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
 ½ cup
 Panko or regular bread crumbs
 ¼ teaspoon
 Dried basil (or 1-2 teaspoons fresh)

1/4 teaspoon Garlic powder

¼ teaspoon Salt2-3 cloves Garlic1/8 teaspoon pepper

- 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 Migbel, 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

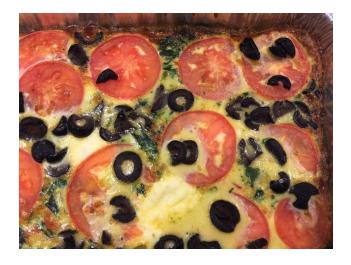
Ricotta cheese Fresh herbs (parsley, basil, etc.)

Salt & pepper

Cooking oil (coconut oil, olive oil, etc.)

Nonstick baking spray

- 1. Chop bell peppers (small cubes), yellow onion, and mushrooms. (set aside)
- 2. Slice canned olives and tomatoes (set aside)
- 3. Sautee onions with cooking oil and salt & pepper. Cook until tender, set aside
- 4. Sautee bell peppers with cooking oil and salt and pepper. Cook until tender, set aside
- 5. Sautee mushrooms with cooking oil and salt & pepper. Cook until tender, set aside
- 6. Sautee 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 ½ cup Ground flax seed

2 tablespoons honey

- 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.

- 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 Migbel, 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)

- 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!

