

## Are You Ready For Some Football? Tips for Tailgating!

Volume 2, Issue 9  
September, 2008



“Champions aren’t made in the gyms. Champions are made from something they have deep inside them - a desire, a dream, a vision.”  
- Muhammad Ali

### From The Tailgate of Chef Dave...

Wikipedia defines a tailgate party as a social event held on and around the open tailgate of a vehicle. Tailgating often involves consuming alcoholic and non-alcoholic beverages and grilling food. Tailgating usually takes place in the parking lots of sports stadiums before a game, but in more recent years, tailgating has reached even non-sports events. The Santa Fe Opera holds a tailgating event on the opening night of their opera season. This truly is an American event which has grown out of the love of the game and the taste for food.

September is the start of football season and parking lots for almost every college and pro team begin to fill up hours before the actual event starts! Tailgates are let down, folding chairs are set up, and the grill is being carefully watched. In this issue of “Monthly Tastings,” I will be sharing some of my very own favorite recipes and ideas to make your next tailgating party not only healthy but the envy of everyone around you!

Cook Smart....  
Chef Dave Fouts



## Tailgating Tips

Enjoy these tips for making the most of your next tailgating experience:

- ◆ **Dress in team colors!** Wear a team jersey or shirt.
- ◆ **Plan your menu** and do the prep work a day or two before the game.
- ◆ **Plan to arrive 3 to 4 hours early** and stay 1 to 2 hours after the game.
- ◆ **Find a good spot to park.** Not all parking spaces are created equal!
- ◆ **Fly a flag** on a very high pole so friends can find you.
- ◆ **Decorate your tailgate site** with team pennants and other team stuff.
- ◆ **Meet your tailgate neighbors,** throw the football with friends, relax and have a great time.
- ◆ **Plan ahead** and make sure you bring all necessary items for your gathering! Make a list!
- ◆ **Food should be ready** to eat one and a half hours before the game starts. This is plenty of time for those going to the game to eat, clean up, and extinguish fires!
- ◆ **Leave your area clean.** Take home your own mess, don't leave it for others!

## Don't Forget...

When getting ready for your big tailgating party, use this list to help get you organized and make sure that you don't forget anything:

- ◆ Bungee cords/rope (to secure tent, rain tarp or flag)
- ◆ Tent, tarp, or canopy
- ◆ Table/table cloth
- ◆ Chairs
- ◆ Grill or cooker
- ◆ Gas or charcoal and lighter fluid
- ◆ Matches or lighter
- ◆ Ice
- ◆ Coolers
- ◆ Cooking utensils
- ◆ Cooking pans, pots
- ◆ Oven mitts, apron
- ◆ Water to drink and to douse flame right before kickoff
- ◆ Trash bags
- ◆ Paper towels
- ◆ Bottle opener, can opener, corkscrew
- ◆ Plates, cups
- ◆ Fire extinguisher
- ◆ Radio/TV
- ◆ Plastic storage bags
- ◆ Football, Frisbee, playing cards, games
- ◆ Blankets
- ◆ Serving tray
- ◆ Binoculars
- ◆ Condiments: buns, cheese, onions, mushrooms, barbecue sauce, salt, pepper, hot sauce, ketchup, mustard, pickles
- ◆ Camera
- ◆ Rain gear/poncho
- ◆ Umbrella
- ◆ Beverages
- ◆ Kerosene heater for those cold days
- ◆ Sun block
- ◆ Game tickets
- ◆ Themed decorations

## Tailgating Facts

### World's Biggest Tailgate Party

The biggest tailgate party is the Florida/Georgia game in Jacksonville. They call it the "World's Largest Cocktail Party." Fans begin arriving on Wednesday for a Saturday game. And the party does not stop with kickoff! It keeps going...through half-time and through overtime. Sometimes they are still partying on Sunday afternoon.

### The Origin of Tailgating

Tailgating dates back to the very first college football game between Rutgers and Princeton in 1869, when fans traveled to the game by carriage, grilling sausages and burgers at the "tail end" of the horse. Today, tailgating is a part of most athletic events, especially college football.

### Chef Dave's First Down Dip

Servings: 12



#### Ingredients:

- 1 teaspoon garlic, chopped
- 1/2 cup green onions, chopped
- 2 cups fat free cream cheese, softened
- 1/2 cup salsa
- 1 cup cooked chicken breast, chopped small
- 1 cup canned pinto beans, rinsed and drained
- 1 tablespoon fresh cilantro, chopped
- 1/2 cup low fat Monterey Jack cheese, grated
- 1 teaspoon hot sauce
- 1/4 teaspoon seasoned salt
- 3 cups baby carrots, for dipping

#### Directions:

1. Combine all ingredients except the cheese and baby carrots.
2. Mix well in a large bowl.
3. Top with grated cheese and serve cold.

**Note:** *Grilled chicken is a great way to add some flavor to this yummy dip!*

#### Nutritional Information (per serving):

*110 calories; 12g protein; 2g fat (1g saturated fat); 15mg cholesterol; 9g carbohydrate; 2g fiber; 400mg sodium*



## Three Bean Cheesy Garlic Salad

Servings: 12

### Ingredients:

8 ounces low-fat, sharp cheddar cheese, cut into cubes  
1 can (15 ounces) unsalted navy beans, rinsed and drained  
1 can (15 ounces) low sodium black beans, rinsed and drained  
1 can (15 ounces) low sodium red kidney beans, rinsed and drained  
2 large tomatoes, chopped  
1 large yellow bell pepper, chopped  
1 cup green onions, chopped  
1/4 cup fresh cilantro, chopped  
2 cloves garlic, minced  
3/4 cup low fat Italian dressing  
1/4 cup fresh lime juice  
1 tablespoon chili powder

### Directions:

1. Combine all ingredients into a large mixing bowl.
2. Mix well.
3. Cover and refrigerate for 2 hours.
4. Keep chilled until serving time.

**Note:** To spice this salad up, use Jalapeno Jack instead of cheddar and add 2 teaspoons of your favorite hot sauce.

### Nutritional Information (per serving):

170 calories; 11g protein; 5g fat (1g saturated fat); 5mg cholesterol; 23g carbohydrate; 7g fiber; 490mg sodium



### Homemade Cocktail Sauce (Use With Shrimp Recipe Below)

#### Ingredients and Directions:

2/3 cup ketchup  
1/4 cup horseradish  
1 tablespoon fresh lime juice

Mix well and serve!

## Beer Boiled Shrimp and Kielbasa

Servings: 12

### Ingredients:

2 pounds of large shrimp (do not shell them)  
Six pack of good beer (non-alcoholic works as well)  
1 pound turkey kielbasa sausage, sliced into 1 inch slices  
2 bay leaves  
2 cloves garlic, chopped  
1 tablespoon celery seed  
Salt & pepper to taste

### Directions:

*The night before the game...*

1. Slice the kielbasa into one inch slices. Wash the shrimp in cold water.

*In the parking lot...*

1. In a large pot, bring to a boil the beer, sausage, bay leaves, garlic, celery seed, salt & pepper.
2. Lower the heat and simmer for about 10 minutes.
3. Add shrimp and bring back to a boil.
4. Boil for about two minutes, the shrimp will turn pink.
5. Put the shrimp on ice and serve it cold. Serve kielbasa hot.

### Nutritional Information (per serving):

140 calories; 21g protein; 4.5g fat (1.5g saturated);  
140mg cholesterol; 2g carbohydrate; 0g fiber; 450mg  
sodium