

Knowledge @ Noon

“Snack Attack”



Wednesday, June 18, 2014
12:00 - 1:00 p.m.

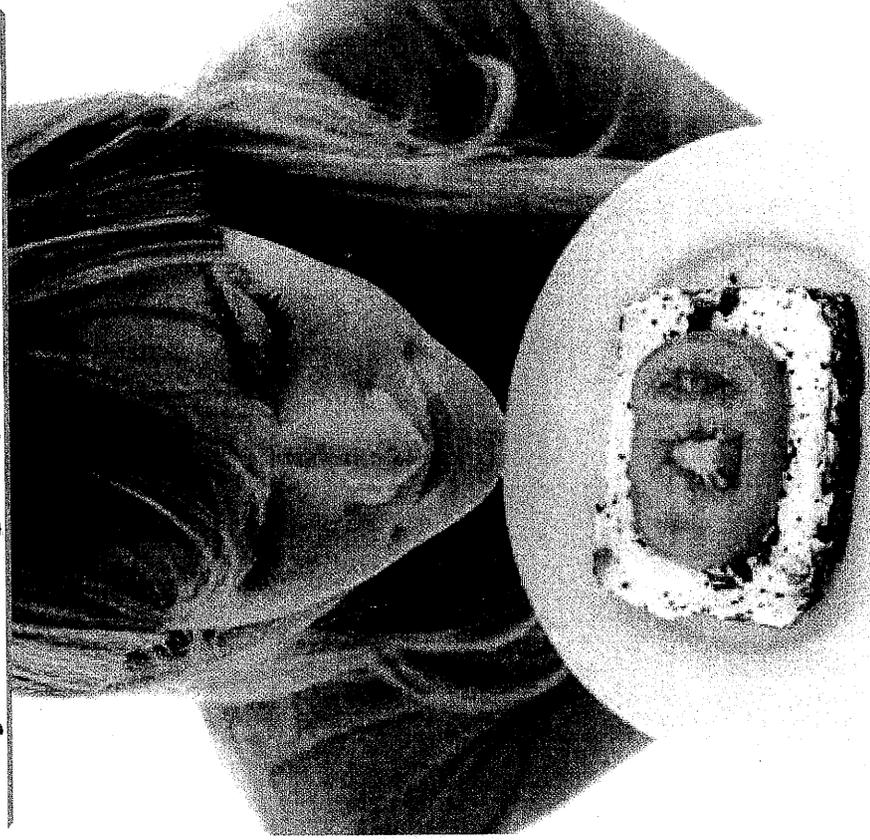
104 S. Brayman, Paola, KS
K-State Research & Extension, Miami County

Instructors:
Miami County Extension Master Food Volunteers

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Sensible Snacks

Do you feel guilty about snacking?



Snacks can be a part of healthy eating

Basic Trail Mix

10, ½ cup servings

Ingredients:

- 2 cups toasted oat cereal
- 1 cup peanuts
- 1 cup small pretzels
- ½ cup raisins
- 1 cup small chocolate candies

Directions:

Combine all ingredients in a large mixing bowl and stir gently.

Serve in individual baggies or cups.

Nutrition Facts: One serving provides 260 calories,

13g total fat, 4g saturated fat, 0g trans fat, 5mg cholesterol, 210mg sodium, 33g total carbohydrate, 2g dietary fiber, 15g sugars, 7g protein



Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777

SNACK SMART

- Snack only when you are hungry.
- Put a small helping in a bowl instead of eating out of the package.
- Skip "super-size" drinks and snacks.
- Check the ingredient list for added sugars and fats.
- Bring snacks to work instead of buying vending-machine food.
- Skip snacking when bored or stressed — take a walk instead.



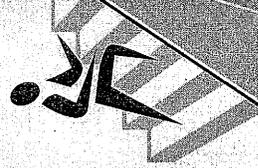
100 CALORIE SNACKS

Advertising promotes 100-calorie snack packs. They are good for portion control but may not be the best for regular snacking. Save money and increase nutrition by making your own snack packs. Here is a list of snack ideas that equal 100 calories. The foods at the top of the list are better choices because they count towards important servings of fruits, vegetables and nonfat dairy items recommended by MyPyramid.

- 15 stalks celery
- 2 cups carrots
- 1½ apples or oranges
- 1 cup grapes
- 1 banana
- 6 whole wheat crackers
- 9 ounces light nonfat yogurt
- 1 fat-free chocolate pudding cup
- 3½ cups air-popped popcorn
- 9 animal crackers
- ½ donut or blueberry muffin
- 2 chocolate chip cookies 2-inches across
- 2 fig cookies
- 2 tablespoons peanuts
- 1-inch cube cheddar cheese
- 14 almonds
- 12 potato chips

TWO FOOD-GROUP SNACKS

- Peanut butter on celery
- Quesadilla — soft tortilla and cheese folded and heated
- Nuts and raisin mixture
- Raw veggies dipped in ranch dressing and crackers
- Yogurt and fresh fruit
- Plain microwave popcorn and 100% juice
- Toast and fruit cocktail
- Dry cereal mixed into yogurt
- Peanut butter on whole wheat crackers
- Cheese and crackers
- Cottage cheese and pineapple
- Pretzels and grapes
- Granola bar and lowfat milk
- Fruit smoothie — fruit or juice blended with milk or yogurt



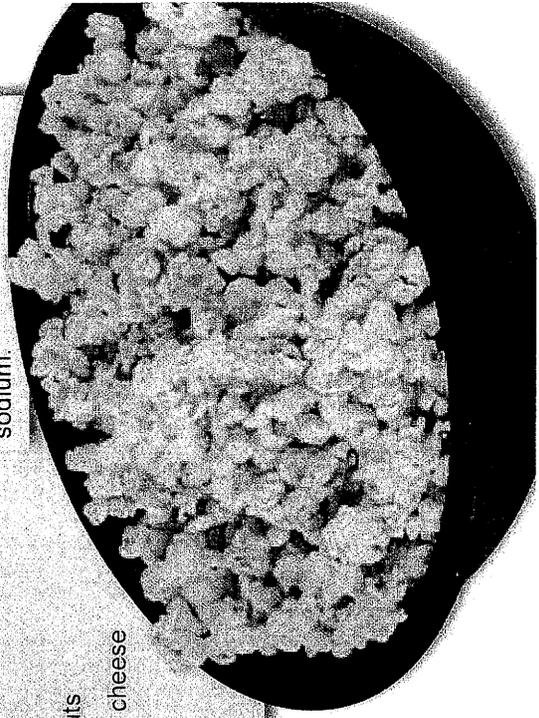
MyPyramid.gov
STEPS TO A HEALTHIER YOU

Total Fat 7 g	14%
Saturated Fat 4 g	8%
Trans Fat 0 g	
Monounsaturated Fat 1 g	2%
Polysaturated Fat 0 g	0%
Total 15 mg	30%
Cholesterol 15 mg	30%
Total 30 mg	60%
Sodium 15 mg	30%

READ

THE FOOD LABEL

Does the package contain one or two servings? If the snack package has two servings and you eat the whole amount, you double the amount of calories, saturated fat, cholesterol and sodium.



Smart Snacking

RECIPES BY ROBYN WEBB, MS, LN

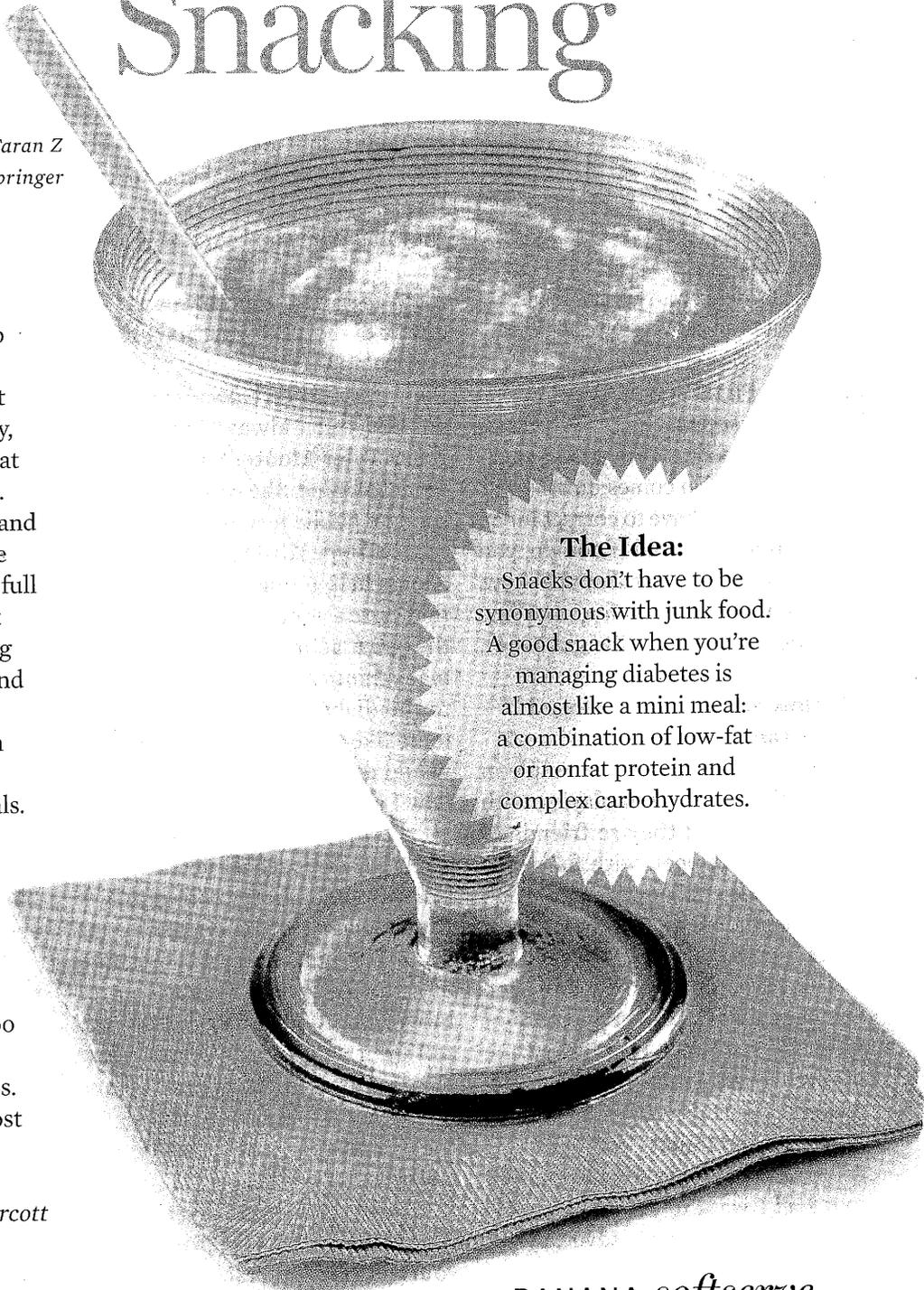
Photography by Taran Z

Food styling by Suzanne Springer

It may seem like a bad idea to eat small snacks during the day when you're trying to lose weight or keep your blood glucose steady, but the opposite is often true. That is, if you're smart about snacking. Vending machine fare like chips and cookies may satisfy an immediate craving, but they won't keep you full for long. (And reaching the point of fullness with junk food is going to cost you a lot of calories, fat, and sugar.) Not only that, but many packaged snack foods are high in carbohydrates, which will raise your blood glucose between meals.

The smarter option: fruits, vegetables, whole grains, and low-fat dairy. They'll fill you up on fewer calories without causing major blood glucose spikes. In fact, eating foods like these can stop you from being too hungry at your next meal. Just keep an eye on carbs and calories. The best part? You can make most snacks ahead of time, so healthy eating is as easy as grab and go.

—Tracey Neithercott



The Idea:

Snacks don't have to be synonymous with junk food.

A good snack when you're managing diabetes is almost like a mini meal: a combination of low-fat or nonfat protein and complex carbohydrates.

BANANA *softserve*

The Tips

Freeze It

One of the easiest snacks to make and keep in the house is frozen fruit. Grapes are the classic example: Choose a seedless variety and freeze them in a plastic bag until solid. You can cube a mango and freeze it the same way. Or try this: Stick a peeled small banana in a plastic bag and freeze it overnight until solid. Remove it from the freezer and allow it to soften for 5 minutes. Wrap a napkin around the bottom and eat the banana like an ice pop.

With a little more effort, you can have **Banana Soft Serve**: Slice the frozen banana and place it in a blender or food processor with half a cup of plain nonfat yogurt or nonfat ricotta cheese, plus a dash of no-calorie sweetener. Blend and serve.

Spread It

Spreads are a simple way of combining two foods (usually, something "proteiny" and something "carby") into one great snack. A typical choice might be a couple of tablespoons of hummus spread over celery stalks, endive leaves, or zucchini spears. You can use nut butters the same way.

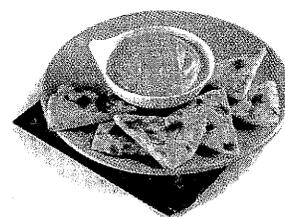
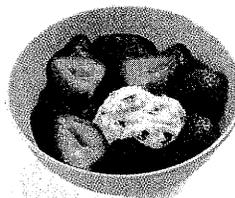
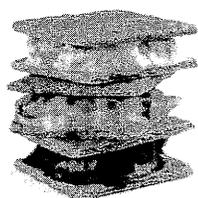
Or try our **Graham Sandwich**: Spoon 2 tablespoons of sugar-free, reduced-fat frozen yogurt (your choice of flavor) onto 1 square graham cracker. Top with another graham cracker, and press down lightly. Eat immediately.

Dip It

If you've only ever had onion dip, you're in for a treat with these two ideas. Veggies and fruit never had it so good!

Ricotta & Strawberries: Mix together 2 tablespoons nonfat ricotta cheese with half a teaspoon of honey and half a teaspoon of mini chocolate chips. Serve with a half cup of halved strawberries.

Greek Yogurt Dip: Mix 1 cup of plain nonfat Greek-style yogurt with half a teaspoon each of ground cumin, coriander, and chili powder, one-eighth teaspoon of ground ginger, 2 tablespoons of lime juice, and 1 teaspoon of honey. Serve with raw or blanched vegetables such as cauliflower and carrots or with 1 ounce of baked pita chips.



Banana Soft Serve

Serves 1
Serving Size: 1 cup

NUTRITION FACTS
Fruit exchanges 1.5
Fat-free milk exchanges 0.5
AMOUNT PER SERVING
Calories 155
Calories from Fat 5
Total Fat 0.5 g
Saturated Fat 0.3 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 80 mg
Potassium 635 mg
Total Carbohydrate 33 g
Dietary Fiber 3 g
Sugars 21 g
Protein 7 g

Graham Sandwich

Serves 1
Serving Size: 1 mini sandwich

NUTRITION FACTS
Carbohydrate exchanges 1
AMOUNT PER SERVING
Calories 85
Calories from Fat 20
Total Fat 2 g
Saturated Fat 0.6 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 95 mg
Potassium 50 mg
Total Carbohydrate 16 g
Dietary Fiber 1 g
Sugars 8 g
Protein 2 g

Ricotta & Strawberries

Serves 1
Serving Size: ¾ cup

NUTRITION FACTS
Carbohydrate exchanges 1
AMOUNT PER SERVING
Calories 65
Calories from Fat 10
Total Fat 1 g
Saturated Fat 0.3 g
Trans Fat 0 g
Cholesterol 10 mg
Sodium 25 mg
Potassium 160 mg
Total Carbohydrate 11 g
Dietary Fiber 2 g
Sugars 9 g
Protein 4 g

Greek Yogurt Dip

Serves 4
Serving Size: ¼ cup

NUTRITION FACTS
Fat-free milk exchanges 0.5
AMOUNT PER SERVING
Calories 40
Calories from Fat 0
Total Fat 0 g
Saturated Fat 0 g
Trans Fat 0 g
Cholesterol 0 mg
Sodium 30 mg
Potassium 175 mg
Total Carbohydrate 5 g
Dietary Fiber 0 g
Sugars 4 g
Protein 6 g

The Recipes

KALE CHIPS

2 servings (makes 2½ cups)

Serving size: 1¼ cups

Preparation time: 10 minutes

Cooking time: 20 minutes plus

5 minutes cooling time

- ½ large bunch fresh kale (enough to have about 3 cups of kale pieces after discarding the ribs)
- ½ Tbsp. olive oil
- ½ tsp. seasoned salt
- ¼ tsp. smoked paprika (optional)

1. Preheat the oven to 300°F. Line 2 large baking sheets with parchment paper.
 2. Cut the kale leaves off the inner rib; discard the rib. Cut the leaves into 2-inch pieces. Put the kale in a salad spinner and rinse the leaves. Dry the leaves thoroughly, using paper towel if necessary to blot any excess moisture. For the kale chips to be crispy, the leaves must be dry.
 3. Add the cut kale to a bowl, add in the olive oil, and toss to lightly coat the leaves with the oil. (Too much oil will cause the kale to steam rather than crisp.) Sprinkle in the salt and paprika (if desired), and toss well.
 4. Arrange the kale pieces in a single layer on the prepared baking sheets. Bake for about 20 minutes, shaking the pan about halfway through. The leaves should feel dry and crispy to the touch. Add the kale leaves to a bowl and let them cool for 5 minutes.
- NOTE:** If taking the chips elsewhere, carry them in a plastic bag. Stored in an airtight container, kale chips will stay crisp for 2 to 3 days.

NUTRITION FACTS

Vegetable exchanges 2

Fat exchanges 0.5

AMOUNT PER SERVING

Calories 80

Calories from Fat 35

Total Fat 4 g

Saturated Fat 0.6 g

Trans Fat 0 g

Cholesterol 0 mg

Sodium 425 mg

Potassium 450 mg

Total Carbohydrate 10 g

Dietary Fiber 2 g

Sugars 0 g

Protein 3 g

DIJON AND HORSERADISH DEVEILED EGGS

6 servings

Serving size: 2 halves (1 egg)

Preparation time: 10 minutes

Cooking time: 7 minutes plus

60 minutes cooling time

- 6 large eggs
- 1 Tbsp. white vinegar
- 6 Tbsp. plain nonfat yogurt
- 1 Tbsp. fat-free mayonnaise
- 1 Tbsp. freshly minced chives
- 2 tsp. Dijon mustard
- ½ tsp. grated prepared horseradish
- ¼ tsp. turmeric
- Sea salt and freshly ground black pepper to taste

GARNISH

Regular or smoked paprika

1. To prepare the eggs: Add the eggs to a saucepan that is large enough so they are not crowded. Add water to cover about 1 inch over the eggs. Cover the pot and bring to a boil. Once the water comes to a boil, about 6 to 7 minutes, remove the pot from the heat and set it on an unused burner. Add the vinegar to

the water (to help in peeling the eggs). Let the eggs stand in the hot water for 20 to 30 minutes.

2. Prepare a large bowl of ice water. Using a slotted spoon, transfer the eggs to the ice water bath, letting them cool for 15 to 20 minutes. Gently remove each egg from the ice water, and gently tap its shell until it is cracked all over (but do not peel). Add the cracked eggs back to the ice water bath (prepare a new ice bath if necessary) for 10 minutes. Remove the eggs from the ice water, and gently roll them between your palms. The shells should slip off easily. Discard the shells.

3. Halve each egg and remove the yolks. Discard one yolk and add the remaining five to a bowl. Set the egg whites on a platter, with the cut sides up. Mash the yolks with the yogurt, mayonnaise, chives, mustard, horseradish, turmeric, salt, and pepper. Spoon or pipe the egg yolk mixture back into the egg whites. Sprinkle lightly with paprika.

TIPS: Boil week-old eggs; they are easier to peel. To help center the yolks of the eggs you plan to hard-boil, store the eggs on their side overnight in the refrigerator instead of upright. Just rest them on their original carton with its lid open.

NUTRITION FACTS

Medium-fat meat exchanges 1

AMOUNT PER SERVING

Calories 75

Calories from Fat 35

Total Fat 4 g

Saturated Fat 1.4 g

Trans Fat 0 g

Cholesterol 150 mg

Sodium 135 mg

Potassium 110 mg

Total Carbohydrate 3 g

Dietary Fiber 0 g

Sugars 2 g

Protein 7 g

The Recipes *(continued)*

POPCORN FUN

3 servings (about 9 cups)

Serving size: 3 cups

Preparation time: 5 to 10 minutes

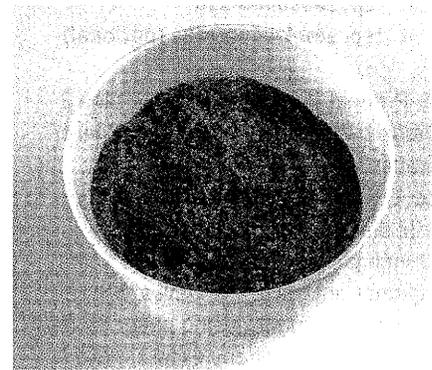
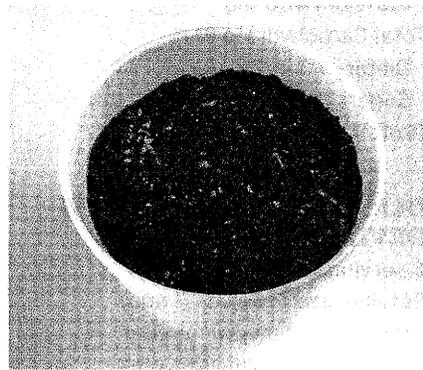
- ½ cup unpopped corn
- 1 Tbsp. olive oil (optional)
- Olive oil or butter-flavored cooking spray

1. For each of the seasonings, combine ingredients in a small bowl. Add to a covered container, and store in a dry, dark place. Use within 1 year for best freshness.

2. Pop the corn using an air popper. Alternatively, add 1 Tbsp. olive oil to a large pot and place 2 kernels of popcorn in it. Turn heat to medium-high. When the kernels in the pot start to pop, add

the rest of the popcorn and put a lid on the pot. Shake the pot several times to ensure even cooking. Cook until most of the kernels have popped.

3. Add the popcorn to a very large bowl (so that the seasonings can be tossed with the popcorn). Coat the popcorn with the cooking spray, using enough to get most of the spice mixture to adhere. Sprinkle on your seasoning of choice.



Pizza Seasoning

- 2 Tbsp. freshly grated Parmesan cheese
- 1 tsp. garlic powder
- 1 tsp. salt-free Italian seasoning
- 1 tsp. paprika
- ¼ tsp. sea salt

NUTRITION FACTS

Starch exchanges 1.5

AMOUNT PER SERVING

Calories 120
 Calories from Fat 25
 Total Fat 3 g
 Saturated Fat 0.9 g
 Trans Fat 0 g
 Cholesterol 5 mg
 Sodium 230 mg
 Potassium 115 mg
 Total Carbohydrate 20 g
 Dietary Fiber 4 g
 Sugars 1 g
 Protein 5 g

Southwestern Seasoning

- 1 Tbsp. ground cumin
- 2 tsp. mild or hot chili powder
- ½ tsp. sea salt

NUTRITION FACTS

Starch exchanges 1.5

AMOUNT PER SERVING

Calories 110
 Calories from Fat 20
 Total Fat 2 g
 Saturated Fat 0.3 g
 Trans Fat 0 g
 Cholesterol 0 mg
 Sodium 415 mg
 Potassium 140 mg
 Total Carbohydrate 20 g
 Dietary Fiber 4 g
 Sugars 0 g
 Protein 4 g

Curry Seasoning

- 1 Tbsp. curry powder
- 2 tsp. sugar
- 1 tsp. turmeric
- ¼ tsp. salt
- Pinch cayenne pepper

NUTRITION FACTS

Starch exchanges 1.5

AMOUNT PER SERVING

Calories 120
 Calories from Fat 20
 Total Fat 2 g
 Saturated Fat 0.3 g
 Trans Fat 0 g
 Cholesterol 0 mg
 Sodium 200 mg
 Potassium 130 mg
 Total Carbohydrate 23 g
 Dietary Fiber 4 g
 Sugars 3 g
 Protein 3 g

Snack Attack

Between-meal bites can be friend or foe. Munch on these hunger helpers

| By Tracey Neithercott

To snack, or not to snack? That's the question a lot of people with diabetes ask themselves when cravings strike or when defending against hypoglycemia. Read on to find out why the answer is more personal than you might think.

The Battle for Blood Glucose

There was a time not too long ago when snacking was as important to insulin-treated diabetes as frequent finger sticks. Long-acting insulin had higher peaks, and short-acting insulin lasted a lot longer than today's rapid-acting versions. To keep blood glucose from crashing when insulin peaked, people with diabetes would have a snack. Eating something was especially important before bedtime because pre-dinner insulin doses could peak overnight, leading to dangerous lows during sleep.

Thankfully, long-acting insulin used today is steadier and there's less of a peak effect. And current rapid- and short-acting insulins work faster, so their peaks better coincide with meals. "Both of those innovations in insulin have made eating with diabetes much more flexible than before," says Karen Chapman-Novakofski,



RD, LD, PhD, a professor of nutrition at the University of Illinois–Urbana-Champaign.

You and your health care provider can agree on a snacking plan that works for you. Here are a few tips:

▲ **Frequent lows? Consider altering your insulin regimen.** Even with newer insulins, some people still rely on snacks to stave off hypoglycemia, a practice that's not always necessary and may lead to weight gain. If you tend to go low throughout the day or

Continued from page 60

overnight, talk to your doctor. He or she can determine if you need to cut back on your background or mealtime doses, if a different insulin may work better, if mixed insulin should be separated into two doses, or if a pump, which can deliver very small doses of insulin over time, would be a better fit for you than daily injections.

▲ **Find the best insulin-to-carb ratio for you.** If you frequently go low after covering a snack with insulin, take a look at how you dose for snacks. Most likely, the culprit is an out-of-whack insulin-to-carb ratio, which helps determine the units of insulin needed to cover a given food. For someone sensitive to insulin, the ratio may be 1 unit of insulin to 15 grams of carbohydrate. "For someone not very sensitive at all, it may be 1 to 5," says Chapman-Novakofski. With the wrong ratio, you could dose too much insulin for too little carbohydrate, so talk to your provider about adjusting if you suspect a problem. Some people find they may need more insulin to carbohydrate in the morning, when they are less sensitive to insulin, yet have a different ratio later in the day.

▲ **Examine how your body reacts to insulin.** Knowing the type of insulin you use to cover meals can also prevent you from going low after snacking. "[Short- and rapid-acting insulins] have different peaks and clearance rates," Chapman-Novakofski says. To determine how your mealtime insulin's onset, peak, and duration affect your post-snack blood glucose, test before you snack, two hours after you take your first bite, and note your next premeal result, too. Do this for three or more days to help spot any patterns. Also, keep in mind: Snacking without taking insulin can lead to high blood glucose. (Chapman-Novakofski says people with type 2 diabetes who take certain oral medications don't usually have to snack to prevent lows. Sulfonylureas, however, may require snacks or regular mealtimes to prevent lows.)

Fighting Hunger

Practically speaking, there's a very good reason to snack between meals: You're hungry. Maybe you ate breakfast at 7 a.m. and have a lunch meeting at 1 p.m. A mid-morning snack can tide you over. And the good news is, you don't have to eat a lot, risking weight gain, to quell hunger pangs. A study published earlier this year in the journal *Food Quality and Preference* found that small snacks satisfied people just as much as high-calorie ones.

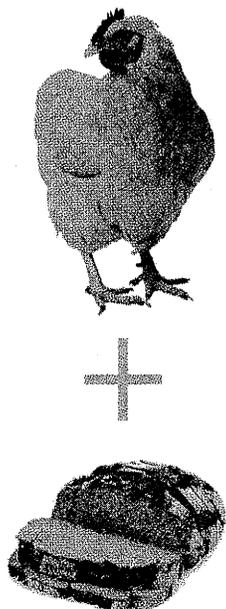
▲ **Eat filling foods.** Smart snackers will consider more than calories and carbs when choosing something to eat. Look for a mix of protein and carbohydrate with plenty of fiber. Protein and fiber may make you feel full longer, says Nicole Brent, RD, LD, CDE, a registered dietitian and diabetes educator in Austin, Texas. Try an apple with 1 tablespoon of peanut butter, crackers and 1 ounce of low-fat cheese, or one of Kashi's low-fat, high-fiber, high-protein granola bars.

Aside from preventing stomach growling, snacking to fight hunger can help you avoid overeating, too. If you're hungry but not starving before a meal, you're much less likely to overindulge.

Not a fan of snacking but fighting late-afternoon hunger? Eat more filling meals. "The favorite time to snack is in the evening because you're not busy and you get to relax," says Brent. And, you may be unconsciously making up for calorie deficits during the day. Add chicken (protein) and some whole wheat bread (carb) to your lunch salad to stay satisfied until dinner.

▲ **Munch on fruits and veggies.**

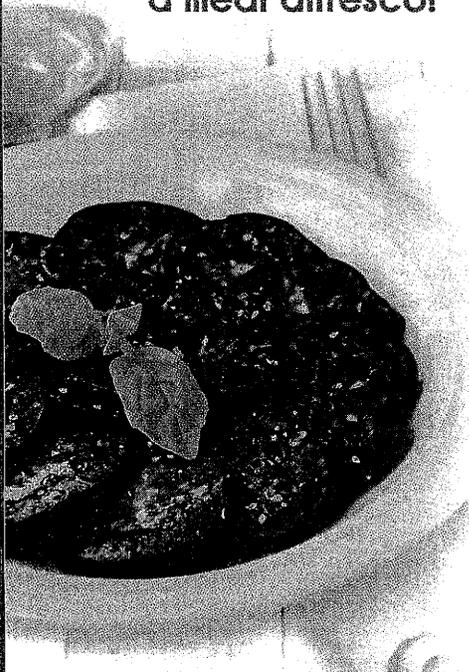
If you're going to snack, make it worth your while nutritionally. Use snacks to make up for any food-group deficiencies in your diet: Reach for an apple or pear. Dip peppers, broccoli, and green beans into hummus if your lunch and dinners are lacking in the veggie department. Make a point to snack on low-fat yogurt.



Add chicken (protein) and some whole wheat bread (carb) to your lunch salad to stay satisfied until dinner.

C&H *light*
sugar & stevia
blend

Try our diabetes-friendly
recipe for a light dressing
— just in time to enjoy
a meal alfresco!



Light Basil Vinaigrette

24 fresh basil leaves, chopped
2 cloves garlic, minced
2 tsp C&H® Light
Sugar & Stevia blend
1 cup olive oil
1/3 cup apple cider vinegar
salt and pepper, optional

In a medium bowl, combine basil,
garlic and C&H® Light.

In a separate bowl, whisk together
olive oil and vinegar. Add slowly to
basil and garlic, blending well.

Add salt and pepper to taste.

Makes approximately 1 1/2 cups.

Nutritional Information

1 serving = 1 tablespoon vinaigrette
Calories: 80, Calories from Fat: 80, Total Fat: 9g,
Saturated Fat: 1g, Cholesterol: 0mg,
Sodium: 0mg, Total Carbohydrate: 0g,
Protein: 0g.

For more C&H® Light recipes,
visit chsugar.com/light.

Food Eating Well

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War on Weight

If you've ever stared down a bag of potato chips, you know the precarious position snacking can put a person in. Though it can keep hunger at bay, it is very easy to overindulge. Sure, you mean to eat only a handful, but the bag is *right there* and the chips are perfectly salty and, well, the bag's now empty.

▲ **Mind your portions.** When it comes to snacking, portion control is key. Without it, those light bites might end up having as many calories as your meals. Shoot for between 100 and 150 calories per snack, says Brent.

While buying individual-sized bags can help you keep portions in check, you can also measure out single servings of foods bought in bulk. Set aside one portion, then wrap the rest up. That means pouring potato chips into a small bowl instead of eating from the bag.

▲ **Avoid nonstop grazing.** Snacking too much in one sitting isn't the only possible cause of America's expanding waistlines. A 2001 study in the journal *Obesity* examined 20 years of U.S. snacking habits and found that people didn't eat more calories per snack but instead snacked more times per day. Consider this: Eating six small snacks per day can raise your daily intake by 600 to 900 calories. And that's assuming you don't overindulge. "The more times you go over on portions, the more likely you are to gain weight," says Chapman-Novakofski.

Stick with a couple of snacks a day. To prevent eating too frequently, consider your motives before you grab a snack. "First and foremost, are you really hungry or are you bored?" Brent asks. You'll be surprised how often your answer is the latter.

▲ **Plan ahead.** If easy-to-find snacks are too hard to resist, make them less readily available. "If I don't want to snack between breakfast and lunch, I don't keep snacks in my drawers," says Chapman-Novakofski. "For some people, it may be that there's always something to eat in the break room." Prevent mindless snacking by taking breaks elsewhere (bonus: go for a walk and burn some calories) or preparing healthy eats ahead of time.

"The thing that makes this hard is when you don't have a plan," Chapman-Novakofski says. "It's easier to have the extra snack." Prepping ahead of time will also help you integrate your snacking plans with your diabetes management.

If easy-to-
find snacks
are too hard
to resist,
make them
less readily
available.

Chip Chip Hooray!

Nachos are always a popular option for a hearty snack or an easy appetizer. But the fat and sodium spoil the party. Share this healthful version with family and guests during your next fiesta. —*Robyn Webb, MS, LN*

The Makeover

Original Recipe,

1/6 of the recipe

Calories 835

Fat 46 g

Carbohydrate 77 g

Sodium 1,970 mg

Smart Swaps

Going Meatless:

The original recipe contains ground beef. That source of extra protein (and fat) simply isn't needed.

Fat Slashes: I ditched the sour cream, switched to reduced-fat cheese, and subbed in baked tortilla chips for standard chips, which are fried in oil.

Fresh Flavors: Diced tomato and fresh cilantro, plus salt-free seasoning and the modest amount of black olives, boost the sodium savings.

Per Serving

Calories 125

Fat 4.5 g

(Sat. Fat 1.4 g)

Carbohydrate 13 g

(Fiber 2 g, Sugars 2 g)

Cholesterol 5 mg

Sodium 315 mg

Potassium 220 mg

Protein 8 g

Phosphorus 160 mg

Exchanges:

Starch 0.5

Vegetable 1

Lean Meat 1

Fat 0.5

How to get a makeover!

Send your recipe (complete ingredient list and instructions) along with your name, city, and state to forecasteditor@diabetes.org.



Fiesta Nachos

MAKES: 4 servings

SERVING SIZE: 7 chips with topping

PREPARATION TIME: 25 minutes

COOKING TIME: 16 minutes

- 6 scallions (white part only), thinly sliced
- 2 garlic cloves, minced
- 1 medium jalapeño pepper, seeded and diced
- 1 tsp. salt-free Southwestern seasoning blend (optional)
- 4 cups (about 28 chips) baked tortilla chips (such as Guiltless Gourmet)
- 3/4 cup shredded, reduced-fat sharp cheddar cheese (such as Cabot's 75% reduced-fat sharp cheddar cheese)
- 1/2 large tomato, seeded and diced (about 1/2 cup)
- 1/4 cup sliced, pitted black olives (sliced into thin rounds)
- 2 Tbsp. minced fresh cilantro

1. Preheat the oven to 400 degrees. Meanwhile, coat a small skillet with cooking spray. Add the scallions and sauté over medium-high heat for 2 minutes. Add the garlic, jalapeño pepper, and, if desired, Southwestern seasoning blend. Sauté for 2 minutes more. Remove the skillet from the heat and set aside.
2. Coat a large baking sheet with cooking spray. Arrange the tortilla chips close together on the baking sheet, and bake for 5 minutes.
3. Sprinkle the chips with the cheese and scallion-garlic mixture. Bake for 5 to 7 minutes, until the cheese melts. Add the nachos to a serving platter, and top with the tomato, black olives, and cilantro.

Photography by Renee Comet; food styling by Lisa Cherkasky

Snack Right

For healthy snacks, think “outside the bag” -- that is, out with foods that are sold as snacks in all those cute packages and bags. Snacks that are high in refined carbohydrates, such as pretzels, crackers, cookies and chips, all of which are often high in sodium and fat and low in fiber, do not make the healthiest snacks. This is especially important if you are trying to watch your weight, lower your blood pressure or control your blood sugar.

Here are some healthy, delicious snack ideas:

- Peanut butter crackers - An old standby is healthy when you place it on 100% whole grain, low-fat crackers (such as WASA?brand crackers) or even 100% whole grain bread. If you are watching your weight, keep the peanut butter to 1 tablespoon per serving and add some light, no-sugar-added preserves or fruit.
- Soup - Purchase low-sodium, low-fat vegetable or bean soup. It can be microwaved in minutes in a coffee mug. If you are keeping this at the office, don't forget the can opener.
- Rabbit bag - Put a few raw veggies and fruits together in a zip lock bag. Use orange wedges, apple slices, raw cauliflower and raw carrots. The orange gives everything a nice flavor and helps keep the apple slices from turning too brown.
- Smoothie - Blend skim milk, fruit and wheat germ to make a delicious drink that tastes like a milk shake.
- Low-sodium vegetable juice helps you get to 5 a day.
- Sandwiches don't have to be just for lunch; they are great for snacks, too. Stuff a whole wheat pita with lean turkey or beans, lettuce, tomato and a little vinegar and oil for a heart-healthy treat.
- Tuna or salmon on toast - Make a tuna or salmon salad with canned fish and low-fat mayonnaise. Spread it on 1 slice of toasted 100% whole wheat bread and top with fresh sliced tomato and shredded romaine lettuce.
- Oatmeal raisin bowl - Make a bowl of oatmeal with raisins and cinnamon.
- Cereal parfait - Place light nonfat yogurt, fruit and whole grain cereal in a plastic cup, and you will have a nutritious snack ready to go.
- Baked sweet potato - Bake a sweet potato in the microwave and top it with reduced-calorie pancake syrup.

Stock Your Kitchen

Having the right stuff on hand is very important for making fast healthy snacks. If your snacks are based on whole grains, fruits and vegetables with a little dairy and lean protein, you will be on your way to better health. Of course, you will want to watch your intake of salt and saturated fat to keep your heart healthy. Here are some items you may want to keep on hand:

Grains:

- Low-fat, whole grain crackers
- Rice cakes
- Whole wheat pita bread (100%)
- Whole wheat bread (100%)
- Baked tortilla chips

Vegetables:

- Raw vegetables
- Salads
- Potatoes and sweet potatoes
- Vegetable juice (100% - low sodium)
- Vegetable soups

Fruits:

- Fresh fruit
- Dried fruit
- Fruit juice (100%)

Heart-Healthy Protein:

- Nuts and nut butters
- Bean dip
- Bean soup
- Bean salad
- Baked tofu
- Canned tuna or salmon

Heart-Healthy Dairy:

- Nonfat light yogurt
- Fortified soymilk and skim milk
- Smoothies made with soymilk or skim milk

Snacking On A Budget

Here are two delicious no-cook recipes:

Pita Tacos:

- 4 mini pita bread pockets
- 4 oz. nonfat or low fat grated cheddar cheese
- 1 ripe tomato, chopped
- 1 carrot, grated
- 1 cup shredded dark green lettuce
- 1 green pepper, chopped
- 2/3 cup mild prepared salsa

Wash and chop vegetables, put in separate bowls. Everyone fills their pita with vegetables, cheese and salsa. You can also add cucumber slices, chopped onions or other vegetables. Serves 4. (Actual recipe served 12- we scaled this down.)

Nutrition Facts: serving size: 1 pita, 192 calories, 5 grams fat, 3 grams saturated fat, 20 mg. cholesterol, 483 mg. sodium, 27 grams carbohydrate, 2 grams fiber, 3 grams sugars, 12 grams protein. ** Amount of fat is less when using nonfat grated cheddar.

Crunchy Fruit Sundae:

- 2 16 ounce cans peaches, plums or pears or a variety of fresh fruits.
If using canned fruits, buy canned in its own juice not in heavy syrup.
- 2/3 teaspoon ground cinnamon
- 4 crumbled graham crackers
- 1 cup low fat vanilla yogurt

Drain fruit if using canned. Wash and slice fresh fruit. Put each type of fruit in a separate bowl. To make a sundae, each kid chooses their own fruit then spoons yogurt over fruit. Top with cinnamon and crumbled graham crackers. Serves 4.

Nutrition facts: serving size: 3/4 cup fruit, 196 calories, 2 grams fat, 1 gram saturated fat, 3 mg. cholesterol, 88 mg. sodium, 44 grams carbohydrate, 2 grams fiber, 22 grams sugars, 5 grams protein.

Thirty Quick Healthful Delicious Snacks:

- 1 Pumpkinickel bread and a tangerine
- 2 Lowfat bran muffin and fruit juice
- 3 Lowfat oatmeal cookie and a plum
- 4 Cinnamon ricecake and a peach
- 5 Whole wheat toast and a sliced tomato
- 6 Waffle square (buy Kelloggs Special K Fat Free waffles) and strawberries
- 7 Graham crackers and a pear
- 8 Raisin toast and orange juice
- 9 Pita bread and peanut butter
- 10 Gingersnaps and applesauce
- 11 Fat free Saltines and vegetable sticks
- 12 Whole wheat breadsticks and juice
- 13 Toasted English muffin and skim milk
- 14 Lowfat banana bread and skim milk
- 15 Cereal and juice or skim milk
- 16 Cinnamon toast and pineapple juice
- 17 Bagel and orange slices
- 18 Lowfat corn muffin, jam and juice
- 19 Crackers and fat free cheese
- 20 Lowfat yogurt topped with cereal
- 21 Fat free cheese and a fruit cup
- 22 Lowfat trail mix and juice
- 23 Rye wafers, nonfat cream cheese and juice
- 24 Cucumber sticks, carrot sticks and fat free cottage cheese
- 25 Rice cakes with nonfat cream cheese or reduced fat peanut butter
- 26 Cut up vegetables with nonfat ranch dressing
- 27 String cheese and celery
- 28 Fat free cottage cheese with crushed pineapple
- 29 Fat free yogurt and fruit
- 30 Lowfat granola and a baked apple

• Note: To meet CACFP guidelines, juice must be 100% full strength, baked goods must have enriched or whole grain flour as the primary ingredient by weight. Do not serve cookies more than two times per week.

Nice Nibbles

Smart snacks—these range from just 60 to 195 calories—can help you keep hunger in check.

RECIPES BY
Robyn Webb, MS, LN
 PHOTOGRAPHS BY
Kyle Dreier
 STYLING BY
Whitney Kemp



Mini Fruit Tarts

MAKES: 16 tarts

SERVING SIZE: 2 tarts

PREPARATION TIME:

10 minutes

- 1 package (8 oz.) nonfat cream cheese
- ¼ cup no-sugar-added strawberry jam
- ¼ cup slivered almonds, toasted and coarsely chopped
- 16 mini phyllo dough shells, thawed
- ½ cup sliced strawberries

In a mixing bowl, beat together the cream cheese and jam. Fold in the almonds. Divide the mixture among the phyllo dough shells. Top each tart with strawberries.

Per Serving:

Calories 110, **Fat** 6 g

(Sat. Fat 0.3 g),

Carbohydrate 10 g

(Fiber 2 g, Sugars 2 g),

Cholesterol 5 mg, Sodium

205 mg, Potassium 160 mg,

Protein 5 g,

Phosphorus 190 mg

Exchanges:

Carbohydrate 1, Fat 1

Veggie Lettuce Roll

MAKES: 1 serving

SERVING SIZE: 1 roll

PREPARATION TIME: 20 minutes

- 1 large romaine lettuce leaf, trimmed of any hard stem
- ¼ cup peeled, shredded carrot (1 medium carrot)
- ¼ cup peeled, shredded beet (½ small beet)
- ¼ cup finely chopped red bell pepper (¼ medium pepper)
- 1 large basil leaf, minced

Dressing

- 2 tsp. sesame tahini
- ½ tsp. lite soy sauce
- ¼ tsp. honey
- ⅛ tsp. ground ginger

Set the lettuce leaf on a flat work surface.

Layer the carrots, beets, red pepper, and basil on one end of the leaf. In a prep bowl, combine the ingredients for the dressing. Drizzle the dressing on top of the vegetables. Carefully roll up the leaf. Wrap the lower end of the leaf with a napkin, if desired, for easy handling.

Per Serving: **Calories** 120, **Fat** 6 g

(Sat. Fat 0.8 g), **Carbohydrate** 16 g

(Fiber 5 g, Sugars 8 g), Cholesterol 0 mg,

Sodium 175 mg, Potassium 490 mg,

Protein 4 g, Phosphorus 130 mg

Exchanges: Carbohydrate 0.5,

Vegetable 2, Fat 1

Crinkly Vegetables With Creamy Mustard Parmesan Dip

MAKES: 4 servings

SERVING SIZE: 1 cup vegetables, 2 Tbsp. dip

PREPARATION TIME: 15 minutes

- 2 medium carrots, peeled
- 1 small zucchini, trimmed, unpeeled
- 1 small yellow squash, trimmed, unpeeled
- ½ medium cucumber, peeled

Dip

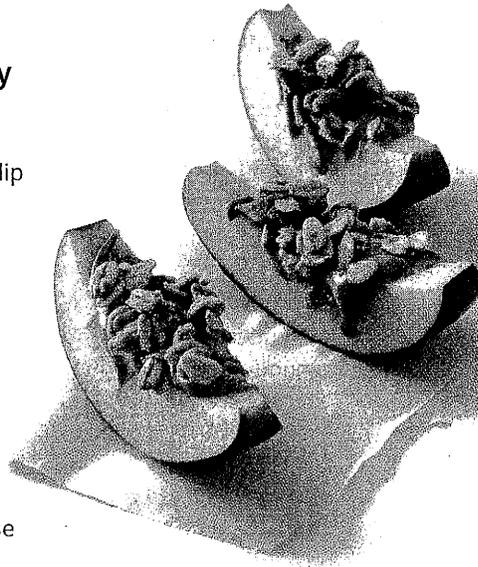
- ½ cup nonfat mayonnaise
- 2 Tbsp. freshly grated Parmesan cheese
- 1 Tbsp. Dijon mustard
- ½ tsp. onion powder
- ¼ tsp. garlic powder
- ¼ tsp. kosher salt (optional)
- ¼ tsp. freshly ground black pepper

Slice all vegetables with a crinkle cutter. Arrange the cut vegetables on a serving platter. In a small bowl, combine the remaining ingredients. Serve the dip with the vegetables.

Per Serving: Calories 60, Fat 2 g

(Sat. Fat 0.6 g), **Carbohydrate 10 g** (Fiber 2 g, Sugars 5 g), Cholesterol 5 mg, Sodium 390 mg, Potassium 310 mg, Protein 2 g, Phosphorus 65 mg

Exchanges: Carbohydrate 0.5, Vegetable 1



Apple Moons

MAKES: 2 servings

SERVING SIZE: 3 wedges

PREPARATION TIME: 8 minutes

- 1 small apple
- 2 Tbsp. natural peanut butter
- 2 tsp. low-fat granola

Cut the apple into 6 wedges. Spread one side of each apple wedge with peanut butter. Sprinkle granola on the peanut butter, where it will stick.

Per Serving:

Calories 140, Fat 9 g (Sat. Fat 1.5 g),

Carbohydrate 12 g (Fiber 2 g, Sugars 7 g), Cholesterol 0 mg, Sodium 0 mg, Potassium 165 mg, Protein 4 g, Phosphorus 70 mg

Exchanges: Fruit 0.5, Carbohydrate 0.5, Fat 1.5

Apricot Bites

MAKES: 5 servings

SERVING SIZE: 2 bites

PREPARATION TIME: 5 minutes

- 10 dried whole apricots
- 1½ Tbsp. crumbled blue cheese
- 1½ Tbsp. finely chopped pistachios
- 2 tsp. honey

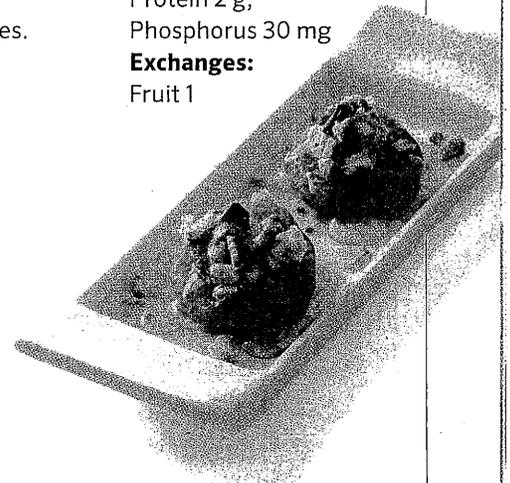
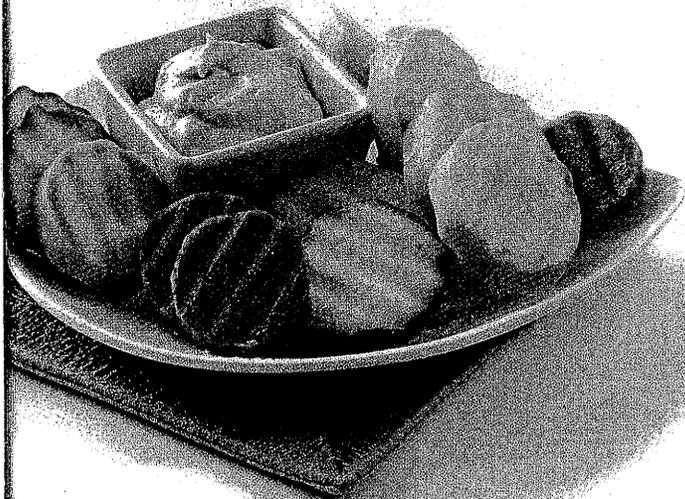
Top each apricot with blue cheese and pistachios. Drizzle with honey and serve.

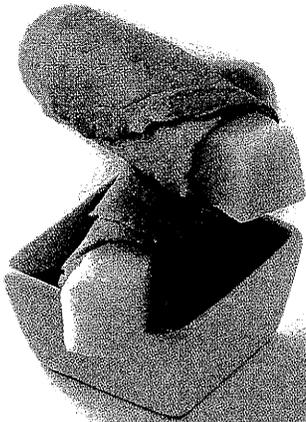
Per Serving:

Calories 65, Fat 2 g (Sat. Fat 0.6 g), **Carbohydrate 12 g** (Fiber 1 g, Sugars 10 g), Cholesterol 0 mg, Sodium 35 mg, Potassium 195 mg, Protein 2 g, Phosphorus 30 mg

Exchanges:

Fruit 1





Jicama Sticks

MAKES: 5 servings
SERVING SIZE: 2 sticks
PREPARATION TIME: 15 minutes

- 5 oz. sliced reduced-sodium roast beef, ham, or turkey
- ½ small jicama, peeled and cut into 10 sticks

Balsamic Honey Dressing

- 2 Tbsp. balsamic vinegar
- 1 tsp. honey
- 1 tsp. Dijon mustard
- 1 garlic clove, finely minced
- Dash hot sauce
- 2½ Tbsp. olive oil
- ¼ tsp. freshly ground black pepper

Wrap one slice of deli meat around each jicama stick. In a small bowl, whisk together the balsamic vinegar, honey, mustard, garlic, and hot sauce. Pour the olive oil into the bowl in a thin stream, whisking constantly. Season the dressing with black pepper. Serve the jicama sticks with the dressing for dipping.

Per Serving: **Calories** 125, **Fat** 8 g (Sat. Fat 1.5 g), **Carbohydrate** 6 g (Fiber 2 g, Sugars 3 g), **Cholesterol** 15 mg, **Sodium** 150 mg, **Potassium** 140 mg, **Protein** 6 g, **Phosphorus** 60 mg
Exchanges: Vegetable 1, Lean Meat 1, Fat 1

Tofu Fruit Shake

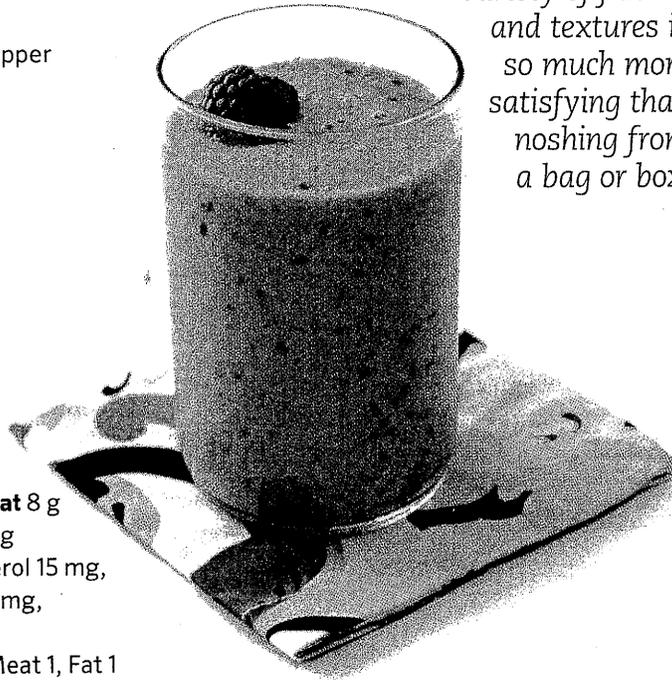
MAKES: 1 serving
SERVING SIZE: 1 cup
PREPARATION TIME: 5 minutes

- ½ cup coconut water
- ½ cup fresh raspberries
- 1 oz. lite soft tofu
- 1 packet nonnutritive sweetener

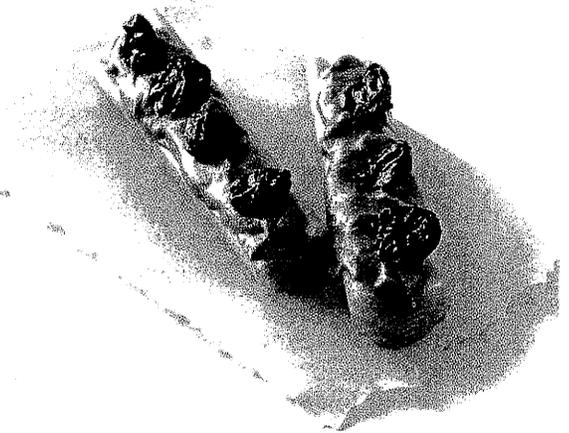
Combine all ingredients in a blender, and blend until smooth. Pour into a glass and serve immediately.

Per Serving:

Calories 70, **Fat** 1 g (Sat. Fat 0.3 g), **Carbohydrate** 13 g (Fiber 5 g, Sugars 7 g), **Cholesterol** 0 mg, **Sodium** 150 mg, **Potassium** 410 mg, **Protein** 3 g, **Phosphorus** 65 mg
Exchanges: Carbohydrate 1



Preparing a small bite with a variety of flavors and textures is so much more satisfying than noshing from a bag or box.



New Ants on a Log

MAKES: 1 serving
SERVING SIZE: 2 topped celery sticks
PREPARATION TIME: 5 minutes

- 2 medium celery stalks, trimmed and washed
- 1½ Tbsp. almond, walnut, or sunflower seed butter
- 2 tsp. unsweetened dried cherries or 2 dried apple rings, chopped

Fill each celery stalk with the nut butter, and top with dried fruit. Serve immediately.

Per Serving:

Calories 195, **Fat** 14 g (Sat. Fat 1 g), **Carbohydrate** 16 g (Fiber 5 g, Sugars 9 g), **Cholesterol** 0 mg, **Sodium** 100 mg, **Potassium** 525 mg, **Protein** 6 g, **Phosphorus** 155 mg
Exchanges: Carbohydrate 1, Lean Meat 1, Fat 2

Jicama Appetizer

1 pound jicama peeled and cut into sticks
2 Tablespoons fresh lime juice
2 Tablespoons chili powder
Sprinkle of salt

Arrange Jicama on a platter. Sprinkle with fresh lime juice, salt, and chili powder. Serve immediately.

Makes 4 each 1 cup size servings. **Nutrition:** 1 cup equal 77 calories, 1.7 grams protein, 17 grams carbohydrates and 47 mg. sodium *Recipe submitted by Royce Collins, MFV*

Simple Roasted Chickpea Snack

Prep Time: 10 Minutes Ready In: 55 Minutes Cook Time: 45 Minutes

2 tablespoons olive oil	1 pinch sea salt
1 tablespoon ground cumin	1 pinch ground black pepper
1 teaspoon garlic powder	1 dash crushed red pepper
1/2 teaspoon chili powder	1 (15 oz) can chickpeas, rinsed and drained

DIRECTIONS:

1. Preheat an oven to 350 – 375 degrees F (175 degrees C).
2. Whisk the oil, cumin, garlic powder, chili powder, sea salt, black pepper, and red pepper together in a small bowl; add the chickpeas and toss to coat. Spread into a single layer on a baking sheet.
3. Roast in the preheated oven, stirring occasionally, until nicely browned and crispy, about 45 – 60 minutes.

Nutrition Information Servings Per Recipe: 4 , Serving size: 2 Tablespoons

Calories: 153, Total Fat: 8g Cholesterol: 0mg Sodium: 296mg Total Carbs: 17.5g Dietary Fiber: 3.6g Protein: 3.9g *Printed from Allrecipes.com 6/11/2014*

Terrific Trail Mix Servings: 16

1 cup combination diced dried fruit, such as prunes, apricots, pears and apples.
1/2 cup raisins and/or dried cherries or cranberries
1 1/2 cups unsalted sunflower seeds
1 cup unsalted dry-roasted peanuts (or honey-roasted peanuts, chopped walnuts or unsalted almonds)

DIRECTIONS:

1. Mix all ingredients together. Makes 4 cups.

Nutrition Information Servings Per Recipe: 16

Calories: 175 Amount Per Serving Total Fat: 11.6g Cholesterol: 0mg Sodium: 4mg
Total Carbs: 15.9g Dietary Fiber: 2.1g Protein: 5.4g *Printed from Allrecipes.com*

5- Minute Quesadillas

2 100% Whole Wheat Tortillas (soft taco size) (Mama Lupe's)
1/4 cup refried beans
3 Tablespoons Mild Salsa (Mama Lupe's)
1/2 cup shredded cheese

Heat nonstick skillet on medium heat. Spread one tortilla evenly with refried beans; top with salsa and cheese. Top with second tortilla.

COOK 2 minutes on each side or until golden brown on both sides. Cut into wedges. Serve with salsa, sour cream and shredded lettuce, if desired.

Variations: Add shredded cooked beef, ground beef or chicken for a heartier main dish. Vary toppings by adding chopped onions, peppers and sliced black olives.

Meatball Sub on a Stick

Ingredients:

1 lb lean ground turkey	½ teaspoon Crushed Red Pepper
1/2 cup whole wheat bread crumbs	2 cloves garlic, minced
1/2 cup grated Parmesan cheese	1 can Pillsbury Original breadsticks
1 Tbsp dried Oregano	1 cup shredded mozzarella cheese
1 Tbsp dried Basil	12 (10" – 12") wooden skewers
1 Tbsp dried Parsley or 1/4 cup fresh chopped	Marinara sauce for dipping

Instructions:

Preheat oven to 375°

Line 2 baking sheets with parchment paper. Set aside.

In bowl combine ground turkey, bread crumbs, Parmesan cheese, Oregano, Basil, Parsley, red pepper flakes and garlic. Form into 1 inch meatballs.

Open can of breadsticks and starting with one breadstick at a time thread dough then meatball. Repeat the process with 2 more meatballs alternating dough-meatball, ending with dough. Make sure to spread dough and meatballs away from each other by about 1/4", so the meatballs bake through and the dough has room to expand.

Bake for 20 minutes until the meatballs are cooked through. Remove from oven and sprinkle each skewer with 1-2 Tbsp of shredded mozzarella cheese. Place back in oven for 2-3 minutes until cheese is melted.

Serve immediately with warm marinara sauce for dipping.

12 Servings **Nutrition:** Calories: 198 Fat: 7.7g Cholesterol: 35.3mg Sodium: 355.9mg Carbs: 18.6g
Fiber: 1.3g Sugar: 4.2g Protein: 14.4g

Crunchy, Chew, Clumpy Granola

¼ cup honey	3 cups old fashioned oats (not quick)
¼ cup pure maple syrup	¼ cup whole flax seeds or 2 Tbsp. ground flax seed
2 large egg whites	¼ cup raw pumpkin seeds (pepitas)
1/3 cup vegetable or canola oil	½ cup uncooked quinoa, rinsed and well drained
1 teaspoon vanilla extract	½ cup slivered almonds
1 teaspoon ground cinnamon	2 cups mixed chopped dried fruit, such as apricots, prunes, dried cherries, blueberries, cranberries, raisins or golden raisins
½ - 1 teaspoon kosher salt	
½ teaspoon orange zest	

Preheat oven to 275 degrees F. Place honey, maple syrup, egg whites, oil, vanilla, cinnamon, salt and orange zest in a large mixing bowl; mix until all ingredients are well blended. Set ½ cup of this honey mixture aside. Add oats, flax, pepitas, quinoa and almonds to mixing bowl and mix with a spoon until all ingredients are well combined and coated.

Add the dried fruit to the reserved honey mixture and toss to combine; set aside.

Spray a rimmed baking sheet with nonstick cooking spray and line with parchment paper.

Spread oat mixture out on the prepared baking sheet in an even layer; bake for 30 minutes. Add reserved fruit mixture to oat mixture and stir to combine. Spread the granola out again in an even layer and bake until oats are golden brown and crunchy, 35 – 40 minutes, stirring halfway through baking time, taking care to leave some clumps. Let granola cool; store in refrigerator for up to two weeks.

Recipe from Chef Alli's Farm Fresh Kitchen

Fast Fruit Salsa

We like this refreshing and colorful salsa served with tortilla chips or spooned over grilled chicken. For a fun twist, try stirring in some diced cantaloupe or peaches when they're in season.

6 Servings Prep/Total Time: 10 min.

Ingredients

- 1 can (8 ounces) unsweetened crushed pineapple, drained
- 1 can (8 ounces) mandarin oranges, drained and chopped
- 1/4 cup chopped red onion
- 1 tablespoon minced fresh cilantro
- Tortilla chips

Directions

In a large bowl, combine the pineapple, oranges, red onion and cilantro. Cover and refrigerate until serving. Serve with tortilla chips. Yield: 1-1/2 cups.

Nutritional Facts: One 1/4-cup serving (calculated without tortilla chips) equals 31 calories, trace fat (trace saturated fat), 0 cholesterol, 1 mg sodium, 8 g carbohydrate, 1 g fiber, trace protein.

Diabetic Exchanges: 1/2 fruit.

Recipe from Taste of Home 2014

Strawberry-Rosemary Yogurt Pops

We planted strawberries a few years ago and my very favorite treat to make with them are these tangy-sweet frozen yogurt pops! The options are endless: Try using other yogurt flavors like lemon, raspberry or blueberry. You may also substitute the rosemary with your favorite herb or simply omit it all together.

6 Servings Prep: 20 min. + freezing

Ingredients

- 1 cup chopped fresh strawberries
- 2 tablespoons balsamic vinegar
- 2 tablespoons strawberry preserves
- 2 fresh rosemary sprigs
- 1-1/2 cups (12 ounces) vanilla yogurt
- 6 freezer pop molds *or* paper cups (3 ounces *each*) and wooden pop *or* lollipop sticks

Directions

In a small bowl, mix strawberries, vinegar, preserves and rosemary.
Let stand 30 minutes; discard rosemary.

Spoon 2 tablespoons yogurt and 1 tablespoon strawberry mixture into each mold or paper cup.
Repeat layers. Top molds with holders. If using cups, top with foil and insert sticks through foil.
Freeze until firm. Yield: 6 pops.

Nutritional Facts: 1 pop equals 81 calories, 1 g fat (trace saturated fat), 3 mg cholesterol, 42 mg sodium, 16 g carbohydrate, 1 g fiber, 3 g protein. **Diabetic Exchange:** 1 starch.

Recipe from Taste of Home 2014

Baked Kale Chips

- 2 bunches kale
- 2 tablespoons olive oil
- 2 large cloves garlic, minced
- Sea salt and freshly ground black pepper
- 1 tablespoon toasted sesame seeds

Preheat oven to 375°F. Rinse kale and pat dry thoroughly. Remove and discard thick ribs and roughly chop leaves. Pat leaves dry again. Toss with olive oil, garlic, salt and pepper in a large bowl. Spread on a large rimmed baking sheet. Kale does not need to be in a single layer, as it will shrink in volume as it cooks. Bake for 15 to 20 minutes, stirring every five minutes or so, until leaves are tender, crisp on edges and slightly browned. Sprinkle with sesame seeds before serving.

Nutritional Info:

Per Serving: 100 calories (80 from fat), 9g total fat, 1.5g saturated fat, 0mg cholesterol, 160mg sodium, 5g carbohydrate (2g dietary fiber, 0g sugar), 3g protein

Chocolate Hazelnut Bark

Dried cherries and crystallized ginger add a depth of flavor to this simple, four-ingredient chocolate bark. **Yield:** About 12 ounces (serving size: 1 ounce)

Ingredients

- 3/4 cup hazelnuts (about 4 ounces)
- 1/3 cup dried cherries, coarsely chopped
- 2 tablespoons finely chopped crystallized ginger
- 6 ounces bittersweet chocolate, chopped

1. Preheat oven to 350°.
2. Place hazelnuts on a baking sheet. Bake at 350° for 20 minutes, stirring once halfway through cooking. Turn nuts out onto a towel. Roll up towel; rub off skins. Coarsely chop nuts. Combine nuts, cherries, and ginger in a medium bowl.
3. Place chocolate in a microwave-safe measuring cup. Microwave at HIGH 1 minute or until chocolate melts, stirring every 15 seconds. Add to nut mixture, stirring just until combined. Spread mixture evenly on a jelly-roll pan lined with foil; freeze 1 hour. Break into pieces; serve immediately.

Nutritional Information Amount per serving Calories: 139 Fat: 8.8g Saturated fat: 2.5g Monounsaturated fat: 3.9g Polyunsaturated fat: 0.7g Protein: 2.1g Carbohydrate: 15.4g Fiber: 1.4g Cholesterol: 0.0mg Iron: 0.8mg Sodium: 5mg Calcium: 19mg

Recipe from Cooking Light SEPTEMBER 2009

BAKED SWEET POTATO CHIPS

PREP TIME 10 min COOK TIME 2 hours

Baked sweet potato chips that are incredibly flavorful and crispy. Perfect alongside sandwiches, burgers, chili and the like. Serves: 2-3

INGREDIENTS

2 organic sweet potatoes

2 Tablespoon olive oil

1/4 teaspoon sea salt (optional)

INSTRUCTIONS

Preheat oven to 250 degrees F and position oven rack in the center of the oven.

Rinse and dry your sweet potatoes thoroughly and slice them as uniformly thin as possible. If you have a mandolin, use it. Otherwise, use a very sharp knife to get these uniformly thin. Know that chips that are too thick in parts won't crisp up all the way. Still delicious, just no "chip" crispiness.

Toss slices in a touch of olive oil to lightly coat, then sprinkle with salt. Lay out in a single layer on a baking sheet and bake for about 2 hours, flipping chips once at halfway point to ensure even cooking. I also rotated mine for more even cooking (optional but recommended).

Remove once crisp and golden brown. Some may feel a little tender in the middle but take them out and let them rest for 10 minutes or so to crisp up before sampling. Serve immediately.

NOTES *Note: Know that chips that are too thick in some spots may not crisp up all the way. They're still delicious, just not as crispy as the uniformly thin chips. It takes practice!

*I recommend organic sweet potatoes for taste and health reasons, since you don't peel off the skin where pesticides can reside.

NUTRITION INFORMATION

Serving size: 3 servings; per serving Calories: 198 Fat: 9.5 g Saturated fat: 1.4 g Carbohydrates: 27 g Sugar: .5 g Sodium: 9 mg Fiber: 4 g Protein: 1.5 g

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