

Mayo Clinic Minute

Taking the guilt out of Super Bowl party favorites

Video	Audio
	“Well, usually, like, a lot of heavy frying, No. 1. The other thing is a lot of heavy dips.”
	Super Bowl parties are known for good eats that aren’t exactly healthy, including one of America’s favorites: Buffalo wings.
	Jen Welper is a wellness executive chef with the Mayo Clinic Healthy Living Program and says a few small changes can make wings and dips a little healthier.
	First, try boneless wings with white meat, and bake them instead of frying.
	“So we can get a nice brown color and a crispness to them. So, again, this is better than deep-frying. And then we’ll go ahead and put these right in the oven.”
	What about that ranch or bleu cheese dip that’s full of calories?
JEN WELPER WELLNESS EXECUTIVE CHEF MAYO CLINIC HEALTHY LIVING PROGRAM	“So usually it’s like a tub of sour cream or a tub of mayonnaise, right? And, so, that base right there is kind of a red flag. So what we’re going to do is we’ll use, like, a nonfat plain Greek yogurt. And then we’ll use a little bit of low-fat mayonnaise.”
	Add a few spices for ranch, or some low-fat buttermilk and bleu cheese crumbles to make bleu cheese.
	“So, typically, this would be the point where someone would add butter, but we’re obviously not going to do that.”
	Most wings are heavy with butter to cut the edge off the heat of the sauce.
	Welper recommends using the healthier dips to cut the heat and acidity instead.

For the Mayo Clinic News Network, I'm
Ian Roth.