

GREAT GAME DAY GRUB

FAMILY FEATURES

When game day arrives and friends and family are gathered around the big screen to cheer your team to victory, the only thing missing is some great grub to make the celebration complete.

Putting together an all-star spread is actually easier than you may think. Simple recipes featuring high-quality ingredients make it possible to serve up big flavor without a lot of fuss. Follow these tips to score a game day menu that will let your guests enjoy themselves to the fullest.

Create a DIY pizza station.

Prepare dough ahead of time or purchase individual serving size crusts and invite guests to make their own personal pizzas. Provide an array of fresh veggies, meats and herbs for endless combinations. Don't forget plenty of quality cheese, and for a special twist, add some unexpected flavors, such as Jarlsberg Brand Cheese. Best known as a classic wedge, this nutty, mild cheese is also wonderful shredded for a uniquely delicious pizza flavor. Get guests started with this Sausage, Mushroom and Herb Pizza and then invite them to get creative on their own.

Top it off right.

No game day party is complete without chips and dip. Take your nachos to another level with premium toppings such as these Barbecue Chicken Nachos. Other upgraded topping options: grilled steak or chicken, grilled corn and onions, a variety of flavorful cheeses, homemade guacamole, diced fresh veggies, seasoned olives and spices, such as Cajun or Caribbean jerk.

Bring the heat.

Spice things up with peppers as an added ingredient to other treats like pizza and nachos, or make the pepper the star, as with these Jalapeno Poppers, which blend the heat of a whole jalapeno balanced by the distinctive flavors of goat, Jarlsberg and Parmesan cheeses.

Find more game day recipes at jarlsberg.com.



Jalapeno Poppers

Makes: 16

- 16 whole jalapeno peppers, rinsed and drained
- 2 logs (4 ounces each) fresh goat cheese
- 1 cup shredded Jarlsberg Cheese
- 1/4 cup grated Parmesan cheese
- 1/4 cup diced green onion (scallions)
- dash of hot sauce
- cilantro leaves
- mini hot red peppers (optional)

Using small sharp knife, cut slit down one side of each pepper. Leave stem intact and remove seeds and veins.

In bowl, mash all cheeses, onion and hot sauce. Divide among peppers, stuffing each generously. Refrigerate. *(Note: Recipe can be made ahead to this point.)*

Arrange peppers in heavy aluminum foil packet. Grill 8-10 minutes, or until cheese begins to melt. Garnish with cilantro and, if desired, hot red peppers.

Cheese and Mushroom Pizza

Makes: 1 pizza

- 1 premade pizza dough (14-16 ounces)
- 5 tablespoons tomato sauce
- 2 diced Roma tomatoes
- 8 ounces shredded Jarlsberg Cheese
- 2 ounces grated Parmesan cheese
- 8-10 sliced mushrooms
- 2 teaspoons oregano
- arugula (optional)

Heat oven to 425 F.

Follow premade pizza dough instructions on package.

Spread thin layer of tomato sauce and fresh tomatoes on uncooked pizza dough, sprinkle with cheeses, top with mushrooms and finish with oregano.

Bake pizza in oven for 15-20 minutes, or until golden brown. Garnish with arugula, if desired.

Barbecue Chicken Nachos

Makes: 1 large serving

- 1 rotisserie chicken
- 1 cup barbecue sauce
- nacho chips
- 1 cup shredded Jarlsberg Cheese
- 1/4 cup chopped green onion
- sour cream (optional)

Heat oven to 350 F.

Pull white meat off rotisserie chicken and place in mixing bowl. Add barbecue sauce to pulled chicken and gently mix together.

Scatter nacho chips on oven-safe dish and place pulled chicken on top. Shred cheese with grater and coat top of chicken. Place in oven for approximately 10 minutes. Sprinkle green onion on top and serve with sour cream, if desired.

PICK A PARTY BITE



Finger foods make it easy for your fellow fans to quickly grab a snack between plays and save the serious grub for a longer break in the action. Tide them over until halftime with these bite-site appetizers. For a little extra fun, use toothpicks bearing the mascot or signature color of your favorite team.

Jarlsberg Cheese salami green grape toothpick

Cut cheese and salami into bite-size cubes. Thread ingredients on toothpicks, varying the order and mixing and matching ingredients for different flavor combinations.

Winter Weather Keeping Kids Inside? There's An App For That

SIOUX FALLS — Winter weather has finally arrived, which means cabin fever will commence shortly. Parents looking for a great way to help their house-bound kids burn off a little extra energy indoors, can relax: there's an app for that.

The American Heart Association and the National Football League have teamed up to launch the free AHA-NFL PLAY 60 mobile app to inspire and motivate kids to be physically active. The app is a fun and exciting endless runner game that utilizes gyroscope technology in any smartphone to require players to physically run, jump, pivot, and turn in order to make their on-screen avatar move. Along the course play-

ers answer health trivia and can collect digital coins to redeem for awesome NFL and AHA gear for their avatar.

"About one in three children ages 2-19 are overweight or obese, and a lack of physical activity is a direct contributor to that statistic," said Tom Stys, M.D., an interventional cardiologist with Sanford Health and a member of the American Heart Association Midwest Affiliate Board of Directors. "By leveraging the brand appeal and 'cool factor' of the NFL the American Heart Association is getting kids physically active by meeting them where they are — on their smart phones."

Since its release, the app, which is available for iPhone

and Android devices, has been downloaded more than 625,000 times, making it the American Heart Association's most-downloaded app to date.

Stys said the AHA-NFL Play 60 mobile app is popular with kids and parents because the game evolves beyond just telling kids what to do (get physically active for 60 minutes every day) to putting a fun, useful tool in their hands that will get them moving.

"Through gaming technology the American Heart Association has delivered a dynamic and interactive experience for kids that transforms screen time from a sedentary experience to an active one — thus shifting

technology from being part of the problem to being part of the solution," said Stys.

The AHA-NFL Play 60 mobile app is an extension of the NFL Play 60 Challenge, a six-week program that educates children about staying fit and creates an engaging and fun environment at school that seeks to inspire students to be physically active for at least 60 minutes every day.

In addition to the AHA-NFL Play 60 mobile app, the American Heart Association also has additional resources to help fight cabin fever and get kids moving online at www.heart.org/healthierkids.

For more information about the AHA-NFL Play 60 app and the American Heart Association, visit www.heart.org.

Dad is doing well right now, but I know his illness is going to get worse. Things are going to change. I should start **planning ahead.**



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