



Food Lion Offers Tips and Recipes for Satisfying Hungry Football Fans

September 20, 2013

Customers Can Win Two Regular Season ACC Football Tickets Now Through Oct. 1

Public Company Information:

NYSE: DEG

With the professional football season underway and ACC diehards getting back into the swing of cheering on their favorite teams, Food Lion has provided customers with some tips and recipes for satisfying hungry football fans:

- **Save time.** Try this Chili Cheese Dip recipe, which can be prepared in just 5 minutes and serves 40.
- **Eat fresh** with this recipe for Toasted Jalapeno Tomatillo and Watermelon Salsa, perfect for sharing.
- **Make snacking convenient** with Five Spice Appetizer Meatballs, which can be placed on toothpicks for easy eating.
- **Try a new twist on a tailgate classic** with Smoking Dragon Wings, made using turkey wings.
- **Make a statement** with unexpected ingredients like the mint in Mint Lemonade-Glazed Grilled Shrimp.

Now through Oct. 1, Food Lion customers can win regular season ACC football tickets. Customers who purchase 40 or more store brand products in a single shopping visit will be automatically entered to win two tickets to a regular season ACC football game and a chance to win VIP access to the championship game on Dec. 7. More information can be found in the Food Lion weekly flyer. Additional Food Lion recipes can be found at www.foodlion.com/recipes.

Recipes

CHILI CHEESE DIP

Courtesy of McCormick®

Ingredients:

- 1 pound Butcher's Brand lean ground beef
- 1 jar Food Lion mild salsa
- 1 pound processed cheese spread
- 4 teaspoons McCormick® chili powder
- 3/4 teaspoon McCormick® garlic powder
- 3/4 teaspoon McCormick® cumin
- Green onions, chopped (if desired)
- Cilantro, chopped (if desired)

Directions:

1. Cook ground beef in large skillet on medium heat for 5 minutes or until cooked through, stirring frequently. Drain, if needed.
2. Stir in remaining ingredients and spices. Cook and stir over medium heat until cheese is melted.
3. Serve hot with tortilla chips. Garnish with chopped green onions or cilantro, if desired.

TOASTED JALAPENO, TOMATILLO AND WATERMELON SALSA

Courtesy of National Watermelon Promotion Board

Ingredients:

- 8 medium tomatillos
- 2 tablespoons my essentials vegetable oil

1 onion, diced
2 cloves garlic, minced
3 jalapeño peppers, diced and seeded
1 tablespoon Food Lion ground cumin
2 teaspoons Food Lion mild chili powder
1 cup my essentials tomato sauce
1 cup seedless watermelon
Salt and pepper

Directions:

1. Cut the tomatillos into quarters.
2. Heat the oil in a large heavy sauté pan over medium high heat and in it sauté the onions for a few minutes and then add the tomatillos, garlic, and jalapenos.
3. Sauté until the onions and garlic begin to brown. Reduce heat to low and sprinkle the cumin and chili powder over the pan.
4. Stir in the tomato sauce and bring to a simmer. Remove from heat. Cool.
5. Place in a blender or food processor with the watermelon and puree. Season with salt and pepper to taste.

FIVE SPICE APPETIZER MEATBALLS

Courtesy of Florida Department of Citrus

Ingredients:

1 egg white
3/4 cup soft bread crumbs
1/4 teaspoon five-spice powder
1/2 teaspoon salt
1 pound Butcher's Brand lean ground beef
1 1/2 cups Florida orange juice
3 tablespoons Food Lion honey
4 teaspoons Food Lion cornstarch
4 teaspoons Food Lion soy sauce
1/4 teaspoon Food Lion ground ginger
1 medium red and/or green sweet pepper, chopped

Directions:

1. Preheat oven to 350°.
2. In a large bowl combine egg white, bread crumbs, five-spice powder and 1/2 teaspoon salt.
3. Add beef; mix well.
4. Shape into 48 1-inch meatballs. Place in a 15"x10"x1" baking pan.
5. Bake in a 350° oven for 15 to 20 minutes or until no pink remains in center of meatballs. Drain.
6. Meanwhile, in a large saucepan stir together orange juice, honey, cornstarch, soy sauce, and ground ginger.
7. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more.
8. Add chopped sweet pepper and meatballs in saucepan; cook and stir until heated through.
9. Keep warm in a fondue pot or chafing dish. Serve on or with toothpicks.

SMOKING DRAGON WINGS

Courtesy of National Turkey Federation

Ingredients:

6 ounces Sriracha (Tabasco) sauce

1 ounce sesame oil

1 cup fresh garlic, minced

1 cup fresh ginger, minced

1 cup fresh cilantro, chopped

10 pounds turkey wings

Oil for deep frying

2 tablespoons

2 teaspoon smoke essence

Salt and pepper

Sesame seeds

Pickled ginger

Wasabi

6 large limes

Directions:

1. Mix together the Sriracha or Tabasco sauce, sesame oil, garlic, ginger and cilantro. Reserve.
2. Cut off wing tips. (Reserve for turkey stock or soups.) Cut remaining wings into 2 pieces at each joint.
3. In a stock pot, stir smoke essence, salt and pepper into water. Add turkey wings and bring to a boil, reduce heat and simmer for 15-20 minutes or until tender.
4. Drain and pat dry with a clean paper towel.
5. Heat 3" of oil in a deep fryer until it reaches 350°-375° F. Deep fry wings until they reach a golden brown, about 6 to 8 minutes.
6. Place wings in bowl, add reserved hot sauce and toss gently until wings are completely coated. Sprinkle with sesame seeds.
7. Serve with pickled ginger and wasabi.
8. Squeeze fresh lime juice over the platter and garnish with lime wedges or twists.

LEMONADE-GLAZED GRILLED SHRIMP

Courtesy of www.canolainfo.org

Ingredients:

1 tablespoon lemon zest

1/3 cup Food Lion lemon juice

1/3 cup Food Lion honey

2 tablespoon my essentials canola oil

2 teaspoon fresh mint, chopped

1/2 teaspoon kosher salt

1/4 teaspoon Food Lion freshly ground black pepper

20 jumbo shrimp

8 bamboo skewers

Directions:

1. Whisk together zest, lemon juice, honey, canola oil, mint, salt and pepper. In an airtight container, place 2/3 (150 mL) mixture and refrigerate; reserve for sauce.
2. Skewer shrimp, and place in shallow dish; add remaining marinade. Cover, and marinate in refrigerator for up to 1 hour; turn as needed to evenly coat.
3. To make sauce, remove reserved marinade from refrigerator, and boil in small saucepan over high heat until slightly thickened, about 1 to 2 minutes; set aside.

4. Preheat grill to medium. Clean it with stiff brush, then rub with canola oil. Remove shrimp skewers from marinade, and shake off excess. Discard marinade. Season shrimp with salt.

5. Grill until lightly charred on the outside and just cooked through, about 2 minutes per side. If marinade starts to burn, move to cooler part of grill. Spoon the sauce over shrimp, and serve hot or at room temperature.

About Food Lion

Food Lion, based in Salisbury, N.C., is a subsidiary of Delhaize America, the U.S. division of Brussels-based Delhaize Group (NYSE: DEG) and operates more than 1,100 supermarkets. The company employs approximately 57,000 associates delivering quality products, low prices and service to customers in 10 Southeastern and Mid-Atlantic states. For more information, visit www.foodlion.com.