



Football Feast for Under \$30 – Appetizer Menu for 10

## **MENU**

### **Artichoke and Roasted Red Pepper Yogurt Dip**

Servings: 10 (\$5.74)

### **Hot Pizza Dip**

Servings: 10 (\$4.25)

### **Spicy Snack Mix**

Servings: 10 (\$3.15)

### **Cheddar and Pear Panini**

Makes 6 sandwiches (quartered): (\$4.50)

### **Chocolate Banana-rama Milk Mixer**

Servings: 10 (\$5.31)

### **Milk**

Servings: 10 (\$2.50)

**TOTAL = \$25.45**



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### Artichoke and Roasted Red Pepper Yogurt Dip

Servings: 10 (Cost/Recipe \$5.74 or \$.57/serving)

**Prep and Cooking Time:** 15 minutes

**Ingredients:**

- 1 container (16 ounces) low-fat plain yogurt
- 1/2 cup chopped roasted red peppers, drained
- 1 can (14 ounces) artichoke hearts, drained and chopped
- 1/8 teaspoon salt Dash cayenne pepper
- 1 large clove garlic, minced
- 2 green onions, chopping white and green parts separately

Nutritional Facts:	
Calories:	60
Total Fat:	1g
Saturated Fat:	0g
Cholesterol:	5mg
Sodium:	310mg
Carbohydrates:	9g
Dietary Fiber:	2g
Protein:	4g (2.6g from dairy)
Calcium	10% Daily Value

**Preparation:** Combine red peppers and artichokes and pat dry with a paper towel. Add salt, cayenne pepper, minced garlic and chopped green onions (white part only). Mix with plain yogurt until blended. Pour into serving bowl. Sprinkle the remaining green onions over the dip. Cover and chill at least 3 hours or overnight for flavors to blend. Serve with pita crisps or corn tortilla chips.

### Hot Pizza Dip

Servings: 10 (Cost/recipe \$4.25 or \$.42/serving)

**Prep and Cooking Time:** 25 minutes

**Ingredients:**

- 6 ounces light cream cheese
- 1/2 cup light sour cream
- 1 teaspoon oregano
- 1/2 cup pizza sauce
- 1 cup shredded low-moisture, part-skim Mozzarella cheese
- 1/2 cup grated Parmesan cheese
- 1/4 cup diced red peppers
- 1/4 cup sliced green onions
- Whole-wheat bread sticks or crackers

Nutritional Facts:	
Nutritional Facts Per Serving:	
Yield: 4 tablespoons per serving	
Calories:	110
Total Fat:	6g
Saturated Fat:	4g
Cholesterol:	20mg
Sodium:	300mg
Carbohydrates:	5g
Dietary Fiber:	Less than 1g
Protein:	7g (7 grams from dairy)
Calcium	25% Daily Value

**Preparation:** Combine cream cheese, sour cream and oregano in bowl. Stir until smooth. Spread evenly into a small pie plate or quiche pan. Top with pizza sauce, cheeses, peppers and onions. Bake at 350° F for 15 minutes or until cheese is melted. Serve with whole-wheat bread sticks or crackers.



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### Cheddar and Pear Panini

Makes 6 sandwiches, cut to serve 10  
(Cost/serving \$1.50)

**Ingredients:**

- 2 tablespoons mango chutney
- 1 tablespoon reduced-fat mayonnaise
- 4 slices whole-wheat sandwich bread
- 3 ounces Cabot Seriously Sharp or 50% Reduced-fat Cheddar (thinly sliced, divided)
- ¼ of pear or apple (thinly sliced)
- Cooking spray

**Preparation:** Preheat a panini press or contact grill (George Foreman). Mix chutney and mayonnaise and spread over 4 slices bread. Place half the cheese on 2 slices bread. Top with pear slices, remaining cheese and bread slices, chutney-side down. Spritz both sides of sandwiches with cooking spray. Place sandwiches in panini press or contact grill; cook 4 to 8 minutes or until golden brown and cheese has melted. Alternatively, heat a skillet, preferably cast-iron, over medium-low heat. Place sandwiches in skillet. Set a piece of foil on top, then weigh with a heavy saucepan or smaller skillet. Add a few unopened food cans for extra weight, if needed. Cook 2 to 4 minutes or until underside has browned. Turn and cook 2 to 4 minutes more. Cut sandwiches in half and serve immediately.

**Tip:** *Slice each sandwich into 4 triangles and use football-themed toothpicks.*

**\*Nutritional Facts Per serving: 371 calories based on recipe with 2 sandwiches**

Nutritional Facts *:	
Calories:	371
Total Fat:	19g
Saturated Fat:	10g
Sodium:	632mg
Carbohydrates:	39g
Dietary Fiber:	5g
Protein:	16g
Calcium	352 mg



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### Spicy Snack Mix

Servings: 10 (Cost/recipe \$3.15 or \$.29/serving)

**Prep Time:** 10 minutes

**Ingredients:**

- 6 cups popped popcorn
- 2 cups small corn chips
- 1 cup baked pretzel snack crackers or mini pretzels
- 8 ounces Cheddar or Jalapeño Jack cheese, cut into cubes
- 1 tablespoon taco seasoning mix

**Nutritional Facts\*:**  
Nutritional Facts Per Serving: 1 Cup

Calories:	180
Total Fat:	11g
Saturated Fat:	5g
Cholesterol:	21mg
Sodium:	306mg
Carbohydrates:	14g
Dietary Fiber:	1g
Protein:	7g
Calcium	15% Daily Value

**Preparation:** Place popcorn, corn chips and pretzels in a large bowl. Add cheese cubes and taco seasoning mix. Toss lightly.

**\*Nutritional Facts Per serving: 180 calories based on recipe with total 11 servings**

### Chocolate Banana-rama Milk Mixer

Servings: 4 (Cost/recipe \$1.77 or \$.44/serving)

**Prep and Cooking Time:** 5 minutes

**Ingredients:**

- 4 cups fat-free milk
- 1 package (4 ounces) chocolate instant pudding & pie filling
- 1 medium banana, cut into chunks
- 5 to 6 ice cubes

**Nutritional Facts\*:**

Calories:	200
Total Fat:	5g
Saturated Fat:	0g
Cholesterol:	5mg
Sodium:	460mg
Carbohydrates:	41g
Dietary Fiber:	2g
Protein:	9g (8g from dairy)
Calcium	30% Daily Value

**Preparation:** Place ingredients in a blender. Cover and blend 1 minute or until smooth. Pour into glasses. Serve immediately.

**\*Nutritional Facts Per serving: 200 calories based on recipe with total 4 servings**