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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!



SLOW-COOKER SPINACH ARTICHOKE DIP

This creamy, crowd-pleasing dip comes together with ease in your crock pot. Leave it in the slow cooker all party long to keep it warm for serving with perfect, melty cheese in every bite. Whole-wheat bread and raw veggie dippers allow you to dig in without the guilt.

INGREDIENTS:

- 1 (16 ounce) bag frozen chopped spinach, thawed and squeezed dry
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 8 ounces reduced-fat cream cheese, cut into cubes
- 8 ounces reduced-fat sour cream
- 1/2 cup shredded whole-milk mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/2 tsp. garlic powder
- 1/4 tsp. crushed red pepper
- 1/4 tsp. salt
- 1/4 tsp. ground pepper
- 4 cups sliced vegetables, such as carrots and bell peppers
- 16 slices whole-wheat baguette (1/2 inch thick), toasted

DIRECTIONS:

- Combine spinach, artichoke hearts, cream cheese, sour cream, mozzarella, Parmesan, garlic powder, crushed red pepper, salt and pepper in a 4-quart slow cooker. Cook on High for 2 hours. Stir and serve with sliced vegetables and baguette slices.

NUTRITION FACTS:

Serving Size: 1/4 Cup Dip, 1/4 Cup Vegetables & 1 Slice Whole-Wheat Baguette

Per Serving: 169 calories; protein 7g; carbohydrates 21g; dietary fiber 2g; sugars 2g; fat 7g; saturated fat 4g

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