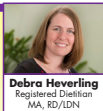




The Dietitian's DISH



Enjoying a good tailgate shouldn't derail your efforts to live a healthy lifestyle. Prepare delicious game day eats that feature seasonal produce and rich flavors. Whatever the location for viewing your favorite team – it's easy to plan foods that take the tailgate party on the go.

Making a Buffalo Dip is a great option for the portable flavor of hot wings without the mess. It goes great with cut veggies or your favorite baked tortilla or pita chip. Don't forget the sweets – include a protein-packed creamy fruit dip with your favorite cut fruits.



Whether you grab a pre-made fruit or veggie tray, or assemble it yourself, these simple dips can help make them your own!

Buffalo Dip

Ingredients:

- 1 cup low-fat cottage cheese
- 1/2 cup blue cheese crumbles
- 2 Tbsp. milk (dairy or non-dairy)
- 2 Tbsp. hot pepper sauce
- 1 Tbsp. Worcestershire sauce
- 1/2 tsp. garlic powder
- 1/4 cup sliced scallions

Directions:

- In a food processor, combine cottage cheese with milk, hot sauce, Worcestershire sauce, and garlic powder. Pulse until smooth. Stir in blue cheese crumbles. Garnish with scallions.
- Serve with celery sticks, carrots, and other cut veggies; tortilla or pita chips, or pretzels.



Raspberry Fruit Dip

Ingredients:

- 1 cup low-fat cottage cheese
- 1 Tbsp. sugar
- 1/2 cup raspberries
- 1/2 tsp. grated lemon peel
- 1/4 tsp. vanilla extract

Directions:

- Pulse the cottage cheese and sugar in a food processor until almost smooth. Add the raspberries, lemon peel and vanilla; pulse a few times to mix.
- Serve with fresh fruit or graham crackers for dipping.

