



**Dips for chips** first become popular in the 1950s serving as finger food.

People have been dipping their food for centuries. Hummus-like recipes date back to the 13th century.

Dips have been made for thousands of years. One of the earliest dips to become popular long before chips ever came into existence is the Greek tzatziki, a combination of yogurt, cucumbers, garlic, salt and olive oil. Greeks still eat tzatziki with meats and bread, but since the invention of the potato chip in the mid-19th century, it and many variations of it have also become popular chip dips. Guacamole, yet another iconic chip dip, that was first made by the Aztecs.

French Onion as a flavor emerged in the 17th century. Sour cream was invented in the U.S. between 1815 – 1825.

Hummus and other types of dipping sauces have been part of Middle Eastern and Mediterranean cuisines for centuries. Though these chip and dip recipes appeared in other parts of the world, they did not appear in the United States until after World War II.

It takes 10,000 pounds of potatoes to make 3,500 pounds of potato chips.

Tortilla chip sales reached \$13.6 billion in 2015

## **Cooking with Mary's Village Style**

### **1950's Avocado Dip & Chips**

**2 large Avocado, mashed**

**2 Tablespoons fresh Lemon Juice**

**8 ounces Cream Cheese**, softened (you can microwave to soften for a few seconds)

**Garlic Powder**

1 Small can tiny broken shrimp (**optional**)

**Ruffles Potato Chips**

Cut avocado in half, remove pit and scoop out meaty part leaving shell.

Place avocado in bowl and mash with a fork or potato masher.

Add lemon juice, cream cheese, tiny shrimp and garlic powder (*to your taste*) to avocado and mix until almost smooth.

Serve with **Ruffles Potato Chips** or crackers of your choice.