



# SUPER, Super Bowl Recipes!

## Olives in Bacon

24 - 32 large pimiento, almond, or jalapeno stuffed olives  
6 - 8 slices bacon, cut into four pieces

Wrap each olive in a piece of bacon and secure with a toothpick.  
Bake in a preheated 450F oven until the bacon is crisp, about 10  
minutes. Serves 4 to 6.

## Bacon Roll Ups

2 (3 oz.) pkg. cream cheese with chives, softened  
1 tablespoon milk or margarine  
25 slices mixed-grain sandwich bread, crust removed - cut in half  
25 slices bacon, cut in half  
Parsley sprigs, optional

Combine cream cheese and milk stirring until spreading consistency.  
Spread 1 scant teaspoon of cream cheese mixture on each slice of

bread and roll tightly. Wrap each roll. With bacon, securing with a  
toothpick. Place rollups on a broiler pan. Bake at 350 degrees for  
30 minutes, turning if necessary to prevent over browning. Garnish  
with parsley. Makes 4 dozen. \*NOTE: Roll ups may be assembled  
ahead of time and frozen. To serve: thaw overnight in refrigerator.  
Bake at 350 degrees for 30-40 minutes.

## Beef Slices and Cream Cheese Roll Ups

1 jar dried beef  
1 package cream cheese  
2 tablespoons horseradish  
Dash onion powder  
Small amount of cream

Soften cream cheese. Mash in the onion powder, horseradish and  
enough cream to make mixture spreadable. Spread on slices of beef  
about 2 inches wide. Roll up. Refrigerate before serving.





## Green Chili Deviled Eggs

10 lg Eggs, hard Boiled, peeled and cut in half lengthwise  
 1/4 C Spicy Brown Mustard  
 3 T Mayonnaise  
 1 tsp Apple Cider Vinegar  
 1/4 tsp Hot Pepper Sauce  
 3 T Fresh Cilantro Leaves, minced  
 1 T Diced Green Chilies  
 1 to 3 T Lemon Juice  
 Salt, to taste  
 Pepper, to taste



Half eggs lengthwise. Remove yolks and mash. Stir in the mustard, the mayonnaise, the vinegar, the hot pepper sauce, the cilantro, and green chilies. Stir in enough of the lemon juice to reach the desired consistency. Add salt and pepper to taste. Spoon filling into the whites, mounding the filling. The stuffed eggs may be made 6 hours ahead, covered and chilled. Garnish with fresh cilantro and serve.

## Chili-Cheese Stuffed Eggs

6 hard-cooked eggs  
 1/4 cup processed cheese spread  
 2 tablespoons chopped green chilies  
 Dash of salt  
 Paprika



Half eggs lengthwise. Remove yolks and mash. Blend egg yolks with cheese spread, chilies, and salt. Refill the whites. Sprinkle with paprika. Chill. Makes 12.

## Frosted Egg Mound

11 hard cooked eggs, boiled  
 1/2 cup butter or margarine, melted  
 1/2 teaspoon minced green onion  
 1/2 teaspoon to 3/4 teaspoon salt  
 1/8 teaspoon pepper



## Hot Pepper Deviled Eggs

10 lg Eggs, hard Boiled, peeled and cut in half lengthwise  
 1/4 C Spicy Brown Mustard  
 3 T Mayonnaise  
 1 tsp White Wine Vinegar  
 1/4 tsp Hot Pepper Sauce  
 3 T Fresh Parsley Leaves, minced  
 1 T Capers  
 1 to 3 T Water or Lemon Juice  
 Salt, to taste  
 Pepper, to taste

Half eggs lengthwise. Remove yolks and mash. Stir in the mustard, the mayonnaise, the vinegar, the hot pepper sauce, the parsley, and capers. Stir in enough of the water or lemon juice to reach the desired consistency. Add salt and pepper to taste. Spoon filling into the whites, mounding the filling. The stuffed eggs may be made 6 hours ahead, covered and chilled.

1/8 teaspoon curry powder  
1/3 cup sour cream  
Chopped chives  
Parsley

Line a small round mixing bowl with a large piece of plastic wrap. Set aside. Finely chop 8 eggs, add butter, onion, salt, pepper, and curry powder. Mix well and spoon into mixing bowl. Cover and chill at least 3 hours. Unmold egg mixture onto a serving dish and spread evenly with sour cream. Sprinkle with chives. Cut remaining 3 eggs in half and place around the mound. Garnish with parsley. Serve with crackers. Yields about 3 cups.

### Hot Avocado Dip

1 avocado, mashed  
2 teaspoons onion, grated  
2 teaspoons jalapeno juice  
1 teaspoon minced jalapeno  
2 teaspoons mayonnaise  
Dash Worcestershire sauce  
Salt  
Pepper

Place all ingredients in bowl and mix well. Put avocado seed in the dip until serving time to retain color. Serve with Fritos.

### Creamy Horseradish Dip

1 (8 oz.) pkg. Cream cheese, softened  
1/2 cup mayonnaise  
1/3 cup horseradish sauce  
1 (6 3/4 oz.) can chunk ham, drained, flaked  
1/4 cup chopped green onion



Combine cream cheese, mayonnaise and horseradish sauce, mixing until well blended. Stir in remaining ingredients. Chill. Serve with vegetables or chips. \*NOTE: Can substitute 2 1/2 oz. pkg. smoked slices beef, chopped, for ham.

### Cheesy Black-Eyed Pea Dip

(Same as for New Year's)

1 stick butter or margarine  
1/2 medium onion, chopped  
1 (5 oz.) jars sharp pasteurized processed cheese or 8 oz. sharp cheddar cheese, chopped  
1 (15 oz.) cans black-eyed peas, drained  
1 jalapeno pepper, seeds and veins removed, diced  
1 (4 oz.) can green chilies or 2 small Anaheim peppers, chopped  
1/2 teaspoon garlic salt

In medium saucepan, melt butter or margarine. Add onion and saute until golden brown. Turn heat to low, add cheese and stir until melted. Add black-eyed peas, jalapeno, green chilies and garlic salt. Cook for 5 minutes, stirring constantly. Serve hot.

### Hot Bean Dip

1 large pkg. cream cheese, softened  
1 can Frito Bean Dip  
20 drops tabasco sauce  
Salt to taste  
1 small carton sour cream  
1 pkg. tortilla dip mix  
1/2 cup sliced green onions  
grated cheddar cheese  
grated Monterey Jack cheese

Mix all ingredients and put layers of jack and cheddar on top. Bake at 350 degrees for 15-20 minutes.





## Hot Chip Dip

- 1 package chipped beef
- 2 cans cream of mushroom soup
- 1 package garlic-cheese spread (cubed)
- 1/2 cup fresh mushrooms (sliced)
- 1 package slivered almonds

Saute chipped beef in butter. Toast almonds in oven. Add

to beef. Add mushroom soup, garlic-cheese and mushrooms. Stir rapidly. Serve on toast points.

## Lone Star Chili Dip

- 2 cans (10 oz. each) diced tomatoes and green chilies
- 1/3 cup firmly packed brown sugar
- 2 tablespoons lemon juice
- 2 tablespoons chili powder
- 1 teaspoon cornstarch
- Jalapenos Meatballs (recipe below)

Combine ingredients in a small saucepan and simmer over low heat until sauce is thickened, about 15 minutes. Stir in Jalapenos Meatballs. Makes 2 cups sauce

## Jalapenos Meatballs

- 2 lbs. Ground beef
- 1 can diced tomatoes and green chilies
- 1 cup cracker crumbs
- 2 eggs
- 1/4 cup chopped onions
- 1/4 cup fresh jalapeno peppers
- 1 tablespoon granulated garlic



- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Preheat oven to 425 degrees thoroughly combine ground beef and next 8 ingredients in a large bowl. Shape into 1 inch balls. Place in two 13x9x12 inch baking dishes. Bake in preheated oven for 20 to 25 minutes or until done. Serve with lone Star Chili Dip recipe from above. Makes about 72 meatballs.



## Chilies and Cheese

- 1 (4 oz.) cans of chopped El Paso chilies
- 2 eggs
- 1/3 cup milk
- 1/2 cup grated sharp Cheddar cheese
- Dash salt

Drain and place chilies in shallow 9 inch baking dish. Beat eggs with milk and pour half of mixture over chilies. Add salt. Sprinkle grated cheese. Add remaining milk and egg mixture. Bake in a 350 degree oven 20 minutes or until custard consistency. Serve piping hot on thin crackers.

## Guacamole Dip

- 2 ripe avocados
- 1 teaspoon salt
- 1/2 tablespoon lemon juice
- 1 tablespoon Worcestershire sauce
- 1 clove garlic, crushed (optional)
- 1/4 teaspoon red pepper (Cayenne)
- 1 teaspoon grated onion
- 3 dashes hot pepper sauce (Tabasco)



Peel and pit avocado and mash to a paste. Add salt and lemon juice at once. Stir in Worcestershire sauce, garlic, pepper, and onion. Add hot pepper sauce if you wish and more seasoning to taste. Chill. Serve with crackers, melba toast, taco chips, or raw vegetables. (Add peeled, seeded, and chopped tomatoes for variation, if you like)



### Mexican Dip

- 1 can hot tamales, mashed
- 1 can chili without beans
- 1 medium Velveta cheese

Heat in double boiler and serve with corn chips.

### Mexi-Chili Dip

- 1 (3 oz.) can pitted black olives, chopped
- 1 (4 oz.) can green chilies, chopped
- 1 medium onion, chopped
- 1 large tomato chopped
- 1 1/2 tablespoon vinegar
- 3 tablespoons olive oil
- 1 teaspoon garlic salt

Combine the first 4 ingredients in a small bowl. Combine remaining ingredients and add to vegetable mixture. Chill at least 2 hours before serving. Serve with corn chips. Yields 2 1/2 cups.



### Mexican Layered Dip

Layer in 9X12 baking dish:

- Refried beans
- Ground beef
- Onions
- Green chilies
- Taco sauce

Bake at 350 degrees for 30 minutes. Garnish with sour cream, green onions, and black olives.



### Ground Meat "HOT" Dip

(Yup – Same as New Year's)

- 3 green onions, chopped
- 2 jalapeno peppers, chopped
- 1 can pimento, chopped
- 3 cloves garlic
- 1 can tomato paste
- 1 can tomatoes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon oregano

Brown ground beef with onions. Add other ingredients. Simmer 1 hour. Serve with chips.





### Ripple Dip

- 1 can cream of mushroom soup
- 1 can Campbell's shrimp soup
- 1 roll garlic flavored cheese
- 1 teaspoon grated onion
- 1 tablespoon lemon juice
- 1 (4 oz.) can sliced mushrooms, chopped
- 1 can chopped shrimp
- 1 cup American cheese grated

Heat soups and add cheese stirring until it melts. Then add mushrooms and shrimp.

### Judi's Crab Dip

- 1 lb pkg Imitation Crab meat chopped  
(fresh crab meat is not as good for this recipe)
- 1 cup Green Onion, chopped
- 8oz Sour Cream
- 8oz Cream Cheese
- 1/3 cup Milk
- 1/2 T Creole seasoning (hot)
- 1 tsp Black pepper
- 1 tsp Cilantro (1/2 if fresh)
- 1/2 tsp Garlic salt
- 1/2 tsp Crab boil (liquid)
- sprinkle Paprika



Mix all ingredients together in baking dish top lightly with paprika. Bake at 350F until lightly brown and bubbly.

### Sweet and Sour Fondue

- 1 small jar mustard
- 1 small jar jelly
- 1 pkg. cocktail wieners



Heat jelly until liquefied. Add mustard and bring to a boil, stirring constantly. Reduce heat and simmer or place in a fondue pot. Dip cocktail wieners in sauce



### Dipsy Doodle Spread

(From Sue Godsey)

- 1 pkg. (large) cream cheese, softened
- 1 tablespoons mayonnaise
- 2 tablespoons sweet pickle relish
- 1/4 teaspoon garlic
- 2 teaspoons lemon juice
- 1 (2 oz.) jar pimentos
- 1/4 cup chopped black olives
- 1 pkg. pressed ham

Blend all items and serve with crackers. This can also be used as a sandwich spread.



### Green Balls

- 1/2 cup grates Swiss cheese
- 1/2 cup minced ham
- 1/2 teaspoon prepared mustard
- 1 egg yolk
- 1/4 teaspoon salt
- Dash pepper

Form mixture into balls. Roll balls in minced chives or parsley. Chill. Serve on picks.

### Fried Ham and Cheese Balls

- 1 cups fine, dry breadcrumbs, divided
- 2 cups ground cooked ham
- 1 cup grated Parmesan cheese
- 4 eggs, slightly beaten
- 1 small onion, finely chopped
- 1/4 cup finely chopped fresh parsley
- Vegetable oil



Combine 1 1/2 cups breadcrumbs with next 5 ingredients, mixing well. Shape into 1 inch balls. Roll balls in remaining 1/2 cup breadcrumbs. Chill 30 minutes. Deep fry balls in hot oil (375 degrees) for 2 to 3 minutes or until golden brown. Drain on paper towels. Serve immediately with mustard or sweet and sour chili sauce. Makes 4 dozen

### Sauerkraut Balls

4 tablespoons margarine  
 1 medium onion, chopped  
 1 1/2 cup ground cooked ham  
 1/2 minced garlic clove  
 5 tablespoons flour  
 3 cups sauerkraut (ground)  
 1 tablespoon chopped parsley  
 1 egg  
 Cracker crumbs



Melt margarine in a large skillet. Saute onions and add garlic and ham. Cook a few more minutes. Stir in flour and then add ground sauerkraut and parsley. (It should form a stiff paste). Cool then form 1 inch balls. Dip in egg to which a little milk has been added. Then roll in cracker crumbs. French fry in deep fat until slightly brown. Put on cookie sheet in warm oven until serving time. Balls can be made a day ahead and then fried when desired.

### Red Devil Balls

1 (8 oz.) pkg. cream cheese  
 1 (4 1/2 oz.) can of deviled ham  
 Cheyenne pepper to taste  
 Chopped pecans



Let cream cheese be room temperature and mix with deviled ham. Add enough Cheyenne pepper to make it as hot as you want. Set in refrigerator until firm. Make into small balls and roll each ball in chopped pecans. Put a colored tooth pick in each one. Leave in refrigerator until time to serve. Makes 35 to 40.

### Devilicious Game Ball

2 cans (4 1/2 oz. each) Deviled Ham  
 1 1/2 cups (6 oz.) shredded sharp cheddar cheese  
 1/4 cup sour cream  
 1 small green pepper, chopped  
 1 small onion  
 1 cup chopped pecans crackers

In a bowl, combine all ingredients except pecans. Shape mixture into a football. Chill. Roll in chopped nuts. Add pimento or string cheese for decoration. Serve with crackers. Serves 6



### Blue Cheese Log



2 (8 oz.) packages cream cheese, softened  
 1 (8 oz.) package sharp cheddar cheese, cut up  
 2 (4 oz.) packages crumbled blue cheese  
 1/2 small onion, diced  
 1 1/2 tablespoons Worcestershire sauce

1/2 teaspoon ground red pepper  
 1 1/2 cups finely chopped toasted pecans, divided  
 1 1/2 cups finely chopped fresh parsley, divided

Place first 6 ingredients in a food processor. Pulse 1 to 2 minutes, stopping to scrape down the sides. Stir together cheese mixture, 1 cup pecans, and 1/2 cup parsley. Cover and chill 1 hour. Shape cheese mixture into 4 (7 inch long) logs. Combine remaining 1/2 cup pecans and 1 cup parsley. Roll logs in parsley mixture. Cover and chill. Serve with crackers. Makes 4 (7 inch) logs



### Buccaneer Bay Cheese Ball

2 cups grated cheddar cheese, grated fine  
 2 cups (8 oz) cream cheese, softened  
 1/2 cup Blue cheese  
 1/2 cup smoked cheese\*  
 1 tablespoon prepared mustard  
 1 tablespoon onion salt  
 1/4 tablespoon garlic salt  
 Small amount of port wine or lemon juice



Mix well and chill. Moisten hands and form into 3 inch balls. Roll in chopped nuts or chopped parsley.\*NOTE: cheddar and 1/2 teaspoon liquid smoke may be substituted.

### Outback Steakhouse Coconut

#### Shrimp

1 1/2 lb shrimp, large size  
 1/2 cup flour  
 1/2 cup cornstarch  
 1 t salt  
 1/2 t white pepper  
 2 t vegetable oil  
 1 cup water, ice cold  
 oil for deep frying  
 2 cup short shredded coconut  
 1/2 cup orange marmalade  
 1/4 cup grey poupon country mustard  
 1/4 cup honey  
 3-4 drops tabasco sauce

Peel, devein and wash shrimp. Dry well on paper towels. Set aside. In a bowl, mix all dry ingredients for batter. Add to the dry mix the 2 tablespoon of oil and 1 cup ice water. Stir to blend. To fry: heat oil to 350F in deep fryer or electric skillet. Spread coconut on a flat pan a little at a time, adding more as needed. Dip shrimp in batter, then roll in coconut. Fry in hot oil until lightly browned, about 4 minutes. Bake at 300F 5 minutes to finish cooking of the shrimp. Serve with sweet and sour sauce or the following sauce: Combine marmalade, Grey Poupon mustard, honey & Tabasco sauce to taste.

#### Spiced Nuts

2 cups sugar  
 1 cup cornstarch (cornflour)  
 2 Tbs cinnamon  
 2 tsp each ground allspice, ginger, and nutmeg  
 1 tsp salt  
 1 tsp cayenne pepper (optional)  
 4 egg whites





1/2 cup water  
1 lb pecans, walnuts, almonds, or nuts of your choice

Sift the dry ingredients together into a large, shallow bowl or dish. Beat the egg whites and water in a small bowl. One by one, dip the nuts into the egg white mixture, then roll in the sugar mixture. Place on a baking sheet and bake in a preheated 250F oven for 60 to 90 minutes, until the coating is dry and crisp. Shake off excess sugar mixture and store in an airtight container. Makes about 1 lb.

Spicy Potato Skins

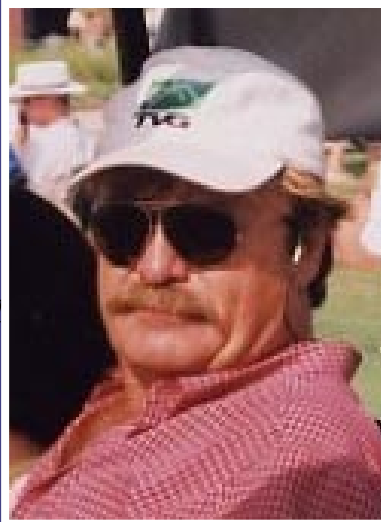
4 lg russet potatoes, cleaned and scrubbed  
1/4 cup extra virgin olive oil  
1 tsp salt  
1/2 tsp ground black pepper  
1 1/2 tsp chili powder or red pepper flakes  
1 1/2 tsp curry powder  
1 1/2 tsp ground coriander seeds

Preheat the oven to 400F. Bake the potatoes for 1 hour in the oven. This recipe does not work quite as well if potatoes are baked in the microwave. Remove the potatoes from the oven and slice the potatoes in half lengthwise. Let cool for 10 minutes. Scoop out most of the potato flesh, leaving about 1/2 inch of flesh against the potato skin. Save the extra flesh and make mashed potatoes. Cut each potato half crosswise into 3 pieces. Brush each potato piece with some olive oil and place the potatoes on a baking sheet that has been brushed with olive oil. Combine the salt and the spices and sprinkle the mixture over the potatoes. Bake the potato skins for 15 minutes or until they are crispy and brown. Serve them immediately with sour cream and chopped green onions or bacon bits.



Popper Tips

*Getting the batter to stick to your Jalapenos can be a bit tricky. The easiest way is to roast and peel your jalapenos. If you do not want to roast your Jalapenos, try some of these tips...which of course depends on which recipe you select. Take the jalapenos and dredge them in seasoned flour then a milk and egg mixture then in your breadcrumbs. The flour gives the egg and milk something to stick to and of course the egg and milk give the breadcrumbs something to stick to. Blanch the jalapenos first in briskly boiling water, then stuff them. Dredge the blanched stuffed jalapenos in flour, then dip in beaten egg, then roll them in crumbs Place the jalapenos in the refrigerator or freezer to chill, then dredge in flour. Place in the freezer or refrigerator for about 30 minutes.*



Jalapeno Poppers

12 large jalapenos, seeded, cut in half  
2 cup shredded monterey jack cheese  
1 egg  
2 t milk  
1 t flour  
1 tsp grated parmesan  
to taste salt (about 1/2 tsp)  
to taste fresh ground black pepper  
1 1/2 cup bread crumbs, seasoned or unseasoned  
enough vegetable oil, for frying

Wash jalapenos, cut in half, and take out seeds. Stuff each half with grated jack cheese. In shallow bowl, mix flour, egg, Parmesan, milk, salt, and pepper to taste. Place breadcrumbs in flat dish. Dip jalapeno in egg mixture and then in breadcrumbs. Place in freezer for 1/2 hour. Take out of freezer and deep fry in hot oil until golden brown.



## Baked Jalapeno Poppers

8 oz cream cheese, softened (you can use low fat)  
4 oz sharp cheddar cheese, shredded  
4 oz monterey jack cheese, shredded  
6 bacon slices, cooked and crumbled  
2 eggs, beaten  
1/4 tsp salt  
1/4 tsp chili powder  
1/4 tsp garlic powder  
1 lb fresh jalapenos, seeded, halved lengthwise (roasted are best)  
1/2 c dry bread crumbs



In a mixing bowl, combine cheeses, crumbled bacon and seasonings; mix well. In a small bowl, beat the 2 eggs. Spoon about 2 tablespoons into each Jalapeno pepper half. Dip each pepper half in egg and roll in bread crumbs. Place in a greased baking pan. Bake, uncovered, 350F for 15 minutes for a hot popper or 20-25 minutes for a more mild flavor.

## Alligator Eggs

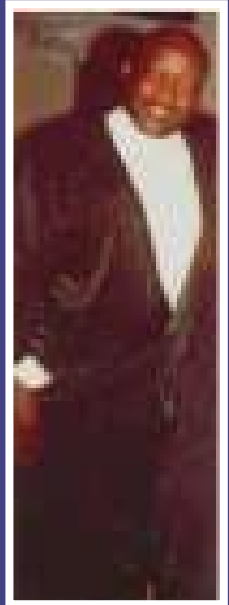
(Jalapeno Poppers)

36 large jalapeno chilies, roasted and peeled  
2 tsp mayonnaise  
2 tsp chili sauce  
2 tsp minced capers  
2 tsp finely minced green onions  
2 tsp finely minced fresh parsley  
1/2 tsp dijon mustard  
1/2 tsp horseradish  
to taste salt  
to taste fresh ground pepper  
1/4 tsp paprika



enough peanut oil  
2 flour  
3/4 cup beer, or a little more at room temp  
2 eggs, beaten  
2 t vegetable oil  
1 1/2 t ketchup  
2 tsp worcestershire sauce  
1 1/2 tsp fresh lemon juice  
1 1/2 tsp baking powder  
1/2 tsp salt  
1 tsp cayenne pepper

Using small, sharp knife; cut 1 1/2 inch slit at stem end on side of each roasted Jalapeno. Scrape out seeds being careful not tear stems. Rinse out chilies and drain on towels. In a bowl, mix together the mayonnaise, chili sauce, minced capers, minced green onions, minced fresh parsley, Dijon mustard, horseradish, salt and pepper. Spoon the mayonnaise mixture into each chili. Be careful not over stuff, the chili should close. Arrange chilies on baking sheet. Refrigerate for about 30 minutes. Heat 3/4 inch peanut oil in heavy large skillet. In a bowl, mix together the flour, beer, eggs, ketchup, vegetable oil, Worcestershire sauce, lemon juice, baking powder, salt, cayenne pepper. Dredge each Jalapeno in the beer batter mixture, coating completely. Add chilies to skillet (in batches; do not crowd) and fry until golden brown, turning once, about five minutes. Drain on paper towels and enjoy.





### Hooters Hot Wings

1/4 cup Butter  
1/4 cup Crystal Louisiana Hot Sauce  
dash Ground Pepper  
dash Garlic Powder  
1/2 cup Flour  
1/4 tsp Paprika  
1/4 tsp Cayenne pepper  
1/4 tsp Salt  
10 Chicken Wing  
enough Oil for frying  
enough Bleu Cheese Dressing  
6 ribs Celery, cut into sticks

Heat oil in a deep fryer to 375F. You want just enough oil to cover the wings entirely -- an inch or so deep at least. Combine the butter, hot sauce, ground pepper, and garlic powder in a small saucepan over low heat. Heat until the butter is melted and the ingredients are well-blended. Combine the flour, paprika, cayenne powder, and salt in a small bowl. If the wings are frozen, be sure to defrost and dry them. Put the wings in a large bowl and sprinkle the flour mixture over

them, coating each wing evenly. Put the wings in the refrigerator 60-90 minutes. This will help the breading to stick to the wings when fried. Put all the wings in the hot oil and fry 10 to 15 minutes or until some parts of the wings begin to turn dark brown. Remove from the oil to a paper towel to drain. Don't let them sit too long, because you want to serve them hot. Quickly put the wings in a large bowl and add the butter hot sauce mixture and stir, coating all of the wings evenly. Serve with bleu cheese dressing and celery sticks on the side.

### Spicy Chicken Fingers

1 lb boneless chicken meat, cut in finger size pieces  
4 T butter or margarine, melted  
1-1 1/2 cup seasoned breadcrumbs  
Black Pepper to taste  
Chili Powder to taste

Preheat oven to 325F degrees. Add the seasoned breadcrumbs, black pepper and chili powder. Roll chicken fingers in the melted butter or margarine (or spray with cooking spray), then roll in the breadcrumbs. Bake the chicken fingers in the preheated oven for about 10 minutes. Turn them over and cook for another 10 minutes or until they are brown and pierce easily with a fork. Serve with your favorite condiments.



## Spicy Black Bean Dip

- 1 can black beans, drained (15 oz)
- 1 tsp vegetable oil
- 1 sm onion, chopped
- 2 cloves garlic, minced
- 1 or 2 tomato, diced (about 1/2 cup)
- 1/3 cup mild picante sauce
- 1/2 tsp ground cumin
- 1/2 tsp chili powder
- 1/4 cup shredded reduced-fat monterey jack cheese
- 1/4 cup chopped fresh cilantro/chinese parsley/coriander leaves
- 1 t fresh lime juice

Place beans in a bowl; partially mash with a fork until chunky and set aside. Heat oil in a medium nonstick skillet over medium heat. Add onion and garlic and saute 4 minutes or until tender. Add beans, tomato, and next 3 ingredients; cook 5 minutes or until thickened, stirring constantly. Remove from heat; add cheese, cilantro, and lime juice, stirring until cheese melts (usually less than 1 minute) Enjoy warmed with tortilla chips.

## Spicy Bean Salsa

- 1 can black-eyed peas, drained (15 oz)
- 1 can black beans, rinsed and drained (15 oz)
- 1 can whole kernel corn, drained (15 oz)
- 1 med onion, chopped
- 1 med green bell pepper, chopped
- 1 can diced green chilies (4 oz )
- 2 jalapeno peppers, roasted and diced
- 1 can diced tomatoes, drained (14.5 oz)
- 1 cup italian salad dressing
- 1/2 tsp garlic salt
- to taste ground black pepper

In a medium size mixing bowl combine black-eyed peas, black beans,

corn, onion, green bell pepper, green chilies, jalapenos, tomatoes, salad dressing, black pepper, and garlic salt, mix well. Cover and refrigerate overnight. Enjoy with your favorite chips or with your favorite grilled meat.



## Tortilla Dip I

- 2 cans chili with beans
- 2 pkgs (8 oz) cream cheese, softened
- 1 lb pepper jack cheese, shredded
- tortilla chips

Preheat oven to 250F. In an oven safe pan, layer cream cheese, chili, and pepperjack cheese. Heat on 250F oven till cheese is melted. Serve with chips.

## Tortilla Dip II

- 2 pkgs (8 oz) cream cheese, softened
- 2 cans chili (with or without beans)
- 1 large jar salsa (hot or mild)
- 1 lb monterey jack cheese, shredded

Preheat oven to 350F. Spread the softened cream cheese evenly over the bottom of a 9x13 baking pan. Layer chili over the top of the cream cheese and spread evenly. Next layer the salsa over the chili and spread evenly again. Sprinkle shredded Monterey Jack cheese on top, and bake in a 350F degree oven for about 20 to 30 minutes, until cheese is bubbly. The recipe can also be microwaved for about 15 minutes in a microwave safe pan. Prepare in exactly the same manner otherwise. Serve the dip warm with tortilla chips.



Roman Gabriell, legendary NFL quarterback; Billy Ray Barnes of the Philadelphia Eagles; Jeff Severson (The Singing Safety), All-Pro for the Washington Redskins and the LA Rams; William Fuller, Houston Oilers, Chargers, Eagles; Bruce Smith, Washington Redskins; Gayle Sayers, star running back for the Chicago Bears; Deacon Jones, NFL Hall of Famer, Washington Redskins, LA Rams, and Chargers; Roger Brown, Detroit Lions and LA Rams; Merlin Olsen, LA Rams; The Fearsome Foursome; Dick Bass, the LA Rams; Joe Jacoby, Washington Redskin; Bill Bergey, ALL-Pro with the Eagles; Hoot Gibson, ALL-Pro Oakland Raiders and San Diego Chargers; Ted Hendricks, NFL Hall of Fame; Ken Huff, ALL-Pro for the Colts; Bruce Laird, ALL-Pro for the Colts; Dan McCauley, ALL-Pro for the Colts; Keith Williams, Dallas Cowboys; Roland Moss, New England Patriots; Jim Nemeth, Baltimore Colts; Joe Pizzo, Pittsburgh Steelers; Milt Plum, Cleveland Browns; David Ray, ALL-Pro for the Rams; Benny Snipes, Pittsburgh Steelers; Milt Plum, Cleveland Browns; David Ray, ALL-Pro for the Rams; Art Thoms, Oakland Raiders; Ben Davidson, Oakland Raiders; Erving "Blueprint" Parker...