

Go for 9!

These fresh, colorful gametime meals and snacks are more nutritious than typical choices, and they will help men meet the 9 A Day goal.

First-Down Layered Dip

When served with bell pepper “scoopers,” a serving of this dip is nearly 150 calories less than a serving of typical potato chips and dip.

Serves: 10

Number of vegetable servings per person: 1

Ingredients:

- 1 (8-ounce) tub fat-free cream cheese, softened
- 2 (15-ounce) cans black beans, drained and rinsed
- 1 cup halved grape tomatoes
- 2-3 dashes hot sauce
- ½ cup chopped scallions
- ¼ cup low-fat shredded cheese blend

Preheat oven to 350° F. Spread cream cheese in the bottom of an 8- by 8-inch baking dish. Toss together black beans, tomatoes and hot sauce in a medium bowl, and spread over cream cheese. Sprinkle with scallions, then with cheese. Bake covered for 18 to 20 minutes or until hot and bubbly.

Serving suggestion: Scoop up this dip with toasted French bread circles or baked tortilla chips. Or, use bite-sized chunks of green and yellow bell pepper to add an extra serving of vegetables.

Nutritional analysis per serving: 90 calories, 4 grams fiber, 1 gram fat, 3 mg cholesterol, 146 mg sodium

Southwest Tossed Salad

A large serving of this fresh, colorful salad has more than half the calories of a standard serving of potato salad. It also has no cholesterol, is a good source of vitamin A, and is high in potassium, vitamin C, and folate.

Serves: 4

Number of fruit and vegetable servings per person: 3

Ingredients:

- 2 medium tomatoes, seeded and diced
- 1 (14-ounce) can sweet corn, drained and rinsed
- ½ cup minced red onion
- ½ avocado, diced
- ½ jalapeno, diced
- 6 cups mixed salad greens
- Juice of 2 limes
- 1 teaspoon olive oil

Toss together tomato, corn, red onion, avocado and jalapeno in a medium bowl. In a separate bowl, toss together greens, lime juice and olive oil. Lay greens on a platter, and spoon tomato mixture into the center. Serve.

Nutritional analysis per serving: 154 calories, 5 grams fiber, 5 g fat, 0 mg cholesterol, 283 mg sodium

Slow-Cooked Stew

This hearty, comforting, and easy stew is perfect for a fall weeknight or game day. Serve it with a salad and bread as a light meal, or over cooked pasta or rice as a heavier meal.

Serves: 6

Number of vegetable servings per person: 1.5

Ingredients:

2 low-fat turkey sausage links (from a 7-ounce package of 8 links)

1 (14-ounce) can white beans, rinsed and drained

2 green bell peppers, stemmed, seeded, and sliced

3 medium tomatoes, seeded and chopped

1 medium white onion, diced

3 tablespoons chopped fresh basil, or 1 tablespoon dried

1 tablespoon chopped fresh oregano, or 1 teaspoon dried

Slice each sausage link lengthwise, then chop into small pieces. Brown in a small non-stick frypan on medium heat. Add sausage to a slow-cooker, along with beans, peppers, tomatoes, onion and herbs. Cook 7 to 9 hours on low heat, or follow manufacturer's directions.

Without a slow cooker, this recipe may be prepared by adding the browned sausage and remaining ingredients to a medium pot and cooking on medium-low heat, stirring occasionally, for about 45 minutes.

Nutritional analysis per serving: 167 calories, 10 g protein, 23 g carbohydrates, 5 g fiber, 5 g fat, 1.5 g sat fat; 25 mg cholesterol; 348 mg sodium

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