



# WELLNESS

PHYSICAL • MENTAL • SOCIAL

GEHA.



## HEALTHY GAME DAY SNACKING

**LINDSAY MARTIN, MS, RDN, LDN**

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!



### TOMATO & AVOCADO SALSA

You'll love this quick and delicious salsa so much; you'll want to make it for every "Taco Tuesday".

#### INGREDIENTS:

- 1 large tomato, diced
- 1/4 cup diced red onion
- 1/2 jalapeno, minced
- 2-3 Tbsp. lime juice
- 1/4 tsp. kosher salt
- 1/8 tsp. freshly ground pepper
- 1/2 avocado, diced
- 1/4 cup chopped fresh cilantro
- Pinch of cayenne, optional

#### DIRECTIONS:

- Combine tomato, onion, jalapeno, lime juice to taste, salt and pepper in a medium bowl. Stir in avocado and cilantro. Add cayenne (if desired).

#### NUTRITION FACTS:

**Serving Size:** 1 Tbsp.

**Per Serving:** 9 calories; protein <1 g; carbohydrates <1; dietary fiber <1; sugars <1g; fat <1g; saturated fat 0g

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