



NEWS RELEASE

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Release Number: 09-12
Date: January 23, 2012
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Make the commissary your one-stop shop for Super Bowl celebrations

*By Kay Blakley,
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FORT LEE, Va. – Smart shoppers always look for ways to get the biggest bang for each and every buck. It logically follows that military shoppers with commissary privileges are among the smartest shoppers on the planet. We know that, because some of the commissary's busiest days of the year are right before the Super Bowl games are scheduled to begin.

No matter what kind of goodies you plan to serve while you cheer your team to victory, your commissary has just what you need, at the best price you'll find. Need some snack crackers to serve with your special homemade dip? We have a good assortment at as much as 33 percent off the normal price. Several cheeses are on sale, too, at 27 to 39 percent savings.

If you can't find time to make your own cookies, get them from us — several varieties are sale priced at 20 to 31 percent savings. Do try to find the time to remove them from the package and arrange them nicely on a serving plate, though. A touch of manners goes a long way, even while watching a football game. If cooking skills are limited, go for ready-to-bake pizzas, lasagna, fully-cooked meatballs and buffalo chicken wings that you just heat and eat. Cold cuts and cheese, with macaroni or potato salad, is an easy-do, as well. Whatever you choose, arrange it nicely on a serving plate, tray or bowl, and your guests will be mighty impressed.

For those who prefer serving something homemade, visit Kay's Kitchen at http://www.commissaries.com/kays_kitchen/healthy_cooking/articles/kays_01_23_12.cfm to check out this week's recipe collection for all your Super Bowl favorites, plus a few new,

possibly healthier choices. Be a smart shopper by purchasing ingredients at your commissary – shop early for best selection. And, may your team win the big game.

Edamame Dip (Makes about 2 cups)

Ingredients:

12 to 16 ounces shelled edamame, fresh or frozen, thawed
1/2 cup packed, roughly chopped fresh cilantro, including stems
1/2 cup plain yogurt
1 avocado, peeled, pitted and roughly chopped
1/2 cup water
1/4 cup fresh lime or lemon juice
1 to 2 teaspoons salt
5 shakes of Tabasco or other hot sauce (less or more to taste)
3 drops dark sesame oil

Directions:

1. Bring 2 quarts of well-salted water (2 tablespoons salt) to a boil. Add the shelled edamame. Return to a simmer and cook 5 minutes, or until cooked through and tender. Drain and rinse with cold water.
2. Place drained edamame in a food processor; pulse several times. Add the chopped cilantro; pulse again. Add remaining ingredients and pulse until well pureed. Add more water if a smoother consistency is desired; adjust seasonings and serve. Pita chips are the perfect partner, but other chips go well, too.

Peppermint Pie (Serves 8)

Ingredients:

20 crisp chocolate cookies
2 tablespoons butter, melted
1 (1/2-gallon) carton peppermint ice cream
1 (8-ounce) container whipped topping, thawed
Crushed peppermint candies and chocolate syrup or hot fudge sauce for garnish

Directions:

1. In a food processor, crush cookies into fine crumbs.
2. In a mixing bowl, stir together cookie crumbs and butter. Press crumb mixture evenly onto bottom and sides of a 9-inch pie pan. Place in freezer for 15 minutes, or until firm.
3. Meanwhile, place ice cream in refrigerator for 15 minutes to soften. Scoop softened ice cream into hardened crust and spread evenly with spatula.
4. Pipe or spoon whipped topping around border of pie. Sprinkle center of pie with crushed candies. Place pie in freezer for several hours or overnight until firm.
5. To serve, set on counter top for 5 minutes to soften. Cut into 8 wedges; place each wedge on a dessert plate and drizzle with chocolate syrup or hot fudge sauce, as desired, and serve.