



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!



HOMEMADE HUMMUS

Chilling the cooked chickpeas ensures that when they're blended with the oil and cold tahini the hummus will come out creamy rather than oily. In a pinch, you can use the quick-soak technique reduce the chilling time and still get great hummus.

INGREDIENTS:

- 8 ounces dried chickpeas (about 1 cup)
- 1 Tbsp baking soda
- 7 large cloves garlic, peeled
- 1/2 cup extra-virgin olive oil, divided
- 1/2 cup cold tahini, divided
- 1/4 cup fresh lemon juice plus 1 tablespoon, divided
- 1 1/2 tsp. kosher salt
- 1/4 tsp. ground cumin, plus more for garnish
- Paprika for garnish
- 1/4 cup chopped flat-leaf parsley

DIRECTIONS:

- Place chickpeas in a medium saucepan and cover with 2 inches of water; stir in baking soda. Soak overnight.
- Drain the chickpeas and rinse well. Rinse out the pan. Return the chickpeas to the pan and cover with 2 inches fresh water. Add garlic. Bring to a boil. Keep at a rolling boil until the chickpeas are tender and almost falling apart, 25 to 40 minutes.
- Reserve about 3/4 cup of the cooking water, then drain the chickpeas. Set aside 2 tablespoons of the prettiest chickpeas for garnish. Rinse the remaining chickpeas and garlic and set the colander over a bowl. Refrigerate the chickpea mixture, reserved cooking water and pretty chickpeas separately overnight.
- The next day, combine the chickpeas, 6 of the garlic cloves and 1/2 cup of the reserved cooking water in a food processor (or blender) with 1/4 cup each oil, tahini and 1/4 cup lemon juice, salt, and cumin. Process until creamy. Transfer to a serving bowl. Puree the remaining 1/4 cup each oil and tahini with the remaining garlic clove, 2 tablespoons of the cooking water and 1 tablespoon lemon juice until smooth.
- Make an indentation in the center of the hummus and spoon in the tahini-lemon mixture. Sprinkle the hummus with cumin and paprika, if desired. Garnish with the reserved whole chickpeas and parsley.
- Tahini is a thick paste of ground sesame seeds. Look for it in large supermarkets in the Middle Eastern section or near other nut butters. Sadaf is one of our favorite brands--it's nutty, creamy, and never bitter.

NUTRITION FACTS:

Serving Size: 1/4 Cup

Per Serving: 159 calories; protein 4g; carbohydrates 11g; dietary fiber 3g; sugars 2g; fat 12g; saturated fat 2g

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