

SNACK RECIPES

Hummus

Ingredients

1 (15oz.) can chickpeas
1 clove garlic, crushed
2 Tbsp. olive oil
2 Tbsp. lemon juice
Cayenne pepper, salt, pepper to taste

Directions

Drain chickpeas. Place chickpeas & other ingredient in a blender or mash with a potato masher.

Easy Bean Dip

Ingredients

1 can black beans
Lemon or lime juice
¼ t cumin, onion & garlic powder
1/2 t coriander
Cayenne pepper and salt to taste

Directions

Drain most of the liquid from the beans. Blend beans & other ingredients. Adjust seasonings to taste.

Sweet Potato Oven Fries

Ingredients

4 peeled sweet potatoes
Oil
Salt and Pepper to taste

Directions

Preheat oven to 375. Slice potatoes a ¼" thick. Place on oiled baking sheet and drizzle with oil. Bake 25-35 min.

Nachos

Ingredients

Chips
Salsa
Black or pinto beans
Corn
Cheese

Directions

Mix chips with your desired amount of each ingredient. Heat in microwave until cheese is melted.

Kabobs

Ingredients

Your choice of veggies and/or meats

Directions

Skewer your choice of veggies and/or meats and grill for 10 min or until the meat is cooked through and the veggies are tender.

East Snack Options

- Chips and Salsa
- Nuts
- Cheese
- Popcorn
- Pretzels