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Recipes: Healthy "Fangating" for Game Day

RECIPES

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Author of the just-released *The Hungry Fan's Game Day Cookbook* and celebrity cook Daina Falk on "Fangating" and three healthy game-day recipes as we head into football season.

When you think of game day eats, the word "healthy" doesn't quickly come to mind. This I know and wholeheartedly acknowledge. But when I got started in this business, it was after I had lost 60 pounds, was committed to keeping it off, but was not willing to give up my once-a-week cheat day that for me is spent tailgating or homegating, or collectively as I call it, Fangating. So I came up with new, healthier spins on game day favorites that included more nutrient-dense foods, smart substitutions, and overall healthier preparations. The three recipes that follow feature lots of yummy, nutritious veggies; Greek yogurt in lieu of sour cream; sweet potatoes in place of other kinds of potatoes (which lack the same nutrients that sweet potatoes possess); nuts and leaner proteins; and are baked instead of fried. Whether you're spectating at (or before) a sporting event or refueling after participating yourself, these are tasty, more sensible riffs on the dishes you might have otherwise avoided. Enjoy!



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