

Health-Full Eating & Nutrition



Work Team Potluck Recipes

Office potlucks are a fantastic way to bring a team and employees together because who doesn't love food? Unfortunately, regular potlucks, birthday celebrations, and holidays usually aren't the best for healthy choices at the office. When cupcakes, pop, chips, and other junk food fill the table at most pot lucks, employees are extremely tempted to overindulge. However, an office potluck doesn't have to be synonymous with unhealthy eating. Hosting a healthier version of an office potluck is a great way to encourage healthy eating among employees.

Perks of Healthy Potlucks

By bringing in healthy and tasty foods, employees get the opportunity to try new things and discover that they might like these healthier foods more than they thought. Have you ever had that afternoon crash? Or ever notice that other employees are in a bit of a slump after an office party? One perk of hosting a healthy potluck is that they won't cause productivity to plummet. Unlike foods with high sodium and sugar, nutritious foods will actually give an energy boost to employees.

What to Bring?

It may be hard to think of what to bring for this healthy potluck. While bringing the veggie and fruit trays is always good, it is can get boring. Here are some simple and delicious recipes.

Cucumber Appetizer Bites

- Ingredients
 - 2 long English cucumbers
 - 2 1/2 cups cooked chicken breast, shredded
 - 1/2 cup plain yogurt (2%+ fat)
 - 4 tbsp Frank's red hot sauce
 - 3 tbsp blue cheese, crumbled
 - 3 green onion sprigs, finely chopped
 - Ground black pepper, to taste
- Instructions
 - Trim the ends of cucumbers and cut into half-inch thick slices. If like pretty lines, before slicing peel the cucumber skin with a vegetable peeler lengthwise every 45 degrees. Set aside.
 - In a medium bowl, combine chicken, yogurt, hot sauce, blue cheese, onion and pepper; stir well.
 - Arrange cucumber slices in a single layer on a serving platter. Using 2 forks, scoop amount of chicken mixture not wider than a cucumber slice and rather tall, place on a cucumber slice and repeat with remaining slices.



Healthy Zucchini Muffins

Ingredients:

- 2 cups shredded, unpeeled zucchini — (about 1 small/medium zucchini)
- 1/2 cup mashed ripe banana — about 1 medium/large or 4 ounces
- 1/4 cup coconut oil — melted and cooled, very light olive oil, or canola oil
- 1/4 cup honey
- 1/4 cup brown sugar — light or dark
- 1 teaspoon pure vanilla extract
- 2 large eggs — at room temperature
- 1 teaspoon ground cinnamon
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder — I recommend aluminum free
- 1/2 teaspoon kosher salt
- 2 cups white whole wheat flour
- 1/3 cup semi-sweet chocolate chips — mini or regular (I used mini)

Instructions:

- Preheat the oven to 375 degrees F. Lightly grease a standard 12-cup muffin tin or line with paper liners.
- Grate the zucchini, then thoroughly squeeze it with a paper towel to remove as much excess water as possible. Repeat as needed. If you have not already, melt the coconut oil and let come to room temperature
- In the bowl of a standing mixer or a large mixing bowl, beat together the banana, honey, brown sugar, coconut oil, and vanilla extract until smooth. Add the eggs (make sure they are room temperature or the coconut oil may solidify), then beat again until combined.
- Sprinkle the cinnamon, baking soda, baking powder, and salt over the top of the batter, then mix to combine. Sprinkle in the flour, then mix on low speed, just until the flour disappears. By hand, fold in the zucchini and chocolate chips.

- Scoop the batter into the prepared muffin cups, filling them 3/4 of the way. Bake for 20-25 minutes, until a toothpick inserted in the center comes out clean. Remove the muffins from the oven and place the pan on a wire rack. Let cool for 5 minutes in the pan, then carefully lift the muffins out of the pan and place them on a wire rack to cool completely (this will keep the muffins from becoming soggy)



References:

1. <https://www.wellplated.com/healthy-zucchini-muffins/>
2. <https://ifoodreal.com/cucumber-bites/>