

SNACK SMART



S—Smaller Portions

N—Not in front of the TV

A—Am I really hungry?

C—Choose low-fat, high fiber foods

K—Kitchen is a good place to eat

S—Sit Down, Slow Down, Savor, & Enjoy!



Smart Snack Options

Low fat Yogurt & Berries

Veggie Sticks & Hummus

Small Piece of Fruit

String Cheese & Wheat Crackers

Handful of Nuts & Dried Fruit

Whole Wheat Toast w/ Peanut Butter

Air popped Popcorn

Baked Tortilla Chips & Salsa

Peanut Butter & Celery Sticks



Parmesan Ranch Snack Mix (no-bake)

Prep Time: 2 minutes; Cook Time: 2 minutes; Total Time: 4 minutes; Yield: about 8 cups

An extremely easy & fast snack mix recipe, and ready to be munched on in under five minutes. Feel free to mix & match ingredients, tossing in favorite nuts, crackers, or various odds & ends taking up space in your cupboards. A packet of ranch dip mix & a little Parmesan cheese go a long way in making this a crunchy, satisfying, & addictive snack.

Ingredients:

2/3 cup canola, vegetable, or olive oil

1 one-ounce packet ranch dip seasoning mix powder

about 4 cups popcorn, popped (2 to 3 tablespoons unpopped kernels)

about 3 1/2 cups pretzels (waffle-style pretzels recommended)

1/2 to 1 cup peanuts, almonds, cashews, or favorite nuts or mixed nuts, optional

3 ounces Parmesan cheese, grated



Directions:

In a large microwave-safe bowl, add the oil, ranch mix, & stir to combine. Add the popcorn, pretzels, nuts, & optional ingredients (see below). Tip to make popcorn easily - add 2 to 3 tablespoons unpopped kernels to a brown paper lunch bag, fold the top down twice, & heat for about 90 seconds on high power - don't add oil, butter, or anything else, just the kernels.

Toss to evenly coat the mixture; it may seem a bit on the oily side, this is okay & it absorbs. Heat on high power for 2 minutes, stopping after 1 minute to toss the mixture because the oil has a tendency to pool at the bottom of the bowl. Add the Parmesan & toss to coat evenly. Serve mix immediately. Mix will keep for up to 3 days in an airtight container or large ziptop plastic bag; but is best enjoyed same day, noting that cheese has been added & some may wish to refrigerate the mix if storing it longer term.

Optional Variations - Can be added instead of or in combination with the other dry ingredients: Coarsely crushed saltines, oyster crackers, Club or Ritz crackers, rye crisps, Asian-style rice crackers, tortilla or potato chips, favorite gourmet or specialty crackers, cashews, almonds, pecans, sunflower seeds, pistachios. For a spicy version, add a pinch of chili powder or cayenne pepper, to taste.