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## A healthier Superbowl celebration!

Over 100 million people watch the Super Bowl each year and during the roughly 5-7 hours or more of coverage Americans consume on average 1,200 calories and 50 grams of fat according to the Calorie Control Council.

Howstuffworks.com, courtesy the Snack Food Association, posted this great graphic breaking down how many pounds of some of our favorite snacks will be consumed during the Super Bowl. While snacking on nuts and avocados are part of a healthy diet, it is the quantity and the pairing of chips and other fattening foods that make them not so healthy. Even too much of a good thing can go bad.

- 30.4 million pounds of snack foods
- 11 million pounds of potato chips
- 13.2 million pounds of avocados
- 8.2 million pounds of tortilla chips
- 4.3 million pounds of pretzels
- 3.8 million pounds of popcorn
- 2.5 million pounds of snack nuts



So this Super Bowl Sunday, that kicks off at MetLife Stadium in New Jersey this Sunday, Feb. 2 at 6:25 p.m.

ET, you can choose to live it up and eat a days worth of calories in a few hours or you can partake in some of these tasty treats, from Aimee Nicotera, Fitness and Nutrition Expert and Former Fitness Director of Canyon Ranch and Equinox, New York City's Franci Cohen, a certified nutritionist, personal trainer, and exercise physiologist and from KIND Bar, that will fill you up and spare you the extra calories.

**Here are 3 exciting and mouth-watering recipes for your Super Bowl spread courtesy New York City's [Franci Cohen](#):**

### **Black N' White Spaghetti & Meatball Swirls**

#### **Ingredients:**

1/2 pound extra lean chopped meat  
1/2 pound ground turkey  
1.5 large organic eggs  
3 tablespoons whole grain bread crumbs  
salt and pepper to taste  
canola oil  
1 bag organic black bean spaghetti  
1 box artichoke spaghetti  
Fun skewers or long toothpicks  
48 oz. Jarred marinara sauce

#### **Directions:**



1. Take you chopped meat and ground turkey and mix together in a large bowl. Then, add in eggs, bread crumbs, and salt and pepper and mix with hands until well incorporated.
2. In a frying pan, heat a thin layer of canola oil on medium for 3-4 minutes. Then add meatballs, 1 by 1, making sure not to overcrowd the pan.
3. Once the meatballs are lightly browned on both sides, add marinara sauce. Then turn the heat up, cover and bring to a boil.
4. Reduce heat and summer for 10-15 minutes until meatballs are fully cooked.
5. For the pasta, cook both spaghetti's as instructed on package
6. On a serving plate, alternate swirled bundles (swirl with a fork) of black bean spaghetti and artichoke spaghetti. Spoon sauce over each and top with a single meatball.
7. Secure meatball and pasta bundle in place with skewer or toothpick

### **Mini Mac N' Cheese Popovers**

#### **Ingredients:**

- 1 box elbow noodles
- 3 tablespoons butter
- 2 tablespoons flour
- 4 cups skim milk
- 1 cup low fat Muenster cheese
- 8 American cheese slices
- 1/2 cup part-skim cheddar cheese
- 1/2 panko flakes (Japanese bread crumbs)
- Pam cooking spray
- Mini muffin trays



#### **Directions:**

1. Preheat oven to 375°.
2. Start by melting the butter in a saucepan on medium heat. Then, whisk is flour to form a rue and gradually whisk in the skim milk. Bring to a boil.
3. Reduce heat and add Muenster, American, and cheddar cheeses and then turn off the stove on cheese sauce.
4. For the pasta, cook noodles as directed on box (al dente is best).
5. After draining the noodles, return them to the pot and pour cheese sauce over pasta. Mix well.
6. Take the Mac n cheese mixture and spoon it into greased muffin tray.
7. Top each mini Mac n cheese with some panko flakes
8. Place tray in the oven and bake until cheese mixture sets and tips of each popover is brown and toasty (Approx. 10-15 min).

## Super Quinoa Sliders

### Ingredients:

1 cup uncooked red quinoa, rinsed  
2 cups low sodium vegetable broth  
1 cup canned chickpeas, rinsed  
1/2 cup grated mozzarella cheese  
1/3 cup panko bread crumbs  
1/2 cup sweet potatoes, diced very small  
3 scallions, finely sliced  
1 tsp freshly crushed garlic  
2 large eggs  
Salt and pepper to taste  
3 tablespoons olive oil  
12 multigrain slider buns\*\*  
2 avocados, sliced  
Spicy mayonnaise



### Directions:

1. Start by cooking the quinoa as directed on package, substituting vegetable broth instead of water.
2. Meanwhile, in a saucepan sauté scallions 3-4 minutes until lightly brown and translucent then add in garlic.
3. Add sweet potato and sauté a few minutes more, until potatoes are tender
4. Lastly, add chick peas and cheese and remove from stove
5. Mash the mixture together leaving it slightly chunky. Then add the drained quinoa and breadcrumbs to mixture. Finally, add eggs, salt and pepper and mix well.
6. In a frying pan, heat olive oil over medium heat.
7. Form 3" patties out of mixture with your hands and place into frying pan. Cook patties 3-4 minutes on each side until crispy and lightly browned
8. Serve on multigrain bun with lettuce, tomato, a few slices of avocado and a drizzle of spicy mayo!

((\*\*Note: For a healthier version, wrap the sliders in iceberg lettuce!))

If you live in the NYC area or are there on a Super Bowl trip check out her Fuel Fitness fitness facility in Brooklyn. Cohen has created some unique workout programs featuring her [signature Spiderbands](#).