

## HUSKER TAILGATE

Football season has begun and there is no place like Nebraska! Tailgating and football parties are popular events for most weekends. Whether you are hosting guests at your home this Saturday for the away game against Fresno State, or if you are looking for ideas to renovate the traditional tailgate party in the weeks to come, here are some ideas to add variety with a Husker flare. The following recipes make up a balanced meal with the added benefit of being Husker red.

Go Big Red!



### Husker Fajitas

*Makes 8 servings*

16 oz. boneless, skinless chicken breasts  
1 red bell pepper, cut into strips  
1 yellow pepper, cut into strips  
1 medium red onion, cut into strips  
3 tbsp. lime juice  
1 tsp. ground cumin  
1 tsp. garlic powder  
A pinch of Mexican chili powder, to taste  
Salt and pepper to taste  
2 tsp. olive oil  
8 whole wheat tortillas

*Toppings:*

½ cup frozen corn, thawed  
½ cup reduced fat cheddar cheese  
1 fresh tomato deseeded and chopped  
Low fat sour cream as desired

Directions:

1. Marinate the chicken in lime juice and season with chili powder, salt, pepper, garlic powder and cumin.
2. Season onions and peppers with salt and pepper and toss with olive oil. To cook the onions and peppers outside on the grill, use a cast iron skillet and grill covered over medium heat until tender, about 15 minutes.
3. Grill chicken on medium heat until cooked through (about 8 minutes on each side).
4. Transfer chicken to cutting board and slice into strips.

5. Combine with peppers and onions and serve on whole wheat tortillas with toppings.

## Red Pepper and Hummus Dip

2 large garlic cloves, chopped  
1 (15 oz.) can garbanzo beans, drained  
1/3 cup tahini (sesame seed paste)  
¼ cup fresh lemon juice  
½ tsp. salt  
¾ cup drained, chopped red peppers (from a jar)

Directions:

1. Pulse garlic in a food processor fitted with a steel blade until minced. Scrape down sides of work bowl.
2. Add garbanzo beans, tahini, lemon juice, red pepper flakes and salt.
3. Add roasted peppers. Pulse until peppers are incorporated.
4. Transfer to a small bowl or hollowed red pepper. Cover and chill.
5. Serve at room temperature with fresh vegetables or whole grain crackers.

## Scarlet and Cream Fruit Salad

Chop up your favorite red fruit into bite-sized pieces:

- ❖ Watermelon
- ❖ Cherries
- ❖ Strawberries
- ❖ Raspberries
- ❖ Red Grapes

Top with a dollop of whipped cream and voilà!