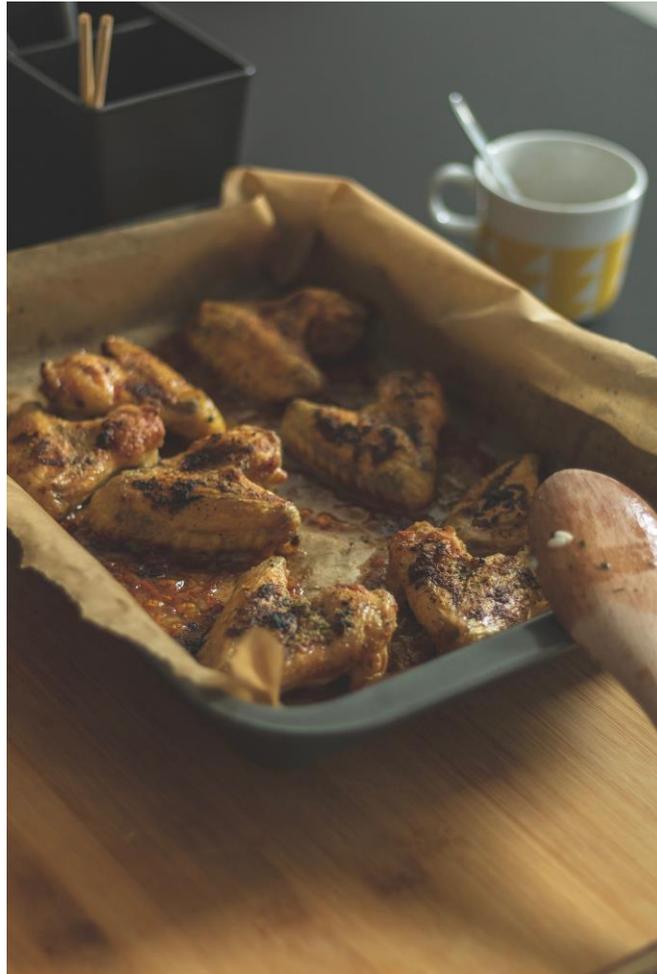


## Winning Football Food – without upsetting blood sugar



Football food often means crisps and pizza but these can lead to weight gain and unbalance blood sugar levels, especially if combined with a beer or two. These alternatives taste like winners, whatever the result might be.

## **Oven baked chicken wings**

Allow 2-3 wings per person.

Rub the wings with seasoning, I like Chinese five spice, grated ginger and crushed garlic mixed with soy sauce and a little olive oil.

Bake in the oven (180° /Gas mark 4) for around 30 minutes or until cooked through and tender. Cover with foil if they start to catch on the outside before being cooked through.

## **Halloumi chips**

Cut halloumi into 1cm thick sticks.

Toss in flavouring (oregano, paprika or Cajun spice are good) or leave plain.

Bake in the oven on a lightly oiled tray for 15 - 20 minutes.

## **Sliced veggies with dips**

Serve sticks of pepper, carrot, celery, cucumber, sugar snap peas and baby corn instead of crisps to dip into spicy salsa, creamy guacamole or hummus.

### **Salsa**

Finely chop half a red onion, 6 large tomatoes, a clove of garlic and a handful of coriander. Mix together with the juice of half a lime and a dessertspoonful of white wine vinegar.

### **Guacamole**

Mash 2 ripe avocados in a bowl. Finely chop half a red onion, two large ripe tomatoes and ½ - 1 red chilli. Mix into the avocados with the juice of a lime.

### **Hummus**

Tip a drained 400g can of chickpeas into a food processor with 60ml of extra virgin olive oil. Blitz until reasonably smooth. Add 3 tablespoons of tahini, 2 cloves of crushed garlic, juice from a whole lemon and zest from half of the lemon. Whizz again, adding a little water or more olive oil if needed.

Don't forget that if you are having curry or chilli you can swap the rice for cauliflower rice. You can also use lettuce leaves to scoop up your meal instead of naan bread or tortilla chips.

## Cauliflower rice

### Serves 4

600g cauliflower  
3 tablespoons of coconut oil  
1 onion  
3 tablespoons of water

Pulse the cauliflower in a food processor (in small batches) until it is finely chopped and looks like grains of rice. Or coarsely grate it if you don't have a food processor.

Heat the oil in a large pan or wok. Gently fry the onion in the oil until soft. Add the cauliflower, water and a pinch of salt and pepper. Stir through, cover and cook on a low heat until soft (around 5 minutes) stirring occasionally.

