



Superbowl Waist-Saving Menu

CARMEN OHLING



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Try out one or all of these delicious, waist-saving recipes for your SuperBowl party this year!

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Jalapeno Poppers

7 SERVINGS 30 MINUTES



INGREDIENTS

21 Jalapeno Pepper
2 2/3 cups Goat Cheese
12 1/3 ozs Prosciutto

NUTRITION

AMOUNT PER SERVING

Calories	224	Fiber	1g
Fat	15g	Protein	19g
Carbs	4g		

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C).
- 02 Wash and dry the jalapenos. Cut them in half lengthwise and remove the seeds. Stuff each half with goat cheese (about 1 tablespoon per half).
- 03 Wrap each jalapeno with prosciutto and place on a baking sheet lined with parchment paper.
- 04 Bake for 15 to 17 minutes or until the prosciutto is crispy. Allow them to cool slightly before serving. Enjoy!

NOTES

DAIRY-FREE

Use a dairy-free cheese such as cashew cheese.

MEAT-FREE

Omit the prosciutto.

PREP AHEAD

Prepare the jalapenos ahead of time and leave refrigerated until ready to bake in the oven.

SERVING SIZE

One serving is equal to 6 jalapenos poppers.



Honey Chili Meatballs

8 SERVINGS 30 MINUTES



INGREDIENTS

2 lbs Extra Lean Ground Chicken
1 Yellow Onion (medium, chopped)
4 Garlic (cloves, minced)
2 Egg
2 tsps Sea Salt (divided)
1/2 tsp Black Pepper
1/4 cup Coconut Oil
1 cup Organic Chicken Broth
2/3 cup Tomato Paste
1/2 cup Raw Honey
2 tsps Apple Cider Vinegar
1 tbsp Chili Powder
1/2 tsp Paprika
1/2 tsp Ground Mustard

NUTRITION

AMOUNT PER SERVING

Calories	332	Fiber	2g
Fat	17g	Protein	23g
Carbs	24g		

DIRECTIONS

- 01 Preheat oven to 350°F (177°C).
- 02 In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
- 03 Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
- 04 Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
- 05 Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

NOTES

LIKES IT SPICY

Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

SERVE THEM WITH

Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

LEFTOVERS

Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

SLOW COOKER VERSION

Add formed meatballs with sauce and cook on low for 6-8 hours.

SERVING SIZE

A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.



Sweet Potato Chili Bowls

8 SERVINGS 2 HOURS



INGREDIENTS

1 lb Extra Lean Ground Turkey
1 White Onion (chopped)
8 Garlic (cloves, minced)
1 Green Bell Pepper (chopped)
1/4 cup Parsley (diced)
3 Jalapeno Pepper (de-seeded and chopped)
3 stalks Celery (diced)
3 cups Diced Tomatoes
1/3 cup Chili Powder
2 tsps Cumin
4 cups Organic Vegetable Broth
2 cups Red Kidney Beans (cooked, drained and rinsed)
2 cups Green Lentils (cooked, drained and rinsed)
4 Sweet Potato (optional)
1 Avocado (peeled and diced)
1/2 cup Organic Salsa

NUTRITION

AMOUNT PER SERVING

Calories	356	Fiber	16g
Fat	10g	Protein	23g
Carbs	47g		

DIRECTIONS

- 01 Place a large pot over medium heat. Add ground turkey, onion, garlic, bell pepper, parsley, jalapenos and celery. Cook and stir occasionally until turkey is cooked.
- 02 Stir in tomatoes, chili powder and cumin. Cook for another 2 to 3 minutes.
- 03 Add the vegetable broth. Add the beans and lentils and bring to a boil over high heat. Reduce heat. Cover and let simmer for 1 hour.
- 04 In the meantime, preheat oven to 400°F (204°C). Pierce each sweet potato several times with a fork. Place potatoes on a baking sheet and bake for 45 minutes. (Note: This step is optional, the chili can be served with or without the sweet potatoes. It is just a fun touch!)
- 05 Remove sweet potatoes from oven. Make a slit in the top and use a spoon to carve out the majority of the sweet potato flesh to make a bowl. Be sure to leave some flesh in the potatoes so the bowl holds its shape and it will absorb the yummy flavour of the chili. Place the flesh in a bowl and set aside. (Don't throw it out! Use it to make sweet potato hummus or a mashed sweet potato side with a meal later on!)
- 06 Ladle your chili into your sweet potato bowls and top with diced avocado and salsa. Enjoy!



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Apple Dips

8 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Plain Greek Yogurt
1/2 cup Unsweetened Shredded Coconut
1/2 cup Hemp Seeds
1 tsp Cinnamon
4 Apple (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	182	Fiber	3g
Fat	10g	Protein	9g
Carbs	18g		

DIRECTIONS

- 01 Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
- 02 Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
- 03 Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

NOTES

KID-FRIENDLY

Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

MAKE IT SWEETER

Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

NO COCONUT

Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

NO YOGURT

Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.



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Turmeric Hummus

8 SERVINGS 10 MINUTES



INGREDIENTS

4 cups Chickpeas (cooked)
2 Garlic (clove)
2 tbsps Tahini
1/3 cup Apple Cider Vinegar
1/2 cup Extra Virgin Olive Oil
1 tsp Turmeric
1 tsp Sea Salt

NUTRITION

AMOUNT PER SERVING

Calories	283	Fiber	7g
Fat	18g	Protein	8g
Carbs	25g		

DIRECTIONS

01 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

NOTES

SERVE IT WITH

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

LEFTOVERS

Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.



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Slow Cooker Energy Bars

8 SERVINGS 4 HOURS



INGREDIENTS

1 tsp Coconut Oil
2 tbsps Tahini
2 tbsps Maple Syrup
3/4 cup Unsweetened Almond Milk
1/2 tsp Cinnamon
1/4 tsp Sea Salt
2 Egg
1/3 cup Quinoa (dry)
1/2 cup Dried Unsweetened Cranberries
1/3 cup Pumpkin Seeds
1/3 cup Unsweetened Coconut Flakes
2 tbsps Chia Seeds

NUTRITION

AMOUNT PER SERVING

Calories	172	Fiber	3g
Fat	10g	Protein	5g
Carbs	17g		

DIRECTIONS

- 01 Line the bottom of your slow cooker with parchment paper. Do this by tracing the shape of the slow cooker onto parchment, cutting it out and placing it into the bottom of the slow cooker. Brush the parchment with coconut oil.
- 02 In a medium sized mixing bowl, combine the tahini and maple syrup. Whisk together until smooth.
- 03 Add in the almond milk, cinnamon and salt. Continue to whisk until well combined.
- 04 Whisk in the eggs until combined, then stir in quinoa, cranberries, pumpkin seeds, coconut, and chia seeds.
- 05 Pour the mixture into your slow cooker and cook on low setting for 3.5 hours.
- 06 Run a knife around the outside perimeter of the slow cooker bowl. Carefully, turn the bowl over onto a large plate to release the bars. Place plate into the refrigerator to cool completely before cutting into individual bars. Enjoy!

NOTES

STORAGE

Store in an airtight container in the freezer up to 6 months.



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