

TABLE TALK AND FOOD FOR THOUGHT: DEBBIE D'S CORN DIP

By Guest Columnists  
Melanie and Cliff Fortenberry



INGREDIENTS:

1 can whole kernel corn,  
drained

1 can whole kernel southwest  
corn, drained

2 cups+ shredded cheese (add  
as much as you like)

¼ cup chopped onion, or to  
taste

Sprinkle of pepper

Sprinkle of garlic powder, not  
much so it won't be overpower-  
ing

1+ Tblsp. sour cream

1+ Tblsp. mayonnaise

Spring is here, and with it comes parties and other social get-togethers. Where there are people, there is food.

While corn dip may not be classified as a healthy snack, it does have fiber, and adding a Triscuit or a similar cracker can add more fiber. Corn dip contains protein in the grated cheese. While other nutrition amounts are negligible, it is always a big hit.

Our friend and colleague, Debbie DePriest, in Graduate Services at Mississippi College, is requested to take this to local events. It is always a favorite, and she never has any leftovers.

As with any good cook, you will need to adjust your measurements based on your own tastes. Cliff would love Tabasco sauce in his.

The shopping list is very frugal, so take, eat and enjoy. You may want to make a bowl for "at home consumption" first to get the hang of it before taking to socials, or just to enjoy a whole bowl at home!

PREPERATION:

1. Combine all ingredients, except  
sour cream and mayonnaise.

2. Add 1 tablespoon of sour cream,  
and stir.

3. Add 1 tablespoon of mayonnaise,  
and stir.

4. Continue adding sour cream  
and mayonnaise, one spoon at  
a time, until desired consistency  
and taste. Don't add too much of  
either, or the dip will be runny.

5. Serve with corn chips, Fritos or  
snack crackers.

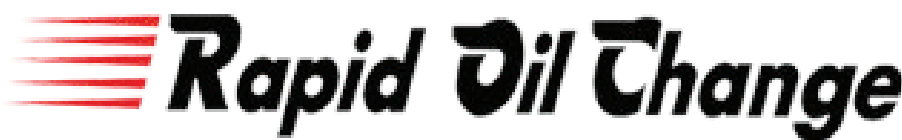


RapidTireExchange.com

Shop online featuring Tire Finder

FREE  
TIRE ROTATION &  
BRAKE INSPECTION

OFFER EXCLUDES AFTERMARKET WHEELS  
exp date 10/1/22  
coupon must be presented at the time of service



OilChangeMS.com

**\$10 OFF**  
ANY OIL CHANGE

CAN'T COMBINE OFFERS  
exp date 10/1/22  
coupon must be presented at the time of service