

News from the watershed

Jennifer Abbey

Game Plan Recipes

Many people are planning their big Super Bowl party. Besides the game, food is the main attraction on game day. Lighten up traditional party fare with these delicious dairy recipes that will score big with your family and friends.

Cheesy Chicken Crunchers

4 – 6 servings

Prep time: 30 min

Cook time: 25 min

Ingredients:

1 c flour

4 egg whites

½ c milk

1 ½ c cornflakes

1 c reduced fat, shredded Cheddar cheese

6 chicken breast filets; cut into strips (or un-breaded chicken tenders)

Preheat oven to 375 degrees Fahrenheit. Set up three bowls with the following: 1) Flour mixed with a pinch of salt and pepper, 2) Egg-wash; beating the eggs and milk together; 3) Cornflakes mixed with cheese. Dip chicken pieces in flour, then into the egg-wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken. Discard any unused corn flake mixture after coating all the chicken. Coat a 13 x 9-inch baking pan with non-stick cooking spray. Bake for 25 minutes turning halfway through to ensure even browning. Serve with ketchup or BBQ sauce if desired.

Hint: Try substituting cheese flavored Goldfish crackers for cornflakes and reduce the shredded cheese to ¼ cup.

Roasted Potato Wedges with Cheddar Sauce

6 Servings

Prep time: 15 min

Cook time: 40 min

Ingredients:

3 large baking potatoes, each cut into 8 wedges

2 T vegetable oil

½ t salt

¼ t pepper

Cheddar Sauce:

2 T canola oil

2 T flour

1 ¼ c 2% milk

1 ¼ c shredded sharp Cheddar cheese

2 T finely chopped green onions

1 T imitation bacon bits

¼ t cayenne pepper

Preheat oven to 425 degrees Fahrenheit. In resealable plastic bag, toss potatoes with oil, salt and pepper. Spread evenly onto baking pan and cover with foil. Bake for 30 minutes, remove cover and turn potatoes. Bake for 10 additional minutes or until lightly browned.

Heat oil in medium saucepan. Add flour and stir over medium heat for 30 seconds. Add milk and stir until thickened. Reduce heat to low; stir in cheese, green onions, bacon bits and pepper. Serve potato wedges with warm cheese sauce.

Roasted Red Pepper Yogurt Dip

5 Servings Prep time: 10 min

Ingredients:

- 1 12-oz. Jar roasted red peppers, drained
- 2 c lowfat plain yogurt
- 1 can (4 oz.) chopped green chilies, drained
- 1 garlic clove, minced

Puree red peppers in food processor or blender; drain again. Add remaining ingredients; mix until blended and refrigerate. Serve with assorted cut vegetables or pita wedges.

For more great dairy recipe ideas go to www.3aday.org and you can enjoy dairy long after the football season.

Jennifer Abbey is a NRCS Soil Conservationist with the Highlands County Soil and Water Conservation District: www.highlandsswcd.org. She can be reached at 402-6545.