

# Super Tasting Treats for Superbowl Sunday

**EPHRATA (Lancaster Co.)** — No matter what the outcome of this year's Super bowl game against the Bucs and the Falcons, one thing is sure to be a winner before and after the game.

These Superbowl treats are good for the game on Sunday, or anytime during the year. No penalties can be thrown on these treats, because they have the simple power of milk.

It does not matter what the weather is outside, these treats will warm you up and make you strong to take anything that comes your way. So this Superbowl, don't just reach for the same-old thing, instead reach for dairy products to make your bones the winner.

These recipes are from Lancaster County Dairy Princess Kari Marin and the Lancaster County Dairy Promotion Committee.

## CHEESY SALSA DIP

- 1 pound bulk roll sausage (sage or hot flavors are delicious)
- ¼ cup chopped onion
- 2 cloves garlic, minced (optional)
- 1 can black beans, drained
- 1 can black eyed peas, drained
- ½ jar prepared chunky salsa
- ½ large brick of Velveeta cheese or other processed cheese cut into small pieces for melting
- 1 tablespoons fresh cilantro leaves (optional)

Brown sausage, chopped onion, and garlic in a frying pan. Over medium heat, add beans and peas, salsa, velveeta, and cilantro, stirring constantly until beans are thoroughly heated and cheese is melted.

You can add more cheese to taste if desired. Serve with tortilla chips — delicious! The extra dip refrigerates well.

## CHEESY NACHO CHIP DIP

- 8-ounce container regular or low-fat sour cream
- 8-ounce package of regular or low-fat cream cheese
- 1 can Hormel Chili, vegetarian or with meat (14-16 ounces)
- 8 ounces shredded mozzarella cheese
- 8 ounces shredded cheddar cheese
- 1 jar salsa (14-16 oz)

On bottom of glass microwave dish layer sour cream, chili, sour cream, Cheddar cheese, salsa, and mozzarella cheese.

Microwave on high for 5-8 minutes. Check it to make sure it is heating thoroughly. Heat another 5 minutes if necessary.

Enjoy with nacho chips!

## DRIED BEEF CHEESE SPREAD

- 16 ounces cream cheese
- ¼ cup butter, melted
- 5-6 ounces chipped dried beef
- 2 tablespoons grated onion
- 1 cup sour cream
- 1 teaspoon Worcestershire sauce
- 1 cup chopped nuts

Mix together cream cheese, sour cream, butter, onion and Worcestershire sauce until creamy. Stir in dried beef. Pour in greased bowl. Top with chopped nuts and bake at 350 degrees for 20 minutes.

## TACO DIP

- 8 ounces cream cheese
  - 2 cups shredded cheddar cheese
  - 1 can no-bean chili
- Spread softened cream cheese in bottom of 9x13 pan. Then spread chili on top of cream cheese. Top with shredded cheddar cheese. Bake uncovered 10-12 minutes at 350 degrees.

## STUFFED SMALL RED POTATOES

- 24 small red potatoes, approximately
  - 4 slices baked ham, diced
  - 1 tablespoon butter
  - 1½ cups shredded Colby cheese
  - ½ cup diced red bell pepper
  - 2 tablespoons milk
  - ½ cup diced green pepper
  - 2 tablespoons sour cream
  - ¾ cup chopped onion
- Preheat oven to 400 degrees. Pierce potatoes several times with a fork. Bake until tender. Melt butter in a skillet. Add peppers and onions; saute until tender. Add ham; saute 5 minutes. Reduce temperature to 350 degrees. Cool potatoes and scoop out pulp; reserve skins. Mash pulp. Add 1 cup Colby cheese, milk, sour cream, and vegetables. Spoon mixture into potato skins.

Sprinkle potatoes with remaining Colby cheese. Bake potatoes on baking sheet. Bake about 20 minutes until lightly browned.

## TACO DIP

- 8 ounces cream cheese
- 3 large tomatoes, diced
- 8 ounces sour cream
- 2 cups shredded lettuce
- 1 package taco seasoning
- ¼ cup onion, minced
- 16-ounce jar salsa
- ¼ cup black olives, chopped
- 8 ounces cheddar cheese, grated

Beat cream cheese, sour cream and taco seasoning until smooth. Spread mixture on a large, low, flat plate with edge. Spread to edges. Next, layer salsa, cheese, lettuce, tomatoes and olives. Serve with tortilla chips.

## VELVEETA CHEESE BALL

- 1.5 pounds Velveeta cheese
  - 2 (8-ounce) packages cream cheese
  - 1 tablespoon Worcestershire sauce
  - 1 tablespoon onion flakes
  - 1 tablespoon dried parsley
  - 1 cup bacon bits
  - ¼ cup ground nuts (optional)
- Have cheese at room temperature so it is easier to mix. Mix everything together except nuts. Form into a ball or log. Roll in nuts if desired. Enjoy! This is very delicious with crackers.

## FRESH FRUIT DIP

- 8 ounces cream cheese, softened
  - 7-ounce jar marshmallow creme
  - 1 tablespoon orange juice
- Beat all together until blended. Serve with fresh fruit.

## CHOCOLATE CHIP CHEESECAKE BARS

- ¼ cup butter
  - ¼ cup sugar
  - ¼ cup packed brown sugar
  - 1 egg
  - 1½ teaspoons vanilla
  - 1½ cups flour
  - ½ teaspoon salt
  - ½ teaspoon baking soda
  - 1½ cups mini chocolate chips
  - ¾ cup chopped pecans
- Filling:**  
 2 (8-ounce) packages cream cheese, softened  
 ¼ cup sugar  
 2 eggs  
 1 teaspoon vanilla
- Cream butter and sugars. Beat in egg and vanilla. Combine flour, salt, and baking soda. Add to creamed mixture. Fold in chocolate chips and pecans. Set aside one-third dough for topping. Press remaining mixture in greased 9X13-inch pan. Bake for 8 minutes at 350 degrees. Beat cream cheese and sugar until smooth. Add eggs and vanilla. Mix well. Spoon over crust. Drop 1½ spoonfuls of reserved

dough over filling. Bake for 35-40 minutes or until golden brown. Store in the refrigerator. Enjoy!

## MARTIN'S CHEESE DIP

- 2 (8-ounce) packages cream cheese, softened
  - 2 (15½-ounce) cans chili
  - 2 cups shredded cheddar or mozzarella cheese
  - Tortilla chips
- Spread cream cheese in bottom of slow cooker. Spread chili on top of cream cheese. Top with shredded cheese. Cover. Cook on low for 1½ hours, until shredded cheese is melted. Stir. Serve with tortilla chips. Makes 12 servings.

## 'Meltertaining' Tips

Get the scoop on cheesy party fare from seasoned chefs. They know that cheese scores for the Super Bowl!

- Make a simple homemade pizza pie, with a savory combination of Mozzarella, Fontina, Parmesan and Asiago. Master Sommelier Larry Stone, Rubicon, San Francisco

- Serve grilled chicken and smoked Gouda quesadillas cut into four sections for an easy finger food. Chef Anthony Lamas, Jicama, Louisville

- Sprinkle tangy Blue cheese and walnuts and drizzle honey on slices of French bread. Toast until cheese is warm and melted. Chef Kerry Heffernan, 11 Madison Park, New York

- Add Shredded Romano to classic hot spinach dip. Scoop up with sour dough bread. Chef Kent Rathun, Abacus, Dallas

- Impress guests — top a round of American-made Camembert with walnuts and apple slices and bake until gooey and soft. Serve with fresh bread. Chef Marlin Kaplin, One Walnut, Cleveland

- Top slices of crusty French bread with shredded Provolone and broil until the cheese is bubbly and golden. Serve with marinara sauce. Chef David Shea, formerly of Spruce and Twelve 12, Chicago

## Cheesy Party Facts

Warm melted cheese recipes — from dips to quesadillas — are a sure way to score points with guests at sports parties. In fact, more than 363 million pounds of cheese were sold in 2002 in the weeks between Super Bowl and March Madness, and 54.5 million pounds were sold during Super Bowl week alone.

Just in time for the big game, here are some reasons to entertain with cheese this winter:

- Nearly seven in 10 Americans (65 percent) say melted cheese makes them feel satisfied.

- Nothing satisfies hungry fans more than a baked potato bar with all the fixings. Invite guests to top potatoes with grated Asiago, Cheddar or crumbled Blue and microwave until hot and bubbly. Try miniature new potatoes for a bite-sized treat.

- More than eight in 10 Americans (85 percent) use cheese always or often when entertaining.

Have a hearty snack handy when hungry fans get a break from the action. Tortilla chips topped with your favorite melted cheese will warm them up just in time for the second half.

- Americans say pizza (26 percent) and cheese dip (47 percent) are their favorite melted cheese recipes in general and for entertaining.

Every team has its MVP — party fare is no different! Topped with melted Mozzarella, smooth Provolone and smoked Gouda, Cheesy Pull-Apart Party Sticks are a delicious homemade alternative to pizza. Or, bowl guests over with Big Bowl Cheese Dip, a combo of tangy Cheddar and spicy Pepper Jack, taco seasoning and chipotle peppers. Like it hotter? Add a dash of Tabasco for intense flavor.

- "Super Bowl Sunday is ranked as the number two food consumption event of the year; second only to Thanksgiving, according to the American Institute of Food Distribution."

Celebrate a big win with a plate of spicy quesadillas. Tortillas filled with zesty Jalapeno Jack, mild Colby and your favorite mix of veggie make for winning finger food.



At the Farm Show Pennsylvania Honey Queen Kristi Miller, right, touts "honey's sweetness" with Renee Blatt, former Pennsylvania and national honey queen. Although a Penn State student, Kristi continues to help her dad J. Lee Miller with their beekeeping business in Freedom, Beaver County.



"Attending the Pennsylvania Farm Show is a family thing for me," said Chad Frey of Lancaster, who brought an entourage from Messiah College. From left, are Cherie Martin, Indiana; Shannon Barkley, Chad Frey, Aubrey Fiegl, Virginia, and Rhonda Good, Indiana.