

To prepare dip, heat olive oil in small saucepan over medium heat. Saute garlic, stirring constantly, until garlic just begins to turn golden, about 1 to 2 minutes. Remove from heat and let cool. In food processor or blender, combine garlic-olive oil mixture, beans and lemon juice. Process until smooth, slowly adding 1-2 Tbsp. water to obtain thick yet creamy consistency. Season to taste. Transfer to bowl, garnish and serve with vegetables.

Popeye's Spinach Dip

Serve in round (whole grain!) loaf of bread, hollowed out

1 package (10 ounces) frozen, chopped spinach (thaw and squeeze dry)

¼ package dry vegetable-soup mix (such as Knorr's)

1 ¾ cup plain nonfat yogurt or sour cream

¼ cup light mayonnaise

1 can (8 ounces) water chestnuts, drained and chopped

2 Tbsp. chopped chives or green onions

Thaw spinach, drain and squeeze until fairly dry. Stir dry soup mix before measuring for even mixture. Mix all ingredients together. Chill and serve with raw vegetables and cubed bread from inside of loaf.

Popcorn makes a great "munchie" for the game, but be sure to choose the healthier microwave popcorn that is 98% fat-free or air pop you own and use butter spray (or small amount melted margarine with no trans fat) and seasonings. If you want a little sweetness with your salt, try the kettle corn which also comes in the healthier low-fat version.

Pita chips also make great dippers. Preheat oven to 350 degrees. Split each of 6 pita breads into 2 round pieces (go for the whole wheat pita for added fiber!) Cut each circle into wedges and arrange in single layer on cookie sheets. Spray with cooking spray or water and sprinkle lightly with garlic powder if desired. Bake for 8 minutes or until chips are lightly browned and very crisp.

Make your own trail mix for a smart snack. Start with some nuts (peanuts, walnuts or almonds or mixed nuts). Throw in some dried fruit such as raisins, cranberries or banana chips. Finish it off with small size pretzels and a high-fiber cereal such as wheat or bran chex, oatmeal squares or a bran cereal (look for one with more than 3 gm fiber per serving)