**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 ingredients 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