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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 BUFFALO WINGS

A sports bar favorite comes home with these deliciously crispy chicken wings, which require just 10 minutes of active prep time, thanks to the air fryer. Add a spicy sauce, carrot sticks, celery sticks and ranch dressing for dipping and you have a healthy take on wings that's sure to score.

INGREDIENTS:

- 1 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp ground pepper
- 3 1/2 to 4 lbs. chicken wings, separated if necessary
- 1/2 cup Buffalo-style hot sauce (such as Frank's Red Hot)
- 2 Tbsp. unsalted butter
- 1/4 cup ranch dressing
- 2 carrots, cut into sticks
- 1 stalk celery, cut into sticks

DIRECTIONS:

- Preheat oven to 200 degrees F. Preheat air fryer to 375 degrees F. Combine paprika, garlic powder, onion powder and pepper in a large bowl. Add wings and toss to coat. Let stand for 10 minutes.
- Add 1/2 of the wings to the air-fryer basket; cook for 15 minutes. Turn the wings; continue to cook until they're crispy and a thermometer inserted in the thickest portion registers 165 degrees F, about 5 minutes. Arrange the wings in a single layer on a baking sheet; transfer to the oven to keep warm. Repeat the process with the remaining wings.
- Cook hot sauce and butter in a small saucepan over medium-high heat, whisking often, until the butter melts and the mixture is smooth, 2 to 3 minutes.
- Transfer the wings to a large bowl. Add the butter sauce and toss to coat. Serve alongside ranch dressing, carrots, and celery.

NUTRITION FACTS:

Serving Size: 6 Wing Pieces, 1 Tbsp. Ranch Dressing & 1/2 Cup Vegetables

Per Serving: 302 calories; protein 29g; carbohydrates 7; dietary fiber 2g; sugars 3g; fat 17g; saturated fat 6g

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