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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!



ROASTED CINNAMON-SUGAR CHICKPEAS

Roasting canned chickpeas until crispy makes a simple and healthy snack. In this riff on candied nuts, chickpeas are coated with cinnamon sugar to make them irresistible! This snack is best enjoyed the day it is made.

INGREDIENTS:

- 1 (15 oz) can chickpeas, rinsed
- 1 Tbsp sugar
- 1 tsp ground cinnamon
- 1/8 tsp ground pepper
- 1 Tbsp avocado oil

DIRECTIONS:

- Position rack in the upper third of oven; preheat to 450 degrees F.
- Blot chickpeas dry. Spread on a rimmed baking sheet. Bake for 10 minutes. Meanwhile mix sugar, cinnamon, and pepper in a small bowl.
- Transfer the chickpeas to a medium bowl and toss with oil and the cinnamon-sugar mixture. Return to the baking sheet and bake, stirring once, until browned and crunchy, 15 to 20 minutes more. Let cool on the baking sheet for 15 minutes.

NUTRITION FACTS:

Serving Size: 1/4 Cup

Per Serving: 125 calories; protein 5g; carbohydrates 16g; dietary fiber 4g; sugars 3g; fat 5; saturated fat 0

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