



With the average open-market ticket price for this year's Super Bowl at \$3,152 (or \$50 for every one minute of play), think of all the money you are saving by sitting in front of your super-size flat screen this Sunday.

And the game-day snacks will be a lot better, too.

Almost any finger foods can qualify as Super Bowl fare, as long as they (1) have been fried at least once, (2) contain melted cheese, and (3) have been liberally doused with Tabasco Sauce.

Sure, there will be the obligatory stalks of celery and probably some token form of avocado to foster the illusion that we are consuming a balanced diet. But most of us will rationalize that a Super Bowl Sunday with the 49ers only comes once in awhile.

CLASSIC HOT WINGS

Canola oil, for frying

24 chicken wing parts (12 wings separated into 2 pieces)

1 (12-ounce) bottle cayenne hot pepper sauce (such as Frank's)

1 stick butter

Several dashes Worcestershire sauce

Several dashes hot sauce, such as Tabasco

Favorite blue cheese dip or ranch dressing for serving

Celery sticks, for serving

Preheat the oven to 325°F. Heat 3 inches of canola oil in a heavy pot to 375°F.

Add half the chicken wing parts to the oil and fry them until they're golden brown and fully cooked, 5 to 7 minutes. Remove and drain on paper towels. Repeat with the other half of the wing parts.

In a saucepan, heat the cayenne sauce and butter over medium-low heat. Add the Worcestershire and hot sauce. Let it bubble up, and then turn off the heat.

Place the wings in an ovenproof dish and pour the hot sauce over the top. Toss to coat, and then bake in the oven for 15 minutes.

Serve with blue cheese dip and celery sticks. Serves 4.

RANCH DRESSING DIP

Ranch dressing is the most popular type of salad dressing sold in the country. Very easy to make, it is essentially a buttermilk and mayonnaise dressing spiffed up with herbs. Add some crumbled blue cheese, and you have a luscious blue cheese dressing dip.

1/2 cup mayonnaise

1/2 cup sour cream

1/2 cup buttermilk

1 tablespoon garlic powder

1 teaspoon dried oregano

1 teaspoon dried dill weed

1 tablespoon dried chives

1 tablespoon dried parsley

2 tablespoons grated Parmesan cheese

1 dash hot pepper sauce

1 tablespoon Worcestershire sauce

1 teaspoon white pepper

Combine the mayonnaise, sour cream, buttermilk, garlic powder, oregano, dill weed, chives, parsley, Parmesan cheese, hot sauce, Worcestershire sauce and pepper, and refrigerate for at least 1/2 an hour. If the dressing is too thick, add a little extra buttermilk to thin.

TACO BITES

Cooking spray

1 (8-ounce) package cream cheese, softened

3/4 cup shredded Cheddar cheese

1/3 cup salsa

1 green onion, finely chopped

1 tablespoon garlic powder

1 teaspoon white sugar

Preheat oven to 350°F. Spray mini muffin cups with cooking spray.

Mix cream cheese, Cheddar cheese, salsa, green onion, garlic powder and sugar together in a bowl. Add eggs and mix well; spoon into the prepared muffin cups. Bake in the preheated oven until each taco bite is set in the middle, about 15 minutes. Makes 3 dozen Taco Bites.

GAME DAY NACHOS

2 cloves garlic, crushed

6 green onions, sliced, white parts and tops separated

3 tablespoons canola oil

1 shredded, cooked, whole chicken breast

Salt and pepper to taste

1 cup salsa

1/2 (12-ounce) package tortilla chips

1 (8-ounce) package shredded Cheddar and Monterey Jack cheese blend

1/2 large tomato, diced

Preheat oven to 350°F.

In a 12-inch skillet over medium heat, cook and stir the garlic and white parts of the green onions in canola oil until tender. Mix in shredded chicken, salt and pepper. Toss until well coated with oil. Stir in the salsa.

Arrange tortilla chips on a large baking sheet. Spoon the chicken mixture over tortilla chips. Top with cheese blend and tomato.

Bake in the preheated oven 10 minutes, or until cheese has melted. Remove from heat and sprinkle with green onion tops before serving. Serves 6.

TURKEY SLIDERS

2 pounds ground turkey (*not extra-lean*)

Water

Salt and freshly ground black pepper

3 tablespoons olive oil, divided

1 large Vidalia onion, chopped

1/2 cup BBQ sauce

16 dinner rolls, split in 1/2

Add the turkey to a large bowl along with 1/4 cup water. Season with salt and pepper, to taste, and mix to combine. Mold the turkey into 16 even-size slider patties.

Heat 1 tablespoon of oil in a large griddle pan over medium heat. Add the patties and cook for 4 to 5 minutes per side. Be sure to not move them until they are ready to flip when brown on the first side.

Heat remaining 2 tablespoons of oil in a large sauté pan. Add the onions and caramelize over medium heat, adding water as needed, to deglaze the pan. Add the BBQ sauce to the onions when they are mostly caramelized and cook for another 3 to 4 minutes.

Top each potato roll bottom with a turkey patty and spoon some of the BBQ caramelized onions over the top. Cover with the roll tops. Makes 16 sliders.

GUACAMOLE

2 ripe avocados

1 teaspoon salt

1-1/2 teaspoons lime juice

1 teaspoon Worcestershire sauce

3 cloves garlic

1/3 teaspoon red pepper

1/2 tablespoon grated onion

2 dashes hot pepper sauce (optional)

Wash, peel, pit and mash avocados. Finely mince the garlic.

In a small cup, add salt, minced garlic and lemon juice. Set aside to soak for 15-30 minutes. This takes the “edge” off the garlic. Add remaining ingredients.

This can be made in a food processor or using a blender.

Serve with crackers and tortilla chips. Makes about 1-1/2 cups.