

# She's a **GAMER**

WHERE WOMEN CONNECT FOR SPORT

# GAMER'S GUIDE TO SUPER BOWL

Date	U.S. Bank Stadium	Kickoff	Network	Halftime	30 Second Commercial
February 4	Minneapolis, MN	6:30 pm ET	NBC	Justin Timberlake	Costs \$5 Million+

“Men, I want you thinking of one word all season. One word and one word only, Super Bowl.” – Bill Peterson

## SHOW ‘EM WHAT YOU GOT!

### FIRST SUPER BOWL

January 15, 1967, between the Green Bay Packers and Kansas City Chiefs at LA’s Memorial Coliseum

### SCORE

35-10 Green Bay

### MOST WINS

Pittsburgh Steelers (6)

### MOST LOSSES

Denver Broncos (5)

Where might you ask is the 2019 Super Bowl? Atlanta, GA.

### BLING IT

\$750,000 is what the NFL pays for as many as 150 Super Bowl rings at \$5,000+/\_ each.

Tiffany & Co makes the famed Vince Lombardi Trophy from sterling silver.



## WHAT’S THE GOAL?



A team’s goal is to move the football 10 yards in four attempts or downs (1st, 2nd and 3rd downs) to gain a first down, and is repeated until the goal line is crossed for six points. Yes, there’s a last ditch effort on 4th down, but typically if you’re just inches from the goal line. A PAT (point after touchdown) adds another point, if your kicker can put it through the goal posts.

## YARD WORK

30 40 50 40 30

A football field’s 120 yards are marked by 100 yards of playing field and 10 yards for each end zone. The white lines at the ends and sides of the field are not surprisingly termed end lines and sidelines.

10 20 **IN THE ZONE** 20 10

The red zone labels the final 20 yards just before each end zone. Why red? Maybe, because players defending their goal line are seeing red or red lights should be flashing, as both teams intensify their positions to score or hold the line.

## IT’S OK TO BE OFFENSIVE



The offensive line is a quarterback’s best friend, and protects him from getting sacked. Seven players comprise the “O-line” and allow the quarterback time to throw and block for players carrying the ball (typically running backs).

# 5 REASONS TO CHEER FOR THE PHILADELPHIA EAGLES

1. End the Patriots' dynasty of a record 10 Super Bowl Appearances and 5 Super Bowl wins
2. The Eagles have never won a Super Bowl
3. Philadelphia is the ultimate underdog story (think Rocky Balboa)
4. Eagles player Chris Long (son of NFL Hall of Famer Howie Long) donated his entire year's base salary to fund students' education
5. An Eagles win would restore hope in the importance of DEFENSE and backup quarterbacks (Nick Foles)

## HOW ODD

The Patriots are  $-4.5$ , meaning they are favored by 4.5 points. The Over-Under is 48, meaning the total number of points that Vegas projects will be scored totals 48



## HOMEGATING



### Eggplant Rollatini

Tender eggplant, fresh basil and creamy cheese get rolled up, topped with tangy tomato sauce and drizzled with olive oil to make an intensely flavorful Italian appetizer. Serves 6.

#### TOMATO BASIL SAUCE INGREDIENTS:

- 1/2 cup extra virgin olive oil
- 2 cloves garlic, finely minced
- One 28-ounce can diced Italian plum tomatoes
- 1/2 teaspoon crushed red pepper flakes
- 8 leaves fresh basil, thinly sliced
- Salt, to taste
- 2 tablespoons unsalted butter, at room temperature

#### EGGPLANT ROLLATINI INGREDIENTS:

- Nonstick cooking spray
- 3 medium eggplants, ends removed, and cut lengthwise into 1/2-inch thick slices
- Sea salt and freshly ground black pepper
- 32 ounces ricotta cheese
- 2 large eggs, lightly beaten
- 1/2 cup shredded mozzarella
- 8 tablespoons grated Parmesan, divided
- 20 leaves fresh basil, thinly sliced
- 2 cups tomato basil sauce (recipe above)
- Extra virgin olive oil for drizzling
- Freshly grated Parmigiano-Reggiano cheese for serving

#### TOMATO BASIL SAUCE PREPARATION:

- 1) Heat the olive oil in a large saucepan over medium heat. Add the garlic and cook, stirring, for 3 minutes, or until the garlic just begins to turn golden brown.
- 2) Increase the heat to medium-high, add the tomatoes, red pepper flakes, basil, salt, and butter, and cook covered over low heat, for 15 minutes, stirring occasionally.

#### EGGPLANT ROLLATINI PREPARATION:

- 1) Preheat oven to 375°F. Grease a baking dish with nonstick cooking spray.
- 2) Place a rack over a large baking sheet. Arrange eggplant slices on rack and sprinkle with sea salt to help remove excess moisture and any bitterness. Set aside for approx. 10 to 15 minutes. Rinse salt from the eggplant, and pat dry with a towel.
- 3) Preheat a grill pan over medium-high heat and oil liberally (if using nonstick cooking spray, spray pan before heating to avoid flare ups). Cook eggplant slices until lightly browned on each side and tender, about 4 minutes per side. Remove slices from the grill pan and let cool.
- 4) In a large bowl, mix the ricotta and eggs. Add mozzarella to 3 tablespoons of Parmesan cheese, gently combine, then fold in basil.
- 5) Place a tablespoon of the cheese mixture on 1 end of a piece of eggplant and roll up tightly. Place the rolled eggplant into the prepared baking dish, seam-side down. Continue with remaining cheese and eggplant slices.
- 6) Evenly distribute the tomato sauce on top of the eggplant rollatini. Season with salt and pepper to taste. Sprinkle with remaining 5 tablespoons Parmesan cheese, and bake for 15 minutes. When cooked, drizzle with extra virgin olive oil, sprinkle with Parmigiano-Reggiano cheese and serve.



## TEAM SPIRITS



### Electric Fuzzy

- 1 part peach schnapps
- 2 parts lemonade

Fill a tall glass halfway with ice.  
Pour in the ingredients, and stir.  
Garnish with a lemon wheel.