

See back for recipes



Looking to make over your concession? Use this handout for healthy snack, meal and drink alternatives.

Serve This, Not That!

Snacks

Serve This

Not That



Blue Diamond Almonds Whole Natural



Great Value Apple Sauce



Yogurt and Granola



Costco Olsen Baking Blueberry Bran Mini Muffins



Hummus, Veggies and Crackers



Quaker Chocolate Chip Granola Bar

Licorice



Cotton Candy



Ice Cream



Cookies



Chips



Chocolate Bar



Meals



Serve This

Not That



Chicken and Vegetable Wraps



Taco Salad



Black Bean Burger with a Side Salad



Fast Chili with a Whole Wheat Bun



Oven Roasted Potato or Sweet Potato Fries

Hot Dogs



Taco in a Bag



Burger and Fries



Frozen Pizza



Deep Fried French Fries



Drinks

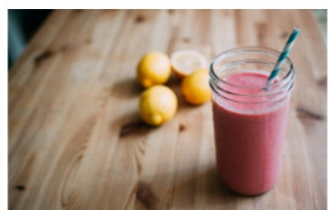


Serve This

Not That



Skim, 1% or 2% Milk



Shake your Fruity Fruit Shake

Pop



Slushee Drinks



Serves: 4

What you need:

4 Large whole wheat tortillas
 4 Chicken breasts, sliced
 8 Green leaf lettuce
 1 cup Carrot, grated
 1/4 cup Red onion, thinly sliced
 1 cup Peppers, thinly sliced (red, yellow, orange or green)
 1/2 cup Lower fat cheese, grated (mozzarella, Cheddar, or Monterey)
 1/4 cup Ranch dressing (or try BBQ or Tzatziki sauce)

Method:

For each tortilla, spread 1 tablespoon of sauce, 2 green leaf, 1/4 cup carrot, 1 tablespoon red onion, 1/4 cup peppers and 2 tablespoons of cheese over tortilla. Fold opposite ends in and roll from a non-folded end. Slice in half and wrap in parchment paper

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Black Bean Burgers

What you need:

1 19 oz can or 540 mL Black beans, rinsed and drained
 1 cup or 250 mL Brown rice, cooked
 1 Small onion, chopped
 2 Green onions, chopped
 1/2 tsp or 2 mL Tabasco sauce (optional)
 1 Egg
 1/4 cup or 60 mL Whole wheat bread crumbs
 6 tbsp or 90 mL Salsa (divided)
 4 Whole wheat hamburger buns
 1/4 cup or 60 mL Low-fat, plain yogurt
 4 Romaine lettuce leaves
 1 Avocado, sliced (optional)

Method:

In a large bowl, coarsely mash beans with a potato masher or fork. Add rice, onions, tabasco sauce if desired, egg, whole wheat bread crumbs and two tablespoons of salsa. Mix well. Divide mixture into 4 and form into patties that are about 1 inch thick

Preheat oven to 350 C (180 F). In a nonstick pan, cook burgers over medium heat for 4-5 minutes each side, or until lightly browned. Transfer to an oven-safe tray and bake in preheated oven for about 10 minutes.

In a small bowl, combine remaining salsa and yogurt. Serve with lettuce and avocado (if desired) as a condiment to your burger.

Retrieved from <http://tinyurl.com/oguj4tv>

Oven Roasted Fries

What you need:

2 tsp or 10 mL	Olive oil, divided
4 (2 1/2 lb or 1 kg)	Large baking potatoes
1 tsp or 5 mL	Mrs. Dash or other no salt added seasoning mixture
1/4 tsp or 1 mL	Freshly ground black pepper

Method:

Heat oven to 450 F (230 C). Line cookie sheet with foil; brush with 1 teaspoon of the oil. Cut potatoes lengthwise into 1/2 inch thick (2.5 cm) wedges. Transfer to large bowl. Add remaining 1 teaspoon oil, salt, and pepper; toss. Spread potatoes in a single layer on prepared cookie sheet
 Bake 20-25 minutes or until golden and crisp. Serve immediately.

Retrieved from: <http://tinyurl.com/o4lgtl6>

Oven Roasted Sweet Potato Fries

What you need:

1.5 lbs or 657g of sweet potatoes
 2 tbsp or 30 mL of olive oil
 1 tsp or 5 mL or Paprika
 1 tsp or 5 mL or Pepper

Method:

Peel and cut sweet potatoes into sticks. Toss sweet potatoes in a bowl with olive oil, garlic, paprika and black pepper. Bake on a baking sheet sprayed with a non-stick vegetable spray. Spread fries out so they will be crispy and brown.

Bake sweet potatoes for 30-45 minutes until crisped, brown and cooked through.

Retrieved from: <http://tinyurl.com/onnajk2>

Serves: 4

What you need:

1 lb Ground beef
 1 package Taco seasoning
 8-10 Multigrain tortilla chips
 4 cups Lettuce
 1 Tomato, diced
 1 Green onion 1/2 cup
 Shredded marble cheese
 2 tbsp Salsa per serving
 2 tbsp Sour cream per serving

Method:

Cook ground beef over medium heat. Drain off fat if needed and add taco seasoning. Slightly crush multigrain chips and divide among four plates. Top off with taco meat, lettuce, tomato, green onions, and cheese. Drizzle on sour cream and salsa, or serve sour cream and salsa on side

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Fast Chili

Serves: 8

What you need:

1 lb Lean ground beef
 1 (19 oz) can Stewed tomatoes
 2 (14 oz) cans Beans in tomato sauce
 2 (19 oz) cans Kidney beans, rinsed and drained
 1 cup Sliced white or red onions
 2 cups Diced green bell peppers
 1 tbsp Chili powder

Method:

In a large saucepan or Dutch oven over medium-high heat, brown meat until no longer pink inside. Drain fat. Add tomatoes, beans in tomato sauce, kidney beans, onions, green peppers and chili powder. Reduce heat and simmer, covered and stirring occasionally for twenty to thirty minutes.

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Five Minute Hummus

What you need:

1 can (19 oz or 540 mL) Chickpeas, rinsed and drained
 1/4 cup or 60 mL Sundried tomato and herb salad dressing, low fat or calorie reduced
 2 Garlic cloves
 1/2 cup or 75 mL Water
 2 Large pita bread, whole wheat, sliced into triangles

Method:

Place all ingredients except the pita bread into a food processor or blender

Blend, adding more water if necessary, to desired consistency
 Serve with pita bread and/ or a selection of fresh veggies for dipping.

Retrieved from: <http://tinyurl.com/p9a9660>

Shake your Footy Fruit Shake

What you need:

3/4 cup Milk, skim
 2 tbsp Frozen orange juice concentrate
 1 banana
 2 strawberries
 4 ice cubes (if using frozen fruit, omit the ice)

Method:

If using fresh, wash the strawberries and take out the stem. Peel the banana and chop into chunks. Add all ingredients into the blender. Cover and blend on high speed until smooth. Pour into a cup and enjoy. Makes 1 serving Hint: Pre-prepare the fruit shake ingredients. In a freezer safe container, measure out the strawberries, frozen orange juice concentrate and banana. Freeze. When fruit shake is requested, take out frozen mix and place in blender. Add milk, banana and optional ice cubes and blend.

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