



Flavors

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Nutrition

Off-the-field substitutions made easy

By **Katie Paulson**
AmesEats Flavors writer

With tailgating season in full swing, it is a great time to try out new recipes on family and friends. Along with the some of your favorite dishes, try spicing things up with new items that can help you feel better later and provide you with more energy to cheer your favorite team to victory! Here are some lower fat suggestions and tasty alternatives for your next party:

- Try spicy hummus with vegetables like carrots, cauliflower, broccoli, celery, or cucumbers and baked tortilla chips or pita chips.
- Substitute Neufchâtel cheese for cream cheese. It's lower in calories and can be a great substitute in dips or spreads.
- Replace sour cream with plain yogurt for the base of your favorite dip. This provides more calcium and protein along with decreasing calories. If the change is too drastic, try combining sour cream with yogurt or mixing different cheeses, such as cottage cheese and cream cheese or Neufchâtel.
- Go for the guac. These dips will provide a creamy delicious taste with anti-inflammatory benefits and it goes great on your favorite burger and chips.
- If you have to have the crunch, go for vegetables, baked chips, soy nuts, and sunflower seeds. These are great easy-to-grab snacks that satisfy your need for something crunchy.
- Exchange ground turkey or bison/buffalo meat for ground beef. Buffalo meat is more lean and provides omega-3 fatty acids.
- Instead of reaching for an Idaho grab a sweet potato. Sweet potatoes are great sources of vitamin A and C as well as manganese. They can be an easy substitute for the regular potato and taste just a good whether they're baked, mashed or fried.
- Express team spirit in your fruit salad. Try pineapple, strawberries, and blueberries to represent the Cyclones. If your favorite team is yellow and green, use grapes or kiwi and either mangos, bananas, or pineapple to symbolize the colors. Be creative.

Don't be afraid to use your friends and family as taste testers, you may be surprised to find out they can't taste the difference.

Game day calorie count

The variety of foods available at tailgating ensure that proper nutrition can still be consumed without having to subsist of veggie burgers and carrot sticks, the only requirement is moderation. The following is a list of common tailgating foods to help you become more aware of how many calories you are really munching.

Meats

- Small hamburger with bun: **280 calories**
- Small hot dog with bun: **220 calories**
- Bratwurst link with bun: **320 calories**

Chips:

- Classic potato chips (1 oz): **150 calories**
- Cheetos (1 oz): **160 calories**
- Tortilla chips or Sun Chips (1 oz): **140 calories**

Sides:

- Mixed fruit (1/2 cup): **50 calories**
- Baked beans (1/4 cup): **140 calories**
- Potato Salad (1 cup): **350 calories**

Desserts:

- Brownie (4" square): **220 calories**
- Rice Crispie Treat (4" square): **90 calories**
- Chocolate Chip Cookies (4" diameter): **120 calories**

Drinks:

- Beer (12 fl.oz): **145 calories**
- Light Beer (12 fl.oz): **110 calories**
- Soft drinks (12 fl.oz): **140 calories**

In moderation, you can pick and choose from almost every category depending on your calorie needs. No matter what you choose, just be sure to include a good balance of protein, vegetables, fruits, and carbohydrates.

Spirit food

Tailgating must-haves for Iowa State Cyclone fans

By **Hanna Johansen**
AmesEats Flavors writer

It's the place for music and laughter, sizzling hot dogs and hamburgers, and jam-packed, die-hard fans of all ages sporting red and gold attire. Welcome to Jack Trice Stadium's parking lot, official tailgating headquarters for the Iowa State Cyclones. With tailgating season now in full swing, it's time to step-up your game and show some true Cyclone spirit by peppering up your tailgating food.

- Kick your tailgating off right with Iowa State cheese dip (\$4.99, local Hy-Vee stores) and picante

salsa (\$4.99, local Hy Vee stores). Both taste great with your favorite corn or flour tortilla chips. For even more spirit, serve these along side a colorful ISU chip bowl (\$6.50, Strawberry Patch).

- ISU barbeque sauce (\$4.99, local Hy-Vee stores) and steak sauce (\$4.99, local Hy-Vee stores) are the perfect touch to get chicken and other grilled goods fired up for the game. Tangy Iowa State buffalo wing sauce (\$4.99, local Hy-Vee stores) and hot sauce (\$4.99, local Hy-Vee stores) are two more ways to really heat things up at your tailgate this season. For some additional team spirit at your tailgate,

dress things up with the Iowa State Cyclones NCAA BBQ grill utensil set (\$11.99, Strawberry Patch) and ISU cooking apron (\$24.99, online at www.fansedge.com).

- Everyone will be cheering you on when you show up to your next tailgate with State Red wine by Madison County Winery (\$11.99, Ames Target). The cardinal red color is perfect for showing your Cyclone support and looks great in a set of ISU wine glasses (\$9.99, Strawberry Patch).
- Cyclone candy bars (\$.79, Ames Fareway stores) will satisfy any Cyclone fan's sweet tooth. Add red or

yellow food coloring to any frosting, cake, or other dessert recipe to give it a Cyclone feel. If you are running short on time, brightly colored Cyclone cookies and cake can be purchased prior to the game at your local Hy-Vee bakery (\$.99 small, \$2.00 large).

Be creative while shopping. A fruit salad full of strawberries, melon, pineapple, and ripe red apples will also add some great color to your tailgating table. Fruit punch drinks, assorted yellow and red candies, and fresh, colorful veggies are some other easy ideas that will have you serving up team spirit in no time.

Tips & Tricks



photos courtesy: Jupiter Images

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Tips to spice up your tailgate

By **Devon O'Brien**
AmesEats Flavors writer

At every home game, the stadium's parking lots are packed with tailgaters. Some have buses, some have cars, and some just bring chairs. Yet, despite their differences, these tailgaters have one thing in common: food. Usually, tailgate spreads consist of hamburgers, hot dogs, chips, and beer. After a while these foods get repetitive and boring, so here are some ways to spice things up and make your tailgate the place to be:

- Spices:** One way to make your burgers more exciting is to add some seasonings to your ground beef. Incorporate a packet of dry onion soup mix into your ground beef. Form into patties and grill.
- Chicken:** Instead of sticking to burgers, try grilling chicken breasts. Wash and trim your chicken breasts then marinate in your favorite barbeque sauce. Grill until juices run clear and serve them plain, or in a bun.
- Cider:** Instead of just having soda and water for your under aged guests, offer them something more festive and warm for cold weather, like cinnamon apple cider.

Buy apple cider from any grocery store and bring it to a simmer in a Crock Pot with a few cinnamon sticks. Serve it warm from the Crock Pot using a ladle.

- Hard Cider:** For those of you of age, you can make a similar cider drink with an added kick. Mix one bottle of apple cider, one bottle of apple juice, one liter bottle of Everclear alcohol and a few cinnamon sticks in a Crock Pot. Bring this mixture to a simmer and serve warm.
- Chili dogs:** Hot dogs are inexpensive and good for large parties, so instead of giving them up, just add a few things ingredients to make them fabulous. Bring your favorite chili recipe to your tailgate in a Crock Pot with a bag of shredded cheddar cheese as toppers. This will turn your plain Jane hot dogs into spicy, cheesy chili dogs!
- Avocados:** Boost the flavor palate of your sandwiches by adding sliced avocado and jalapenos to burgers, chicken, or veggie sandwiches. It's a simple change with a big flavor impact.
- Homemade Chips:** Chips will always be a snacking favorite at a tailgate. Instead of serving plain potato chips from a bag, take

the time to make some flavor enhanced homemade chips. Take store-bought potatoes and slice them fairly thin (the thickness a normal chip would be) and lay them on a cookie sheet. Brush olive oil over the potato slices and sprinkle them with Lawry's seasoned salt or garlic salt, or Parmesan. If it's something that sounds good to you, try it. Bake them in a 350F oven for 10-13 minutes.

- Sweet salsa:** Chips and salsa are another big hit that is here to stay. Amp up your salsa by adding mango or peach as a compliment to the chip's saltiness. Simply add diced mango or peach to your jar of favorite salsa. Mix until the fruit is dispersed evenly and serve with your favorite chip.
- Lime:** One way to spice up your tortilla chips is to add a little chili powder and lime juice. On a baking sheet make an even layer of your preferred chip. Sprinkle with lime juice and chili powder. Bake for 3-5 minutes, until warm and toasty on 300F.
- Get fruity:** Surprise your friends with a fun, yet simple dessert. Combine store-bought whipped topping with a 1/2 tsp. of cinnamon and 1 tsp. of vanilla. Use this to top your favorite apple pie or seasonal fruit.



◀ Ingredient of the Week: Avocados

Here are a few facts about this favorite guacamole ingredient:

- Avocados can be traced back to Peru where the seeds were found buried with mummies.
- Avocados are technically

- a fruit, not a vegetable.
- There are over 500 different varieties of avocados. The California Hass and a Florida variety are the two found in grocery stores in the U.S.
- An average avocado tree

- can yield 500 units per year, which equates to 200 lbs of fruit.
- Avocados contain phytochemicals, which studies show are significant in disease prevention and controlling

- certain types of cancer.
- Avocados are a rich source of monounsaturated and polyunsaturated fatty acids, which have shown to decrease cholesterol and the risk of coronary

- heart disease.
- Moderation is key, one whole avocado, 1.25 cups is 277 calories compared to 457 calories for 1 cup guacamole.
- Culinary applications, which can vary depending

- on the region, include ice cream, dessert drinks, dips, salad toppers, and fat substitution.
- A little lemon juice or vinegar will keep it from oxidizing.

— Justine Mattiussi

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