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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!



SLOW-COOKER BUFFALO CHICKEN DIP

This a healthy version recipe for classic Buffalo dip cooks in your slow cooker for an easy, hands-off appetizer you can keep warm for the whole game, party, or any casual gathering. Serve with carrot sticks, celery sticks and tortilla chips for dipping.

INGREDIENTS:

- 1 cup low-sodium chicken broth
- 1 large onion, chopped
- 1 large jalapeño pepper, finely chopped
- 1 lb. boneless, skinless chicken breasts, trimmed
- 8 oz. reduced-fat cream cheese
- 1/4 cup crumbled blue cheese, plus more for garnish
- 3 Tbsp. hot sauce, preferably Frank's Red Hot
- Sliced scallions for garnish

DIRECTIONS:

- Combine broth, onion, and jalapeño in a 4- to 5-quart slow cooker. Place chicken on top. Cover and cook on High for 2 1/2 hours. Transfer the chicken to a plate and shred with 2 forks. Cover to keep warm.
- Drain the liquid from the slow cooker. Whisk cream cheese, 1/4 cup blue cheese and hot sauce into the slow cooker. Cover and cook until hot, about 20 minutes. Stir the chicken into the cream cheese mixture. Top with scallions and more blue cheese, if desired.

NUTRITION FACTS:

Serving Size: 1/4 Cup Each

Per Serving: 86 calories; protein 9g; carbohydrates 2g; dietary fiber <1; sugars 1g; fat 5g; saturated fat 2g

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