

EATINGWELL

LOW-CARB SNACK RECIPES



Cottage
Cheese
Veggie Dip

EatingWell
Pimiento
Cheese

Edamame-
Ginger Dip

Spiced
Chickpea
“Nuts”

Devilish
Egg

Lemon-
Parm
Popcorn

Tropical
Popcorn
Balls

Spiced
Pistachios

Low-Carb Snack Recipes

COTTAGE CHEESE VEGGIE DIP

ACTIVE: 5 MIN TOTAL: 5 MIN

☒ Heart Health ☒ Diabetes
☒ Weight Loss ☒ Gluten Free

Stir lemon pepper into cottage cheese for a quick and healthy vegetable dip. We like carrots and snow peas, but any crunchy vegetables you have on hand will do.

- ½ cup low-fat cottage cheese
- ¼ teaspoon lemon pepper
- ½ cup baby carrots
- ½ cup snow peas or snap peas

Combine cottage cheese and lemon pepper. Serve with carrots and peas.

SERVES 1

Per serving: 120 calories; 2 g fat (1 g sat, 0 g mono); 10 mg cholesterol; 14 g carbohydrate; 14 g protein; 2 g fiber; 561 mg sodium; 202 potassium.

Nutrition bonus: Vitamin A (170% daily value), Vitamin C (30% dv), Calcium (25% dv).

Carbohydrate servings: 1

Exchanges: 1 vegetable, 2 very lean meat



Low-Carb Snack Recipes

EATINGWELL'S PIMIENTO CHEESE

☐ Heart Health ☐ Diabetes
☒ Weight Loss ☒ Gluten Free

ACTIVE: 15 MIN **TOTAL:** 15 MIN

TO MAKE AHEAD: Cover and refrigerate for up to 3 days.

This Southern favorite is a simple blend of Cheddar, mayonnaise and pimientos. If you like spicy foods, add a few shakes of hot sauce. Serve with crackers for an appetizer or as a sandwich spread for lunch!

- 1½ cups shredded reduced-fat sharp Cheddar cheese
- ¼ cup low-fat mayonnaise
- 1 4-ounce jar sliced pimientos, drained and chopped
- 2 tablespoons minced scallions
- Hot sauce to taste (optional)

Combine cheese, mayonnaise, pimientos, scallions and hot sauce (if using) in a medium bowl.

MAKES: 1½ CUPS

Per 2-tablespoon serving: 49 calories; 3 g fat (2 g sat, 0 g mono); 9 mg cholesterol; 2 g carbohydrate; 1 g added sugars; 3 g protein; 0 g fiber; 156 mg sodium; 18 mg potassium.



Low-Carb Snack Recipes

EDAMAME-GINGER DIP

☒ Heart Health ☐ Diabetes

☐ Weight Loss ☒ Gluten Free

ACTIVE: 15 MIN **TOTAL:** 1¼ HRS

TO MAKE AHEAD: Cover and refrigerate for up to 5 days.

Think of this dip as an Asian version of hummus, made with edamame, ginger and soy.

Serve with rice crackers and/or carrot sticks.

- 8 ounces frozen shelled edamame
- ¼ cup water
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon minced fresh ginger
- 1 tablespoon rice vinegar
- 1 tablespoon tahini
- 1 clove garlic
- ⅛ teaspoon salt
- Hot pepper sauce to taste

1. Cook edamame according to package directions.
2. Puree the cooked edamame, water, soy sauce, ginger, vinegar, tahini, garlic, salt and hot sauce in a food processor until smooth. Chill for 1 hour before serving.

SERVES 6: ABOUT ¼ CUP EACH

Per serving: 70 calories; 3 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 5 g protein; 2 g fiber; 196 mg sodium; 31 mg potassium.



Low-Carb Snack Recipes

SPICED CHICKPEA "NUTS"

☐ Heart Health ☒ Diabetes

☐ Weight Loss ☒ Gluten Free

ACTIVE: 5 MIN **TOTAL:** 1 HR

TO MAKE AHEAD: Cover and store at room temperature for up to 2 days.

When roasted in a hot oven, chickpeas become super crunchy. They're a great low-fat substitute for nuts when salty cravings hit.

- 1 15-ounce can chickpeas, rinsed
- 1 tablespoon extra-virgin olive oil
- 2 teaspoons ground cumin
- 1 teaspoon dried marjoram
- ¼ teaspoon ground allspice
- ¼ teaspoon salt

1. Position rack in upper third of oven; pre-heat to 450°F.

2. Blot chickpeas dry and toss in a bowl with oil, cumin, marjoram, allspice and salt. Spread on a rimmed baking sheet. Bake, stirring once or twice, until browned and crunchy, 25 to 30 minutes. Let cool on the baking sheet for 15 minutes.

SERVES 4: ¼ CUP EACH

Per serving: 103 calories; 5 g fat (0 g sat, 3 g mono); 0 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 4 g protein; 5 g fiber; 303 mg sodium; 2 mg potassium.

Carbohydrate servings: ½

Exchanges: 1 starch, ½ lean meat, 1 fat



Low-Carb Snack Recipes

DEVILISH EGG

☒ Heart Health ☒ Diabetes

☐ Weight Loss ☒ Gluten Free

ACTIVE: 5 MIN **TOTAL:** 5 MIN (NOT INCLUDING HARD-BOILING EGG)

A hard-boiled egg is a protein-packed snack on its own—give it a little more pizzazz with a bit of mayo and mustard on top.

- 1 teaspoon low-fat mayonnaise
- ¼ teaspoon whole-grain mustard
- Pinch of salt
- Pinch of freshly ground pepper
- 1 large hard-boiled egg (see *Tip*), peeled

Combine mayonnaise, mustard, salt and pepper in a small bowl. Cut egg in half and dollop the mayonnaise mixture on top.

SERVES 1

Per serving: 91 calories; 6 g fat (2 g sat, 2 g mono); 213 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 6 g protein; 0 g fiber; 414 mg sodium; 68 mg potassium.

Carbohydrate servings: 0

Exchanges: 1 medium-fat meat



TIP

To hard-boil eggs:
Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.

Low-Carb Snack Recipes

LEMON-PARM POPCORN

✓ Heart Health ✓ Diabetes

✓ Weight Loss ✓ Gluten Free

ACTIVE: 5 MIN **TOTAL:** 5 MIN (NOT INCLUDING POPCORN-POPPING TIME)

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.

SERVES 2: 1½ CUPS EACH

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



Low-Carb Snack Recipes

TROPICAL POPCORN BALLS

☐ Heart Health ☐ Diabetes

☐ Weight Loss ☒ Gluten Free

ACTIVE: 20 MIN **TOTAL:** 20 MIN

TO MAKE AHEAD: Wrap airtight for up to 2 days, but best the day they are made.

These popcorn balls are held together with a flavorful combination of agave nectar and peanut butter. Macadamia nuts and coconut give them a delightful twist. They make a fun treat for Halloween.

- 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
- ¼ cup finely chopped macadamia nuts
- ¼ cup coconut, preferably unsweetened

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 macadamia nuts.
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 macadamia nuts.) 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. Roll each ball in coconut or sprinkle with coconut while still a little damp and sticky.
5. Let cool completely before storing. To store, individually wrap in plastic wrap and store in an airtight container.

MAKES: 12 (2-INCH) BALLS

Per ball: 100 calories; 6 g fat (2 g sat, 2 g mono); 0 mg cholesterol; 10 g carbohydrate; 5 g added sugars; 2 g protein; 1g fiber; 21 mg sodium; 32 mg potassium.



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.

Low-Carb Snack Recipes

SPICED PISTACHIOS

☒ Heart Health ☐ Diabetes

☒ Weight Loss ☒ Gluten Free

ACTIVE: 5 MIN **TOTAL:** 50 MIN

TO MAKE AHEAD: Store in an airtight container for up to 3 weeks.

Chinese five-spice powder is a blend of cinnamon, cloves, fennel seed, star anise and Szechuan peppercorns; it adds subtle flavor to these pistachios. Look for it in the spice section at the market or with other Asian ingredients. Omit the added salt if you use salted pistachios.

2 tablespoons orange juice

2 tablespoons Chinese five-spice powder

1¼ teaspoons kosher salt

2 cups unsalted pistachios

1. Preheat oven to 250°F.

2. Whisk orange juice, five-spice powder and salt in a large bowl. Add pistachios; toss to coat. Place on a large rimmed baking sheet; spread in an even layer.

3. Bake, stirring every 15 minutes, until dry, about 45 minutes. Let cool completely. Store in an airtight container.

MAKES: 2 CUPS

Per 2-tablespoon serving: 91 calories; 7 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 3 g protein; 2 g fiber; 88 mg sodium; 159 mg potassium.



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...

- ☒ **Heart Health** has limited saturated fat.
- ☒ **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
- ☒ **Weight Loss** has reduced calories (and limited saturated fat).
- ☒ **Gluten Free** 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.)

EatingWell®

Photography by Ken Burris

©Eating Well, Inc. All rights reserved.