

Extension Spotlight: Game Day Dip



Well, Super Bowl 50 is just 12 days away. Whether you're an armchair quarterback, half-time groupie or commercial junkie like me, lots of great (but not so great for you) foods will be in abundance on Feb. 7.

According to USDA data cited by the Miami Herald, Super Bowl Sunday is the second largest food consumption day of the whole year. Thanksgiving, no surprise, is the first. Exactly how much food will we Super Fans consume on game day? Well, here are the stats on three of the most popular items:

- 80 million avocados — that's enough to fill a football field 12 feet deep, according to Men's Health magazine.
- 1.23 billion chicken wings — assuming that the wings are an average of 3" long, this amount will fill a football field 1,083,333 times, says The National Chicken Council. Most popular dips to go along with wings include Bleu Cheese, Ranch, and Thousand Island.
- 11 million chips — a standard NFL football is between 14 and 15 ounces, so that's about 12,137,931 football's worth, cites Shape magazine.

The actual game lasts about four hours. Festivities usually start a couple of hours earlier, though, so we have the opportunity to pig out on those favorite fan foods for a good six or so hours. Is it any wonder that many of us end up

taking a sick day on Monday? And I'm not even going to talk about the fact that our New Year's resolution to eat healthier probably just took some huge penalties. But, if you're looking to include some nutritious dishes to your usual Super Bowl spread, consider the following healthy dips from Food Hero for your game day gathering.

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HERO BAKED TORTILLA CHIPS

Ingredients

- 2 whole grain corn tortillas (6 to 8 inches)
- 1/8 teaspoon salt (optional)
- 1/4 teaspoon oil (optional) or cooking spray (optional)
- 1/8 teaspoon seasoning (try garlic powder, onion powder, cumin, chili powder, or a mixture) (optional)

Directions

- Choose a baking temperature (between 375 and 450 degrees) and preheat oven.
- Choose your version:
- Plain — sprinkle with salt or other seasonings, if desired.
- Cooking spray — spray lightly with cooking spray. Sprinkle with salt or other seasonings, if desired.
- Oil — Brush oil on one side of each tortilla. Sprinkle with salt or other seasonings, if desired.
- Cut each tortilla into 8 wedges. Arrange in a single layer on a baking sheet.
- Bake for 5 to 10 minutes depending on oven temperature. Watch closely to avoid burning.

—Kathy Bates

PUMPKIN FRUIT DIP

Ingredients

1 can (15 ounce) pumpkin (about 1 3/4 cups cooked pumpkin)
1 cup low-fat ricotta cheese or plain yogurt or low-fat cream cheese
3/4 cup sugar
1 1/2 teaspoons cinnamon
1/2 teaspoon nutmeg

Directions

- In a large bowl, combine pumpkin, ricotta cheese or yogurt, sugar, cinnamon and nutmeg. Beat until smooth.
- Refrigerate leftovers within 2 hours.

* Important: For a smoother texture, use a hand mixer or food processor to mix ingredients.

—Kathy Bates

SMOKEY PINTO BEAN DIP

For those of us who like our foods to have some kick, this dip is a sure win. Pair it with Food Hero Baked Tortilla Chips or veggies and you've got a snack that ranges from 60 calories (1/2 cup veggies) to 130 calories (8 baked tortilla chips) per 2 tablespoons serving. And the heat can be turned up a notch or two by simply adding more jalapeno peppers.

Ingredients

1 can (15 ounces) pinto beans, rinsed and drained
1 can (4 ounces) mild jalapeno peppers
1 tablespoon vegetable oil
1 tablespoon barbecue sauce or ketchup
1 tablespoon water
1/2 teaspoon onion powder
1 teaspoon liquid smoke (optional)
1/8 teaspoon each salt and pepper

Directions

- For a smooth dip, place ingredients in a blender and blend until smooth.
- For a chunky dip, mash beans well with a fork or potato masher, stir in remaining ingredients.
- Add additional water as needed for desired consistency.
- Refrigerate leftovers within two hours.

—Kathy Bates

RANCH DIP

Ingredients

1 cup low-fat cottage cheese
1 cup low-fat plain yogurt, depending on thickness desired
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon garlic powder or 2 cloves garlic, minced
1/2 teaspoon onion powder
2 sprigs of parsley, chopped or 1 teaspoon dried parsley flakes

Directions

- For a chunky dip, mix cottage cheese, yogurt and seasonings of your choice in a bowl.
- For a smoother dip, mash cottage cheese with a fork before adding yogurt and seasonings.
- For a smooth dip, blend all ingredients in a blender.
- Refrigerate leftovers within 2 hours.

—Kathy Bates

HUMMUS

Rounding out our four superstar dips is Food Hero's Hummus (no tahini). This delicious concoction of garbanzo beans, lemon juice, vegetable oil, plain yogurt, garlic powder, pepper, and cumin is a natural with fresh veggies or Food Hero Baked Tortilla Chips. Change the flavor by adding chili powder, chopped cilantro or parsley, or hot sauce. Calorie count for 2 tablespoons serving with a 1/2 cup of veggies is just 50. Substitute 8 Food Hero Baked Tortilla Chips for the veggies and calorie count goes to 100.

Ingredients

1 can (15 ounces) garbanzo beans, drained and rinsed
2 tablespoons lemon juice (fresh or bottled)
2 teaspoons vegetable oil
1/2 cup nonfat plain yogurt

1 clove garlic, or 1/4 teaspoon garlic powder
1/4 teaspoon black powder
1/2 teaspoon ground cumin

Directions

- Place all ingredients in a blender.
- Blend to desired consistency (more time for smooth dip, less for a chunky dip).
- If hummus seems too thick, add 2 teaspoons of water.
- Refrigerate leftovers within 2 hours.

* Alternative:

- Spread garbanzo beans on a large plate. Mash well with a fork until they are as smooth as you like.
- Mix with other ingredients in a small bowl.
- If hummus seems too thick, add 2 teaspoons of water.
- Refrigerate leftovers within 2 hours.

—Kathy Bates