



NEWS RELEASE

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Release Number: 08-09
Date: January 26, 2009
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‘Are you ready for some football?’

*By Kay Blakley
DeCA home economist*

FORT LEE, Va. – Super Bowl mania is here! According to a recent food industry survey, along with chips and dips, one of the most popular foods for a Super Bowl party is pizza. Yes, you can always order in, but it will cost you. So, check out these easy pizza recipes – you might decide to make it at home so you can “have it your way” and save lots of dough at the same time.

Same thinking goes for dips. You can make enough to feed a crowd for only a few dollars, so be sure to see if one of the dip recipes featured holds some appeal. And don’t forget something sweet. New York Cheesecake got rave reviews from taste testers.

While you’re making that shopping list for that big game menu, remember to make the commissary your source for ingredients at great prices, and may your team win be a landslide!

For more cooking tips and recipes, check out Kay’s Kitchen on the DeCA Web site at <http://www.commissaries.com>.

Super Bowl recipes

Nacho Pizza (*Makes two 12-inch pizzas*)

- 1 pound lean ground beef
- 1 package taco seasoning mix
- 2 cans refried beans
- 2 (12-inch) ready-made pizza crusts
- 2 cups Mexican Blend shredded cheese
- ½ cup sliced black olives
- ½ cup chopped tomatoes
- Sour cream and salsa for serving

1. Preheat oven to 450 degrees.
2. Brown ground beef in a medium skillet, drain any fat.
3. Add taco seasoning and cook according to package directions.
4. Spread one can of refried beans over each pizza crust, leaving a 1-inch border around the outer edge.
5. Top bean layer with taco seasoned ground beef (some of the ground beef mixture may be left over – save for another use)
6. Top each pizza with half the cheese, and half the black olives.
7. Bake on pizza pans or rimless cookie sheets for 10 to 12 minutes or until refried beans are heated through and cheese is melted.
8. Sprinkle evenly with chopped tomatoes, cut into wedges; top each wedge with sour cream and salsa, if desired.

Pepperoni Pizza (*Makes one 12-inch pizza*)

2 tablespoons olive oil
 2 teaspoons dried Italian seasoning
 1 (12-inch) ready-made thin pizza crust
 ¾ cup pizza sauce
 2 cups shredded 3-cheese Italian blend
 2 ounces sliced pepperoni

1. Preheat oven to 450 degrees.
2. In a small bowl, combine the olive oil and Italian seasoning. Brush mixture around the outer edge of the crust.
3. Spread pizza sauce evenly onto the crust, leaving a 1-inch border around the outer edge.
4. Sprinkle the shredded cheese evenly over the pizza, and top with pepperoni slices.
5. Bake on a pizza pan or rimless cookie sheet for 10 to 12 minutes until cheese is bubbly and crust is golden brown.

Calzone Dip

1¼ cups pizza sauce, divided
 1 (15 oz.) container ricotta cheese
 1 cup shredded mozzarella cheese
 ¾ cup grated Parmesan cheese, divided
 20 to 25 slices pepperoni, roughly chopped
 ¼ teaspoon crushed red pepper flakes
 ½ teaspoon ground black pepper
 2 (12-inch) ready-made pizza crusts

1. Preheat oven to 450 degrees.
2. In a small mixing bowl, combine half the pizza sauce, the ricotta cheese, the mozzarella cheese, ½ cup of the Parmesan cheese, the chopped pepperoni slices, the red pepper flakes and ground black pepper, stirring until well blended.
3. Transfer mixture to a small shallow baking dish; top with the remaining pizza sauce, spreading evenly; sprinkle with the remaining ¼ cup Parmesan cheese.
4. Bake the dip alongside the pizza crusts for 10 to 12 minutes until the dip is hot and bubbly, and the crusts are crisp.
5. Cut crusts into 1x4-inch strips and serve with dip.

Chocolate Dipped Frozen Bananas (*Makes eight half-banana servings*)

2 cups semisweet chocolate chips

2 tablespoons vegetable oil

4 firm, slightly under-ripe bananas, peeled and halved crosswise

1 cup dry-roasted peanuts, finely chopped

1. In a wide, shallow, microwave-safe bowl, melt the chocolate chips and oil in the microwave on 50 percent power, stirring often, 1 to 3 minutes.
2. Let the mixture cool and thicken for 5 minutes.
3. While mixture cools, insert one popsicle stick into the end of each banana half, and spread the chopped peanuts out over a dinner plate.
4. Line a cookie sheet or large, shallow baking pan with parchment or waxed paper.
5. Tipping the bowl slightly, dip bananas, one at a time, into the melted chocolate, spinning to coat evenly. Allow any excess chocolate to drip back into the bowl.
6. Roll the bananas in the chopped peanuts and place carefully on prepared cookie sheet.
7. Freeze until firm, about 1½ hours. Serve.

Notes: Don't skip the vegetable oil – it keeps the chocolate from becoming tough and brittle when frozen. Once frozen, the dipped bananas can be tightly wrapped in plastic wrap and kept frozen for up to 2 weeks. Substitute sprinkles, crushed cookies, or shredded coconut for the finely chopped peanuts, if desired.

Football Cake (*Serves 15*)

1 package (2-layer size) chocolate cake mix

1 1/3 cups brewed double-strength coffee, cooled

3 cups Cappuccino Pudding Frosting

Brown decorating gel

1. Prepare cake batter according to package directions, but substitute coffee for water called for.
2. Bake in a 13x9-inch pan according to package directions.
3. Cool cake in pan for 15 minutes; remove from pan to wire rack and cool completely.
4. Trim corners and sides from cake to resemble football shape. Reserve trimmings for snacking or other use.
5. Frost cake with Cappuccino Pudding Frosting (recipe follows); refrigerate until serving time.
6. Just before serving, use decorating gel to add the laces to the football. Refrigerate any leftovers.

Cappuccino Pudding Frosting

½ cup brewed strong coffee, chilled

½ cup cold milk

1 (4-serving size) package vanilla flavor instant pudding

1 (8 oz.) tub non-dairy whipped topping, thawed

1. Pour coffee and milk into medium mixing bowl; add dry pudding mix; beat with a wire whisk for 2 minutes.
2. Gently stir in the whipped topping.

3. For best results, spread frosting on cake right away. Do not allow it to set up before spreading.

New York Cheesecake Made Easy (*Serves 16*)

6 honey graham crackers, crushed
1 cup, plus 3 tablespoons sugar, divided
3 tablespoons butter or margarine, melted
5 (8 oz.) packages cream cheese, softened
3 tablespoons flour
1 tablespoon vanilla
1 cup sour cream
4 eggs
1 (21 oz.) can cherry pie filling

1. Preheat oven to 375 degrees. Line a 13x9-inch pan with foil, leaving at least 2-inches on short ends to use as handles.
2. Toss together the cracker crumbs, 3 tablespoons sugar and butter; press into bottom of pan.
3. Bake 10 minutes. Set aside to cool.
4. With an electric mixer at medium speed, beat cream cheese, sugar, flour, and vanilla until well blended; add sour cream and beat until incorporated.
5. Add eggs, one at a time, mixing on low speed until blended.
6. Pour cream cheese mixture over crumb crust, smoothing evenly.
7. Bake 40 minutes or until center is almost set.
8. Cool completely; then refrigerate for 4 hours or overnight.
9. Use foil handles to lift cheesecake from pan; remove foil and place on serving tray.
10. Top with cherry pie filling and serve. Refrigerate any leftovers.

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About DeCA: *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.*