



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!



BUTTERNUT SQUASH QUESO

Make nachos a healthy dinner when you top them with an easy 30-minute chili. Serve this healthy recipe with tortilla chips, avocado, fresh tomatoes, and plain Greek yogurt, if desired.

INGREDIENTS:

- 1 lb. Lean ground beef
- 3/4 cup finely chopped white onion
- 1/2 cup finely chopped red bell pepper
- 4 cloves garlic, chopped
- 2 Tbsp. chili powder
- 1 Tbsp. ground cumin
- 2 tsp. dried oregano
- 1 tsp. ground coriander
- 1 (14 ounce) can diced tomatoes
- 1/4 cup water
- 8 oz. tortilla chips
- 2 cups shredded cheese, such as Cheddar or pepper Jack

DIRECTIONS:

- Preheat oven to 350 degrees F.
- Cook beef, onion, bell pepper and garlic in a large skillet over medium-high heat, crumbling the beef with a spatula, until the meat is browned, 8 to 10 minutes. Stir in chili powder, cumin, oregano, and coriander; cook, stirring, for 30 seconds. Add tomatoes (with their juice) and water and simmer for 5 minutes.
- Top chips with the chili and cheese. Bake until the cheese is melted, about 7 minutes.

To make ahead: Refrigerate chili for up to 3 days or freeze for up to 3 months.

NUTRITION FACTS:

Serving Size: 1/2 Cup Chili & 1 Oz. Chips Each

Per Serving: 384 calories; protein 21g; carbohydrates 25g; dietary fiber 4g; sugars 3g; fat 22g; saturated fat 9g

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