



# It's a WIN-WIN!

## How To Feed Football Fans And Fight Hunger

Family Features

When it's your turn to call the plays on game day food, you need recipes that are easy to make, easy to eat, and will feed a crowd of hungry fans. These four recipes from celebrity chefs Pat and Gina Neely are a must for your tailgating playbook — full of satisfying flavor that will score big with football fanatics.

The recipes make it easy to please the football crowd, and Kraft Foods' "Huddle to Fight Hunger" makes it easy to help your neighbors in need. According to Feeding America, more than 50 million Americans — that's 1 in 6 of your neighbors —

live in food insecure households. But you can do something about it.

Join the Huddle to Fight Hunger on Facebook — for every "like" at [www.facebook.com/KraftFightHunger](http://www.facebook.com/KraftFightHunger), Kraft Foods will help donate one meal to Feeding America. Last year, Kraft Foods and their family of iconic brands donated more than 20 million meals. Its mission this year is to help donate 25 million meals.

It's a win-win for everyone — make the recipes for your friends, like the Kraft Fight Hunger Facebook page and you will help feed your neighbors.

### ZESTY 100 YARD BITES

PREP TIME: 20 MINUTES | MAKES: 12 SERVINGS

- INGREDIENTS**
- 1/3 cup Kraft Mayo with Olive Oil Reduced Fat Mayonnaise
  - 1 tablespoon Sriracha sauce
  - 1 teaspoon fresh lime juice
  - 12 slider buns
  - 12 slices Oscar Mayer Deli Fresh Honey Ham
  - 12 slices Oscar Mayer Deli Fresh Slow Roasted Roast Beef
  - 3 Kraft Big Slice Colby Jack Cheese Slices, cut into quarters
  - 2 plum tomatoes, cut into 12 slices
  - 12 Claussen Bread 'N Butter Pickle Chips
  - 12 stuffed green olives

**DIRECTIONS**

Mix mayo, Sriracha and lime juice in a small bowl. Spread each bun with 1/2 tablespoon (1 1/2 teaspoons) mayo mixture. Fill each bun with 1 folded slice each ham and roast beef, a cheese slice quarter, tomato slice and pickle. Top each bun with a small decorative bamboo skewer, skewered with an olive. Substitute: Substitute hot pepper sauce for the Sriracha sauce.



### POTATO DOG SKINS

PREP TIME: 10 MINUTES | TOTAL TIME: 1 HOUR 30 MINUTES  
MAKES: 6 SERVINGS

- INGREDIENTS**
- 3 large baking potatoes (2 1/2 pounds), baked
  - 2 cloves garlic, minced
  - 2 tablespoons butter, melted
  - 3 Oscar Mayer Selects Premium Beef Franks
  - 1/3 cup Bull's-Eye Original Barbecue Sauce, warmed
  - 1/2 cup Kraft Shredded Colby & Monterey Jack Cheeses
  - 1/3 cup Breakstone's or Knudsen Sour Cream
  - 1/4 cup chopped fresh chives

**DIRECTIONS**

Heat grill to medium heat. Cut potatoes in half lengthwise and spoon out the flesh, leaving half-inch shells. Mix garlic

and melted butter. Brush potatoes on both sides with garlic butter mixture. Grill franks 7 to 9 minutes, or until heated through, turning occasionally; slice into rounds. Grill potatoes until crisp, about 4 to 4 1/2 minutes on each side. Spoon sliced franks into the potato shells; drizzle with barbecue sauce and top with cheese. Grill until the cheese is melted. Top with sour cream and chives. Alternative Cooking Method: If you prefer, bake the buttered potato skins in a 250°F oven until crisp, about 15 minutes, before adding the toppings. Fill as directed and bake 5 minutes more.

### CHIPOTLE CHILE MAC AND CHEESE

PREP TIME: 20 MINUTES | TOTAL TIME: 35 MINUTES  
MAKES: 6 SERVINGS, ABOUT 1 CUP EACH

- INGREDIENTS**
- 1 package (14 ounces) Kraft Deluxe Macaroni & Sharp Cheddar Cheese Sauce
  - 1 pound lean ground beef
  - 1 onion, finely chopped
  - 1 red bell pepper, finely chopped
  - 1 canned chipotle pepper in adobo sauce, minced
  - 4 green onions, thinly sliced
  - 3/4 cup Kraft shredded cheddar cheese
  - 6 Ritz crackers, coarsely crushed (about 1/4 cup)

**DIRECTIONS**

Heat oven to 400°F. Prepare dinner as directed on package. Meanwhile, brown beef with onion and bell pepper in large skillet over medium-high heat 5 minutes. Drain.

Add meat mixture to prepared dinner and stir in chipotle pepper. Spoon into greased 2-quart casserole or baking dish. Top with green onions, cheese and cracker crumbs. Bake 15 minutes or until mixture is hot. Tailgating Take Along: Make your casserole in a disposable foil pan. Just heat on a covered grill on low heat until mixture is golden and heated through. Tip: For additional heat, increase to 2 chipotle peppers in adobo sauce. Substitute: Prepare using extra-lean ground beef and Kraft 2% Milk Shredded Cheddar Cheese.



### TAILGATE TURKEY PILE-ON

PREP TIME: 10 MINUTES | MAKES: 6 SERVINGS

- INGREDIENTS**
- 1 12-inch loaf Italian bread with sesame seeds, sliced in half horizontally
  - 1/4 cup Kraft Mayo with Olive Oil Cracked Pepper Reduced Fat Mayonnaise
  - 24 slices Oscar Mayer Deli Fresh Oven Roasted Turkey Breast
  - 6 slices Oscar Mayer Fully Cooked Bacon, crisped
  - 1/2 cup shredded iceberg lettuce
  - 1/4 cup sliced black olives
  - 1/4 cup drained roasted red pepper strips

**DIRECTIONS**

Hollow top of bread slightly; discard removed bread or save for another use. Spread mayonnaise on both sides of bread. Fill with remaining ingredients. Slice into 6 (2-inch) pieces. Tailgating Tip: To make for easy eating, wrap sandwich in parchment paper (like at a sandwich shop) and then slice with a serrated knife. Wrap in foil for transport.

# Deep-Fried And Decadent: Fair Food

BY JEANNINE STEIN  
Los Angeles Times (©2011 MCT)

I ate deep-fried butter at the Orange County (Calif.) Fair. And I'm not apologizing for it. Let's face it — going to a county fair is like getting a free pass to Junk Food Land. All bets are off. No one gives you the admonishing finger if you follow a platter of funnel cake with a deep-fried Oreó chaser. In fact, as I carried around the deep-fried butter, I was bestowed admiring glances from other fair-goers. You have to love a place that offers something called a "Coronary Combo" of deep-fried butter and chocolate-covered bacon. Of course, eating the artery-clogging treat (and the rest of the stuff I'll tell you about in a minute) was all done in the name of journalistic investigation. Or something. I was there to find out if fair foods are all they're cracked up to be. Are they worth the calories and the extra hit of Metformin, even if it's a once-a-year thing?

When the fair was in full swing, my husband and I high-tailed it to the main food drag and went immediately for the butter, which has become legendary for being perhaps the worst food imaginable on the planet. You take butter, dip it in batter and deep-fry it. What could be better? Or worse, I guess. The dish came piled high with whipped cream, and there was the option of adding chocolate sauce. But I wanted to experience it in its purest form. It was good. The taste was like a buttery churro or, to quote my husband, "A funnel cake on steroids."

The theme of this year's fair was "Let's Eat!" as if people really need to be reminded. Fair food is an American tradition and as much a part of the fair experience as the Ferris wheel and the

giant alligator. An exhibit detailed the history of fair food, from peanuts and popcorn to the tradition of deep frying anything that doesn't move. Next we decided to go savory and split a barbecued turkey sandwich, waffle fries and an ear of roasted corn. The corn was the best of the three and didn't even need butter. Not that it would have mattered at this point. Then, with a few hours of walking under our belts, my husband decided to try some grilled beef kebabs, which were on the chewy side, although they did come with unadulterated onions and peppers. Vegetables made a couple of appearances at the fair, in fact, most often fried, as in zucchini nachos. I thought a stuffed jalapeno might be tasty until I discovered what it was stuffed with — a Butterfinger bar. That may be the least appealing food combination ever. While eating the kebabs, we shared a table with a young couple who generously offered us some of their fried Kool-Aid. They, like us with the butter, had been curious about what this

bizarre-sounding item had to offer. Balls of fried doughnut-like dough revealed a hot-pink interior that tasted like Kool-Aid and had a fizzy tang. Not something I'd go back for. With an hour to go until closing time, we figured we'd throw caution to the wind and try one more thing. I lobbied for the cheesecake on a stick, but my husband convinced me that the deep-fried Snickers bar would be a better choice. It wasn't bad — I liked the hot, melted chocolate — but by that time the whole fried-dough thing was becoming overwhelming. Shall we do the calories? I thought you'd never ask. The WebMD site lists fried Snickers at 444 calories and 29 grams of fat, and a funnel cake at 760 calories and 44 grams of fat. That ear of corn was positively slimming at about 125 calories. The online site My Fitness Pal has one fried butter ball weighing in at 443 calories and 39 grams of fat, but since our version was extruded, I'm not sure how to calculate calories. Let's just call it an even billion. Yes, it was fun trying some

truly decadent foods that are otherwise unavailable, even though I felt like a big ball of fried dough by the end. My guilt was assuaged by the fact that this is so far a biennial event for my husband and me, and by the fact that I walked (albeit at a leisurely pace) for about six hours. At least that's what I'm telling myself.



### Cwach-Starck

Alison Cwach and Matthew Starck announce their engagement. Parents of the couple are Sandy Cwach and the late Jerry Cwach of Yankton, SD, and Mike and Jodi Starck of Berthoud, CO. Alison is a 2009 graduate of Berthoud High School. She works at Grandpa's Café in Berthoud. Matthew is a graduate of Berthoud High School. He is a farmer. The couple is planning an Oct. 1, 2011, wedding.

In honor of their hard work and dedication, we salute the employees of the South Dakota Human Services Center and thank them for their commitment and dedication to the citizens of South Dakota.



**KYNT**  
AM 1450  
**MORNING COFFEE**  
WEEKDAYS  
MONDAY-FRIDAY  
Friday, September 2  
7:40 a.m.  
YAPG (Mike Dellinger)  
8:15 a.m.  
YAA (Amy Miner)  
8:45 a.m.  
SHS Watermelon Feed  
(Russ Tschetter)

**Happy 80th Ed Sykora**

The families of Ed Sykora request a card shower in honor of his 80th birthday on Sept. 4th. Greetings may be sent to 30762 426th Avenue, Tabor, SD 57063.