

## Baked Corn Tortilla Chips

### Tip:

Fried tortilla chips easily add extra calories—mostly from fat. Homemade chips can eliminate the extra added fat and salt typically found in commercial chip products.

Try using these homemade chips for taco salad, with bean dip or salsa, or homemade nachos with beans and lower fat cheese.



Store leftover chips in a Ziploc bag or other air-tight container.

## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 5  
Serving Size: 8 chips

Calories per Serving: 58  
Total Fat: 0.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 41mg  
Total Carbohydrate: 12g  
Dietary Fiber: 1.5g  
Sugars: 0g  
Protein: 1.5g

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 5%  
%DV Iron: 2%

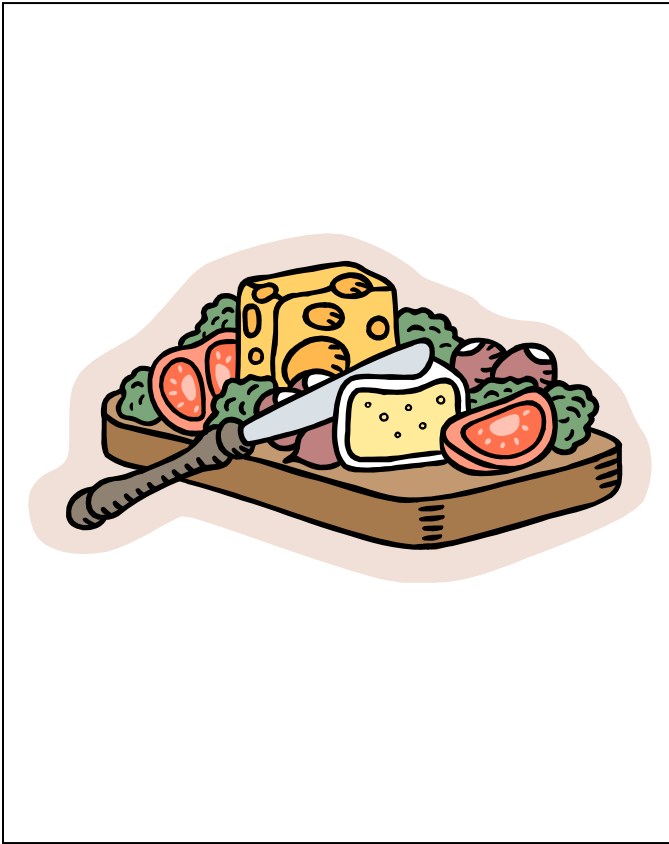
### Gather Ingredients:

5 corn tortillas

### Steps:

1. Using pizza cutter or kitchen scissors, cut each tortilla into 8 triangular wedges.
2. Place tortilla wedges on ungreased baking sheet.
3. Bake in preheated 400 degree oven for 5 to 9 minutes until chips begin to brown on edges and feel dry to the touch.
4. Remove chips from baking sheet to cool.
5. Serve with salsa or bean dip.

## Cheeseball



## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 48  
Serving Size: 1 tablespoon

Calories per Serving: 25  
Total Fat: 1.5  
Saturated Fat: 1g  
Cholesterol: less than 5mg  
Sodium: 50mg  
Total Carbohydrate: 0g  
Dietary Fiber: 0g  
Sugars: 0g  
Protein: 1g

%DV Vit A: 2%  
%DV Vit C: 0%  
%DV Calcium: 0%  
%DV Iron: 0%

### Gather Ingredients:

2 packages low-fat cream cheese, 8 ounces each  
1 package of fat-free dry ranch dressing mix  
3-4 chopped green onions  
½ cup chopped red onion

### Steps:

1. Set cream cheese out for an hour, until not cold.
2. Put a large piece of aluminum foil on counter. Sprinkle black pepper in the center.
3. In bowl, mix all ingredients together.
4. Shape into a ball.
5. Place cheese ball on the pepper on foil.
6. Sprinkle cheeseball with black pepper, as much as you like. Wrap cheeseball loosely with foil.
7. Refrigerate overnight.

## Cream Cheese Fruit Dip

Tip:

Gather Ingredients:

1 (8 ounce) block fat free cream cheese  
1 (16 ounce) container fat free sour cream  
¼ cup brown sugar  
Fruit



## Appetizer & Snacks

### Nutrition Facts

Servings per Recipe: 24  
Serving Size: 2 Tablespoons

Calories per Serving: 40  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: less than 5mg  
Sodium: 60mg  
Total Carbohydrate: 6g  
Dietary Fiber: 0g  
Sugars: 4g  
Protein: 3g

%DV Vit A: 6%  
%DV Vit C: 0%  
%DV Calcium: 6%  
%DV Iron: 0%

Steps:

1. Combine cream cheese and sour cream in a medium bowl till well blended.
2. Add brown sugar and mix well.
3. Serve with fruit or mix fruit in dip.

## Fat-Free Spinach Dip

### Gather Ingredients:

- 2 10-ounce bags of frozen spinach, thawed and drained
- 1 envelope of dry vegetable soup mix
- 1 bunch fresh green onions, chopped
- 1 cup fat-free sour cream
- 1 cup fat-free mayonnaise



## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 20  
Serving Size: ¼ cup

Calories per Serving: 30  
Total Fat: 0g  
Saturated Fat: 0g  
Cholesterol: 1mg  
Sodium: 160mg  
Total Carbohydrate: 6g  
Dietary Fiber: 1g  
Sugars: 1g  
Protein: 2g

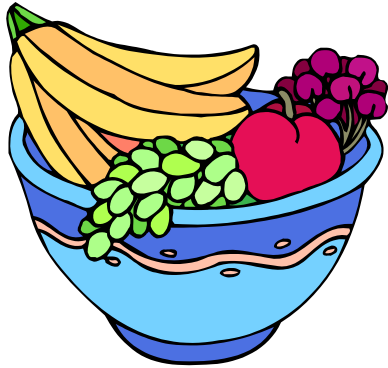
%DV Vit A: 70%  
%DV Vit C: 14%  
%DV Calcium: 7%  
%DV Iron: 4%

### Steps:

1. Mix mayonnaise, sour cream and dry soup mix together in bowl.
2. Add spinach and chopped green onion. Mix all ingredients well.
3. Chill for one hour.

## Fluffy Peanut Butter Dip

Kids will love this dip.



Serve with their favorite fruits.

## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 8  
Serving Size: ¼ cup

Calories per Serving: 80  
Total Fat: 6g  
Saturated Fat: 1.5g  
Cholesterol: less than 5mg  
Sodium: 65mg  
Total Carbohydrate: 5g  
Dietary Fiber: less than 1g  
Sugars: 4g  
Protein: 4g

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 4%  
%DV Iron: 0%

### Gather Ingredients:

- ½ cup creamy peanut butter
- 1 container low-fat vanilla yogurt, 8 ounce
- 1/8 tsp. ground cinnamon
- ½ cup thawed frozen whipped topping
- Fresh apples cut into wedges or other favorite fruits

### Steps:

1. Place peanut butter, yogurt, and cinnamon in a large bowl and whisk until thoroughly blended.
2. Use the whisk to gently stir the whipped topping into the peanut butter mixture.
3. Cut apples into wedges.
4. Scoop up some peanut butter dip on an apple wedge and enjoy!

## Fruit Dip

This is an easy recipe that kids and adults both will enjoy!



## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 4  
Serving Size: 2 tablespoons

Calories per Serving: 27  
Total Fat: 0.5g  
Saturated Fat: 0.5g  
Cholesterol: 0 mg  
Sodium: 14mg  
Total Carbohydrate: 4g  
Dietary Fiber: 0g  
Sugars: 3g  
Protein: 1g

%DV Vit A: 3%  
%DV Vit C: 0%  
%DV Calcium: 3%  
%DV Iron: 0%

### Gather Ingredients:

¼ cup cool-whip lite  
½ cup flavored light yogurt  
Assortment of your favorite fruits

### Steps:

1. Prepare fruit.
2. Mix cool-whip and yogurt together until smooth.
3. Enjoy your favorite fruits with the fruit dip.

## Mexican Stuffed Shells

### Tips:

These are great for a party. After you have prepared the shells and stuffing and put them in the baking dish, you can refrigerate the covered dish until party time. Then put the baking dish into the oven when you turn it on to preheat. Doing this will allow the shells to warm as the oven warms, then you will bake the regular length of time.

One shell plus 1 teaspoon each of sour cream and salsa AND ½ teaspoon each of olives and onions is a serving.



## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 24  
Serving Size: 1 shell

Calories per Serving: 107  
Total Fat: 3g  
Saturated Fat: 1.5g  
Cholesterol: 12mg  
Sodium: 262 mg  
Total Carbohydrate: 12 g  
Dietary Fiber: 1g  
Sugars: 0g  
Protein: 7 g

%DV Vit A: 2%  
%DV Vit C: 2%  
%DV Calcium: 4%  
%DV Iron: 0%

### Gather Ingredients:

24 uncooked jumbo pasta shells  
1 pound lean ground beef  
2 cups salsa  
1 can (8 ounces) tomato sauce  
1 cup frozen corn  
½ cup canned black beans, rinsed and drained  
1 cup (4 ounces) shredded reduced fat Mexican cheese blend or cheddar cheese

### Toppings:

8 tablespoons reduced fat sour cream  
¼ cup sliced ripe olives  
8 tablespoons salsa  
¼ cup sliced green onions

### Steps:

1. Cook pasta shells according to package directions; drain.
2. In a nonstick skillet, cook beef over medium heat until no longer pink; drain. Stir in the salsa, tomato sauce, corn and beans. Spoon into pasta shells.
3. Place in a 13 in x 9 in x 2 in baking dish coated with nonstick cooking spray. Sprinkle with cheese. Cover and bake at 350 degrees for 25 - 30 minutes or until heated through.
4. Top with sour cream, salsa, olives and onions.

## Mini Pizzas

### Tip:

To lower the sodium content in this recipe, substitute No Salt Added tomato sauce for the regular tomato sauce or spaghetti sauce.

For additional flavor, add salt-free seasonings like Italian Seasoning.



**Kid Tip:** Make faces with added vegetables. Use sliced green pepper for the mouth, sliced olive or halved cherry tomatoes for eyes and a mushroom for the nose!

## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 2  
Serving Size: ½ muffin

Calories per Serving: 109  
Total Fat: 2.5g  
Saturated Fat: 1.5g  
Cholesterol: 5mg  
Sodium: 386mg  
Total Carbohydrate: 15g  
Dietary Fiber: 1g  
Sugars: 1.5g  
Protein: 6.5g

%DV Vit A: 5%  
%DV Vit C: 4%  
%DV Calcium: 15%  
%DV Iron: 6%

### Gather Ingredients:

- 1 English muffin
- ½ cup tomato or spaghetti sauce
- ½ cup light mozzarella cheese, shredded

### Steps:

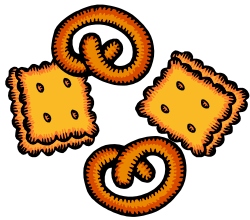
1. Divide muffin.
2. Using spoon, cover open muffin half with ¼ cup tomato or spaghetti sauce.
3. Sprinkle each half with ¼ cup shredded cheese.
4. Broil for 5 minutes or until cheese melts.



## Shake-A-Sack Cracker Snack

### Tip:

By using all baked crackers and adding your own oil, you can make sure you are adding heart healthy, monounsaturated fat.



### Gather Ingredients:

- 3 cups small square cheese crackers
- 3 cups oyster crackers
- 2 cups mini pretzels
- 1 package buttermilk dressing mix, 0.4 ounce
- ½ teaspoon dried oregano
- ¼ cup canola oil

## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 16  
Serving Size: ½ cup

Calories per Serving: 135  
Total Fat: 7g  
Saturated Fat: 1g  
Cholesterol: 0mg  
Sodium: 465mg  
Total Carbohydrate: 14g  
Dietary Fiber: less than 1g  
Sugars: 2g  
Protein: 2g

%DV Vit A: 0%  
%DV Vit C: 0%  
%DV Calcium: 0%  
%DV Iron: 5%

### Steps:

1. In a large plastic bag, combine the cheese crackers, oyster crackers, pretzels, dry buttermilk dressing mix, and oregano.
2. Close the bag tightly and shake until well mixed.
3. Pour the oil into the bag, close tightly and shake well again.
4. Divide into ½ cup servings or store in a plastic bag or tightly covered container.

## Stuffed Mushrooms

### Gather Ingredients:

2 lbs large mushrooms  
½ lb shredded reduced-fat American cheese  
1 medium onion, minced  
2 cups (2 pouches) Boca Meatless Ground Burger or JC Potter Light Sausage or Lean Ground Beef



### Tip:

You can prepare and refrigerate overnight, then bake the next day just before serving.

## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 8 to 10  
Serving Size: 5 mushrooms

Calories per Serving: 124  
Total Fat: 7g  
Saturated Fat: 3g  
Cholesterol: 16mg  
Sodium: 264mg  
Total Carbohydrate: 8g  
Dietary Fiber: 2.5g  
Sugars: 3g  
Protein: 13g

%DV Vit A: 5%  
%DV Vit C: 2%  
%DV Calcium: 36%  
%DV Iron: 6%

### Steps:

1. Wash and cut out stems of mushrooms; lay aside to dry.
2. Cook meat until warm. Add cheese and onions.
3. Cook over low heat until cheese is melted and ingredients are well mixed.
4. Stuff each mushroom and place on cookie sheet—line with foil for easier cleanup.
5. Bake at 350 degrees for 30 minutes.

Recipe adapted from *Party Pleasers*—Duncan Philomathic Club cookbook.

\*Recipe analyzed using Boca Meatless Ground Burger

## Vegetable Snack Bags

Tip:



These vegetable snack bags are perfect to make up after your weekly grocery shopping. A little preparation ahead of time can leave your fridge stocked with fresh vegetables ready for the week. Use them for snacking or something quick to add to your lunch—they'll add lots of zip and color to your day!

## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 30  
Serving Size: 1 snack bag

Calories per Serving: 45  
Total Fat: 0.5g  
Saturated Fat: 0g  
Cholesterol: 0mg  
Sodium: 52mg  
Total Carbohydrate: 10.5g  
Dietary Fiber: 2.5g  
Sugars: 6g  
Protein: 1.5g

%DV Vit A: 153%  
%DV Vit C: 117%  
%DV Calcium: 4%  
%DV Iron: 5%

### Gather Ingredients:

1 bunch celery, cleaned with each stalk divided lengthwise and chopped into three pieces (six per stalk)  
1 large bag baby carrots  
1 pint grape or cherry tomatoes, washed  
2 red bell peppers, washed, seeded and sliced into strips  
4 green bell peppers, washed, seeded and sliced into strips  
2 yellow bell peppers, washed, seeded and sliced into strips  
3 cucumbers, washed with ends removed, but not skin—slice each in half and cut each half into eight sticks (16 total per cucumber)  
30 snack size Zip-Loc baggies

### Steps:

1. Add 2 pieces celery, 4-5 carrots, 2 tomatoes, 2 strips green pepper, 1 strip red or yellow pepper, and 1 stick cucumber to each bag. Seal and refrigerate until ready to eat.
2. Optional—may serve with 1 teaspoon ranch dressing for dipping.

For variation, try chopped green onion sticks, asparagus sticks, or whatever fresh vegetables you enjoy.

## Zesty Vegetable Ranch Dip

### Tip:

This is a great dip to mix up and keep in the frig for snack times. Also a good way for kids who “don’t eat vegetables” to try new veggies.

### Gather Ingredients:

1 cup fat free sour cream  
½ package Good Seasons Buttermilk Salad Dressing Mix

## Appetizers & Snacks

### Nutrition Facts

Servings per Recipe: 8  
Serving Size: 2 tablespoons

Calories per Serving: 34

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 2.9mg

Sodium: 225mg

Total Carbohydrate: 6.0g

Dietary Fiber: 0g

Sugars: 1g

Protein: 1g

%DV Vit A: 4%

%DV Vit C: 0%

%DV Calcium: 4%

%DV Iron: 0%

### Steps:

1. Mix 1 cup sour cream with ½ package ranch dip mix.
2. Serve with fresh non-starchy vegetables.



