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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!



BACON-WRAPPED ZUCCHINI FRIES

These delicious, low carb "fries" are wrapped in bacon and baked in the oven until they reach a nice crispy coating. To keep the coating crisp, serve them on a large platter (not piled in a dish) together with BBQ sauce, ranch dressing or your favorite sauce for dipping. Thinly sliced bacon works best in this recipe for easy wrapping.

INGREDIENTS:

- Canola or olive oil cooking spray
- 1 cup all-purpose flour
- 2 Tbsp cornmeal
- 1 teaspoon salt
- 1/2 tsp ground pepper
- 2 large egg whites, lightly beaten
- 1 pound zucchini (about 2 medium), cut into 1/2-by 3-inch sticks
- 5 slices bacon (about 5 ounces), cut into 3-by-1/4-inch strips

DIRECTIONS:

- Position rack in center of oven; preheat to 475 degrees F. Coat a large, rimmed baking sheet with cooking spray.
- Combine flour, cornmeal, salt, and pepper in a large sealable bag. Place egg whites in a medium bowl. Working in batches, toss zucchini sticks in the egg whites, then place in the bag with the flour mixture. Toss until coated. Wrap a piece of bacon around each zucchini stick. Arrange, seam-side down and not touching, on the prepared baking sheet. Coat the zucchini with cooking spray.
- Bake for 10 minutes. Turn zucchini and continue to bake until the bacon is crisp, and the zucchini is tender and golden on all sides, 8 to 10 minutes more. Serve hot.

NUTRITION FACTS:

Serving Size: 3 Zucchini Sticks

Per Serving: 101 calories; protein 7g; carbohydrates 4; dietary fiber 0.5g; sugars 1g; fat 6g; saturated fat 2g

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