

Instead of those fattening french fries you always see at a Super Bowl party, try this alternative. Not only are they tasty, they provide a full serving of vegetables without all the excess fat and calories.

Cut up several zucchini into long, thin spears. Whisk one egg white in a small bowl and add ¼ cup of skim milk. Combine ½ cup seasoned bread crumbs with ½ cup Parmesan cheese in a separate bowl. Dip the zucchini spears into the egg mixture and then roll in the bread crumb/cheese mixture. Place on a baking or cookie sheet and place in the oven at 425 degrees F for 25 to 30 minutes, or until golden brown. Serve with low-fat or fat-free ranch dressing.

## Chili Parmesan Popcorn

Get rid of the Doritos and prepare this cheesy popcorn instead! It's only 75 calories but packed with plenty of flavor, and a pepper zest that will satisfy those Super Bowl snack cravings.

**Ingredients:** Canola oil, un-popped popcorn, grated Parmesan, cayenne chili pepper, salt.

Take a large 8qt stock pot, and heat up 1/3 cup of vegetable oil in your pan. Once very hot, add popcorn kernels. Cover the pot and wait, listen and watch as the corn will pop in minutes. As soon as you don't hear any more corn popping, it is done. Once popped, sprinkle 1 teaspoon of Cayenne pepper, ½ cup of grated parmesan and salt to taste over the popcorn. This is really delicious. You can also substitute air popped popcorn or even 3 bags of "no-butter" microwave popcorn in place of the stovetop version for an oil free option.

If you don't want to work for your snacks, and are looking for other great healthy snacks to simply purchase, my 2 favorite snacks on the shelf right now are **Pretzel Shells & Popchips**.

"**Shells**" are the latest great snack by Unique Pretzel Bakery. They've removed the inside to leave you the best part of a pretzel, the crunchy tasty outside shell. With all crunch and no filling, these "Shells" are addictive and pack a serious crunch! As they are fat free, I kind of feel that I can eat the whole bag.

"**Popchips**" have come up with the new flavors of Jalapeño and Sweet Potato. These new flavors are a party in your mouth. The Jalapeño variety is just a little spicy and oh-so-jalapeño-y, and the Sweet Potato Popchips are slightly sweet and make me love sweet potatoes even more than I previously did. Serve a bunch of single-serve bags, and you'll be the hit of your party. Each single-serve bag has just 100 calories and half the fat of fried chips.

Superbowl is the "holiday" that ends the "eating season" which began at Halloween. After you have indulged in the day's eating and drinking, you will have a few months before the big Easter feast, so take a breath, and try and make it a healthy one.

Eat, Drink, Party!



With an extensive background in luxury event planning, honed at some of the country's most exclusive hotels, Jeffrey Selden leverages his two decades-long party history in his role as Managing Partner of his family owned business, Marcia Selden Catering and Event Planning. Whether it's an opulent party for 500, or an intimate private dinner, he holds an industrywide reputation as a power event-builder with a unique, creative vision and flawless results. Marcia Selden Catering and Event Planning has been named "Best of the Gold Coast" of Fairfield County by Moffly Media for several years running, and was recently honored by The Knot as "The Best of Weddings."

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# Game Time

## 5 healthy Superbowl snacks for the big win

JEFF SELDEN



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The big Superbowl game is just around the corner. Who doesn't love wings, chili, chips of every kind, and lots of beer?! Every year around now my New Year's diet is just about "wearing thin" and I can barely stay clear of the junk food. This is particularly tough when prepping for a Super Bowl party. The day of the big game usually calls for endless fattening food. For some, the Superbowl equates to the game of the year... while for others, it's three hours of commercials with lots of snacking. If your goal is to stay on the healthy track, then you don't have to miss out.

Growing up in a family of "foodies" nobody missed our Superbowl parties as it was not only the best way to watch the game, but everyone's way to see what kind of new rendition of comfort food we would tackle this year. I have adapted some of my favorite Superbowl recipes, and created super tasty, and healthy snack recipes that will make your taste buds happy and keep your waistline shrinking!

### Southwestern Layered Bean Dip

This dip is packed with layers of traditional Tex-Mex flavor. With a perfect combination of black beans, fresh vegetables, salsa and low-fat sour cream, sticking to your low-calorie diet is simple and delicious.

**Ingredients:** Beans (black & refried), salsa, scallions, ground cumin, chili powder, jalapeño slices, cheese (Monterrey Jack or cheddar), low-fat sour cream, Romaine Lettuce, tomato, avocado, black olives.

We take a low serving dish and layer all of these ingredients with whatever quantity that you prefer in order from the beans to the olives. This is so easy and everyone's favorite. Serve with wholegrain tortilla chips and crunchy fresh vegetables to dip.

### Zucchini Fries