

Seasonal Eating
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Game Day Vegetables Kicked Up with a Unique Dip
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Can you hear it? The whistles blowing, the band playing, the cheering? That's right its football season once again! And that means game day snacks, tailgates and buffets to keep you fueled up to urge on your favorite team.

Cheeseballs, wings, burgers, hotdogs and nachos are perennial favorites on the tailgate menu. While these heavier dishes filled with meat and cheese make up the backbone of game food, it is also nice to have some fresh items on the table too. For me, that's a veggie tray with a dip to make it more enticing and delicious. And while it is easy to just pour out some ranch dressing, my absolute favorite vegetable dip can turn your fresh and colorful tray into a hit on the party menu even for die hard game food lovers.



Dried Beef Dip is a long time family favorite recipe. Back in the late seventies/early eighties, my family was living in Beavercreek, Ohio. There was a local grocery store called Lofino's. It had a demonstration kitchen in the middle with all kinds of different products and I thought it was a most fun place to go and wander. My Mom went to one of the demonstrations and they had this Dried Beef Dip recipe as part of a holiday class. We've been using it ever since.

Before you cringe, yes there is a place for jarred cheese product (processed cheese dip – aka Cheez Whiz) and it's in this dip. It gives the dip a great creamy texture and a cheesy flavor. The second jarred product is the dried beef - thin round sheets of dried meat rolled up in a jar. This adds a salty flavor that is great with the fresh vegetables (this is also why this dip is not good with crackers or chips). Then there are four seasonings – onion, garlic powder, Worcestershire sauce and horseradish - that bring incredible depth and flavor to the dip. Grate the onion on the smallest holes on your grater. It will make a lot of juice as well as grated onion – just scoop it all up into the measuring spoon. Mix all that with some cream cheese and you have a wonderfully unique vegetable dip for a great party.

For dippers, along with the usual suspects of carrots and celery, try stripped up bell peppers, radish coins, sugar snap peas, slightly blanched asparagus, zucchini sticks, jicama sticks or mini seedless cucumbers cut into sticks for a great variety.

So go ahead and cheer for your favorite team as you enjoy the traditional and not so traditional tailgating spread.

Visit the Bedford County Extension website for more recipes and information about seasonal eating (bedford.tennessee.edu).

Dried Beef Dip

16 ounces cream cheese
1 (8-ounce) jar cheese dip (Cheez Whiz)
1 teaspoon Worcestershire sauce
2 teaspoons cream style horseradish
1/4 teaspoon garlic powder
1 teaspoon grated onion
1 (5-ounce) jar dried beef, chopped

In large mixing bowl, beat cream cheese and cheese dip until fluffy. Add Worcestershire sauce, horseradish, garlic powder and grated onion. Stir in dried beef. Serve with cut up vegetables.