

“SMART SNACKING”

URBANDALE, IOWA – Tis the season to never ending snacking. It seems that the holiday season, not only brings joy and happiness, but also, unwanted pounds. Everywhere you turn, it seems that temptation is lurking around the corner – cookies, cupcakes and candy! Keep your eating, and your belt, in check by making smart snacking choices. Opt for foods high in protein, such as eggs, to keep your energy levels high, mind focused and hunger levels low.

Snack choices can be as simple as hard cooked eggs on a stick, AKA ‘eggpops’. Make it fun and creative by placing a lollipop stick in the bottom of the egg, or use a pretzel rod or breadstick. Tease your tastebuds by dusting the eggpops with salt and pepper, a salt-free table blend seasoning mix, or a dash of sunshine with salt-free lemon and pepper seasoning mix.

If dusty eggpops don’t appeal to you, then try dunking your eggpops in some savory sauces. How about spicing up your eggpop with Sriracha? Mix a little bit of low fat mayo with a little Sriracha and you have got yourself a spicy smart snack! Think outside of the box and dunk your eggpop in horseradish, or even Ranch dressing.

Another favorite, of mine, is **creamy egg spread**. It is simple, delicious and satisfying. The spread can be made the night before and can be snacked on, with fresh vegetables, for the next 3-5 days. Perfect for the work week!

For more smart snacking ideas and recipes, visit us at www.iowaegg.org.

Creamy Egg Spread

4 eggs
¼ Cup cream cheese
1 Tablespoon Zesty Italian dressing mix (dry)
2 teaspoons chives

Directions:

Break eggs in bowl; add chives and dressing mix, and whip. Cube cream cheese and add to egg mixture. Cook in skillet over medium heat, stirring gently until eggs are set. Do not overcook. Chill thoroughly.

Serve on your choice of crackers, zucchini or cucumber slices for a tasty appetizer.

Serves 20