

21 for 21
SNACKS DAYS

Fast and Simple Recipes • From Hunger Busters to Sweet Treats





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# Introduction

We are excited to bring you

Volume 3 of the 21-Day Challenge @ Work

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. Thus, each snack choice is an opportunity to improve and safeguard one's health.

Each day of the challenge, you and your colleagues will use this recipe book or the easy online snack finder to discover a new healthy snack. They look like treats and taste amazing. All include a fruit or vegetable and meet strict nutrition standards.

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 Challenge @ Work** were all created by high school culinary students participating in the *kids teaching kids*<sup>®</sup> Program.

For more recipes visit SnackingForSuccess.com

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# **Chapter 1**

#### THE BASICS

#### **Nutritional Guides**

Below are the guidelines for your healthy snack:

- 200 calories or less
- 7 g of fat or less
- 2 g of saturated fat or less
- 2 g of fiber or more!
- 15 g of sugar or less
- Must contain a minimum of ½ cup fruit or vegetable per serving

#### **Important Reminders**

- You can create your own healthy snack following the guidelines above.
- 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 coworker.

## **How to Know Your Portions**

A fist = 1 cup



A tennis ball =  $\frac{1}{2}$  cup of fruit or vegetables



Your thumb tip = 1 teaspoon



Your thumb = 1 ounce of cheese



Your palm = 3 ounces of meat



A handful = 1-2 ounces of snack foods such as nuts and dried fruit



# **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!

# **Chapter 2**

#### **HEARTY HUNGER BUSTERS**

Control hunger pangs with these satisfying, filling snacks

#### FIESTA TACO

Prep and Pack Assemble on Site

#### PEPPER POWER WRAP

#### PIZZA PEPPERS

ROTI SPINACH SQUARES

Make and Take

#### SPIRAL ZUCCHINI PASTA

Prepare to Share 📀 Make and Take 📀 Heat and Eat

#### SUPER DUPER SWEET POTATO DIP

#### **ZUCCHINI ROLLS**

## Fiesta Taco

Chefs: Luke Hernandez, Angelina Cardona

**Rockwall ISD** 



Serves 1

## Ingredients

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

- 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 ½ 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. Microwave for 10-15 seconds or until warm.
- 6. Lay the bell pepper strips, avocado slices, lettuce and tomatoes in rows next to each other.
- 7. Fold over and secure with a toothpick.

1 serving per containe Serving size 1 ser	
Amount per serving  Calories	110
	% Daily Value
TotalFat 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% • Calc	ium 68mg 6
Iron 0.78mg 4% Pota	s. 200mg 4

# **Pepper Power Wrap**

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

Keller ISD



Serves 1

## Ingredients

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

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

1 serving per container	
Serving size 1 servir	ng (124g)
Amount per serving Calories	130
% D	aily Value
TotalFat 7g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 320mg	14%
Total Carbohydrate 21g	8%
Dietary Fiber 11g	39%
Total Sugars 3g	
Protein 6g	
Vit. D 0mcg 0% Calcium Iron 1mg 8% Potas.	75mg 6% 105mg 2%

# **Pizza Peppers**

Chefs: Madison Alexander, Evan Scott

**Rockwall ISD** 



Serves 2

## Ingredients

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

1/4 teaspoon onion powder

¼ teaspoon dried oregano leaves

1/4 teaspoon ground cumin

1/4 teaspoon paprika

- Cut off the top and bottom of pepper.
   Stand pepper upright and cut into 4 equal pieces, then remove seeds.
- Place a paper towel on-microwave-safe plate. Place pepper pieces skin-side down on top of paper towel.
- 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

2 servings per conta	ainer
Serving size 1	serving (237
Amount per serving	
Calories	12
	% Daily Valu
TotalFat 4.5g	6
Saturated Fat 2.0g	10
Trans Fat 0g	
Cholesterol 15mg	5
Sodium 410mg	18
Total Carbohydrate 1	l1g 4
Dietary Fiber 3g	11
Total Sugars 5g	
Protein 10g	

- 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.



# **Roti Spinach Squares**

**Chefs:** Tristan Climer, Nehemiah Marbury

**Arlington ISD** 



Serves 1

## Ingredients

- 1 grape tomato
- 1 (10-inch) spinach herb tortilla
- 1 tablespoon hummus
- 1 slice fat-free, oven-roasted deli turkey
- 1/4 cup fresh baby spinach, tightly packed
- 1/4 cup shredded carrots

- 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 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.



# **Spiral Zucchini Pasta**

Chefs: Jacob Acevedo, Brandon Alcudia

**Birdville ISD** 



Serves 2

## Ingredients

2 cups zucchini spirals, fresh or frozen
1 cup marinara pasta sauce
3/4 cup nonfat shredded mozzarella cheese
8 slices of turkey pepperoni
1/4 teaspoons Italian seasoning

#### **Directions**

1 pinch of pepper

- 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.

1 serving per containe Serving size 1 se	
Amount per serving  Calories	140
	% Daily Value
TotalFat 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	

# **Super Duper Sweet Potato Dip**

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

Wylie ISD



Serves 2

## Ingredients

1 medium sweet potato

2 tablespoons Greek nonfat yogurt

34 teaspoon honey

2 tablespoons chopped pecans

1 small Granny Smith apple

- 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 insides into 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!

<b>Nutrition F</b>	acts
2 servings per containe Serving size 1 serving	
Amount per serving Calories	160
9/	Daily Value*
TotalFat 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% • Calcii	um 45mg 4%
Iron 0.84mg 4% Potas	. 310mg 6%

## **Zucchini Rolls**

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

Northwest ISD



Serves 1

## Ingredients

½ medium zucchini

2 slices deli turkey breast

1 ½ tablespoons shredded mozzarella cheese

4 cherry tomatoes

- 1. Cut zucchini half into 4 long strips and scrape out the seeds.
- 2. Into a bowl, tear one 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.



# **Chapter 3**

#### LIGHT BITES

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

#### CRISPY CRUNCHY PIZZA CHIPS

Prep and Pack 🚱 Assemble on Site 🚱 Heat and Eat

#### **CUCUMBER POPPERS**

#### KALE MASHED POTATOES

Prepare to Share 🚱 Make and Take 🚱 Assemble on Site

#### **ORANGE BANANA K-BOBS**

#### PLUM AND CHERRY BRUSCHETTA

#### STOPLIGHT RICE SALAD

Prepare to Share Prep and Pack Assemble on Site Heat and Eat

#### TOMATO AND FETA PIZZAS

# **Crispy Crunchy Pizza Chips**

Chefs: Alexis Cobler, Ricky DeShaw

Frisco ISD



Serves 1

## **Ingredients**

- 1 small zucchini
- 2 tablespoons pizza sauce
- 3 tablespoons reduced-fat shredded mozzarella cheese
- 1/4 teaspoon parsley flakes

- 1. Slice zucchini.
- 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."

1 serving per container Serving size 1 serving (165g)	
Amount per serving Calories	80
%	Daily Value
TotalFat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat Og	
Cholesterol 10mg	3%
Sodium 310mg	14%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	6%
Total Sugars 4g	
Protein 6g	

# **Cucumber Poppers**

Chefs: Maija Poe

Allen ISD



Serves 1

## Ingredients

- 1/2 cucumber with peel (about 8.25 inches in length)
- 1/8 cup cherry tomatoes
- 1/4 cup chopped red bell pepper
- 2 tablespoons shredded carrots
- 3 tablespoons nonfat cream cheese
- 1/8 teaspoon garlic powder

- 1. Cut the cucumber into about 8-9 slices, depending on hickness. 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.

1 serving per containe Serving size 1 se	
Amount per serving <b>Calories</b>	90
	% Daily Value
TotalFat 0g	09
Saturated Fat 0g	09
Trans Fat 0g	
Cholesterol 10mg	39
Sodium 310mg	149
Total Carbohydrate 11g	49
Dietary Fiber 2g	89
Total Sugars 7g	
Protein 9g	•

## **Kale Mashed Potatoes**

Chefs: Blake Evans, Olivia Lopez, Aspen

Birdville ISD



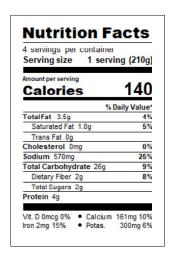
Serves 4

## Ingredients

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)

- 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 microwavesafe 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 coworkers!



# **Orange Banana K-Bobs**

Chefs: Zachary Villasenor, Nik Henry, Anthony Andrews, Jose A. Cotto, Kamryn Kuhn

**Northwest ISD** 



Serves 1

## Ingredients

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

- 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.

1 serving per container Serving size 1 serv	ing (181g
Amount per serving  Calories	140
%	Daily Value
TotalFat 4.0g	59
Saturated Fat 0.5g	49
Trans Fat 0g	
Cholesterol Omg	09
Sodium 25mg	19
Total Carbohydrate 26g	109
Dietary Fiber 3g	119
Total Sugars 13g	
Protein 3g	

# **Plum and Cherry Bruschetta**

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

Birdville ISD



Serves 1

## Ingredients

 $\frac{1}{2}$  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

- 1. Cut plums in half, remove pit and slice thinly until there is  $\frac{1}{2}$  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.

1 serving per containe Serving size 1 ser	
Amount per serving Calories	120
9	6 Daily Value
TotalFat 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	

# **Stoplight Rice Salad**

Chef: Celeste Gutierrez Lewisville ISD



Serves 1

#### Ingredients

1/2 small yellow squash

1/2 small zucchini

1/2 cup cherry tomatoes

1 ½ teaspoon olive oil

 $\frac{1}{4}$  cup distilled white vinegar

1/4 teaspoon dried basil

1/4 teaspoon dried thyme

¼ teaspoon garlic powder

1/4 cup 90-second rice

- 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 1/4 cup of rice onto a plate and top with marinated veggies.

1 serving per containe Serving size 1 se	er :rving (199g)
Amount per serving Calories	130
	% Daily Value*
TotalFat 7g	10%
Saturated Fat 1.0g	5%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 5mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Protein 2g	

## **Tomato and Feta Pizzas**

Chefs: Breona O., Mary H.

**Keller ISD** 



Serves 2

## **Ingredients**

1/2 of a 6-inch cucumber

8 cherry tomatoes

2 tablespoons feta cheese

1  $\frac{1}{2}$  teaspoons extra virgin olive oil

1 pinch of salt and 1 pinch of pepper

8 whole-wheat, reduced-fat crackers

- 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.

2 servings per containe Serving size 1 serv	
Amount per serving Calories	140
%	Daily Value
TotalFat 7g	99
Saturated Fat 2.0g	10%
Trans Fat 0g	
Cholesterol 10mg	39
Sodium 250mg	119
Total Carbohydrate 17g	69
Dietary Fiber 3g	119
Total Sugars 3g	
Protein 4q	

# **Chapter 4**

#### **SWEET TREATS**

Tame that sweet tooth with these delightfully sweet and nutritious snacks

#### **APRICAKE**

Prep and Pack Assemble on Site

#### **BLUEBERRY GRAHAM CRACKER CHEESECAKE**

#### HONEY YOGURT CANTALOUPE BITES

#### PUMPKIN MUG CAKE

Prep and Pack 🚱 Assemble on Site 🚱 Heat and Eat

#### SPICED PEARS

#### SWEET BANANA SUSHI

Make and Take

#### THE LAYERS OF PLUM MAGIC

Make and Take

# **Apricake**

Chefs: Claudia Salinas Salazar, Michael Valero, Angelica Cortez

White Settlement ISD



Serves 1

## Ingredients

½ cup sliced banana (about 1/3 of a small banana)

2 tablespoons fat-free cream cheese

1 plain brown rice cake

1/8 cup Mediterranean unsweetened dried apricots, sliced

1/4 teaspoon ground cinnamon

#### **Directions**

- 1. Slice banana until you have ¼ cup.
- 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 1 serving (100g) Serving size Amount per serving Calories % Daily Value\* TotalFat 0g Saturated Fat 0g 0% Trans Fat 0g 2% Cholesterol < 5mg Sodium 200mg 9% Total Carbohydrate 28g 10% Dietary Fiber 3g 11% Total Sugars 13g Protein 7g Vit. D 0mcg 0% • Calcium 174mg 15% Iron 0.68mg 4% • Potas. 400mg 8%

# **Blueberry Graham Cracker Cheesecake**

Chefs: Hart Probst, Madi Callaghan, Cole Daniel

Frisco ISD



Serves 1

## Ingredients

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

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

Amount per serving  Calories	140
	% Daily Value
TotalFat 4.0g	5%
Saturated Fat 1.5g	7%
Trans Fat 0g	
Cholesterol 135mg	44%
Sodium 150mg	6%
Total Carbohydrate 27	7g <b>10</b> %
Dietary Fiber 3g	10%
Total Sugars 11g	
Protein 2g	

# **Honey Yogurt Cantaloupe Bites**

Chef: Antonio Cauich

Lewisville ISD



Serves 1

## Ingredients

3/4 cup cantaloupe, pre-cut into bite-sized chunks

- 1 tablespoon plain, nonfat Greek yogurt
- 2 tablespoons granola
- ½ teaspoon honey

- 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.

1 serving per containe Serving size 1 se	
ociving size 1 se	iving (190g
Amount per serving	
Calories	<u> 110</u>
	% Daily Value
TotalFat 1.5g	2%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium 30mg	1%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Total Sugars 15g	
Protein 4g	
Protein 4g	

# **Pumpkin Mug Cake**

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

Allen ISD

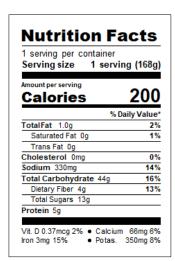


Serves 1

## Ingredients

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

- 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.



# **Spiced Pears**

Chefs: Connor Calhoun, Luis Maldonado, Jasma Inthavong

Birdville ISD



Serves 1

## Ingredients

- 1 individual diced pear cup packed in water or juice.
- 1 teaspoon honey
- 1/4 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg

- 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

1 serving per containe Serving size 1 se	
Amount per serving  Calories	60
	% Daily Value
TotalFat 0g	0%
Saturated Fat 0g	1%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	9%
Total Sugars 13g	
Protein 0g	

## **Sweet Banana Sushi**

Chefs: Britannie Wishon, Katie Former, Aaron Carey

Prosper ISD



Serves 1

## Ingredients

½ small sweet potato

½ medium banana

- 1 tablespoon plain, nonfat yogurt
- 1 teaspoon brown sugar

- 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.
- Flip potato over and continue cooking for 4 more minutes.Allow potato to cool in the microwave for 5 minutes before removing.
- **Nutrition Facts** 1 serving per container Serving size 1 serving (143g) Amount per serving Calories % Daily Value\* TotalFat 0g 0% Saturated Fat 0g Trans Fat 0g Cholesterol Omg 0% Sodium 50mg 2% Total Carbohydrate 32g 12% Dietary Fiber 3g Total Sugars 15g Protein 2g Vit. D 0.25mcg 2% • Calcium 55mg 4% Iron 0.58mg 4% Potas. 470mg 10%
- 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.



# The Layers of Plum Magic

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

Arlington ISD



Serves 1

## **Ingredients**

- 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.
- 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** 1 serving per container 1 serving (201g) Serving size Amount per serving Calories % Daily Value\* TotalFat 0q 0% Saturated Fat 0g Trans Fat 0g Cholesterol < 5mg 2% Sodium 45mg 2% Total Carbohydrate 16g 6% Dietary Fiber 2g Total Sugars 14g Protein 12g Vit. D 0mcg 0% • Calcium 131mg 10% Iron 0.18mg 0% • Potas.

# 21-Day Challenge @ Work - FAQ

#### 1. What is the 21-Day Challenge @ Work?

The 21-Day Challenge encourages you and your colleagues to make healthier snack choices for the next 21 days. You will receive a recipe book developed from the *kids teaching kids*® Program, over 500 online snack recipes, weekly education "bites" from the dietitian and support from your wellness coordinator.

We encourage you to support your co-workers in this challenge. Plan snack breaks together and coordinate ingredients to share in the fun!

#### 2. What is kids teaching kids?

The *kids teaching kids* Program challenges high school culinary students to create a recipe book for elementary school students full of healthy, flavorful snacks featuring fruits and vegetables.

# 3. 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 called Healthy Snack Finder. You can use the Healthy Snack Finder 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, listed helow).

#### 4. What if I miss a day in the 21-Day Challenge?

It is OK to miss a day. Though, during the 21-Day 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.

#### 5. 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.

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

No. We are trying to compile accurate data. Please use the same email address for the registration and final assessment.

#### 7. During the 21-Day 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, Texas ProStart® 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, listed below).

#### 8. What are the guidelines for a healthy snack?

Below are the guidelines for your healthy snack. Don't forget to check your portion size!

- · 200 calories or less
- 7 grams of fat or less
- · 2 grams of saturated fat or less
- 2 grams of fiber or more!
- . 15 grams of sugar or less
- Must contain a minimum of a 1/2 cup of fruit or vegetable per serving

#### 9. What if I have questions about the 21-Day Challenge?

Contact your wellness coordinator.





Anger

TALK ABOUT YOUR
FEELINGS OR
PROBLEMS.

"OLIVE" US HAVE THEM! SO LET'S "MEAT UP" AND CHAT!









If you have chosen any of the ingredients, click here.

If any of the ingredients align with you, here are a few condiments that will make it taste better.

Reducing Anxiety and Mindfulness

More resources HERE



# 21-Day Challenge 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 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 Challenge @ Work.

Date	Name of Snack Recipe or Description of Your Own Snack	Would I Make it Again?

# CARING for NORTH TEXAS



Medical City Healthcare is one of the region's largest, most comprehensive healthcare providers including an entire network of hospitals, off-campus emergency rooms and CareNow® Urgent Care clinics. We're committed to providing excellent and compassionate care that is convenient and accessible.

