



# TIPS

## Do it Yourself: Tasty Snacks

Healthy snacks are a guilt-free way to add a little fun, flavor, and nutrition to your diet. The following ideas will get you thinking how you can switch to foods that are more nutritious (and just as tasty). And, when you make these in your own kitchen, you may save not just calories, but money, too!

### CRISPY KALE, SPINACH OR BEET GREEN CHIPS

*When the yen for a salty, crispy treat rises, think kale, spinach or beet greens. These chips are tastier than you could ever imagine and are quick and easy to make:*

1. Wash and dry half a pound of the greens and remove any thick ribs as needed. Tear into 2 to 3-inch pieces, place in a bowl. Drizzle with 1-2 tablespoons olive oil, sprinkle with a pinch of sea salt and toss to coat leaves evenly.
2. Place the pieces on a baking sheet without overlapping as much as possible; bake in a preheated 350°F oven until crispy. Baking usually takes about 20 minutes, but check frequently to make sure the leaves are reaching your desired crispness and taste. Turn the chips after 10 minutes to ensure even baking.



### BAKED POTATO "FRIES"

*Who doesn't love a crispy French fry? For an alternative that's just as delicious (and a whole lot healthier), try these easy-to-make, oven-baked fries with a baking potato or sweet potato. (Root vegetables, such as carrots and parsnips are a wonderful substitute, too.)*

1. After washing and drying one medium baking or sweet potato per person, cut potatoes in half, then into quarters; then slice each quarter lengthwise into pieces. Pat the slices dry with a paper towel. Place them in a bowl, drizzle with about 1 tablespoon extra virgin olive per potato, a pinch of sea salt, and any dried herbs you desire, and toss to coat evenly.
2. In a single layer, spread potato slices on a baking sheet; bake in a preheated 425°F oven until crispy, approximately 20 minutes. Halfway through the baking time, check potatoes and turn them over with a spatula or tongs to ensure even baking. Remove the potatoes from the oven when golden and crispy and drain on a paper towel to remove any excess oil. If desired, add another sprinkle of dried herbs or seasoning.

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## POPPED GOODNESS

*There is a wide selection of popcorn – from a variety of plain corn kernels to flavored popped products – on the market. Popcorn is delicious on its own, but many people love a sprinkling of salt and a drizzle of butter, too. Adding some dried herbs, such as rosemary, thyme, or a dash of chili powder, can add a new dimension.*

*Make your popcorn at home and it'll only cost you pennies per serving – and you get to have it your way, too. Cook your popcorn on the stove or try this microwave method for a quick, no-mess way:*

1. Put 1/4 cup of unpopped popcorn kernels (preferably organic) into a clean brown paper bag (lunch bag size). Fold over the top of the bag a few times to secure.
2. Place the bag in the center of your microwave and cook on high for about 4 to 5 minutes at which point the popping should slow down. When the popping stops, remove the bag from the oven.
3. Carefully open the top (be sure to keep your face away from the bag as you open it, to avoid steam and any stray kernels that might pop up). You can eat directly out of the bag, or place the popped corn into a bowl, drizzle with a tablespoon of butter (or olive oil – try it!), a sprinkling of sea salt and if desired, dried herbs or seasonings. Mix to coat evenly.

If you're feeling more adventurous, try popping other whole grains including amaranth or quinoa for a change of pace.



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