

Healthy Tailgating Recipes from Men's Health magazine

Gumbo on the Grill

6 1/2-oz can chopped clams, undrained
4 1/2-oz can tiny whole shrimp, undrained
1/2 cup medium salsa
1/2 cup instant rice
Also: 14 1/2-oz can salt-free stewed tomatoes, undrained

How to make it: Fire up your grill to medium-high heat. In an 8" square disposable aluminum pan, dump in all the ingredients; mix well. Cover with aluminum foil and place on the grill. Close the grill cover and cook the gumbo for about 8 minutes; stir, then re-cover the gumbo, and cook for another 2 to 4 minutes, or until the rice is cooked.
Makes 4 to 6 servings.

Per serving: 82 calories, 0 g fat (0% of calories), 0 g saturated fat, 8 g protein, 13 g carbs, 1 g fiber, 610 mg sodium

At the tailgate: Stir in 1/2 cup water when reheating the gumbo, because the liquid will be absorbed if it sits overnight.

Salmon Burgers

1 3/4 cups dry bread crumbs, divided
15 1/2-oz can red salmon, drained and large bones discarded
10 3/4-oz can condensed low-sodium cream of mushroom soup
6 sandwich buns, split and toasted
Also: 2 eggs, 1 tsp onion powder, 1 tsp dried dill weed, 1/4 cup sweet pickle relish, nonstick cooking spray

How to make it: Preheat the broiler. Place 1/2 cup bread crumbs in a shallow dish; set aside. In a medium bowl, combine the remaining ingredients except the cooking spray and buns; mix well. Form the mixture into 6 equal-size 1/2"-thick patties. Coat the patties completely with the reserved bread crumbs and place on a rimmed baking sheet that has been coated with nonstick cooking spray. Spray the patties lightly with nonstick cooking spray and broil for 8 to 12 minutes, or until browned, turning halfway through the cooking. Serve on the buns.
Makes 6 sandwiches.

Per serving: 489 calories, 18 g fat (33% of calories), 6 g saturated fat, 27 g protein, 67 g carbs, 3 g fiber, 987 mg sodium

For the team: Form different-shaped burgers, maybe even oval-shaped ones that'll fit in hot dog buns. Add lettuce and tomato along with your favorite condiments to make really super sandwiches. Or make bite-sized patties to serve as hors d'oeuvres -- just reduce the cooking time by a few minutes.

No-Huddle Hoagies

2 8-oz cans mushroom stems and pieces, drained
1 1/2 lb boneless, skinless chicken breasts, cut into thin strips
6 hoagie rolls, split
1 cup Cheddar cheese sauce, warmed
Also: 1 Tbsp vegetable oil; 2 large onions, thinly sliced; 1/2 tsp salt; 1/4 tsp black pepper

How to make it: In a large nonstick skillet, heat the oil over high heat. Add the onions, mushrooms, salt, and pepper and cook for 8 minutes, or until the onions are golden. Remove from the skillet and set aside. In the same skillet, cook the chicken for 6 to 8 minutes, or until no pink remains, stirring frequently. Return the onions and mushrooms to the skillet and cook for 3 to 5 minutes, or until thoroughly combined and warmed through. Place the mixture in the hoagie rolls, drizzle with the cheese sauce, and serve.
Makes 6 servings.

Per serving: 444 calories, 12 g fat (24% of calories), 5 g saturated fat, 36 g protein, 46 g carbs, 5 g fiber, 1,248 mg sodium

For the team: Use hot pepper sauce, ketchup, or the condiment of your choice on these sandwiches.

Turkey Joes

1 lb ground turkey
1/2 cup chopped green bell pepper
12-oz can diced Italian tomatoes
2 Tbsp Worcestershire sauce

Also: 1 Tbsp vegetable oil, 1 cup chopped onion, 1/2 cup chopped celery, 2 minced garlic cloves, 8-oz can salt-free tomato sauce, 1 cup water, 1 tsp salt, black pepper to taste

How to make it: In a large skillet, heat the oil; add the turkey and cook until browned, stirring to break up the turkey. Dump in the onion, celery, bell pepper, and garlic; sauté for 5 minutes, stirring often. Mix in the remaining ingredients and simmer for 30 minutes, stirring occasionally.

Makes 6 servings.

Per serving: 180 calories, 9 g fat (45% of calories), 2 g saturated fat, 15 g protein, 10 g carbs, 2 g fiber, 665 mg sodium

Bun warmers: Serve on buttered, toasted buns.

Snackin' Nuts

2 Tbsp light butter
1/4 cup Worcestershire sauce
2 11.5-oz cans salted mixed nuts

Also: 2 tsp garlic powder

How to make it: Preheat the oven to 375°F. In a large saucepan, dump the butter, Worcestershire sauce, and garlic powder. Cook on medium heat for 2 to 3 minutes, or until the butter is melted, stirring frequently. Remove from the heat and stir in the nuts until thoroughly coated. Spread on a large rimmed baking sheet and bake for 12 to 15 minutes, or until toasted. Remove to a paper towel-lined plate to drain and cool. Store in an airtight container until ready to serve.

Makes about 8 servings.

Per serving: 506 calories, 43 g fat (76% of calories), 7 g saturated fat, 15 g protein, 23 g carbs, 7 g fiber, 654 mg sodium