

# First Down Dip

## ( Snack )

<b>Read It!</b>	(Read your recipe all the way through before you begin!)		
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<b>Place It!</b>	(Get everything out and ready to cook!)	
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### ***Ingredients***

1-8 oz. pkgs. fat-free cream cheese, softened  
 $\frac{1}{2}$  tsp. chopped garlic  
 $\frac{1}{4}$  cup chopped green onions  
 $\frac{1}{4}$  cup diced tomatoes  
 $\frac{1}{2}$  grilled chicken breast, diced  
 $\frac{1}{2}$  cup black beans, drained  
4 tsp. fresh chopped basil  
4 tsp. fat-free sour cream  
 $\frac{1}{2}$  cup mixed grated cheese  
Seasoned salt, to taste  
Blue corn or flour tortilla chips (for dippers)

### ***Equipment***

Measuring cups and spoons  
Electric mixer  
Rubber spatula  
Large mixing bowl  
Safety scissors or food chopper  
Colander  
Pastry bench  
Salad shooter

	(Time to cook!)	<b>Create It!</b>	
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1. **Prep for adult helper only:** Set out cream cheese to soften or beat with a mixer. Prep tomatoes and chicken for safety scissors.
2. Wash onions and basil and pat dry. Prepare the garlic, onions, tomatoes, chicken, and basil as directed above. Drain beans using a colander.
3. Add all the ingredients except the cheese, and mix by hand until combined.
4. Add the seasonings as needed or desired. Grate cheese with salad shooter and sprinkle on top.
5. This dip can be served cold or hot. (For hot dip, pour the mix into an oven- safe bowl and bake at 350 degrees for about 12 minutes.)
6. Serve with chips. Makes 2  $\frac{1}{2}$  cups. If you were taking this to a tailgate party, you would certainly need to double it!!!

*This is a favorite tailgate party recipe down around Houston and New Orleans!*