



WELLNESS

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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 POPCORN SHRIMP

These air-fried popcorn shrimp get crispy and crunchy with very little oil. The unique flavors are inspired by Mexican flare, with a smoky, spicy dipping sauce and full-flavored shrimp coating. Look for the smallest shrimp you can find so they will cook evenly.

INGREDIENTS:

- Cooking spray
- 1/2 cup all-purpose flour
- 2 eggs, well beaten
- 2 Tbsp. water
- 1 1/2 cups panko breadcrumbs
- 1 Tbsp. ground cumin
- 1 Tbsp. garlic powder
- 1 lb. small shrimp, peeled and deveined
- 1/2 cup no-salt-added ketchup
- 2 Tbsp. chopped chipotle chiles in adobo
- 2 Tbsp. chopped fresh cilantro
- 2 Tbsp. lime juice
- 1/8 tsp. kosher salt

DIRECTIONS:

- Coat air fryer basket with cooking spray.
- Place flour in a shallow dish. Combine eggs and water in another shallow dish. Combine panko, cumin, and garlic powder in a third shallow dish. Dredge shrimp first in the flour, then in the egg, then in the panko, shaking off excess. Place half of the shrimp in the prepared basket; coat well with cooking spray. Cook at 360 degrees F until crispy and cooked through, about 8 minutes, turning once during cooking. Repeat with the remaining shrimp.
- Combine ketchup, chipotles, cilantro, lime juice and salt in a small bowl. Serve the dipping sauce with the shrimp.

NUTRITION FACTS:

Serving Size: 6-7 Shrimp & 2 Tbsp. Sauce

Per Serving: 297 calories; protein 29.2g; carbohydrates 35.4g; dietary fiber 1.4g; sugars 8.6g; fat 3.8g; saturated fat 0.9g; cholesterol 275.6mg; vitamin a iu 615.7IU; vitamin c 2.5mg; folate 59.4mcg; calcium 102.3mg; iron 2.4mg; magnesium 48.7mg; potassium 389.9mg; sodium 291.1mg; thiamin 0.1mg.

Exchanges: 2 Lean Protein, 1 Other Carbohydrate, 1 Starch, 1/2 Medium-Fat Protein

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