

Butter Popcorn with Dry Roasted Peanuts & Parmesan

Makes about 6 cups

6 to 8 cups microwave movie-style butter popcorn, popped

2 cups dry roasted peanuts

2 tablespoons butter

1 tablespoon dried oregano, crushed

1 teaspoon chipotle chile powder

1/2 teaspoon kosher salt

1 cup finely grated Parmesan cheese

1 teaspoon raw sugar crystals

1/2 teaspoon large sea salt crystals

1/4 teaspoon freshly ground black pepper

Preheat oven to 350 degrees. In large bowl, combine the popcorn and peanuts; set aside.

In a small pan, melt butter over medium heat.



Add oregano, chile powder and salt; cook until fragrant, about 1 minute. Pour over the popcorn mixture; toss well. Add cheese, sugar, salt and pepper; toss well. Transfer mixture to a baking sheet; bake, stirring occasionally, until dry and toasted, about 8 minutes. Transfer to a serving bowl. Serve immediately.

Spicy Smoked Almond Relish with Honey Baked Chicken Wings

Makes 25 wings

1/4 cup honey

1/4 cup Dijon mustard

2 tablespoons canola oil

1 tablespoon hot water

1/2 teaspoon kosher salt

25 (about 3 pounds) chicken drumettes, patted dry

Chopped cilantro, for garnish

Dipping sauce

2 tablespoons canola oil

1 cup minced onion

1 tablespoon freshly grated ginger

1 tablespoon chipotle chile in adobo sauce

2 teaspoons minced garlic

1/2 teaspoon ground cinnamon

1/4 teaspoon ground allspice

1 cup tomato sauce

1 cup ketchup

1/4 cup packed dark brown sugar

1/4 cup Worcestershire sauce

2 tablespoons balsamic vinegar

1 cup smoked almonds, chopped

In medium bowl, combine honey, mustard, oil, water and salt; mix well. Add chicken wings; toss well, coating completely. Refrigerate 2 hours or overnight.

Preheat the oven to 375 degrees. Arrange chicken on a wire rack over a baking sheet; spoon on marinade. Bake, turning and basting occasionally, until golden brown and cooked through, about 45 minutes.

Dipping sauce

In small pan, heat oil over medium-high heat. Add onion; cook, stirring, until translucent, about 4 minutes. Add ginger, chile, garlic, cinnamon and allspice; cook 2 minutes. Add tomato sauce, ketchup, brown sugar, Worcestershire sauce and balsamic vinegar; bring to a boil. Reduce heat; simmer until thickened, about 15 minutes. Stir in almonds. If the sauce seems too thick, stir in a tablespoon of hot water. Transfer to a bowl; garnish with chopped cilantro. Arrange chicken wings on a platter; serve immediately with the dipping sauce and a bowl of the extra chopped almonds.

Big Game Day Party Tips

If your guests ask, "What can we bring?" recruit your team to bring party supplies in team colors or to simply lend a hand with final preparations. Here are a few other tips to make your big game party enjoyable for everyone.

- **Keep the guest list manageable** — how many can you comfortably seat in the main viewing room? Can you rearrange furniture to maximize viewing space?

- **If possible, set up a few yard games** outside so guests can stretch their legs at half-time. Games like ladder golf or a beanbag toss are a fun diversion or have those armchair quarterbacks show their skills in a football-throwing contest.

- **If you need to store guests' coats**, empty your own coat closet before the party, so guests can easily store and access their coats and you minimize the hassle of digging through a pile of coats, matching them to their owners after the game.

- **With a casual get-together**, make your clean up a snap by placing multiple trays, baskets or containers in discreet locations so guests can dispose of used plates, napkins, glasses and utensils.

Meet Brandi Pravecek, CNP

Brandi is a Certified Nurse Practitioner and see patients at Lewis & Clark Family Medicine, PC. A graduate of Menno High School and SDSU School of Nursing, she resides on a farm outside of Scotland with her husband and 3 children.



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