FAVORITE FAIR FOODS

MANY OF US ARE MISSING OUR FAVORITE FAIR FOODS THIS YEAR. CHECK OUT A FEW FAVORITE RECIPES WITH A HEALTHIER SPIN ON THEM!
LOOKING FOR CARAMEL APPLES? TRY A CARAMEL DIP INSTEAD!

CARAMEL YOGURT DIP

INGREDIENTS:

- 1 container plain yogurt
- 1/8 tsp salt
- 2 tbsp pure maple syrup or agave
- 1/4 cup coconut brown sugar or regular brown sugar or date sugar
- 1 tsp pure vanilla extract

(Slice an apple or your favorite fruit for dipping)

DIRECTIONS:

- In a very small saucepan, combine all ingredients except the yogurt and vanilla extract.
- Heat very gently, stirring continuously until the sugar dissolves.
- Turn off the heat and stir in the vanilla extract and yogurt. Allow to cool. This gets thicker in the fridge if you let it sit overnight.
- Store leftovers in the fridge for up to 4 days.
**FROSTED LEMONADE**

**INGREDIENTS:**

- 3 lemons
- 1 cup ice cubes
- 1/4 cup water
- 2 cups vanilla frozen yogurt

**DIRECTIONS:**

- Juice the lemons and add the juice to a blender with the ice. Blitz until the ice is completely crushed, adding little of the water at a time to help it all come together. If any big bits of ice remain then just discard them.
- Add the frozen yogurt and blitz again. If the mixture is still too thick then add another splash of water.
- Pour into glasses and serve immediately.

**NUTRITION FACTS**

- Calories: 224 kcal
- Carbohydrates: 39 g
- Protein: 5 g
- Fat: 7 g
- Sodium: 111 mg
- Fiber: 1 g
- Sugar: 35 g
 Oven-Fried Pickles

Ingredients:

- 32 dill pickle slices
- 1/2 cup all-purpose flour
- 1/2 teaspoon salt
- 2 large eggs, lightly beaten
- 2 tablespoons dill pickle juice
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder
- 1/2 cup panko breadcrumbs
- 1 tablespoon snipped fresh dill

Directions:

- Preheat oven to 500°. Let pickles stand on a paper towel until liquid is almost absorbed, about 15 minutes.
- Meanwhile, in a shallow bowl, combine flour and salt. In another shallow bowl, whisk eggs, pickle juice, cayenne and garlic powder. Combine panko and dill in a third shallow bowl.
- Dip pickles in flour mixture to coat both sides; shake off excess. Dip in egg mixture, then in crumb mixture, patting to help coating adhere. Transfer to a greased wire rack in a rimmed baking sheet.
- Bake until golden brown and crispy, 20-25 minutes.

Nutrition Facts

4 Pickle Slices: 65 Calories, 2g Fat (0 Saturated Fat), 47mg Cholesterol, 421mg Sodium, 9g Carbohydrate (1g Sugars, 1g Fiber), 3g Protein.
LOOK NO FURTHER FOR FOOD ON STICK!

MEDITERRANEAN CHICKEN KEBOBS

INGREDIENTS:

Chicken Kebobs
- 3 chicken fillets, cut in 1-inch cubes
- 2 red bell peppers
- 2 green bell peppers
- 1 red onion

Marinade
- 2/3 cup extra virgin olive oil, divided
- juice of 1 lemon, divided
- 6 clove of garlic, chopped, divided
- 2 tsp paprika, divided
- 2 tsp thyme, divided
- 4 tsp oregano, divided
- 4 tsp salt, divided
- 2 tsp freshly ground black pepper, divided
DIRECTIONS:

Marinade

- Mix 1/2 of all ingredients for the marinade in small bowl.
- Place chicken in a ziplock bag and pour marinade over it. Marinade in the fridge for at least 30 minutes.
- Mix the other HALF of the marinade ingredients in a bowl and pour into a ziplock bag with the vegetables. Marinade for at least 30 minutes.

Chicken Kebobs

- Thread the chicken, peppers and onions on the skewers. Place about 5-6 chicken pieces and a combo of peppers and onion in between.
- Heat an outdoor grill over medium-high heat. Spray the grates lightly with oil and grill for about 5-8 minutes on each side, or until internal temperature of chicken is 165 F.
- You can also bake the skewers in the oven. Preheat the oven to 425 F.
- Place chicken skewers on roasting racks over two foil-lined baking sheets and bake for about 10-15 minutes, turn over once and bake for another 10 – 15 minutes on the other side, or until they reach an internal temperature of 165 F,

NUTRITION FACTS