

Healthier Party Foods

Whether you're getting together to watch a game, celebrate, or just because it's been a while, you can make party food that is fun, tasty, and pretty good for you. And although you may not want to completely replace all of your

favorite party foods, use a few of these ideas to put together a tasty variety of choices, old and new, that include colors and textures that won't "bust a gut." Switch out some of your usual party foods for these healthier options:

INSTEAD OF:	TRY THESE:
Chips	Pirate's Booty, pretzels, baked corn tortilla wedges, sandwich thin wedges (whole grain), Popcorn (see "Gourmet Microwave Popcorn"*), Trail mix*
Cheese dips, sour cream dips	Bean dip, salsa, hummus, Bruschetta topping (from a jar, like Trader Joe's), Greek yogurt-based dips (here's a good one: Spinach Artichoke Dip*), and Hearty Hummus*
Crackers	Veggies: baby carrots, snap peas, celery, cherry tomatoes, sweet pepper strips, zucchini wedges, jicama (look it up! great for dipping) Fruit: apple slices, pear slices, grapes Whole grain crackers: Triscuits, Wheat Thins, and Kashi have a variety (look for "whole grain" in ingredients on these and other crackers)
Hard, yellow cheeses	Soft white cheeses: part skim mozzarella (aka string cheese), goat cheese/ feta, Laughing Cow cheeses, Babybel cheeses
Taquitos, pizza bites, bagel bites, other pre-made "party" food	Try a couple of these really easy, really yummy recipes from the Cooking on Campus student chefs: Deconstructed Caprese Salad* (salad on a stick), Baked Potato Bites*, Pinwheel Wraps*, Balsamic Grape Crostini*, Cauliflower Tots*

*** FOR THESE RECIPES AND MORE PARTY FOOD IDEAS GO TO:**
www.cookingoncampus.arizona.edu/recipe/snacks-and-side-dishes

STRATEGIES TO CUT COSTS:

- Do it yourself: Make it from scratch (try one of the Cooking on Campus recipes); cut up veggies and fruit yourself.
- Ask friends to bring something to share. Then you provide a few low-cal,

fresh, whole-food options to balance the more traditional, high fat foods they may bring (nacho cheese dip, wings, chips, etc).

- Use produce that is in-season for best prices.



CAMPUS HEALTH

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Food and nutrition services (including healthy eating, cooking skills, weight management, digestive problems, hormonal and cardiovascular diseases, and eating disorders) are offered year-round at Campus Health. Call (520) 621-6483 to make an appointment.