Set aside.

Top serving platter with beans, avocado mixture, yogurt mixture, tomatoes, peppers, green onions, and cheese.

Serve with baked tortilla chips.





2 Lime wedges
2 orange wedges
1 T Lime Juice
1/2 T raw Honey
1 C Ice
1/4 cup 100% agave tequila
1 splash sweet and sour mixer