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“Super Bowl ‘39’ 3-for-All Buffet”

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Be the MVP on Football’s Big Day with 3-A-Day. Super Bowl is the second largest eating occasion of the year. Score big with classics-made-healthier-recipes and ideas from 3-A-Day of Dairy.

Touchdown Taco Salad: serves 8

Brown 1/2 pound lean ground beef; stir in 1 cup shredded cheese and 1/4 cup salsa, mix until blended; spoon onto serving platter. In a large bowl, toss together 8 cups salad greens with 1 cup chopped tomatoes, 1 1/2 cups black beans, 1/2 cup shredded cheese, and 1/4 cup salsa. Spoon salad over meat mixture and serve.

Super “Bowl” Pudding: serves 6

Prepare 2 packages (4 serving size) vanilla pudding with 4 cups milk, according to package directions. Crumble brownies and measure 1 cup. Place 1/2 the brownie crumbles on bottom of a medium glass bowl. Layer with half the prepared vanilla pudding; add 1-cup fresh or frozen strawberries and 1/4-cup fresh or frozen blueberries. Repeat layers. Serve immediately or cover and refrigerate.

Baked Spinach and Artichoke Yogurt Dip: serves 8

Preheat oven to 350⁰F. Drain and chop 1 can (14 oz.) artichoke hearts; mix with 1 package (10 oz.) frozen chopped spinach (thawed and drained), 1-cup (8 oz.) plain lowfat yogurt, 1-cup shredded part-skim mozzarella cheese, 1/4-cup chopped green onion, and 1 clove minced garlic. Place in 1-quart casserole dish or 9-inch pie plate. Bake for 20-25 minutes or until heated through. Sprinkle with 2 tablespoons chopped red pepper.

Roasted Red Pepper Yogurt Dip: serves 5

Drain and puree 1 jar (12 oz.) roasted red peppers; drain again. Add 2-cups lowfat plain yogurt, 1 can (4 oz.) drained chopped green chilies, and 1 clove minced garlic; mix until blended. Refrigerate to blend flavors. Serve with assorted vegetables or pita wedges.

Roasted Potato Wedges with Cheddar Sauce: serves 6

Pre-heat oven to 425⁰ F. Scrub 3 large baking potatoes and cut each into 8 wedges. Place potatoes in a resealable plastic bag; add 2 tablespoons vegetable oil, 1/2-teaspoon season salt and 1/4-teaspoon pepper. Close bag and toss to coat potatoes. Place potatoes on baking pan, cover with foil and bake for 30 minutes; remove cover, turn potatoes and bake 10 additional minutes or until lightly browned.

Heat 2 tablespoons canola oil in medium saucepan. Add 2-tablespoons flour and stir over medium heat for 30 seconds. Whisk in 1 1/4 cups milk; stir until thickened. Reduce heat to low; stir in 1 1/4 cups shredded sharp cheddar cheese, 2 tablespoons finely chopped green onions, 1-tablespoon imitation bacon bits and 1/4-teaspoon cayenne pepper. Keep warm and serve with potato wedges.