



NEWS RELEASE

Defense Commissary Agency

Corporate Communication

1300 E Avenue □ Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 8-6105 DSN: 687-8000, Ext. 8-6105

FAX: (804) 734-8248 DSN: 687-8248

www.commissaries.com

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Contact: Kay Blakley, DeCA home economist
Tel.: (804) 734-8000, Ext. 8-6243
E-mail: kay.blakley@deca.mil

Super dishes for Super Bowl Sunday

*By Kay Blakley,
DeCA home economist*

FORT LEE, Va. – Cheering your favorite team to victory in this year’s Super Bowl could work up some hearty appetites at your house. So, be prepared with great commissary buys made into tasty treats that even the losing team supporters will love. If you want to make it healthy, be sure to include a fresh fruit and vegetable tray from your local commissary. Serving assorted vegetables along with one of this week’s dip recipes would be an excellent low-calorie choice. Homemade Hummus with freshly baked Pita Chips is another healthy choice. Easy recipes for both dishes are right here. Still, if chips are a must-have, we’ve got you covered on that front, too. And, the majority of choices are at super-good prices just in time for Super Bowl celebrations.

Want a more substantial dish that will serve as a meal? Try one of the pizza recipes, or simmer a big pot of Cincinnati Chili or Buffalo Chicken Chili. Don’t forget dessert. Football Cake, New York Cheese Cake Made Easy, Peppermint Surprise Brownies and Fruit Cocktail Cake are all “make ahead” wonders that are sure to delight.

Make the commissary your source for ingredients at great prices, and may your team win by a landslide! To check out the recipes mentioned and listed here, along with the rest of our Super Bowl favorites, come to Kay’s Kitchen at <http://www.commissaries.com>.

Buffalo Chicken Dip

(Makes 5 cups and serves about 20 people. Cut ingredients in half for family-size servings.)

Submitted by: Janice P.

Ingredients:

- 2 (10-ounce) cans chunk chicken, drained
- 2 (8-ounce) packages cream cheese, softened
- 1 cup ranch dressing
- 3/4 cup hot pepper sauce
- 1 1/2 cups shredded cheddar cheese, divided
- 1 bunch celery, cleaned and cut into 4-inch pieces
- 1 (8-ounce) box chicken-flavored crackers

Directions:

1. Heat chicken and hot sauce in a large skillet over medium heat until heated through.
2. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm.
3. Stir in half the shredded cheese and transfer mixture to a slow cooker.
4. Sprinkle remaining cheese over the top, cover and cook on LOW until hot and bubbly.
5. Serve with celery sticks and crackers.

Buffalo Chicken Chili (Serves 4 to 6)

Submitted by: Janice P.

Ingredients:

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 2 pounds all-white meat ground chicken
- 1 large carrot, peeled and finely chopped
- 1 large onion, chopped
- 3 ribs celery, finely chopped
- 5 large cloves garlic, chopped
- 1 tablespoon smoked paprika (substitute chipotles or chipotle chili powder, if desired)
- 1 bay leaf
- Salt and freshly ground black pepper
- 2 cups chicken stock
- 1/4 to 1/2 cup hot pepper sauce (depending on how hot you like it)
- 1 (15-ounce) can tomato sauce
- 1 (15-ounce) can crushed tomatoes
- 1 (7-ounce) bag yellow corn tortilla chips
- 1 (7-ounce) bag blue corn tortilla chips
- 3/4 pound blue cheese, crumbled
- 1/2 cup flat-leaf parsley, chopped

Directions:

1. Preheat oven to 375 degrees.
2. Heat the oil and butter in a Dutch oven or large pot over medium heat; add the ground

- chicken; cook, breaking up with the back of a wooden spoon, until lightly browned, about 5 to 6 minutes.
3. Stir in all remaining ingredients, except the tortilla chips and cheese. Bring mixture to a gentle bubble, lower heat and simmer, uncovered, for 8 to 10 minutes.
 4. While the chili simmers, spread the tortilla chips on a cookie sheet and sprinkle with the blue cheese.
 5. Bake for 4 to 5 minutes or until cheese is melted. Remove from oven and sprinkle with parsley.
 6. Top each serving of buffalo chili with a few blue cheese topped tortilla chips.

-DeCA-

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 more than \$4,400 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.*