



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!



SWEET POTATO SKINS TOPPED WITH GUACAMOLE

Top crispy sweet potato skins with guacamole for a healthy take on classic potato skins in this easy crowd-pleasing recipe, even kids will craze over this one.

INGREDIENTS:

- Potato Skins
- 4 small, sweet potatoes
- 1 Tbsp extra-virgin olive oil
- 1/8 tsp. kosher salt
- 1/2 cup shredded Cheddar cheese

GUACAMOLE & TOPPINGS:

- 1 ripe avocado
- 1 Tbsp lime juice
- 1 clove garlic, minced
- 1/8 tsp salt
- 1/4 cup chopped tomato
- 2 Tbsp minced red onion
- Chopped cilantro for garnish

DIRECTIONS:

- Preheat oven to 400 degrees F.
- Tightly wrap sweet potatoes in foil and place on a baking sheet. Roast until very tender, 50 minutes to 1 hour. Carefully unwrap and set aside to cool.
- Line a baking sheet with parchment paper.
- Cut the potatoes in half lengthwise and scoop out the flesh, leaving a 1/4-inch border (save the scooped-out flesh for another use). Place the sweet potato halves skin-side up on the prepared baking sheet. Brush with oil and sprinkle with kosher salt. Bake until browned and crisp, 20 to 30 minutes.
- Cut each skin in half widthwise and return to the baking sheet, skin-side down. Sprinkle each with 1 tablespoon Cheddar. Return to the oven and bake until the cheese is melted, 8 to 10 minutes.
- Meanwhile, make the guacamole: Mash avocado in a medium bowl. Stir in lime juice, garlic, and salt.
- Top each sweet potato skin with guacamole, tomato, onion, and cilantro, if desired.

NUTRITION FACTS:

Serving Size: 2 Potato Skins

Per Serving: 117 calories; protein 3g; carbohydrates 10; dietary fiber 3g; sugars 3g; fat 8g; saturated fat 2g

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