Super Bowl Party Menu

Serves 4. Total time 30 minutes + 2 hours to chill.

Deli-Style Turkey and Swiss on Whole Wheat

8 (1 oz.) slices of 100% whole wheat bread, toasted  4 (1 oz.) slices reduced-fat Swiss cheese
4 T. light mayonnaise  4 Romaine lettuce leaves
4 oz. thinly sliced roasted turkey breast  1 tomato, thinly sliced

Spread 4 slices of bread with 1 T. mayonnaise each. Top with turkey, Swiss, lettuce, tomato, and remaining bread. Cut sandwiches into triangles and skewer with toothpicks.

Nutrition Information (per 1/4 recipe): 274 cal, 21 g protein, 10 g fat, 3 g sat. fat, 0 g trans fat, 28 g carb, 4 g fiber, 27 mg chol, 602 mg sodium. 1 serving equals: 2 whole grain, 1.25 protein/dairy, 0.25 vegetable, 0.5 fat

Black Bean, Corn, and Red Pepper Salad

1 cup cooked black beans  3 T. chopped fresh parsley
1 cup frozen corn, thawed  1 T. olive oil
1 red bell pepper, diced  2 T. red wine vinegar
1 green bell pepper, diced  1/8 tsp. salt
2 Roma tomatoes, diced  Freshly ground black pepper to taste
1/2 red onion, finely chopped

Combine all ingredients and chill for 2 hours to let flavors blend.

Nutrition Information (per 1/4 recipe): 149 cal, 6 g protein, 4 g fat, 0 g sat. fat, 0 g trans fat, 24 g carb, 7 g fiber, 0 mg chol, 125 mg sodium. 1 serving equals: 2 vegetable, 0.25 protein, 1 fat

Strawberry-Banana Fruit Salad

2 cups strawberries, hulled and sliced  1 banana, sliced
1 cup grapes, halved

Combine strawberries and grapes. Add banana just before serving.

Nutrition Information (per 1/4 recipe): 89 cal, 1 g protein, 0 g fat, 0 g sat. fat, 0 g trans fat, 22 g carb, 3 g fiber, 0 mg chol, 2 mg sodium. 1 serving equals: 2 fruit

Total Meal Nutrition Information (per 1/4 of each recipe): 512 cal, 28 g protein, 14 g fat, 3.5 g sat. fat, 0 g trans fat, 74 g carb, 14 g fiber, 27 mg chol, 729 mg sodium. 1 serving equals: 2 vegetables, 2 fruits, 2 whole grain, 1.5 protein/dairy, 1.5 fat

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
## Super Bowl Party Menu

### Shopping List

#### Produce Section
- 1 red bell pepper
- 1 green bell pepper
- 2 Roma tomatoes
- ½ red onion
- 4 romaine lettuce leaves
- 1 tomato (for slicing on a sandwich)
- 3 T. chopped fresh parsley
- 2 cups strawberries
- 1 cup grapes
- 1 banana

#### Dry Goods Section
- 8 (1 oz.) slices of 100% whole wheat bread (see tip #1)
- 4 T. light mayonnaise (see tip #2)
- 1 pkg. dried black beans (to be cooked ahead) OR 1 (15 oz.) can black beans (to be drained and rinsed)
- 1 T. olive oil
- 2 T. red wine vinegar

#### Meat/Dairy Section
- 4 oz. thinly sliced roasted turkey breast (see tip #3)
- 4 (1 oz.) slices reduced-fat Swiss cheese (see tip #4)

#### Frozen Foods Section
- 1 cup frozen corn

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**Smart Shopper Tip #1:**
Choose bread that is "100% whole grain" or "100% whole wheat". This means that it includes the fiber-rich bran and nutrient-rich germ. Most brands have a variety that is 100% whole grain.

Don’t be misled by "wheat" or "honey wheat" bread. This is usually white bread with brown coloring added. Other misleading labels include "white wheat," "made with whole grain," or "multigrain." These varieties are usually a blend of white and whole wheat flours.

Look for "100% WHOLE."

**Smart Shopper Tip #2:**
Depending on your preference, use regular, light, or low-fat mayonnaise since they all contain mostly heart-healthy unsaturated fats. But keep in mind that the calorie and fat savings can add up.

Compare one cup of each:
- Regular mayonnaise ~ 1400 calories
- Light mayonnaise ~ 700 calories
- Low-fat mayonnaise ~ 300 calories

**Smart Shopper Tip #3:**
Look for deli-turkey that contains less than 20% Daily Value for sodium and preferably no nitrates. Example brands include Oscar Mayer Natural, Hormel Natural Choice, Applegate Farms, or Wellshire Farms.

**Smart Shopper Tip #4:**
Since cheese is high in saturated fat, it can increase your bad (LDL) cholesterol and risk of heart disease. Eat it sparingly and look for reduced-fat or 2% milk varieties.