



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

This cheesy dip recipe is lightened up by replacing mashed butternut squash for some of the melted cheese. We also loaded it with chili-spiced caramelized onions. Serve this healthy makeover with tortilla chips or sliced jicama for dipping.

INGREDIENTS:

- 1 medium butternut squash--cut in halves and seeded.
- 1/2 tsp. of salt
- 1 Tbsp. extra-virgin olive oil
- 1 large, sweet onion, sliced
- 1 Tbsp. chili powder
- 1/4 tsp. chipotle chile powder or cayenne pepper
- 8 oz. (1 bag) sharp Cheddar cheese, shredded
- 8 oz. (1 bag) Monterey Jack cheese, shredded
- 2/3 cup fresh salsa, drained
- 2 Tbsp. chopped fresh cilantro
- 2 Tbsp. toasted pepitas

DIRECTIONS:

INSTRUCTIONS CHECKLIST

- Preheat oven to 400 degrees F. Line a baking sheet with parchment paper.
- Place squash cut side down on the prepared pan. Bake until tender, 50 minutes to 1 hour. Turnover and let cool slightly. Scoop the flesh into a food processor and add salt. Puree until smooth. Measure out 2 cups of puree (reserve any remaining squash for another use). Set aside.
- Meanwhile, combine oil and onion in a medium saucepan. Cover and cook over medium heat, stirring often, for 10 minutes. Uncover and continue cooking until the onion is very soft and browned, 8 to 10 minutes more, reducing the heat and adding 1 tablespoon water at a time, as needed, if the onion begins browning too quickly. Stir in chili powder and chipotle (or cayenne). Remove from heat, cover and let stand for 10 minutes.
- When the squash is done, reduce oven temperature to 350 degrees. Coat a medium cast-iron skillet (10-inch) with cooking spray.
- Toss Cheddar and Monterey Jack in a large bowl. Stir 1 cup of the cheeses into the reserved squash puree. Spread about half of the remaining cheese in the prepared pan. Top with the squash. Spread half of the caramelized onions over the squash. Top with the remaining cheese and onions.
- Bake until the cheese is melted and bubbling along the edges, about 20 minutes. Let cool for 10 minutes. Top with salsa, cilantro and pepitas.

NUTRITION FACTS:

Serving Size: 3 Tbsp.

Per Serving: 107 calories; protein 5g; carbohydrates 7g; dietary fiber 1g; sugars 2g; fat 7g; saturated fat 4 g; sodium 212mg.

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