

SUPERBOWL RECIPES!

Buffalo Chicken Wings

Serves: 6–8 | Preparation time: 15 minutes | Cooking time: 40 minutes

Ingredients

18 chicken wings, segmented
4 tablespoons vegetable oil
1 teaspoon salt
¾ cup all-purpose flour
½ cup butter
1½ tablespoons apple cider vinegar
¼ teaspoon cayenne (more if you like it spicier)
¼ teaspoon garlic salt
¼ teaspoon Worcestershire sauce
4 tablespoons hot sauce (more if you like it spicier)

For serving

Celery and carrot sticks
Blue cheese dressing

Directions

1. Preheat the oven to 425°F and line a large baking sheet with parchment paper.
2. In a large bowl, season the chicken wing segments with salt and pour in the oil. Using your hands, mix the wings a few times in the bowl. Add the flour and stir to coat the wings well. Arrange the wings on the baking sheet in a single row. Use a second baking sheet if necessary; wings should not overlap each other.
3. Place in the oven and bake for 40 minutes, turning the wings over after 20 minutes. Wings should be cooked through and golden brown.
4. While the wings are in the oven, prepare the sauce. Place a small saucepan over medium heat and add the butter. When it starts to melt, add the hot sauce, vinegar, cayenne pepper, and garlic salt. Stir a few times to combine the ingredients. When the sauce starts to bubble, remove it from the heat.
5. Place the wings in a large serving bowl. Add the sauce and stir to coat well. All wings should be evenly coated. Place the wings on a serving platter around a small bowl of blue cheese dip and celery and carrot sticks. Serve immediately.

Nutrition (per serving)

Calories 410, Carbs 9 g, Fat 31 g, Protein 21 g, Sodium 478 mg

Fried Green Tomatoes

Serves: 4 | Preparation time: 10 minutes | Cooking time: 15 minutes

Ingredients

4 large green tomatoes, ends removed and sliced ½ inch thick
1 cup all-purpose flour
2 eggs
½ cup milk
½ cup cornmeal
½ cup bread crumbs
2 teaspoons coarse kosher salt
¼ teaspoon ground black pepper
Oil, for frying

Directions

1. Spread the flour on a plate.
2. In a medium bowl, whisk eggs and milk together.
3. On another plate, combine cornmeal, breadcrumbs, salt and pepper.
4. Take a slice of tomato and dip evenly with flour, shaking off any excess. Dip this into the egg mixture and then the breadcrumbs. Repeat for the rest of the slices.
5. Fry the breaded tomato slices. Preheat oil in a frying pan, ½ inch deep, over medium heat. Fry the tomato slices in batches of about 4 so as not to overcrowd the pan. Fry until golden brown on both sides and then drain over paper towels.

Nutrition (per serving)

Calories 510, Carbs 56 g, Fat 27 g, Protein 12.6 g, Sodium 1136 mg

Fried Mozzarella

Serves: 12 | Preparation time: 10 minutes | Cooking time: 5 minutes

Ingredients

1 cup Italian style breadcrumbs
2 eggs
1 Tablespoon milk
1 pound mozzarella cheese, cut into $\frac{3}{4}$ -inch x $\frac{3}{4}$ -inch strips
1 cup vegetable oil

Directions

1. In a bowl, whisk eggs and milk together.
2. Place breadcrumbs in another bowl or on a tray.
3. Dip cheese first in the egg mixture and then in the breadcrumbs.
4. Dip in egg mixture and then breadcrumbs a second time, making sure to coat the cheese evenly.
5. Heat oil in skillet.
6. Fry cheese until golden brown, about 1 minute on each side. Do not fry too long or else cheese will leak.
7. Drain on paper towels.

Nutrition (per serving)

Calories 93, Carbs 7 g, Fat 5.3 g, Protein 4.5 g, Sodium 227 mg

Chili Dogs

Serves: 8 | Preparation time: 10 minutes | Cooking time: 30 minutes

Ingredients

Chili

2 tablespoons canola oil
¾ pound ground beef
1 yellow onion, diced
3 tablespoons chili powder, divided
1 teaspoon dried mustard powder
Kosher salt and black pepper
½ teaspoon ground coriander
¼ teaspoon ground cumin
1 clove garlic, minced
¼ cup tomato paste
2 tablespoons all-purpose flour
2 tablespoons butter
2 tablespoons apple cider vinegar
2 cups chicken stock

Other ingredients

8 regular half-smoke hot dogs
8 hot dog buns
Diced onions for garnish
Yellow prepared mustard, for garnish

Directions

1. Place a large skillet over medium heat and warm the oil. Add the onion and sauté for 1–2 minutes until tender. Add the ground beef and use a wooden spoon to break up any lumps. Cook until browned. Drain the excess liquid and return the beef and onions to the skillet.
2. Add 1 tablespoon of the chili powder, as well as the mustard powder, salt and pepper to taste, coriander, cumin, and garlic. Mix until incorporated with the beef and onions. Add the tomato paste and cook for 2 minutes, stirring the mixture constantly. Remove from heat.
3. Place a large saucepan over medium heat and melt the butter. Add the flour, stirring quickly for 1–2 minutes. When this has thickened, add in the beef mixture, the remaining chili powder, vinegar, and the stock.
4. Bring the mixture to a boil and simmer on low heat for 35–40 minutes so that it is reduced, and the chili has the desired consistency.
5. Using a grilling pan or sandwich press on medium heat, grill the hotdogs until cooked through and well grilled on all sides, about 2–3 minutes. Set aside.

6. Grill the hot dog buns on both sides. Spread the buns with some prepared mustard and put a half smoke in the center. Layer the chili sauce on top of the half smoke, add some diced onions, and serve.

Nutrition (per serving)

Calories 510, Carbs 36 g, Fat 34.4 g, Protein 13.6 g, Sodium 1214 mg

Bourbon Pecan Pie

Serves: 8–10 | Preparation time: 15 minutes | Cooking time: 35 minutes

Ingredients

½ cup sugar
½ cup light corn syrup
3 tablespoons butter, melted
½ cup brown sugar
2 cups pecan halves
2 tablespoons bourbon
3 eggs, beaten
1 deep-dish pie crust (9-inch)

Directions

1. Preheat the oven to 375°F.
2. In a large bowl, mix together the white sugar, brown sugar, and butter together. Stir in the eggs, corn syrup and bourbon, and fold in the pecan halves.
3. Pour the filling into the deep-dish pie crust.
4. Bake the pie in the preheated oven for 10 minutes, then reduce the heat to 350°F.
5. Continue to bake the pie for 25 minutes until the pie has set.
6. Cool on a cooling rack.

Nutrition (per serving)

Calories 487, Carbs 69 g, Fat 22 g, Protein 5 g, Sodium 485 mg

All recipes are from Louise Davidson's book *American Diner Cookbook Favorite Classic Diner Recipes to Make at Home*. Click on the cover to get the book or click [here](#).

