



# GUILT-FREE



HEALTHY +  
SUPER BOWL  
SNACKS

WINNING  
PARTY  
PLAYBOOK



PRE-GAME  
LIBATIONS

Duda  
farm fresh foods

MAKE YOUR PARTY SUPER WITH



We're pumped to celebrate a new year with one of America's favorite traditions – Super Bowl Sunday! During one of the most-watched spectacles of the year, gathering with friends and family for a casual day of football, food and fun is a must.

As a family-owned and operated company, we understand the importance of tradition. For six generations, we have made it our mission to provide only the highest quality produce for such occasions. Create crowd-pleasing munchies for the big game that are both healthy and delicious with Dandy® fresh vegetables and citrus. Want more inspiration? Check out [dudafresh.com](http://dudafresh.com) for more recipes!

## Radish Deviled Eggs

### INGREDIENTS

12 hard boiled eggs, peeled  
12 Dandy® Radishes, cut lengthwise and scooped into cups with a small spoon  
½ C mayonnaise  
2 tsp white vinegar  
2 tsp Dijon mustard  
¼ tsp salt  
¼ tsp pepper  
Paprika for garnish

### DIRECTIONS

1. Arrange cut radishes on serving platter.
2. Slice eggs in half lengthwise, removing yolks in a medium bowl. Whites can be discarded.
3. Mash the yolks with a fork, and mix in all remaining ingredients.
4. Evenly distribute yolk mixture into radishes.
5. Sprinkle with paprika and serve.

Incorporating fresh veggies into your favorite game day recipes adds a healthy boost of crunch and color



These brilliantly bite-sized treats are a great way to feed the masses while maintaining the relaxed atmosphere only a Sunday afternoon watching football can bring.

## Buffalo Chicken Bites

### INGREDIENTS

3 strips bacon  
½ C Dandy® Celery, diced  
½ C onion, diced  
1 C chopped cooked chicken  
4 oz cream cheese  
¼ C hot wing sauce  
2 boxes Athens Mini Fillo Shells  
1 oz crumbled blue cheese  
Chopped celery leaves for garnish

### DIRECTIONS

1. Heat a skillet to medium-high. Add the bacon and brown for 5-7 minutes. Remove the bacon and crumble when cool.
2. Add the celery and onion to the bacon grease. Saute for 2-3 minutes to soften, then add the cream cheese.
3. Allow the cream cheese to melt a little, then mix in the chicken and hot wing sauce. Mix well.
4. Spoon the warm chicken mixture into the phyllo shells. Then sprinkle the tops with crumbled blue cheese, bacon, and celery leaves. Serve warm or at room temperature.



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## Broccoli Bites

### INGREDIENTS

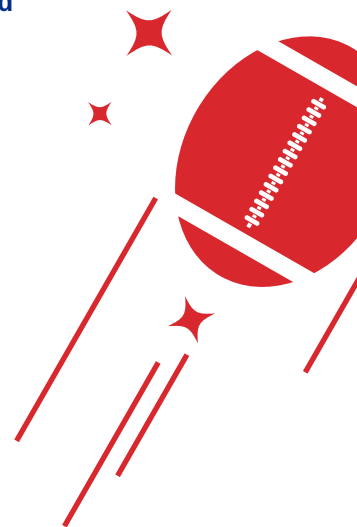
16 oz fresh Dandy® Broccoli, steamed  
1 ½ C grated cheddar or gruyere cheese  
3 eggs  
1 C seasoned Italian breadcrumbs  
Salt and pepper to taste

### DIRECTIONS

1. Mix all ingredients together in a large mixing bowl.
2. Form small patties and place on a parchment-lined baking sheet.
3. Bake at 375° F for 25 minutes, flipping after the first 15 minutes.



Add flair to your cocktail parties and brunch beverages with celery-leaf infused ice cubes! These beautiful chillers are unique and sure to impress. Bloody Mary, anyone?





## Meyer Lemon Herb Cauliflower Bean Dip

### INGREDIENTS

- 4 C Dandy® Cauliflower
- 2 medium garlic cloves
- 2 C cannellini beans, rinsed and drained
- 4 TB tahini
- 2 TB extra virgin olive oil
- 4 tsp Dandy® Meyer Lemon juice
- 4-6 tsp Dandy® Meyer Lemon zest
- 4 tsp fresh thyme
- 2 tsp chopped fresh rosemary
- Salt and pepper to taste

### DIRECTIONS

1. Steam the cauliflower until tender then rinse with cold water until chilled.
2. Mince garlic in large food processor.
3. Add in the cauliflower, beans, tahini, oil, lemon juice, lemon zest, thyme, rosemary, salt and pepper and process until smooth.
4. Chill in the fridge until ready to serve.
5. When ready, top with drizzled olive oil and serve with pita bread or crackers.



## Meyer Lemon and Orange Shandy

### INGREDIENTS

- 8 oz beer
- 4 oz ginger ale
- Juice of one Dandy® Orange
- Juice of one Dandy® Meyer Lemon

### DIRECTIONS

- Mix all ingredients and garnish with orange and meyer lemon peel.





## Grapefruit and Avocado Salad

### INGREDIENTS

2 Dandy® Grapefruit, peeled and sliced  
1 avocado, sliced  
2 TB fresh-squeezed Dandy® Orange juice  
1 tsp Dijon mustard  
2 TB apple cider vinegar  
1 TB honey  
2 TB extra virgin olive oil  
Cilantro, to garnish

### DIRECTIONS

1. Mix the peeled sliced grapefruit with sliced avocado.
2. Combine the remaining ingredients to make the dressing.
3. Add 3-5 TB dressing to the grapefruit and avocado. Toss and garnish with cilantro.

For a refreshing party beverage the whole family can enjoy, combine fresh-squeezed Dandy® Meyer Lemons with cool water and sugar to taste.



And because Meyer Lemons are so sweet, you'll need less sugar!

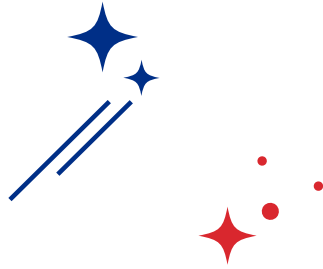


# YOUR SUPER BOWL PARTY PLAYBOOK

## Commercial Score Cards



With the millions of dollars companies spend on Super Bowl commercials, they are often just as exciting as the game itself. Create easy to make score cards prior to the game using colored construction paper and popsicle sticks.



## Touch Football

What better way to commence Super Bowl Sunday than with a friendly game of touch football? Tell guests to arrive early if they are interested in playing before the game, divide everyone into 2 teams and start playing! No matter who wins, both teams will get their blood pumping and surely work up an appetite for the football feast to follow.

## Football Charades

A perfect game for the halftime break, football charades is a high-energy game for all. Write down several football buzzwords such as touchdown, cheerleader, coach, buffalo wings, etc and put them all in a hat. Divide guests into 2 teams, and take turns acting words out until halftime is over. Up the ante by requiring the losing team to refill the winning team's drinks for the second half.



Dandy Fresh Fruits & Vegetables

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