



Plant-Powered Swaps for Game Day Snacks

Game-day snacks don't have to sideline your health goals.

Choosing plant-based options can help you stay fueled and satisfied while still bringing bold flavors to the table (and impressing your friends!). Here's why it's worth the swap:

Feel good, play good. Plant-powered snacks like lentils, nuts, and veggies are packed with nutrients to keep you energized without the post-snack slump.

Crowd-pleasers for everyone. Whether your guests are vegan, vegetarian, or just curious, plant-based options offer something for every diet and taste.

Big flavor, better nutrition. Ingredients like beans, nuts, and seeds bring bold, savory flavors along with plenty of protein, fiber, and heart-healthy fats. Think smoky roasted chickpeas, creamy guacamole, or zesty lentil spreads—delicious without the grease or heaviness of traditional snacks.

Looking for ideas? Try these simple plant-powered swaps to upgrade your offerings:

Dips: Trade sour cream-based dips for hummus, black bean dip, or guacamole with veggie sticks or whole-grain crackers.

Nachos: Top tortilla chips with black beans, fresh salsa, guacamole, and plant-based queso for a healthier twist.

Wings: Skip the wings and roast cauliflower florets tossed in hot sauce for a crispy, spicy snack.

Chips: Swap traditional oily potato chips for baked veggie chips, air-popped popcorn, or roasted chickpeas.

Game day is the perfect opportunity to show how satisfying plant-powered snacks can be. With these simple swaps, you'll enjoy bold flavors, impress your guests, and stick to your health goals—all while cheering on your team!

Lentil Walnut Pâté



This is a crowd-pleasing, nutrient-packed dip or spread that is surprisingly rich and delicious. It's perfect with whole grain crackers, raw veggies, or on a sandwich or wrap. Give it a try for Superbowl Sunday - you might need to whip up a second batch!

Ingredients:

- 1 tbsp olive oil (or water if you're avoiding oil)
- 1 medium onion, roughly chopped
- 2 cloves garlic, sliced
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1 cup cooked brown or green lentils (if you don't have time to boil them, you can get them canned. Be sure to rinse and drain first!)
- 1 cup chopped walnuts or pecans
- 2 tablespoons lemon juice
- ¼ cup (packed) fresh parsley or cilantro
- Salt and pepper to taste

Instructions:

1. In a large skillet, heat the oil and add onions. Cook, stirring, for about 3 minutes, until translucent. Add garlic, oregano, and thyme, and cook for another minute. Add lentils, nuts, and lemon juice, and cook over medium heat for an additional 5 minutes, stirring occasionally.
2. Transfer mixture to a food processor. Cover and process until smooth. If the mixture is too thick, add water, 1 tablespoon at a time, until desired consistency. Add fresh herbs and pulse a few times. Taste and adjust with salt and pepper.
3. Transfer to a bowl and serve.