

Easy Snack Recipes!

Cheesy Kale Chips: Tear kale leaves into large pieces and arrange on a baking sheet. Spritz with olive oil and bake in a 350° oven until crisp. While still warm, sprinkle with grated parmesan.

Smoked Turkey Pinwheels: Spread a layer of low fat softened cream cheese on sliced smoked turkey breast and top with thinly sliced tomato. Roll up and cut into 1-inch pieces.

Hummus:

Ingredients:

- 1 16 oz can chickpeas or garbanzo beans
- 3-5 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil
- 2 tablespoons water

Preparation:

Drain chickpeas. Combine remaining ingredients in blender/food processor. Blend for 3-5 minutes on low until thoroughly mixed and smooth.

Quick Tips for Healthier Snacking:

- Portion foods into single portion sizes.
- Try not to snack out of the box - take out the amount you want to eat and put the box away.
- Spend time on Sundays chopping fruits and veggies. Keep a bowl of cut up vegetables in the refrigerator through the week. This way you can pull from it in the morning for your daily snack.
- Drink lots of water. It is important to stay hydrated for so many reasons, but sometimes people think they are hungry when they are dehydrated, so before you snack, drink some water!
- Pair a healthy carb with a lean protein to keep you satisfied longer. Example: pear and string cheese or peanut butter on a whole grain piece of toast.
- Snacking makes sure you don't get so hungry that you make bad decisions during lunch or dinner! Choose healthy snacks that will keep you satisfied.

Otter Tail County

Question or comments?

Call or email us at:

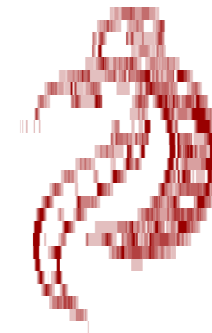
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Easy Ways to Eat
Healthy at Otter
Tail County

Office Snacking



Otter Tail County

Vending at Work

Otter Tail County offers fruit and vegetable vending. These are GREAT options to utilize when you need a snack.

Fruit.....50¢
Vegetable bag.....50¢
Cut up fruit.....\$1.00

The Otter Tail County Worksite Wellness Committee has created a few guidelines so you know what the healthier vending options are. The **Health is Wealth** options meet the following criteria:

1. Under 250 kcals
2. No Trans Fat
3. Low in Sodium (<140 mg)
4. Less than 35% of calories from fat (nuts are exempt) (<7g from fat)
5. Less than 10% of total calories from saturated fat. (<2.5g)
6. Less than 35% of the weight of the product from sugar. (<10g total sugar)

The following products from the vending machines meet these criteria:

- Tiny Twists Pretzels
- Peanuts
- Sun Chips
- Wheat thins
- Water
- Juice 100%

Keep your eye out for our very own

Health is Wealth logo!



Bringing in Snacks from Home

Protein Packed

- Nuts – contain good oils and will keep you full.
- String cheese– has a surprising amount of protein and also calcium!
- Greek Yogurt–packed with twice the protein as regular yogurt!
- 1/2 c edamame
- Hard boiled egg
- Hummus dip (see recipe)

Variety of Veggies

- Carrots
- Broccoli
- Cauliflower
- Brussel Sprouts
- Kale (See a recipe for Kale chips)
- Peppers
- Celery
- Sugar Snap Peas
- Zucchini
- Radishes

Fabulous Fruits

Fresh, frozen, dried. Whole or cut up. Plain or with a healthy dip. Breakfast, lunch dinner or desert. These are good at any time.

- Strawberries
- Bananas
- Apples
- Oranges



- Pears
- Watermelon
- Honeydew
- Cherries
- Berries
- Grapes



Keep your eye out for this stamp to help identify products with whole grains!

Wholesome

Whole Grain

- Air-Popped Popcorn
- Whole- grain cereals
- Whole-grain crackers
- Whole-grain low-salt pretzels

Tasty Combo Snacks

- Low-fat yogurt with fruit or low-fat cottage cheese with fruit
- Trail mix with dried fruits and nuts
- Small apple with single serve peanut butter
- Vegetables and hummus
- Melted low-fat cheese on a whole-grain tortilla & topped with salsa
- Small salad with a hard boiled egg

Desirable Dips:

- **For Fruit**– Mix Greek vanilla yogurt with cinnamon
- **Fast Veggie Dip** – Blend together ½ cup of nonfat plain yogurt, ½ cup low-fat or fat-free sour cream, and one tablespoon of your favorite version of salt-free seasoning mix
- **Hummus** – see recipe on back