

Thank you to the participants in the
Corporate/Metro Healthy Snack Exchange!!!
Here are the recipes so that you can
recreate these tasty, but healthy snacks
yourself!

Healthy Snack Recipes

From the Healthy Snack
Exchange, Jan. 20, 2017

The Wellness Committee



Baked Cheesy Zucchini Bites

Recipe submitted by Cheryl Martin, Metro Project Coordinator. Makes 1-2 dozen zucchini bites, depending on size. Optional: Add your favorite dipping sauce on the side!

Ingredients:

1 ½ cups	Packed shredded zucchini (no need to peel zucchini)
1	Large egg
¼ - ½ cup	Shredded sharp cheddar cheese
¼ cup	Panko or regular bread crumbs
¼ teaspoon	Dried basil (or 1-2 teaspoons fresh)
¼ teaspoon	Garlic powder
¼ teaspoon	Salt
2-3 cloves	Garlic
1/8 teaspoon	pepper

Directions:

1. Preheat the oven to 425° F. Line a rimmed baking sheet with parchment paper and lightly coat with cooking spray or lightly grease an unlined baking sheet
2. Place the shredded zucchini in a clean kitchen towel and wring out all the excess water over the sink until the zucchini is really dry
3. Place the zucchini and remaining ingredients in a medium bowl and mix until combined.
4. Drop the mixture by tablespoonfuls on the prepared baking sheet and lightly press the mounds with your hands to flatten slightly
5. Bake for 16-20 minutes until the edges are golden.



Veggie Frittata

Submitted by Nabieha Miqbel, Corporate Estimator. Enjoy as a snack or breakfast treat!

Ingredients:

1 dozen eggs
4 Bell peppers
1 Small yellow onion
1 Small package of frozen thawed spinach
1 Container of sliced pre-washed mushrooms
2 Roma tomatoes
1 Can of pitted black olives
Ricotta cheese
Fresh herbs (parsley, basil, etc.)
Salt & pepper
Cooking oil (coconut oil, olive oil, etc.)
Nonstick baking spray

Directions:

1. Chop bell peppers (small cubes), yellow onion, and mushrooms. (set aside)
2. Slice canned olives and tomatoes (set aside)
3. Sauté onions with cooking oil and salt & pepper. Cook until tender, set aside
4. Sauté bell peppers with cooking oil and salt and pepper. Cook until tender, set aside
5. Sauté mushrooms with cooking oil and salt & pepper. Cook until tender, set aside
6. Sauté spinach with cooking oil and salt & pepper. Cook until warmed through, set aside.
7. In a large bowl, crack in 1 dozen eggs, beat together. Then combine bell peppers, onions, mushrooms, and spinach
8. Pour mixture into a baking dish
9. Drop spoonful's of ricotta cheese into the dish
10. Sprinkle with sliced olives and tomatoes
11. Bake for 25 minutes at 400° F on the middle rack
12. Garnish with chopped herbs (optional)
13. Once cooled, cut into small squares



No Bake Peanut Butter Chocolate Chip Energy Bites

Submitted by Lea Rummel, Metro Service Coordinator. Great as a snack, quick breakfast on the go, or a protein packed post-workout snack! Recipe below makes 12 bites

Ingredients:

2/3 cup	Creamy peanut butter
1/2 cup	Semi-sweet chocolate chips
1 cup	Old fashioned oats
1/2 cup	Ground flax seed
2 tablespoons	honey

Directions:

1. Combine all 5 ingredients into a medium bowl and stir to combine
2. Place in the refrigerator for 15-30 minutes so they are easier to roll
3. Roll into 12 bites and store in the fridge for up to a week



Sinless Cookies

Submitted by Conrad Carlson, Corporate CAD Designer.

Ingredients:

2 Ripe bananas
½ cup Dark chocolate chips
1 cup Quick oats
1 heaping Natural peanut butter
tbsp.

Directions:

1. Mix all ingredients well
2. Plop dough on a cookie sheet
3. Bake at 350° for 15 minutes
4. Enjoy!



Very Berry Granola Parfaits

Submitted by Nabieha Miqbel, Corporate Estimator. Great as a breakfast, snack, or guilt-free dessert!

Ingredients:

- 1 small package of frozen thawed mixed berries (or fresh!)
- Honey
- Granola (your favorite from the grocery store)
- Plain Greek Yogurt
- Raspberry preserves (you can substitute)

Directions:

1. Combined thawed berries with honey, set aside
2. In a mini bowl or cup, begin by spooning the berry mixture at the bottom first
3. Layer some plain Greek yogurt
4. Layer some raspberry preserves
5. Layer some granola
6. Repeat once more
7. Enjoy!

