



WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



HEALTHY GAME DAY SNACKING

LINDSAY MARTIN, MS, RDN, LDN

Football season is BACK! As you prepare for your tailgate parties, check out some of these snacks that put a healthy twist on a classic gameday recipe!



PARMESAN CAULIFLOWER TATER TOTS

Cauliflower stands in for potato in this potato-less cauliflower tot recipe. Cauliflower is mashed, then mixed with cheese and given a crispy breadcrumb coating before being baked. These healthy cauliflower tater tots make a delicious side dish, appetizer or movie-night snack. Dip them in regular ketchup or make a spicy dipping sauce: Combine 1/3 cup ketchup with 2 tablespoons sriracha chile sauce and a dash of Worcestershire sauce.

INGREDIENTS:

- 1 medium head cauliflower (about 2 lbs.), trimmed and broken into small florets
- 5 tablespoons all-purpose flour
- 1/4 cup grated Parmesan cheese
- 3/4 tsp. freshly ground pepper
- 1/2 tsp. salt
- 2 large egg whites, whisked until frothy
- 3/4 cup coarse dry whole-wheat breadcrumbs (panko)
- Canola or olive oil cooking spray

DIRECTIONS:

- Bring a large pot of water to a boil. Add cauliflower and boil until tender, 10 to 12 minutes. Drain in a colander, shaking to remove excess water. Return the cauliflower to the pot and dry over medium-low heat, stirring with a wooden spoon, about 3 minutes. Remove from heat. Using a potato masher, mash the cauliflower until it resembles clumpy rice. Transfer to a large bowl to cool, stirring occasionally.
- Stir flour and cheese into the cooled cauliflower. Season with pepper and salt. Stir in egg whites. Line an 8-inch-square baking dish with plastic wrap, allowing the wrap to hang over the edges. Spread the cauliflower mixture into the pan, compacting it into an even layer. Cover with plastic wrap and chill in the freezer until very cold, 1 to 2 hours.
- Preheat oven to 400 degrees F. Coat a large baking sheet with cooking spray.
- Spread breadcrumbs on a plate. Gently turn the cauliflower mixture out onto a cutting board, removing the plastic wrap. Cut it into 36 evenly sized pieces. Roll the pieces in the breadcrumbs, turning to coat all sides. Place on the baking sheet, about 1 inch apart.
- Coat the tots with cooking spray. Bake, turning once halfway through, until browned, 35 to 45 minutes.

NUTRITION FACTS:

Serving Size: 6 Tots

Per Serving: 93 calories; protein 5g; carbohydrates 14g; dietary fiber 2g; sugars 1g; fat 2g; saturated fat 1g

Explore more at the [Chiefs Wellness Program homepage](#) -->