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HEALTHY GAME DAY SNACKING

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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!



AIR-FRYER SWEET POTATO CHIPS

Thinly sliced sweet potatoes fry to a crispy crunch in the air fryer. These homemade chips also use much less oil, which cuts down on calories and fat. They're a naturally sweet side for sandwiches, burgers, wraps and more.

INGREDIENTS:

- 1 medium sweet potato, (about 8 ounces), sliced into 1/8-inch-thick rounds
- 1 Tbsp. canola oil
- 1/4 tsp. sea salt
- 1/4 tsp. ground pepper

DIRECTIONS:

- Place sweet potato slices in a large bowl of cold water; soak for 20 minutes. Drain and pat dry with paper towels.
- Return the sweet potatoes to the dried bowl. Add oil, salt and pepper; toss gently to coat.
- Lightly coat air-fryer basket with cooking spray. Place just enough of the sweet potatoes in the basket to form a single layer. Cook at 350 degrees F until cooked through and crispy, about 15 minutes, flipping and rearranging into a single layer every 5 minutes. Using tongs, carefully remove the chips from the air fryer to a plate. Repeat with the remaining sweet potatoes.
- Let the chips cool for 5 minutes; serve immediately or cool completely and store in an airtight plastic container for up to 3 days.

NUTRITION FACTS:

Serving Size: About 1/2 Cup

Per Serving: 31 calories; protein 0 g; carbohydrates 4g; dietary fiber 1g; sugars 1g; fat 2g; saturated fat 0g

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