



10 BITE-SIZED CRUNCHY SNACKS

When the cravings for crunchy, salty snacks come on strong, turn to one of these 10 simple veggie alternatives. Whether you opt for green beans, sweet potatoes, beets or parsnips, vitamin-rich vegetables make an excellent stand-in for the store-bought versions of your favorite crispy snacks. Say hello to your new snacks of choice!

1. [Jalapeño-Cheddar Sweet Potato Puffs](#) | [The Lean Green Bean](#)

Sharp cheddar, creamy Greek yogurt, smoky bacon and jalapeños are an unbeatable match with sweet potatoes! These addicting puffs will become a snack-time favorite for the kids and adults alike. Did we mention that each serving packs 9 grams of protein? Win! Recipe makes 6 servings.

Nutrition (per serving): *Calories: 157; Total Fat: 9g; Saturated Fat: 5g; Monounsaturated Fat: 3g; Cholesterol: 93mg; Sodium: 236mg; Carbohydrate: 10g; Dietary Fiber: 1g; Sugar: 3g; Protein: 9g*

2. [Easy Vegetable Fritters](#) | [MyFitnessPal Original Recipes](#)

Who needs oily hash browns when you can enjoy all that crunchy goodness in a simple baked fritter? Traditional potatoes are replaced with carrots and zucchini for a lower-calorie savory treat. Serve with plain Greek yogurt for dipping, and garnish with fresh chives. Recipe makes 2 servings at 3 fritters each.

Nutrition (per serving): *Calories: 375; Total Fat: 24g; Saturated Fat: 5g; Monounsaturated Fat: 12g; Cholesterol: 226mg; Sodium: 789mg; Carbohydrate: 27g; Dietary Fiber: 3g; Sugar: 1g; Protein: 17g*

3. [Baked Zucchini Sticks](#) | [Skinnytaste](#)

Who needs greasy fried veggies when you can make extra-crispy ones right in your own oven? Low-calorie zucchini is baked to perfection with seasoned whole-wheat breadcrumbs and a bit of grated pecorino Romano cheese for a savory snack or appetizer that will please the palates of kids *and* adults. Recipe makes 4 servings at 16 sticks each.

Nutrition (per serving): *Calories: 175; Total Fat: 3g; Saturated Fat: 1g; Monounsaturated Fat: 1g; Cholesterol: 3mg; Sodium: 231mg; Carbohydrate: 29g; Dietary Fiber: 5g; Sugar: 3g; Protein: 9g*

4. [Indian-Spiced Kale Chips](#) | [Relish the Bite](#)

There's no need for expensive store-bought kale chips when you can make this unique version in the comfort of your own kitchen! Warming Indian spices like cumin, garam masala and chili powder will tantalize your taste buds and quench your crunch cravings without breaking the calorie bank. Who knew kale could be so satisfying? Recipe makes 2 servings.

Nutrition (per serving): *Calories: 226; Total Fat: 10g; Saturated Fat: 2g; Monounsaturated Fat: 6g; Cholesterol: 0mg; Sodium: 225mg; Carbohydrate: 30g; Dietary Fiber: 12g; Sugar: 7g; Protein: 13g*

5. [Spaghetti Squash Hash Brown](#) | [The Honour System](#)

You're only three ingredients away from crispy baked hash-brown perfection. This recipe features lighter spaghetti squash in place of potatoes for a lower-carbohydrate version of the classic. Season with your choice of herbs and spices, and dig in! Recipe makes 2 servings at 1 cup each.

Nutrition (per serving): Calories: 104; Total Fat: 7g; Saturated Fat: 1g; Monounsaturated Fat: 4g; Cholesterol: 0mg; Sodium: 105mg; Carbohydrate: 10g; Dietary Fiber: 2g; Sugar: 4g; Protein: 1g

6. Corn Fritters with Roasted Tomatoes and Lime Aioli | Cooking Light

These crispy pan-fried veggie cakes make the perfect party appetizer or light lunch. For a fiber boost, feel free to sub whole-wheat flour for the all-purpose flour. Tip: The thinner the cakes, the crispier they'll be! Served with a simple lime aioli, prosciutto and peppery arugula, you won't be able to stop at just one! Reheat in the oven or toaster to crisp them back up. Recipe makes 4 servings.

Nutrition (per serving): Calories: 284; Total Fat: 8g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 49mg; Sodium: 526mg; Carbohydrate: 48g; Dietary Fiber: 7g; Sugar: 6g; Protein: 13g

7. Salt-and-Vinegar Brussels Sprouts Chips | The Healthy Maven

Make the most of those crispy Brussels sprouts leaves by flavoring them with the classic salt-and-vinegar combination. This homemade version is much cheaper and tastier than store-bought counterparts. For a kick, add a pinch of smoked paprika or freshly ground black pepper. Recipe makes 4 servings.

Nutrition (per serving): Calories: 79; Total Fat: 4g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 0mg; Sodium: 590mg; Carbohydrate: 10g; Dietary Fiber: 4g; Sugar: 2g; Protein: 4g

8. Paprika Parsnip Fries | The Wheatless Kitchen

Satisfy your deepest, darkest french-fry cravings with this awesome baked alternative! By using parsnips instead of potatoes, you'll cut the carbohydrates in half and add a dose of filling fiber. Serve with pesto or good-old ketchup and mustard. Recipe makes 2 servings at 1 cup each.

Nutrition (per serving): Calories: 237; Total Fat: 8g; Saturated Fat: 1g; Monounsaturated Fat: 5g; Cholesterol: 0mg; Sodium: 314mg; Carbohydrate: 42g; Dietary Fiber: 12g; Sugar: 11g; Protein: 3g

9. Baked Beet Chips | A Cozy Kitchen

Elevate your snack routine with these beautiful roasted beet chips! Adding a few sprigs of fresh rosemary adds festive flair to the deep red hue of this simple snack. For a lighter-colored chip, try golden beets. Healthy snacking is happening! Recipe makes 2 servings.

Nutrition (per serving): Calories: 110; Total Fat: 5g; Saturated Fat: 1g; Monounsaturated Fat: 3g; Cholesterol: 0mg; Sodium: 409mg; Carbohydrate: 16g; Dietary Fiber: 5g; Sugar: 11g; Protein: 3g

10. Baked Green Bean Fries | Damn Delicious

These greenbean fries are baked to crisp perfection with panko and grated Parmesan, and they will soon become your new favorite snack! For a simple spicy dipping sauce, combine a few spoonfuls of Greek yogurt with a drizzle of Sriracha. Recipe makes 6 servings.

Nutrition (per serving): Calories: 180; Total Fat: 6g; Saturated Fat: 2g; Monounsaturated Fat: 3g; Cholesterol: 78mg; Sodium: 306mg; Carbohydrate: 22g; Dietary Fiber: 4g; Sugar: 2g; Protein: 9g