



# 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!



### SRIRACHA-BUFFALO CAULIFLOWER BITES

This recipe for spicy Buffalo cauliflower bites is a great vegetarian alternative to Buffalo wings. Roasted cauliflower in place of chicken wings and provides more fiber and fewer calories. Serve this easy appetizer with carrot sticks, celery and your favorite ranch or blue cheese dressing.

#### INGREDIENTS:

- 8 cups 1 1/2-inch cauliflower florets
- 2 Tbsp. extra-virgin olive oil
- 1/4 tsp. kosher salt
- 2 Tbsp. hot sauce, such as Frank's Red Hot
- 1-2 Tbsp. Sriracha
- 1 Tbsp butter, melted
- 1 Tbsp lemon juice

#### DIRECTIONS:

- Preheat oven to 450 degrees F. Coat a large, rimmed baking sheet with cooking spray.
- Toss cauliflower, oil, and salt in a large bowl. Spread on the prepared baking sheet; reserve the bowl. Roast the cauliflower until it's starting to soften and brown on the bottom, about 15 minutes.
- Meanwhile, combine hot sauce, Sriracha to taste, butter and lemon juice in the large bowl. Add the roasted cauliflower and toss to coat. Return the cauliflower to the baking sheet and continue roasting until hot, about 5 minutes more.

#### NUTRITION FACTS:

**Serving Size:** 3/4 Cup

**Per Serving:** 99 calories; protein 3g; carbohydrates 8g; dietary fiber 3g; sugars 3g; fat 7g; saturated fat 2g

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