



SNACKING CHALLENGE

@ W O R K

Volume 3



Medical City Healthcare

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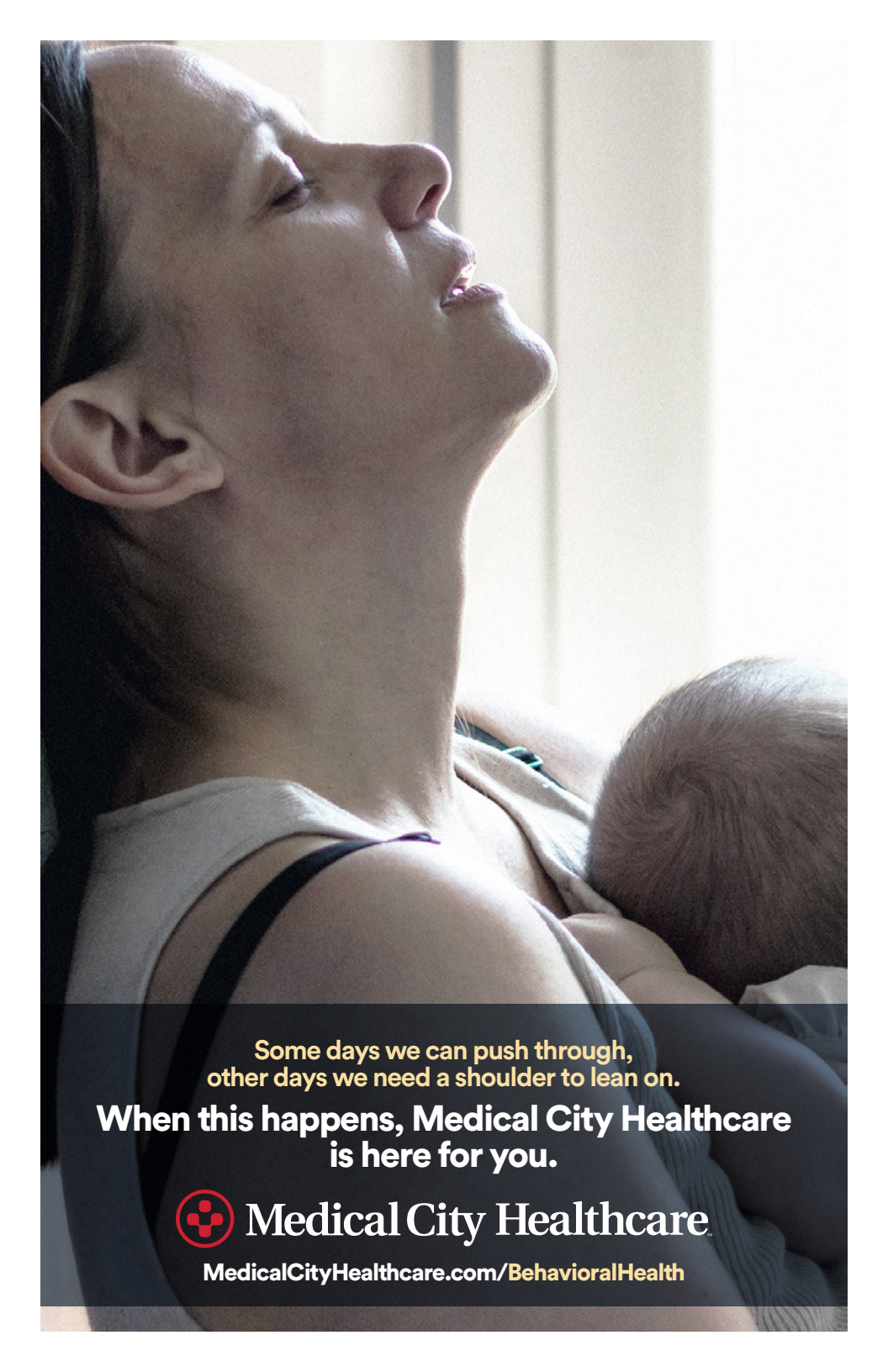
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Have a health-related question? Call our free **Ask a Nurse** line, available 24 hours a day at **(833) 296-8054**, to get answers and connect with the care you need or visit **[MedicalCityHealthcare.com/GetAnswers](https://www.MedicalCityHealthcare.com/GetAnswers)** to learn more.



Medical City Healthcare.

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Some days we can push through,
other days we need a shoulder to lean on.

**When this happens, Medical City Healthcare
is here for you.**



Medical City Healthcare

MedicalCityHealthcare.com/BehavioralHealth

INTRODUCTION

We are **excited** to bring you



**SNACKING
CHALLENGE**

@ WORK

VOLUME

3

SNACKING FOR SUCCESS RECIPE BOOK

The USDA reports that snacking makes up 25 percent of daily calories. It suggests that eating nutrient-rich fruits and vegetables as part of an overall healthy diet may reduce the risk of chronic diseases, such as type 2 diabetes, obesity and heart disease.

Each day of the Snacking Challenge, you and your colleagues will use this digital recipe book or the easy Healthy Snack Finder to discover a new healthy snack. In addition, you will find on each recipe page Mindfulness Minute videos. These videos are intended to bring awareness and help educate individuals who might be dealing with negative stress. We encourage you to get the whole family involved in this challenge to explore a path to better, healthier lives together!

The recipes that you are about to enjoy for the **21-Day Snacking Challenge @ Work** were all created by high school culinary students participating in the **kids teaching kids® Healthy Lifestyles** program developed by **Medical City Children's Hospital**.

For more recipes, visit **SnackingForSuccess.com**

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THE BASICS

Nutritional Guides

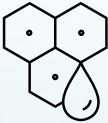
Below are the guidelines for your healthy snack:



200
CALORIES
OR LESS



2g
FIBER OR
MORE



7g
FAT OR
LESS



2g
SATURATED
FAT OR LESS



15g
SUGAR
OR LESS



1/2 CUP
FRUITS/VEGGIES
OR MORE





Important Reminders

- You can create your own healthy snack following the guidelines on [page 6](#).
- Shop on your days off and prep ingredients for the week when you get home from the store.
- Get your family involved in creating healthy snacks together.
- If your recipe makes more than one portion size, share it with a co-worker.

Snack Category Guide

Each snack is designated to fit in one or more of the categories below. Use this information to help guide your snack choices for the week.

Prepare to Share

These recipes yield more than one portion or leave leftover ingredients that make it easy to share with co-workers.

Prep and Pack

Wash, slice and portion all ingredients at home. Pack in separate containers to transport to work.

Assemble On-Site

Assemble your snack at work when it's time to eat.

Make and Take

Make the recipe at home, portion for travel and enjoy at snack time without further prep.

Heat and Eat

Microwave right before eating.

Store in a Drawer

Store these shelf-stable ingredients in a drawer. Convenient for those busy days when you can't get away from your desk at snack time!

How to Know Your Portions



1 cup
A fist



1 teaspoon
Your thumb tip



3 ounces of meat
Your palm



½ cup of fruit/veggies
A tennis ball



1 ounce of cheese
Your thumb



1-2 ounces of snack foods
A handful

HEARTY HUNGER BUSTERS

Control hunger pangs with these
satisfying, filling snacks

Fiesta Taco *(page 9)*

Prep and Pack • Assemble On-Site

Pepper Power Wrap *(page 10)*

Prep and Pack • Assemble On-Site

Pizza Peppers *(page 11)*

Prepare to Share • Prep and Pack • Assemble On-Site • Heat and Eat

Roti Spinach Squares *(page 12)*

Make and Take

Spiral Zucchini Pasta *(page 13)*

Prepare to Share • Make and Take • Heat and Eat

Super Duper Sweet Potato Dip *(page 14)*

Prepare to Share • Make and Take

Zucchini Rolls *(page 15)*

Prep and Pack • Assemble On-Site • Heat and Eat



Fiesta Taco

Chefs: Luke Hernandez, Angelina Cardona
Rockwall ISD



**CLICK OR SCAN TO
WATCH THE VIDEO**

Ingredients (Serves 1)

- 2 tablespoons chopped fresh tomatoes
- ¼ cup sliced raw red bell pepper
- 2 tablespoons sliced avocado, fresh, sliced
- 2 tablespoons shredded lettuce
- 1 6-inch corn tortilla
- 2 thin slices deli turkey breast

Directions

- 1 Chop tomatoes until you have 2 tablespoons.
- 2 Cut off the ends of the bell pepper, remove seeds and slice into strips until you have ¼ cup.
- 3 Cut the avocado in half, then use the half without the pit. Slice until you get 2 tablespoons of avocado.
- 4 Shred 2 tablespoons of leaf lettuce.
- 5 Place the tortilla on a plate and layer the turkey on top.
- 6 Microwave for 10-15 seconds or until warm.
- 7 Lay the bell pepper strips, avocado slices, lettuce and tomatoes in rows next to each other.
- 8 Fold over and secure with a toothpick.

Nutrition Facts

1 serving per container
Serving size 1 serving (110g)

Amount per serving

Calories 110

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 180mg 8%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 3g

Protein 5g

Vit. D 0mcg 0% • Calcium 68mg 6%
Iron 0.78mg 4% • Potas. 200mg 4%



CLICK OR SCAN



Pepper Power Wrap

Chefs: Alora Jones, Addy Haynes, Courtney Caplinger, Campbell Erk
Keller ISD



**CLICK OR SCAN TO
WATCH THE VIDEO**

Ingredients (Serves 1)

- 1 8-inch carb-balance flour tortilla
- 2 tablespoons roasted red pepper hummus
- ½ cup thin strips of orange bell pepper
- ½ cup tightly packed fresh baby spinach

Directions

- 1 Lay tortilla on a plate.
- 2 Spread hummus onto the tortilla.
- 3 Cut the bell pepper into thin slices to get ½ cup of orange bell pepper strips.
- 4 Put the thin slices of bell pepper onto the tortilla.
- 5 Measure ½ cup of spinach and line it up on the tortilla.
- 6 Carefully roll up the tortilla tightly.
- 7 Cut the tortilla into four pieces.

Nutrition Facts

1 serving per container
Serving size 1 serving (124g)

Amount per serving

Calories 130

% Daily Value*

Total Fat	7g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	320mg	14%
Total Carbohydrate	21g	8%
Dietary Fiber	11g	39%
Total Sugars	3g	
Protein	6g	

Vit. D 0mcg 0%
Iron 1mg 8%

• Calcium 75mg 6%
• Potas. 105mg 2%



Mindfulness
Minute

Mood and Food

How nutrition can help with
mental wellness



CLICK OR SCAN



Pizza Peppers

Chefs: Madison Alexander, Evan Scott
Rockwall ISD



**CLICK OR SCAN TO
WATCH THE VIDEO**

Ingredients (Serves 2)

- 1 large green bell pepper
- 5 medium green onions
- ½ cup canned, mild diced green chiles with tomatoes, drained
- ½ cup reduced-fat, shredded mozzarella cheese
- 6 cherry tomatoes
- ¼ teaspoon onion powder
- ¼ teaspoon dried oregano leaves
- ¼ teaspoon ground cumin
- ¼ teaspoon paprika

Directions

- 1 Cut off the top and bottom of pepper. Stand pepper upright and cut into 4 equal pieces, then remove seeds.
- 2 Place a paper towel on microwave-safe plate. Place pepper pieces skin-side down on top of paper towel.
- 3 Chop the green part of the onion stalk. Measure ¼ cup and add to a bowl.
- 4 Add diced chiles with tomatoes to the bowl and mix well.
- 5 Place 2 tablespoons of the mixture onto each pepper piece. Top with cheese.
- 6 Slice tomatoes in half and place 3 halves on each pepper piece.
- 7 Combine spices in small bowl, mix well, then sprinkle over pepper pieces.
- 8 Microwave for 2 minutes and 30 seconds. Let cool 1 minute before removing from microwave.

Nutrition Facts

2 servings per container
Serving size 1 serving (237g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2.0g 10%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 410mg 18%

Total Carbohydrate 11g 4%

Dietary Fiber 3g 11%

Total Sugars 5g

Protein 10g

Vit. D 0mcg 0%

Iron 1mg 6%

• Calcium 240mg 20%

• Potas. 320mg 6%



**Mindfulness
Minute**

**Depression
Management**

Foods that fight depression



CLICK OR SCAN



Roti Spinach Squares

Chefs: Tristan Climer, Nehemiah Marbury
Arlington ISD



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Ingredients (Serves 1)

- 1 grape tomato
- 1 10-inch spinach herb tortilla
- 1 tablespoon hummus
- 1 slice fat-free, oven-roasted deli turkey
- ¼ cup fresh baby spinach, tightly packed
- ¼ cup shredded carrots

Directions

- 1 Cut grape tomato in half. Poke a toothpick into each half and set aside for now.
- 2 Cut the tortilla into two 4X4-inch squares.
- 3 Spread half of the hummus in the center of each tortilla square.
- 4 Divide turkey, spinach and carrots into 2 portions, and place a portion of each on top of the hummus.
- 5 Fold the corners of the square toward the center and put the toothpick with the grape tomato through the center to hold in place.

Nutrition Facts

1 serving per container
Serving size 1 serving (106g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 1.0g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 400mg 17%

Total Carbohydrate 20g 7%

Dietary Fiber 2g 8%

Total Sugars 2g

Protein 6g

Vit. D 0mcg 0%

Iron 2mg 8%

• **Calcium** 79mg 6%

• **Potas.** 160mg 4%



CLICK OR SCAN





Spiral Zucchini Pasta

Chefs: Jacob Acevedo, Brandon Alcudia
Birdville ISD



**CLICK OR SCAN TO
WATCH THE VIDEO**

Ingredients (Serves 1)

- 2 cups zucchini spirals, fresh or frozen
- 1 cup marinara pasta sauce
- ¾ cup nonfat shredded mozzarella cheese
- 8 slices of turkey pepperoni
- ¼ teaspoons Italian seasoning
- 1 pinch of pepper

Directions

- 1 Measure 1 cup of zucchini spirals into 2 bowls.
- 2 Add ½ cup of marinara into each bowl.
- 3 Sprinkle half of the cheese into each bowl.
- 4 Slice the pepperoni into small pieces.
- 5 Sprinkle the pepperoni, seasoning and pepper on each bowl.
- 6 Microwave for 1 minute. Stir carefully and microwave for another 30 seconds.
- 7 Let the pasta cool for 2-3 minutes before eating.
- 8 Share with a co-worker.

Nutrition Facts

1 serving per container	
Serving size	1
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 0g Added Sugars	
Protein	0%



CLICK OR SCAN



Super Duper Sweet Potato Dip

Chefs: Alexis Cannell, Mackenzie Space, Andrew Bortz, Anne Flores
Wylie ISD



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Ingredients (Serves 2)

- 1 medium sweet potato
- 2 tablespoons Greek nonfat yogurt
- $\frac{3}{4}$ teaspoon honey
- 2 tablespoons chopped pecans
- 1 small Granny Smith apple

Directions

- 1 Poke holes in the sweet potato with a fork and place on a large plate.
- 2 Microwave 6-8 minutes. Let cool for 3 minutes before handling.
- 3 Cut the sweet potato in half lengthwise.
- 4 Scoop out the potato and place in a mixing bowl.
- 5 Add yogurt and honey to the sweet potato and mash together with a fork.
- 6 Top each with pecans.
- 7 Slice the apple into wedges for dipping.
- 8 Share with a co-worker and enjoy!

Nutrition Facts

2 servings per container
Serving size 1 serving (171g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 5g 7%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 27g 10%

Dietary Fiber 5g 16%

Total Sugars 14g

Protein 3g

Vit. D 0mcg 0%

Iron 0.84mg 4%

• Calcium 45mg 4%

• Potas. 310mg 6%



CLICK OR SCAN





Zucchini Rolls

Chefs: Richard McVeigh, Caden Baird, Aaron Jones, Jazmane Walker
Northwest ISD



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WATCH THE VIDEO

Ingredients (Serves 1)

- $\frac{1}{2}$ medium zucchini
- 2 slices deli turkey breast
- $1\frac{1}{2}$ tablespoons shredded mozzarella cheese
- 4 cherry tomatoes

Directions

- 1 Cut zucchini half into 4 long strips and scrape out the seeds.
- 2 Into a bowl, tear 1 turkey slice into small pieces and mix with cheese.
- 3 Spread mixture onto zucchini strips.
- 4 Cut remaining turkey slice into 4 strips and wrap 1 strip around each zucchini piece.
- 5 Place on a microwave-safe plate and cook in the microwave for 1 minute. Let cool for 1 minute before removing.
- 6 Cut tomatoes in half and put 2 halves on top of each zucchini strip.

Nutrition Facts

1 serving per container

Serving size 1 serving (201g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1.5g 6%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 250mg 13%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 6%

Total Sugars 5g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0.04mcg (2 IU) 0%

Calcium 100mg 8%

Iron 0.57mg 4%

Potassium 430mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



CLICK OR SCAN

Light BITES

These snacks are just enough to curb those
between-meal cravings

Crispy Crunchy Pizza Chips (page 17)

Prep and Pack • Assemble On-Site • Heat and Eat

Cucumber Poppers (page 18)

Prep and Pack • Assemble On-Site

Kale Mashed Potatoes (page 19)

Prepare to Share • Make and Take • Assemble On-Site

Orange Banana K-Bobs (page 20)

Store in a Drawer • Assemble On-Site

Plum and Cherry Bruschetta (page 21)

Prep and Pack • Assemble On-Site

Stoplight Rice Salad (page 22)

Prepare to Share • Prep and Pack • Assemble On-Site • Heat and Eat

Tomato and Feta Pizzas (page 23)

Prepare to Share • Prep and Pack • Assemble On-Site



Crispy Crunchy Pizza Chips

Chefs: Alexis Coblér, Ricky DeShaw
Frisco ISD



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Ingredients (Serves 1)

- 1 small zucchini
- 2 tablespoons pizza sauce
- 3 tablespoons reduced-fat shredded mozzarella cheese
- ¼ teaspoon parsley flakes

Directions

- 1 Slice zucchini in rounds.
- 2 Spread pizza sauce over zucchini slices.
- 3 Sprinkle cheese over pizza sauce.
- 4 Microwave 30 seconds or until the cheese is melted.
- 5 Sprinkle parsley over “chips.”

Nutrition Facts

1 serving per container
Serving size 1 serving (165g)

Amount per serving

Calories 80

		% Daily Value*
Total Fat	3.5g	5%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	10mg	3%
Sodium	310mg	14%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	6%
Total Sugars	4g	
Protein	6g	

Vit. D 0mcg 0% • Calcium 254mg 20%
Iron 0.62mg 4% • Potas. 310mg 6%



Mindfulness
Minute

Positive Self-Talk

What is positive self talk, and
how does it affect me?



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Cucumber Poppers

Chefs: Maija Poe
Allen ISD



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Ingredients (Serves 1)

- ½ cucumber with peel (about 8 ¼ inches in length)
- ½ cup cherry tomatoes
- ¼ cup chopped red bell pepper
- 2 tablespoons shredded carrots
- 3 tablespoons nonfat cream cheese
- ½ teaspoon garlic powder

Directions

- 1** Cut the cucumber into about 8-9 slices, depending on thickness. Place the slices on a plate.
- 2** Next, slice cherry tomatoes into quarters and chop bell pepper and shredded carrots into small pieces.
- 3** In a bowl, combine cream cheese with garlic powder, chopped red pepper and shredded carrots. Mix well until smooth texture is achieved (not lumpy).
- 4** Put a dollop of cream cheese mixture on each slice of cucumber (divide evenly among slices).
- 5** Top each slice with 2 cherry tomato pieces.

Nutrition Facts

1 serving per container
Serving size 1 serving (270g)

Amount per serving
Calories 90

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 310mg	14%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Total Sugars 7g	
Protein 9g	

Vit. D 0mcg 0% • Calcium 257mg 20%
Iron 0.69mg 4% • Potas. 390mg 8%



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Kale Mashed Potatoes

Chefs: Blake Evans, Olivia Lopez, Aspen
Birdville ISD



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Ingredients (Serves 4)

- 4 cups of kale, loosely packed, pre-cleaned, chopped
- 3 cups of water
- 1 package of Butter and Herb Instant Mashed Potatoes (about 2 cups)

Nutrition Facts

4 servings per container
Serving size 1 serving (210g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 1.0g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 570mg 25%

Total Carbohydrate 26g 9%

Dietary Fiber 2g 8%

Total Sugars 2g

Protein 4g

Vit. D 0mcg 0%

Iron 2mg 15%

• Calcium 161mg 10%

• Potas. 300mg 6%

Directions

- 1 Chop or tear kale into small pieces.
- 2 Combine kale and 1 cup water in a microwave-safe bowl
- 3 Microwave on high for 45 seconds and let cool for 60 seconds.
- 4 Measure 2 cups of water into the other microwave-safe bowl and microwave on high for 4 minutes.
- 5 Immediately add in bag of mashed potatoes and stir with a fork until moistened.
- 6 Drain the kale and add it to potatoes. Stir to combine.
- 7 Share with 3 co-workers!



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Orange Banana K-Bobs

Chefs: Zachary Villaseñor, Nik Henry, Anthony Andrews, Jose A. Cotto, Kamryn Kuhn
Northwest ISD



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Ingredients (Serves 1)

- ½ medium banana
- 1 ½ teaspoons creamy peanut butter
- 1 ½ teaspoons crispy rice cereal, chocolate flavored
- 1 individual mandarin orange cup, juice packed, drained

Nutrition Facts

1 serving per container
Serving size 1 serving (181g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 4.0g 5%

Saturated Fat 0.5g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 25mg 1%

Total Carbohydrate 26g 10%

Dietary Fiber 3g 11%

Total Sugars 13g

Protein 3g

Vit. D 0mcg 0%

Iron 0.41mg 2%

• Calcium 23mg 2%

• Potas. 340mg 8%

Directions

- 1 Peel banana and cut in half.
- 2 Cut the half banana into slices.
- 3 Spread peanut butter evenly among the banana slices.
- 4 Sprinkle cereal evenly onto the banana slices.
- 5 Put a toothpick through the banana slice, then orange slice.
- 6 Continue until all fruit is on k-bobs.



CLICK OR SCAN





Plum and Cherry Bruschetta

Chefs: Will Maddux, Timique Watson, Hector Padilla-Garcia
Birdville ISD



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Ingredients (Serves 1)

- ½ cup raw plums (about 2)
- 5 fresh red cherries
- 3 fresh basil leaves
- 1 tablespoon part-skim ricotta cheese
- 1 plain brown rice cake
- 1 teaspoon balsamic vinegar
- 1 pinch of sea salt

Directions

- 1** Cut plums in half, remove pit and slice thinly until there is ½ cup.
- 2** Remove stems from the cherries, cut in half and remove the seed.
- 3** Cut basil into thin strips.
- 4** Spread ricotta cheese onto the rice cake.
- 5** Arrange plum slices and cherry halves on the rice cake.
- 6** Sprinkle with basil.
- 7** Drizzle the balsamic vinegar and sprinkle the sea salt on top of the bruschetta.

Nutrition Facts

1 serving per container
Serving size 1 serving (153g)

Amount per serving

Calories 120

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 1.0g 4%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 100mg 4%

Total Carbohydrate 25g 9%

Dietary Fiber 2g 8%

Total Sugars 15g

Protein 3g

Vit. D 0mcg 0%

Iron 0.50mg 2%

• Calcium 40mg 4%

• Potas. 250mg 6%



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Stoplight Rice Salad

Chef: Celeste Gutierrez
Lewisville ISD



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Ingredients (Serves 1)

- ½ small yellow squash
- ½ small zucchini
- ½ cup cherry tomatoes
- 1 ½ teaspoon olive oil
- ¼ cup distilled white vinegar
- ¼ teaspoon dried basil
- ¼ teaspoon dried thyme
- ¼ teaspoon garlic powder
- ¼ cup 90-second rice

Directions

- 1 Slice squash and zucchini into rings, then cut rings into quarters.
- 2 Slice cherry tomatoes in half.
- 3 Combine olive oil, vinegar, basil, thyme and garlic powder in a bowl and mix well.
- 4 Add vegetables to the bowl and stir to combine.
- 5 Microwave rice according to package directions.
- 6 Measure ¼ cup of rice onto a plate and top with marinated veggies.

Nutrition Facts

1 serving per container
Serving size 1 serving (199g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 7g	10%
Saturated Fat 1.0g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Protein 2g	

Vit. D 0mcg 0%
Iron 1mg 8%

• Calcium 30mg 2%
• Potas. 250mg 6%



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Tomato and Feta Pizzas

Chefs: Breona O., Mary H.
Keller ISD



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Ingredients (Serves 2)

- ½ of a 6-inch cucumber
- 8 cherry tomatoes
- 2 tablespoons feta cheese
- 1 ½ teaspoons extra virgin olive oil
- 1 pinch of salt and 1 pinch of pepper
- 8 whole-wheat, reduced-fat crackers

Directions

- 1 Slice cucumber into rounds, then slice the rounds in half.
- 2 Slice cherry tomatoes in half.
- 3 Combine cucumbers, tomatoes, feta, oil, salt and pepper in a bowl and mix.
- 4 Spoon mixture equally onto 8 crackers.
- 5 Share with a co-worker.

Nutrition Facts

2 servings per container

Serving size 1 serving (137g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 7g 9%

Saturated Fat 2.0g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 250mg 11%

Total Carbohydrate 17g 6%

Dietary Fiber 3g 11%

Total Sugars 3g

Protein 4g

Vit. D 0.04mcg 0% • Calcium 66mg 6%
Iron 0.96mg 6% • Potas. 280mg 6%



Mindfulness
Minute

Talk About It

How talking about your mental
health can help



CLICK OR SCAN

Sweet Treats

Tame that sweet tooth with these delightfully
sweet and nutritious snacks

Apricake (page 25)

Prep and Pack • Assemble On-Site

Blueberry Graham Cracker Cheesecake (page 26)

Prep and Pack • Assemble On-Site

Honey Yogurt Cantaloupe Bites (page 27)

Prep and Pack • Assemble On-Site

Pumpkin Mug Cake (page 28)

Prep and Pack • Assemble On-Site • Heat and Eat

Spiced Pears (page 29)

Prepare to Share • Store in a Drawer • Assemble On-Site

Sweet Banana Sushi (page 30)

Make and Take

The Layers of Plum Magic (page 31)

Make and Take



Apricake

Chefs: Claudia Salinas Salazar, Michael Valero, Angelica Cortez
White Settlement ISD



CLICK OR SCAN TO
WATCH THE VIDEO

Ingredients (Serves 1)

- ¼ cup sliced banana (about ⅓ of a small banana)
- 2 tablespoons fat-free cream cheese
- 1 plain brown rice cake
- ½ cup Mediterranean unsweetened dried apricots, sliced
- ¼ teaspoon ground cinnamon

Directions

- 1 Slice banana until you have ¼ cup.
- 2 In a bowl, add cream cheese and sliced banana. Using a fork, mash sliced bananas into cream cheese until well combined.
- 3 Spread cream cheese mixture onto the rice cake.
- 4 Place sliced apricots on top of cream cheese mixture.
- 5 Sprinkle cinnamon on top of apricots

Nutrition Facts

1 serving per container
Serving size 1 serving (100g)

Amount per serving

Calories 150

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol < 5mg 2%

Sodium 200mg 9%

Total Carbohydrate 28g 10%

Dietary Fiber 3g 11%

Total Sugars 13g

Protein 7g

Vit. D 0mcg 0%

Iron 0.68mg 4%

• Calcium 174mg 15%

• Potas. 400mg 8%



CLICK OR SCAN



Blueberry Graham Cracker Cheesecake

Chefs: Hart Probst, Madi Callaghan, Cole Daniel
Frisco ISD



CLICK OR SCAN TO
WATCH THE VIDEO

Ingredients (Serves 1)

- 4 graham cracker squares
- 3 tablespoons plain whipped cream cheese
- ½ cup blueberries



Directions

- 1 Spread cream cheese onto crackers.
- 2 Top with blueberries.

Nutrition Facts

1 serving per container
Serving size 1 serving (103g)

Amount per serving

Calories 140

% Daily Value*

Total Fat 4.0g 5%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 135mg 44%

Sodium 150mg 6%

Total Carbohydrate 27g 10%

Dietary Fiber 3g 10%

Total Sugars 11g

Protein 2g

Vit. D 0mcg 0%

Iron 0.74mg 4%

• Calcium 79mg 6%

• Potas. 55mg 2%



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Honey Yogurt Cantaloupe Bites

Chef: Antonio Cauch
Lewisville ISD



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Ingredients (Serves 1)

- $\frac{3}{4}$ cup cantaloupe, pre-cut into bite-sized chunks
- 1 tablespoon plain, nonfat Greek yogurt
- 2 tablespoons granola
- $\frac{1}{2}$ teaspoon honey

Nutrition Facts

1 serving per container
Serving size 1 serving (150g)

Amount per serving

Calories 110

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Total Sugars 15g	
Protein 4g	

Vit. D 0mcg 0% • Calcium 37mg 2%
Iron 0.54mg 2% • Potas. 390mg 8%

Directions

- 1 Put cantaloupe in a bowl.
- 2 Add the yogurt on top of the cantaloupe.
- 3 Sprinkle granola on top of the yogurt.
- 4 Drizzle honey over the top.



CLICK OR SCAN



Mindfulness
Minute

Sadness vs. Depression

How do you know if it's depression or just sadness?



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Pumpkin Mug Cake

Chefs: Jose Hernandez, Kaleb Carper, Morgan Scott, James Davis, Alex Sparrow
Allen ISD

Ingredients (Serves 1)

- 2 sprays of butter-flavored cooking spray
- ½ banana (extra small)
- 4 tablespoons canned pumpkin
- 4 tablespoons flour
- ¼ teaspoon baking soda
- 1 teaspoon sugar
- ½ teaspoon pumpkin spice

Nutrition Facts

1 serving per container
Serving size 1 serving (168g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 1.0g 2%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 44g 16%

Dietary Fiber 4g 13%

Total Sugars 13g

Protein 5g

Vit. D 0.37mcg 2% • Calcium 66mg 6%
Iron 3mg 15% • Potas. 350mg 8%

Directions

- 1 Lightly spray the inside of mug to prevent sticking.
- 2 In a small bowl, mash the banana with a fork.
- 3 Add pumpkin to the bowl and mix well.
- 4 Add all the remaining ingredients to the bowl and mix well.
- 5 Transfer mixture from the bowl to the mug. Microwave for 1 minute and 15 seconds, or until fully cooked.
- 6 Allow mug to cool for 1 minute before removing from microwave.



CLICK OR SCAN





Spiced Pears

Chefs: Connor Calhoun, Luis Maldonado, Jasma Inthavong
Birdville ISD



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Ingredients (Serves 1)

- 1 diced pear cup packed in water or juice
- 1 teaspoon honey
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

Directions

- 1 Drain pears and place in a single layer on a plate.
- 2 Mix honey, cinnamon and nutmeg in a small bowl.
- 3 Spread mixture over the pears.
- 4 Microwave for 1 ½ to 2 minutes or until soft.
- 5 Allow to cool in microwave for 30 seconds before removing.
- 6 Serve warm.

Nutrition Facts

1 serving per container
Serving size 1 serving (130g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 16g 6%

Dietary Fiber 2g 9%

Total Sugars 13g

Protein 0g

Vit. D 0mcg 0%

Iron 0.33mg 2%

• Calcium 12mg 0%

• Potas. 65mg 2%



CLICK OR SCAN



Sweet Banana Sushi

Chefs: Brittannie Wishon, Katie Former, Aaron Carey
Prosper ISD



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Ingredients (Serves 1)

- ½ small sweet potato
- ½ medium banana
- 1 tablespoon plain, nonfat yogurt
- 1 teaspoon brown sugar

Directions

- 1 Poke holes in the sweet potato and microwave for 4 minutes.
- 2 While potato is cooking, place banana half on a plate and top with yogurt.
- 3 Flip potato over and continue cooking for 4 more minutes. Allow potato to cool in the microwave for 5 minutes before removing.
- 4 Once cool, remove the potato skin and place the sweet potato in a small bowl.
- 5 Mash the sweet potato and then spread over yogurt-covered banana.
- 6 Sprinkle with brown sugar.
- 7 Slice banana into “sushi” pieces.

Nutrition Facts

1 serving per container
Serving size 1 serving (143g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 50mg 2%

Total Carbohydrate 32g 12%

Dietary Fiber 3g 12%

Total Sugars 15g

Protein 2g

Vit. D 0.25mcg 2% • Calcium 55mg 4%
Iron 0.58mg 4% • Potas. 470mg 10%



CLICK OR SCAN



The Layers of Plum Magic

Chefs: Richy Tran, Jocelyn Loya, Destiny Germany, Matthew Guivas
Arlington ISD



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Ingredients (Serves 4)

- 1 pomegranate or 1 cup of pomegranate seeds
- 1 cup nonfat Greek yogurt
- 3 medium plums

Directions

- 1 If using a fresh pomegranate, roll the whole pomegranate on the counter.
- 2 Cut the fruit in half.
- 3 Hold each half over a bowl and tap with a wooden spoon while squeezing.
- 4 Cut plums in half and remove the pit.
- 5 Cut each plum into 6-8 pieces.
- 6 In a small cup, layer 2 tablespoons each of yogurt, pomegranate seeds and plum pieces.
- 7 Repeat layers 1 more time.
- 8 Repeat steps 6 and 7 to create 3 more servings.

Nutrition Facts

4 servings per container
Serving size 1 serving (201g)

Amount per serving

Calories 110

% Daily Value*

Total Fat	0g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	< 5mg	2%
Sodium	45mg	2%
Total Carbohydrate	18g	6%
Dietary Fiber	2g	6%
Total Sugars	14g	
Protein	12g	

Vit. D 0mcg 0% • Calcium 131mg 10%
Iron 0.18mg 0% • Potas. 150mg 4%



CLICK OR SCAN

What is the 21-Day Snacking Challenge @ Work?

The 21-Day Snacking Challenge encourages you and your colleagues to make healthier snack choices for the next 21 days. A recipe book developed from the **kids teaching kids® Healthy Lifestyles** program, over 500 online snack recipes, weekly education “bites” from a dietitian and support from your workplace wellness champion. We encourage you to support your co-workers in this challenge. Plan snack breaks together and coordinate ingredients to share in the fun!

What is *kids teaching kids®*?

The **kids teaching kids® Healthy Lifestyles** program was created by **Medical City Children's Hospital** to address childhood obesity and the help children and their parents build a lifetime of healthy habits through nutrition education, mindful and wellness activities.

If the ingredients in the book don't match up to the ingredients I have in my house, do I have to make a special food purchase?

No. We developed a tool on our website, **SnackingForSuccess.com**, called Healthy Snack Finder. You can use this tool to search for snacks from our database of over 500 recipes that match the ingredients you have on hand in your pantry or refrigerator. You may also create your own healthy snack (see guidelines for a healthy snack on [page 6](#)).

What if I miss a day in the 21-Day Snacking Challenge?

It is OK to miss a day. Though, during the 21-Day Snacking Challenge, we would like for you to think ahead and plan your snack each day. Remember, you can make and enjoy your snack anytime during the day.

Once I finish the Challenge, do I take the final assessment?

No. You will wait two weeks after you finish the Challenge before taking the final assessment. We will send you an email link when it is time. In the meantime, keep up the good snacking.

May I enter a different email address on the final assessment than the one that I used during registration?

No. To ensure accurate data, please use the same email address for the registration and final assessment.

During the 21-Day Snacking Challenge, do I have to make EVERY snack from the book that I have?

No. We understand that there may be cases of food allergies, availability of ingredients, etc. Since this program began, culinary students have created over 500 healthier snack recipes. You are more than welcome to download other recipe books on the website, use the Healthy Snack Finder tool or create your own healthy snacks (see guidelines for a healthy snack on [page 6](#)).

What if I have questions about the 21-Day Snacking Challenge?

Contact your workplace wellness champion.

SNACKING LOG

1. For 21 straight days, create a healthy snack from either your recipe book or the **Healthy Snack Finder** at **SnackingForSuccess.com**. Note: You can also create your own healthy snack by following the guidelines listed in the **21-Day Snacking Challenge @ Work FAQ**.
2. Record your snacks each day on the **Snacking Log** below.
3. After the Challenge, refer to your log for all of the snacks you want to prepare again.
4. You will receive an email two weeks after the Challenge ends. Follow the link to take a brief final assessment and complete your participation in the **21-Day Snacking Challenge @ Work**.

DATE	NAME OF SNACK RECIPE OR DESCRIPTION OF YOUR OWN SNACK	WOULD I MAKE IT AGAIN?



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