

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 overpowering
- 1+ Tbsp. sour cream
- 1+ Tbsp. 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.

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