



EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH

Lemon-Parm Popcorn

EatingWell Favorite **SNACK** Recipes

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Chocolate Pretzel & Cherry Popcorn Balls

Makes: 12 (2-inch) balls

Active time: 20 minutes **Total:** 20 minutes

To make ahead: Wrap airtight for up to 2 days, but best the day they are made.

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These popcorn balls are made with agave nectar and peanut butter and are spiked with chocolate covered pretzels and dried cherries for a special treat. Try making them for your Halloween party this year.

- 6 heaping cups popped corn
- ¼ cup agave nectar (*see Tip*) or honey
- ¼ cup creamy natural peanut butter or almond butter, at room temperature
- 2 tablespoons finely chopped dark chocolate-covered pretzels
- 2 tablespoons finely chopped dried cherries

1. Line a baking sheet with parchment or wax paper. Prepare a medium bowl of ice water. Put popcorn in a large bowl.

2. Combine agave (or honey) and peanut butter (or almond butter) in a small saucepan. Cook over medium heat, stirring gently but constantly. As soon as the mixture starts to lightly bubble, cook, stirring constantly, for 15 seconds more.

3. Immediately pour the mixture evenly over the popcorn; gently mix with a wooden spoon or spatula until well coated. Gently stir in dark chocolate-covered pretzels and finely chopped dried cherries.

4. Dip both hands in the ice water. Working quickly, press small handfuls (heaping ¼ cup each) of the popcorn mixture firmly into 2-inch balls. (Make sure each ball gets a little bit of the pretzels and dried cherries.) Place the balls on the prepared baking sheet. If they seem too fragile, rinse hands with cold water and press and squeeze each ball again to help keep it together.

5. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.

Per ball: 89 calories; 3 g fat (1 g sat, 0 g mono); 0 mg cholesterol; 13 g carbohydrate; 6 g added sugars; 2 g protein; 1 g fiber; 34 mg sodium; 18 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 1 fat

Tip: Agave syrup or nectar is the naturally sweet juice extracted from the agave plant. It has a lower glycemic index and is lower in calories than table sugar, but is even sweeter. Use it in moderation when substituting for table sugar. Look for it near other sweeteners in health food stores and well-stocked supermarkets.

Chocolate-Cherry Snack Bars

Makes: 16 bars

Active time: 15 minutes **Total:** 1 hour 50 minutes (including 1 hour cooling time)

To make ahead: Store airtight for up to 1 week. **Equipment:** Parchment paper

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These cereal bars are chewy, crunchy and delicious with good-for-you seeds, nuts, fruit and little explosions of chocolate. We like the flavor of dried cherries or cranberries, but any coarsely chopped dried fruit will work.

- 2½ cups unsweetened puffed wheat cereal
- ½ cup pecan halves, chopped medium-fine
- ⅓ cup salted roasted pepitas (*see Tips*)
- ¼ cup dried cherries or dried cranberries, coarsely chopped
- 2 tablespoons sesame seeds
- 1 tablespoon ground flaxseeds (*see Tips*)
- ½ cup honey
- ½ teaspoon vanilla extract
- ⅛ teaspoon salt
- ½ cup mini semisweet chocolate chips or finely chopped bittersweet chocolate

1. Position a rack in lower third of oven; pre-heat to 300°F. Line an 8-inch-square pan with parchment paper, letting it overhang on two opposite sides.

2. Toss cereal, pecans, pepitas, cherries (or cranberries), sesame seeds and ground flaxseeds in a large bowl.

3. Combine honey, vanilla and salt in a small saucepan. Warm over medium heat, stirring, until the honey is more fluid and the salt is dissolved. Pour the honey mixture over the dry ingredients and fold until everything is moistened and sticky. Let cool for 5 minutes. Fold in chips (or chopped chocolate) until evenly distributed. Scrape the mixture into the prepared pan and spread evenly with a fork. Using the back of the fork, press the mixture very firmly all over. (*Alternatively, cover with*



parchment paper and press firmly all over.)

4. Bake until the top is golden brown, about 35 minutes. (If in doubt, take it out so the honey does not burn.) Run a knife along the unlined sides of the pan to detach the bars. Let cool in the pan on a wire rack to room temperature, about 1 hour. Use the ends of the parchment to lift the bars from the pan. Gently peel off the parchment. Use a heavy sharp knife to cut into 16 bars or squares.

Per serving: 109 calories; 5 g fat (1 g sat, 2 g mono); 0 mg cholesterol; 17 g carbohydrate; 12 g added sugars; 1 g protein; 1 g fiber; 54 mg sodium; 66 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 1 fat

Tips: Hulled pumpkin seeds, also known as pepitas, are medium-dark green and have a delicate nutty flavor. They are sold salted, roasted and raw, and can be found in the natural-foods section of many supermarkets.

Look for ground flaxseeds (or flaxmeal) in the natural-foods section of large supermarkets or in natural-foods stores. Store in the refrigerator or freezer.



Frogs on a Log

Makes: 1 serving

Active time: 10 minutes **Total:** 10 minutes

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Give this childhood treat a savory twist by swapping the peanut butter and raisins for cream cheese and olives. For a spicy snack, try chopped pickled jalapenos instead of olives.

- 1 stalk celery
- 1 tablespoon reduced-fat cream cheese (Neufchâtel)
- 5 pimiento-stuffed green olives, sliced

Spread celery with cream cheese. Top with olives.

Per serving: 62 calories; 5 g fat (2 g sat, 2 g mono); 10 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 2 g protein; 1 g fiber; 289 mg sodium; 131 mg potassium.

Carbohydrate Servings: 0

Exchanges: 1 fat



Lemon-Parm Popcorn

Makes: 2 servings, 1½ cups each

Active time: 5 minutes **Total:** 5 minutes
(not including popcorn-popping time)

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Perk up your popcorn with a bit of lemon pepper and Parmesan cheese.

- 2 teaspoons extra-virgin olive oil
- ½ teaspoon lemon pepper
- Pinch of salt
- 3 cups air-popped popcorn
- 1 tablespoon freshly grated Parmesan cheese

Whisk oil, lemon pepper and salt in a small bowl. Drizzle over popcorn and toss to coat. Sprinkle with Parmesan and serve immediately.

Per serving: 99 calories; 6 g fat (1 g sat, 4 g mono); 2 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 192 mg sodium; 43 mg potassium.

Carbohydrate Servings: 1

Exchanges: ½ starch, 1 fat



Strawberry-Banana Smoothie Pops

Makes: 6 (4-ounce) pops

Active time: 10 minutes **Total:** 6 hours
10 minutes (including freezing time)

To make ahead: Freeze for up to 3 weeks.

Equipment: Six 4-ounce freezer pop molds
(see *Tip*)

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Turn a strawberry-banana smoothie, or your favorite blended concoction, into freezer pops for a cool treat.

- 2 cups frozen strawberries
- 1 medium banana
- 1 cup low-fat strawberry yogurt or vanilla yogurt
- ½ cup cranberry juice cocktail or pomegranate juice
- 1 tablespoon pure maple syrup

Place strawberries, banana, yogurt, juice and maple syrup in a blender and blend until smooth. Divide among six 4-ounce freezer-pop molds. Freeze until firm, at least 6 hours.

Per serving: 92 calories; 1 g fat (0 g sat, 0 g mono); 3 mg cholesterol; 21 g carbohydrate; 8 g added sugars; 2 g protein; 2 g fiber; 21 mg sodium; 238 mg potassium.

Nutrition bonus: Vitamin C (72% daily value).

Carbohydrate Servings: 1

Exchanges: ½ fruit, ½ carbohydrate (other)

Tip: If you don't have freezer pop molds, divide the smoothie among small paper or plastic cups instead. Freeze until very thick, but not completely frozen, 1 to 2 hours. Insert frozen-treat sticks and continue freezing until completely firm, 4 to 5 hours more.



Cottage Cheese Salad

Makes: 1 serving, 1 cup each

Active time: 10 minutes **Total:** 10 minutes

To make ahead: Cover and refrigerate for up to 1 day.

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Cottage cheese topped with crunchy bell pepper and sweet tomato makes for a satisfying afternoon snack or pair it with hearty whole-grain crackers for a light lunch.

- ½ cup low-fat cottage cheese
- ¼ cup chopped green bell pepper
- ¼ cup chopped tomato
- 1 tablespoon minced scallion
- Pinch of salt
- Pinch of freshly ground pepper

Place cottage cheese, bell pepper and tomato in a small container. Sprinkle with scallion, salt and pepper. Stir to combine, if desired.

Per serving: 100 calories; 1 g fat (1 g sat, 0 g mono); 5 mg cholesterol; 7 g carbohydrate; 0 g added sugars; 15 g protein; 1 g fiber; 766 mg sodium; 290 mg potassium.

Nutrition bonus: Vitamin C (62% daily value).

Carbohydrate Servings: ½

Exchanges: 2 lean meat

Chile-Cocoa Graham Crackers

Makes: about 3 dozen (2-inch) pieces

Active time: 30 minutes **Total:** 2¼ hours
(including chilling & cooling time)

To make ahead: Prepare through Step 2 and refrigerate for up to 2 days; let soften slightly at room temperature before proceeding with Step 3. Store grahams in an airtight container for up to 2 weeks.

Equipment: Parchment paper

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These crunchy and crispy chocolate graham crackers have a tiny bit of spicy ancho chile on top. Oat flour makes them extra tender and tasty. Eat them plain or drizzled with a little melted chocolate. Depending on how thin you roll the dough, the crispness of the baked graham crackers will vary. If yours are not as crunchy as you like after they are completely cooled (especially the ones in the center that might be a little thicker), place them on a parchment-lined baking sheet and bake at 325°F for about 15 minutes. Let cool and check again for crunch.

- 1¾ cups graham flour (see *Tips*)
- ⅓ cup oat flour (see *Tips*)
- ¼ cup unsweetened cocoa powder, preferably natural (see *Tips*)
- ¼ cup plus 2 tablespoons sugar
- ½ teaspoon salt
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- 6 tablespoons cold unsalted butter, cut into ½-inch cubes
- 3 tablespoons low-fat milk
- 3 tablespoons honey
- ½ teaspoon vanilla extract

Topping

- Pinch of salt
- 1 tablespoon sugar
- ¼ teaspoon ancho chile powder (see *Notes*) or regular chili powder
- ¼ teaspoon ground cinnamon

1. Pulse graham flour, oat flour, cocoa, ¼ cup plus 2 tablespoons sugar, ½ teaspoon salt, baking powder and baking soda in a food processor until thoroughly mixed. Sprinkle butter cubes over the mixture. Pulse until the mixture resembles cornmeal. Stir milk, honey and vanilla in a small cup until the honey is dissolved. Drizzle the honey mixture into the food processor. Process just until the dough holds together.

2. Shape the dough into a flat 8- to 9-inch square. Wrap and refrigerate until cold but still supple enough to roll out, about 30 minutes.

3. Position a rack in center of oven; preheat to 350°F.

4. Roll the dough between sheets of parchment paper until it is ⅛ to ⅙ inch thick and as even as possible from the center to the edges. (You will have an approximate 12-by-16-inch rectangle. If you find the dough difficult to roll evenly over such a big area, divide it and roll out and bake two smaller pieces.) Flip the paper and dough over once or twice to check for deep wrinkles; if necessary, peel off the parchment and smooth it over the dough before continuing. Peel off the top sheet of parchment. Prick the dough all over with a fork.

5. **To prepare topping:** Sprinkle the dough evenly with tiny pinches of salt (about ⅙ teaspoon total). Mix 1 tablespoon sugar with chile powder and cinnamon. Sprinkle the dough evenly with the spiced sugar.

6. Slide the dough onto a large baking sheet. Even up the edges with a sharp knife. Leave the edge scraps in place (for nibbling and to protect the rest of the grahams from burnt edges). Bake until the grahams are just starting to brown around the edges, 20 to 25 minutes. Let cool on the pan on a wire rack for 10 minutes. Cut into squares, diamonds or rectangles. Let cool completely before storing; the grahams crisp up when completely cool.

Per 2-inch piece: 59 calories; 2 g fat (1 g sat, 1 g mono); 5 mg cholesterol; 8 g carbohydrate; 3 g added sugars; 1 g protein; 1 g fiber; 58 mg sodium; 16 mg potassium.

Carbohydrate Servings: ½

Exchanges: ½ carbohydrate (other)



Tips:

Graham flour is 100% whole-wheat flour. Before milling, the bran and germ are coarsely ground and the endosperm is finely ground; all are recombined to create a flour with a texture and flavor like wheat bran.

Oat flour is made from finely milled whole oats. Look for both near other flour in the baking or bulk section in natural-foods stores and well-stocked supermarkets.

Cocoa powder comes in two styles: natural and Dutch-processed. Dutch-processed cocoa has been treated with alkali, or “Dutched,” to neutralize the natural acidity of cocoa, while natural has not. For this recipe, we prefer the taste of natural cocoa powder, although either type can be used.

Ancho chile powder, made from dried poblano peppers, has a mild, sweet spicy flavor. Look for it in the spice section of well-stocked supermarkets.

Apple-Cinnamon Fruit Bars

Makes: 18 bars

Active time: 40 minutes **Total:** 2¾ hours
(including 1½ hours cooling time)

To make ahead: Cover and refrigerate the crust and topping (Steps 1-2) for up to 1 day. Cover or individually wrap and refrigerate the cooled bars for up to 5 days.

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These easy apple-cinnamon fruit bars make a big batch—perfect for fall potlucks and parties.

Crust

- 1 cup chopped nuts (walnuts, pecans, almonds or hazelnuts) or old-fashioned rolled oats, divided**
- ¾ cup whole-wheat pastry flour (see Tip)**
- ¾ cup all-purpose flour**
- ½ cup sugar**
- ½ teaspoon salt**
- 4 tablespoons cold unsalted butter, cut into small pieces**
- 1 large egg**
- 2 tablespoons canola oil**
- 1 teaspoon vanilla extract**
- ¼ teaspoon almond extract**

Fruit Filling

- 6 cups diced peeled apples, divided**
- ½ cup apple cider or orange juice**
- ½ cup sugar**
- ¼ cup cornstarch**
- 1½ teaspoons ground cinnamon**
- 1 teaspoon vanilla extract**

1. To prepare crust: Combine ¾ cup nuts (or oats), whole-wheat flour, all-purpose flour, sugar and salt in a food processor; pulse until the nuts are finely ground. Add butter; pulse until well incorporated.

2. Whisk egg, oil, vanilla and almond extract in

a small bowl. With the motor running, add the mixture to the food processor. Process, then pulse, scraping down the sides, if necessary, until the mixture begins to clump, 30 to 45 seconds (it will look crumbly). Measure out ½ cup of the mixture and combine in a bowl with the remaining ¼ cup chopped nuts (or oats). Set aside for the topping.

3. Preheat oven to 400°F. Generously coat a 9-by-13-inch baking dish with cooking spray.

4. To prepare fruit filling & assemble bars: Combine 4 cups apples, cider (or orange juice), sugar and cornstarch in a large saucepan. Bring to a simmer over medium heat, stirring constantly, until the mixture is very thick, 4 to 5 minutes. Stir in the remaining 2 cups apples, cinnamon and 1 teaspoon vanilla.

5. Transfer the dough to the prepared baking dish. Spread evenly and press firmly into the bottom to form a crust. Spread the fruit filling over the crust. Sprinkle the reserved topping over the filling.

6. Bake the bars for 15 minutes. Reduce oven temperature to 350° and bake until the crust and topping are lightly brown, 25 to 30 minutes more. Let cool completely before cutting into bars, at least 1 ½ hours.

Per bar: 193 calories; 9 g fat (2 g sat, 2 g mono); 17 mg cholesterol; 27 g carbohydrate; 11 g added sugars; 3 g protein; 2 g fiber; 69 mg sodium; 74 mg potassium.

Carbohydrate Servings: 2

Exchanges: 2 carbohydrates (other), 2 fat

Tip: Lower in protein than regular whole-wheat flour, whole-wheat pastry flour is milled from soft wheat and has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large supermarkets and natural-foods stores. Store in the freezer.





Almond-Honey Power Bar

Makes: 8 bars

Active time: 30 minutes **Total:** 1 hour
(including chilling)

To make ahead: Store in an airtight container at room temperature or in the refrigerator for up to 1 week or freeze for up to 1 month; thaw at room temperature.

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Great for breakfast on the go! Golden roasted nuts, seeds and oats are enveloped by flavorful almond butter in these delectably chewy, no-fuss energy bars. Unrefined turbinado sugar adds a deep caramelly undertone. Feel free to use light brown sugar instead. Bars stored at room temperature will be softer than those that are refrigerated.

- 1 cup old-fashioned rolled oats
- ¼ cup slivered almonds
- ¼ cup sunflower seeds
- 1 tablespoon flaxseeds, preferably golden
- 1 tablespoon sesame seeds
- 1 cup unsweetened whole-grain puffed cereal (see *Tips*)
- ⅓ cup currants
- ⅓ cup chopped dried apricots
- ⅓ cup chopped golden raisins
- ¼ cup creamy almond butter (see *Tips*)
- ¼ cup turbinado sugar (see *Tips*)
- ¼ cup honey
- ½ teaspoon vanilla extract
- ⅛ teaspoon salt

1. Preheat oven to 350°F. Coat an 8-inch-square pan with cooking spray.
2. Spread oats, almonds, sunflower seeds, flaxseeds and sesame seeds on a large, rimmed baking sheet. Bake until the oats are lightly toasted and the nuts are fragrant, shak-

ing the pan halfway through, about 10 minutes. Transfer to a large bowl. Add cereal, currants, apricots and raisins; toss to combine.

3. Combine almond butter, sugar, honey, vanilla and salt in a small saucepan. Heat over medium-low, stirring frequently, until the mixture bubbles lightly, 2 to 5 minutes.

4. Immediately pour the almond butter mixture over the dry ingredients and mix with a spoon or spatula until no dry spots remain. Transfer to the prepared pan. Lightly coat your hands with cooking spray and press the mixture down firmly to make an even layer (wait until the mixture cools slightly if necessary). Refrigerate until firm, about 30 minutes; cut into 8 bars.

Per serving: 242 calories; 10 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 38 g carbohydrate; 15 g added sugars; 5 g protein; 4 g fiber; 55 mg sodium; 313 mg potassium.

Nutrition bonus: Magnesium (19% daily value).

Carbohydrate Servings: 2½

Exchanges: 1 starch, 1½ carbohydrates (other), 2 fat

Tips:

For this recipe, we like unsweetened puffed multi-grain cereal, such as Kashi's 7 Whole Grain Puffs.

Almond butter can be found at natural-foods stores and large supermarkets, near the peanut butter.

Turbinado sugar is steam-cleaned raw cane sugar. It's coarse-grained and light brown in color, with a slight molasses flavor. Find it in the natural-foods section of large supermarkets or at natural-foods stores.



Kale Chips

Makes: 4 servings, about 2 cups each

Active time: 25 minutes **Total:** 25 minutes

To make ahead: Store in an airtight container at room temperature for up to 2 days.

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Not a fan of kale? These crispy baked kale chips will convert you! For the best result, don't overcrowd the pans.

- 1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups; see *Tip*)
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt

1. Position racks in upper third and center of oven; preheat to 400°F.
2. If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, massage the oil and salt

onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches.)

3. Bake until most leaves are crisp, switching the pans back to front and top to bottom half-way through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

Per serving: 110 calories; 5 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 16 g carbohydrate; 0 g added sugars; 5 g protein; 6 g fiber; 210 mg sodium; 642 mg potassium.

Nutrition bonus: Vitamin A (767% daily value), Vitamin C (192% dv), Calcium (20% dv), Potassium (18% dv).

Carbohydrate Servings: 1

Exchanges: 2 vegetables, 1 fat

Tip: Choose organic kale when possible. Nonorganic can have high pesticide residue.

EatingWell Chocolate Chip Cookies

Makes: 2 dozen cookies

Active time: 35 minutes **Total:** 2 hours (including 1 hour chilling time)

To make ahead: Refrigerate the dough for up to 1 day. Store the baked cookies in an airtight container for up to 2 days.

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This awesome lacy chocolate chip cookie is given a healthful makeover with oats and whole-wheat flour, and canola oil to replace some of the butter.

- ½ cup instant oats
- ½ cup whole-wheat pastry flour (see *Tip*, page 6)
- ½ teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup light brown sugar
- ¼ cup honey
- 3 tablespoons unsalted butter, softened (see *Tip*)
- 3 tablespoons canola oil
- 1¼ teaspoons vanilla extract
- 1 large egg
- ¾ cup pecans, coarsely chopped
- 1 cup bittersweet chocolate chips or chunks

1. Grind or process oats in a blender or food processor to a fine powder, scraping down the sides as necessary. Whisk the oats, flour, baking powder, baking soda and salt in a medium bowl until well combined.
2. Beat brown sugar, honey, butter, oil and vanilla in a large bowl with an electric mixer until well combined. Beat in egg until combined. Add the dry ingredients and beat on low speed until combined. Stir in pecans and chocolate chips (or chunks). Refrigerate the dough for at least 1 hour or overnight.
3. Preheat oven to 375°F. Line a large baking sheet with parchment paper or a nonstick baking mat.
4. Drop level tablespoons of chilled dough onto the prepared baking sheet, at least 2



inches apart, to make 8 cookies at a time. Bake the cookies, in batches, until just golden, 7 to 9 minutes. Cool on the baking sheet for 5 minutes before transferring to a wire rack to cool.

Per cookie: 124 calories; 9 g fat (3 g sat, 3 g mono); 12 mg cholesterol; 12 g carbohydrate; 7 g added sugars; 2 g protein; 1 g fiber; 51 mg sodium; 28 mg potassium.

Carbohydrate Servings: 1

Exchanges: 1 carbohydrate (other), 2 fat

Tip: Let butter stand at room temperature for about 1 hour before using. Warm room temperatures may soften butter more quickly. If you're in a hurry, cut the butter into small pieces and let soften for about 15 minutes. (Softening butter in the microwave is not recommended; microwaves heat unevenly and may melt, instead of soften, butter quickly.)



Ranch Dip & Crunchy Vegetables

Makes: 6 servings, 2½ tablespoons dip & 1 cup vegetables each

Active time: 15 minutes **Total:** 15 minutes

To make ahead: Cover and refrigerate the dip for up to 3 days.

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Adults and kids alike love the tanginess of this ranch-style dip. By using nonfat buttermilk and low-fat mayonnaise for the creamy base we've cut the fat substantially and eliminated the saturated fat. It only takes 15 minutes to make and keeps for 3 days so it's perfect for a healthy snack in a pinch.

- ½ cup nonfat buttermilk (*see Tip*)
- ⅓ cup low-fat mayonnaise
- 2 tablespoons minced fresh dill
or 2 teaspoons dried
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey
- ½ teaspoon garlic powder
- ⅛ teaspoon salt

6 cups vegetables, such as baby carrots, sliced red bell peppers, snap peas, broccoli and cauliflower florets, cucumber spears, grape tomatoes

Whisk buttermilk, mayonnaise, dill, lemon juice, mustard, honey, garlic powder and salt in a medium bowl until combined. Serve the dip with vegetables of your choice

Per serving: 75 calories; 3 g fat (0 g sat, 1 g mono); 4 mg cholesterol; 11 g carbohydrate; 2 g added sugars; 2 g protein; 2 g fiber; 219 mg sodium; 266 mg potassium.

Nutrition bonus: Vitamin C (85% daily value), Vitamin A (76% dv).

Carbohydrate Servings: 1

Exchanges: 1½ vegetable, ½ fat

Tip: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk": mix 1 tablespoon lemon juice or vinegar to 1 cup milk.

Spiced Spanish Almonds

Makes: 12 servings, ¼ cup each

Active time: 10 minutes **Total:** 1½ hours

To make ahead: Store in an airtight container for up to 1 week.

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Salty, sweet and laced with smoke—the perfect kind of almond for a party. If any remain the next day, savor them over a salad topped with sliced ripe pears and shaved Manchego cheese.

- ¼ cup light brown sugar
- 2 teaspoons ground cumin
- 1 teaspoon hot paprika
- 1 teaspoon dried thyme
- 1 teaspoon kosher salt
- ¼ teaspoon cayenne pepper
- 1 large egg white
- 1 tablespoon water
- 1 pound (about 3 cups) Marcona or raw whole almonds (*see Tip*)

1. Preheat oven to 275°F. Coat a large rimmed baking sheet with cooking spray.

2. Whisk brown sugar, cumin, paprika, thyme, salt and cayenne in a large bowl. Whisk egg white and water in a medium bowl until foamy. Add almonds and stir to coat; pour through a sieve to drain off excess egg white. Transfer the almonds to the bowl of spices; stir well to coat. Spread evenly on the prepared baking sheet.

3. Bake the almonds for 30 minutes. Stir, reduce the oven temperature to 200° and bake until the almonds are dry and golden, about 30 minutes more. Let cool before serving, about 20 minutes.

Per serving: 245 calories; 19 g fat (1 g sat, 12 g mono); 0 mg cholesterol; 12 g carbohydrate; 4 g added sugars; 8 g protein; 5 g fiber; 99 mg sodium; 5 mg potassium.

Carbohydrate Servings: 1

Exchanges: ½ carbohydrate (other), 4 fat



Tip: Spanish Marcona almonds have recently become more popular and more available. They're a little flatter than ordinary almonds, with a richer flavor. Always skinned, most Marcona almonds have already been sautéed in oil and lightly salted when you get them. For this recipe, select unsalted and oil-free nuts if you can, though either will work well. Find them in specialty stores or online at tienda.com.



Chocolate Crunch

Makes: 4 servings, about $\frac{3}{4}$ cup each

Active time: 5 minutes **Total:** 35 minutes

To make ahead: Refrigerate in an airtight container for up to 5 days.

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Crunchy wheat cereal, pretzels and almonds coated in bittersweet chocolate makes an addictive sweet-salty snack.

- 1 cup Wheat Chex cereal (2 ounces)
- 1 cup pretzel sticks broken in half (2 ounces)
- $\frac{1}{4}$ cup salted roasted almonds (2 $\frac{1}{2}$ ounces)
- 3 tablespoons bittersweet chocolate chips, melted (see *Tip*)

Combine Chex, pretzels and almonds in a medium bowl. Drizzle with melted chocolate; stir to combine. Spread the mixture on a wax paper-lined baking sheet and refrigerate until the chocolate is set, about 30 minutes

Per serving: 222 calories; 10 g fat (3 g sat, 3 g mono); 0 mg cholesterol; 33 g carbohydrate; 5 g added sugars; 5 g protein; 4 g fiber; 362 mg sodium; 134 mg potassium.

Nutrition bonus: Folate & Iron (33% daily value).

Carbohydrate Servings: 2

Exchanges: 1 starch, 1 carbohydrate (other), 2 fat

Tip: To melt chocolate, microwave on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted.

About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.

- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

EatingWell reaches millions of consumers through the award-winning *EatingWell* Magazine, www.EatingWell.com, EatingWell cookbooks and licensing partners that trust EatingWell to provide healthy recipes, how-to instruction, diet and nutrition articles and custom healthy-eating solutions.

We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

About EatingWell health tags

A recipe checked...



has limited saturated fat.



is low in calories and meets limits for Carbohydrate Servings.



has reduced calories (and limited saturated fat).



does not contain wheat, rye, barley or oats.

(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked "Gluten Free," the serving suggestions that accompany it may contain gluten.)