

Clean Dips for Superbowl Parties

By Sara Baker

I love football season. However, I do not always love the unhealthy fare at the parties. Most football parties are stocked with clean eating nightmares. Chips, wings, pizza etc. Sadly, the season is coming to an end with the biggest game of them all....the Superbowl. When going to a friend's to watch the game, I always plan on bringing something healthy to share. This way I am at least guaranteed one item I can snack on. What's watching a game without dips? Many dips (salsa, guacamole) fit into the fat loss lifestyle. However, it is usually what we are scooping up the dips with that is the problem. 7 chips can be 150 calories or more and loaded with unnecessary carbs and fat. And who really only has 7 chips? Obviously, raw veggies would be the best choice. Yet, sometimes, raw veggies are just plain boring. So I have created two homemade dips that are healthy and tasty. The first, roasted garlic sundried tomato dip is higher in fat and lower in carbs. The second, my famous homemade hummus is a little lower in fat but a little higher in carbs (extra bonus: homemade hummus costs about \$1.50 to make if you have the pantry staples vs. buying \$4-5 hummus at the store!)

Roasted Garlic Sundried Tomato Dip

3 garlic cloves

Drizzle of olive oil

1-7 oz jar of sundried tomatoes packed in olive oil

Salt and pepper to taste

1 tbsp feta cheese

Preheat oven to 400 degrees. Place garlic cloves in small baking dish and drizzle with olive oil. Roast cloves for 20 min. Remove garlic from oven and remove skins. Place garlic, entire jar of sundried tomatoes and feta cheese in food processor. Pulse until well mixed. Taste and add salt and pepper to taste.

Homemade Hummus

1-15 oz can no-sodium added garbanzo beans

1/3-1/2 cup olive oil

1 garlic clove, chopped

1 tbsp sesame oil

Lemon juice, salt, pepper and hot sauce to taste

Drain garbanzo beans. Add olive oil, garlic and sesame oil and beans into food processor or Magic Bullet. Pulse until well blended. Add small amount of lemon juice, salt and pepper. Taste and add more if needed. **If you like your hummus creamier, add a tiny bit of water or more oil until reached desired consistency.

Happy football watching!