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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!



AIR-FRYER JALAPEÑO POPPERS

The perfect football-party food, classic jalapeño poppers get a crispy upgrade in an air fryer. Cream cheese tempers the just-right hint of heat from the pepper and Buffalo sauce. To save time, you can stuff the peppers ahead of the party and fry them just before serving.

INGREDIENTS:

- 2 oz. cream cheese, softened
- 1/4 cup finely chopped cooked chicken breast (about 1 1/4 oz.)
- 1/4 cup finely shredded sharp Cheddar cheese (1 oz.)
- 1/4 cup finely chopped scallion
- 2 Tbsp. hot sauce (such as Frank's Red Hot)
- 2 tsp. chopped fresh dill
- 4 large jalapeño peppers, halved lengthwise (about 1 1/2 oz. each)
- 2 Tbsp. whole-wheat panko breadcrumbs
- Cooking spray

DIRECTIONS:

- Combine cream cheese, chicken, Cheddar, scallion, hot sauce and dill in a medium bowl; stir until well combined. Clean seeds and membranes from jalapeños and stuff evenly with the cream cheese mixture.
- Sprinkle with breadcrumbs. Place the stuffed jalapeños in the basket of an air fryer, coat with cooking spray. Cook at 370 degrees F until the tops are browned and the jalapeños are tender, about 10 minutes.

NUTRITION FACTS:

Serving Size: 2 Stuffed Jalapeño Halves

Per Serving: 104 calories; protein 5g; carbohydrates 4g; dietary fiber 1g; sugars 1g; fat 8g; saturated fat 4g

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