



# 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!



## CHEESY PIZZA BREAD

Cut a baguette right down the center to create space for adding in additional flavors like cheese--turns whole-grain bread into a fast and easy pizza in this fun recipe. We like classic pepperoni and basil, but feel free to squeeze in your favorite toppings.

### INGREDIENTS:

- 1 18- to 20-inch whole-grain baguette
- 1/3 cup pizza sauce
- 1 cup shredded mozzarella cheese
- 22 to 25 pepperoni slices
- 22 to 25 fresh basil leaves

### DIRECTIONS:

- Preheat oven to 400 degrees F. Line a large baking sheet with foil.
- Cut a slit in baguette, stopping just before you cut through so that the slice stays connected at the bottom. Place the baguette on the prepared baking sheet. Using a small spoon, dollop a scant teaspoon pizza sauce on each side. Divide cheese for each side and add 1 slice pepperoni and 1 basil leaf to each. Bake until the cheese melts and the bread is toasted, 10 to 15 minutes.

### NUTRITION FACTS:

**Serving Size:** 1 Slice

**Per Serving:** 83 calories; protein 4g; carbohydrates 13g; dietary fiber 1g; sugars 1g; fat 2g; saturated fat 1g

Explore more at the [Chiefs Wellness Program homepage](#) -->