

HEALTHY SNACKS FOR SUPERBOWL SUNDAY



UW

College of Agriculture
and Natural Resources
Extension



ROASTED CHICKPEAS BEANS

Makes 4 cups | 8 servings

Ingredients

Cooking spray

2 cans chickpeas (garbanzo beans), rinsed and drained

1 Tablespoon Cajun seasoning or 1 teaspoon chili powder

1 teaspoon garlic powder (optional)

1 teaspoon onion powder (optional)

Instructions

1. Drain garbanzos in a strainer and rinse well with cool water. Shake to help remove water. Let sit to drain while proceeding.
2. Cover a rimmed cookie sheet or shallow casserole dish with cooking spray. Pour garbanzos on the foil and spread them into a single layer. Take a few sheets of paper towel and gently press over the top of the beans just to remove any extra liquid- speeds cooking time too.
3. Spray top of beans with cooking spray and sprinkle seasonings over the beans. Shake pan to help distribute the seasoning and make sure the beans are all in a single layer.
4. Place pan in an oven and set to 350 F- no need to preheat. Use lowest rack of oven and return every 15-20 minutes or so to shake the pan so nothing burns. Be gentle or they may spill over the sides. Cook until beans are browned and crispy. About 45 minutes.
5. Remove from oven and pour into a plastic bowl with tight fitting lid to cool. Careful they are HOT to the touch!
6. Snack away! Keep these stored in the bowl for best freshness or in a Ziploc bag.



BROCCOMOLE DIP

Makes 1¼ cups | 6 servings

Ingredients

- 2 cups chopped fresh broccoli, steamed and chilled
- ¼ cup reduced-fat sour cream
- 1-2 Tablespoons finely chopped onion
- 1 Tablespoon fat-free mayonnaise
- 2-3 Tablespoons lemon juice
- ¼ -½ teaspoon chili powder

Instructions

1. In a food processor, combine the all ingredients; cover and process until smooth.
2. Refrigerate for several hours.
3. Serve with vegetables, whole wheat crackers, or tortilla chips.



COTTAGE CHEESE VEGETABLE DIP

Makes 2 cups | 6 servings

Ingredients

12-ounce carton low-fat cottage cheese

1 teaspoon ranch seasoning

2 teaspoons low-fat milk, as needed

Raw vegetables: carrots, celery, cauliflower, radishes, tomatoes, broccoli, green peppers, etc.

Instructions

1. Combine cottage cheese and seasoning. Beat or blend until smooth. Add milk, if needed.
2. Chill.
3. Wash, peel, and slice vegetables into sticks or pieces while dip is chilling.
4. Serve dip with vegetables.



HUMMUS

Makes 2 cups | 6 servings

Ingredients

- 1 15- ounce can chickpeas (garbanzo beans)
- ½ teaspoon garlic powder (2 cloves chopped or 1 teaspoon minced)
- 2 teaspoons cumin
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- Dash of salt (optional)

Instructions

1. Drain chickpeas and save the liquid.
2. Mash chickpeas with a large spoon, potato masher, hand mixer, blender, or food processor until smooth.
3. Add garlic, cumin, olive oil, lemon juice, and salt, if desired. Mix until blended. If hummus is too thick, add a little of the liquid saved from the chickpeas or water.
4. Serve with whole-grain crackers, vegetable sticks, or tortilla chips.



COOKIE DOUGH HUMMUS

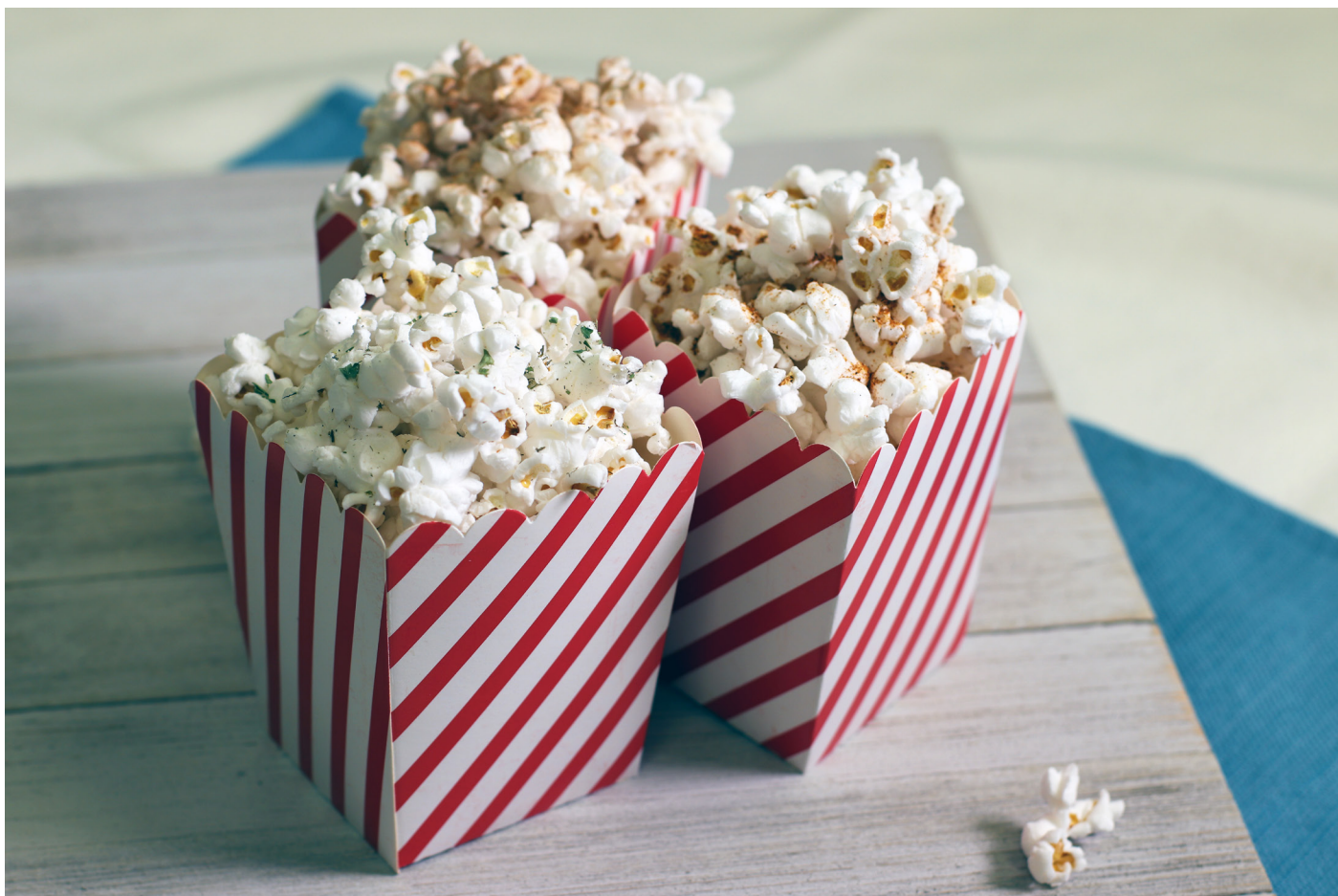
Makes 3 cups | 6 servings

Ingredients

- 1 15-ounce can chickpeas (garbanzo beans)
- 1 Tablespoon reduced fat peanut butter
- ¼ cup unsweetened applesauce
- 1 teaspoon canola oil
- 1 teaspoon vanilla
- 1 Tablespoon maple syrup
- 1 teaspoon cinnamon
- 2 Tablespoon raisins
- ½ cup oats
- ¼ cup chocolate chips (optional)
- Graham crackers and/or fruit slices for dipping

Instructions

1. Combine all ingredients except raisins, chocolate chips, and oats in blender. Blend until smooth and creamy.
2. Add raisins, chocolate chips, and oats.
3. Mix well with a spoon or spatula.



POPCORN SPRINKLES

Makes 10 cups | 10 servings

Ingredients

⅓ cup popcorn kernels

1 teaspoon canola oil

2 teaspoons seasoning of choice (try ranch, canjun, cinnamon & sugar, or garlic and chili powder)

Instructions

1. Combine popcorn and oil in a large skillet over medium-high heat. Cover with a lid.
2. When the popcorn starts popping, gently shake the skillet to keep popped kernels from burning. Remove from heat when all kernels are popped.
3. Pour popcorn into a large bowl and sprinkle with seasonings.



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP and the Expanded Food and Nutrition Education Program-EFNEP.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.