



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!



HOMEMADE GUACAMOLE

Make it how you like it—adjust the heat, tang, or other flavorings to suit your tastes.

INGREDIENTS:

- 4 ripe avocados
- 1/2 cup chopped fresh cilantro
- 1/3 cup finely chopped red onion
- 1/4 cup lime or lemon juice
- 1 Tbsp extra-virgin olive oil
- 1/2 tsp fine sea salt
- Ground pepper to taste
- Hot sauce, finely diced fresh jalapeños, cayenne pepper and/or chipotle powder to taste

DIRECTIONS:

- Mash avocados in a medium bowl. Add cilantro, onion, lime (or lemon) juice, oil, salt, and pepper and stir to combine. Season with hot sauce, jalapenos, cayenne and/or chipotle, if desired.

NUTRITION FACTS:

Serving Size: 1/4 Cup

Per Serving: 121 calories; protein 2g; carbohydrates 7; dietary fiber 5g; sugars <1g; fat 11g; saturated fat 2

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