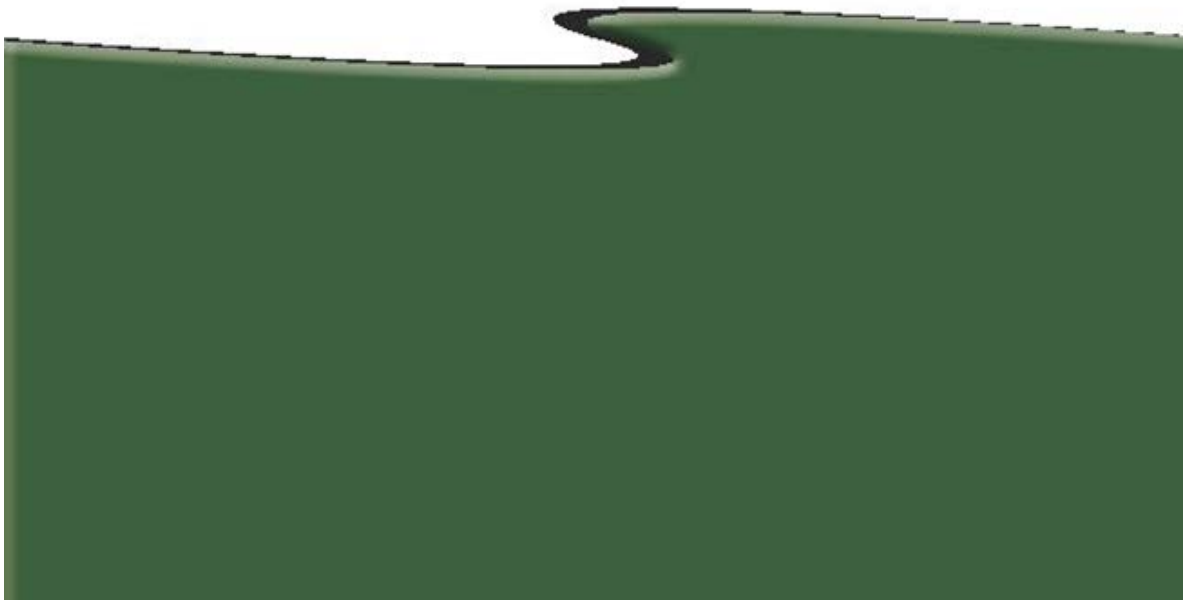


District 6 4-H

2016 – 2017 Food Show



District 6



4-H

Food Show

December 3, 2016

Dairy



Division

Junior Dairy



Chicken Alfredo with Veggie Noodles

Yield: 4 servings

Rori Emfinger
Junior
Dairy
Andrews

Ingredients

1	Zucchini
1	Squash
2 Tbsp.	Butter
2	Chicken Breasts, Thinly Sliced
1 tsp.	Kosher Salt
1 tsp.	Freshly Ground Black Pepper
3	Cloves Garlic, Minced
¾ cup	Heavy Cream
1 cup	Shredded Parmesan Cheese
2 Tbsp.	Finely Chopped Parsley

Directions

Using a spiralizer, spiralizer the zucchini and squash into thin noodles. Microwave the noodles for two minutes, and then drain any liquid.

Melt the butter in a pan over medium heat. Cook the chicken, salt, pepper and garlic until garlic starts to brown and chicken is cooked. Add the heavy cream, Parmesan and parsley, stirring until evenly combined. Bring to a boil, and then stir until the sauce has reduced by about half. Remove from heat.

Toss the noodles in with the chicken mixture, and stir until the noodles are coated evenly. Serve with more Parmesan, if desired.

Favorite Banana Pudding

Thomas Jackson
Junior
Dairy
Upton

Ingredients

40	Vanilla Wafers, Divided
2 cups	Cold Milk
1 pkg.	(4-Serving Size) JELL-O Vanilla Flavor Instant Pudding
1 tub	Cool Whip - Whipped Topping, thawed
3	Bananas, Sliced

Directions

1. Crush 30 of the wafers; set aside.
2. Pour milk into large bowl.
3. Add pudding mix.
4. Beat with wire whisk 2 minutes.
5. Gently stir in whipped topping.
6. Place about 1Tbsp. of the crushed wafers and 2 to 3 banana slices in each dessert dishes.
7. Top with a cup of the pudding mixture.
8. Repeat layers.
9. Top with remaining wafers.
10. Refrigerate at least 1 hour or until ready to serve

Super Smoothie

Yield: 2 – 1 cup servings

Ingredients

- 1 cup | Low-Fat or Non-Fat Plain Yogurt
- 1/2 cup | Orange Juice
- 1 cup | Frozen Whole Strawberries
- 1/2 | Medium Banana
- 1 cup | Ice Cubes

Directions

Blend ingredients together in a blender to preferred consistency.

Daniel Wickler
Junior
Dairy
Martin

Tutti Frutti Ice Cream

Yield: Approximately 20

Equipment:

4-quart ice cream maker

Ingredients

3		Lemons
4		Oranges
4		Bananas
4 cups		White Sugar
1 small		Carton of Whipping Cream
1 pint		Half & Half
1 large		Can Sweetened Condensed Milk
1 lb		Frozen Strawberries
Whole Milk; as needed		
1 box		Rock Salt
10 lbs		Crushed Ice

Directions

1. Squeeze the juice of 3 lemons and 4 oranges. Strain to remove pulp and seeds.
2. Mash the bananas.
3. In a very large mixing bowl, thoroughly stir juice, bananas, sugar, whipping cream, half & half, condensed milk, and strawberries together.
4. Pour mixture into the can of an ice cream maker.
5. Add whole milk as needed to reach fill line.
6. Insert spindle in center of the can. Cover can with lid.
7. Place the can into the freezing bucket.
8. Surround the can with 4 layers:
9.
 - a. 1/3 bag of ice
 - b. 1 cup of rock salt
 - c. 1/3 bag of ice
 - d. 1 cup of rock salt
10. Turn the mixer on, and let it mix.
11. Add ice and rock salt periodically to maintain ice level with the lid.
12. When mixer stops churning, remove spindle and replace lid.
13. Allow to sit for 30 minutes before serving
¡BUEN PROVECHO!

Intermediate Dairy



Cheddar Cheese Apple Breakfast Cookies

Yield: 16 - 18 cookies.

James Mendez
Junior
Dairy
Val Verde

Ingredients

3/4 cup	whole wheat flour
1/2 tsp	cinnamon
1/2 tsp	baking powder
1/2 tsp.	salt, preferably sea salt
1 cup	grated sharp cheddar cheese
1- 1/2 cups	oats
3/4 cup	dried cranberries
2/3 cup	unsweetened apple sauce
2 tbsp.	honey
1 tsp.	vanilla
1	egg
1 cups	diced Granny Smith apples (about 1 large or 1-1/2 small apples, unpeeled)

Directions

1. Preheat oven to 375 degrees F.
2. Combine flour, cinnamon, baking powder and salt; set aside.
3. Combine cheese, oats and dried cranberries; set aside.
4. With mixer, combine apple sauce, honey, vanilla and egg until well blended. Add flour mixture to wet mixture and stir well. Stir in cheese mixture and apples. Mixture will be slightly crumbly.
5. Drop by heaping teaspoons 2 inches apart on cookie sheets. Bake 12 to 15 minutes, or until golden brown.

Christmas Cheese Logs

Jenna L. Marshall
Intermediate
Dairy
Crockett

Yield: 12 Servings

Ingredients

1 pkg.	(8 ounces) reduced fat cream cheese, softened
2 cups	(8 ounces) 2% or fat free mild cheddar cheese, shredded
2 cups	(8 ounces) 2% or fat free sharp cheddar cheese, shredded
½ cup	(2 ounces) gorgonzola cheese, crumbled
1 tsp.	2% or skim milk
1 tsp.	Worcestershire sauce
1 tsp.	Seasoning salt
1 tsp.	Finely chopped fresh parsley or dried parsley flakes
2 Tbsp.	Paprika
2 Tbsp.	Assorted crackers

Assorted crackers

Directions

Blend cream cheese, both cheddar cheeses, gorgonzola cheese, milk, Worcestershire sauce, and seasoning salt in a stand mixer until well combined.

Divide cheese mixture into three parts. Form into three logs by rolling in plastic wrap, about the size of an ear of corn. Refrigerate for several hours or overnight to “firm” the logs. Unroll the cheese logs from the plastic wrap. Roll one log in paprika, one log in parsley, and one log in pecans.

Refrigerate until serving. Serve slices of cheese log with assorted crackers.

Ice Cream Pie

Tomie Johnson
Intermediate
Dairy
Ector

Ingredients

1 sm. Pkg.	sugar free jello
¼ cup	boiling water
1 pint	no sugar added vanilla ice cream
2	bananas sliced
1	graham cracker crust
1 carton	no sugar added heavy whipping cream, whipped

Directions

Boil water and dissolve jello. Add ice cream 1 tablespoon at a time and mix. Refrigerate until mixture starts to set. Line bottom of crust with sliced bananas. Pour ice cream mixture over bananas and refrigerate overnight or until set firm. Top with whipped cream and serve.

Skinny Lasagna Rolls

Yield: 10 servings

Ingredients

10	Shredded reduced-fat extra sharp cheddar cheese
1 (24 oz.)	Block-style fat-free cream cheese
1 Tbsp.	Thinly sliced green onions
2 cloves	Fat-free mayonnaise
6 cups	baby spinach, loosely packed and chopped well
1 cup	low-fat ricotta cheese
1 ½ cups	part-skim, shredded mozzarella
½ cup	low-fat cottage cheese (small curds if possible)
1	egg white
1 tsp.	dried oregano
Kosher or sea salt to taste	
½ tsp.	teaspoon black pepper
¼ cup	grated parmesan cheese

Directions

Preheat oven to 425 degrees. Add 1 ¼ cups marinara to a 13"x9"x2" casserole dish.

In a large skillet, add oil and heat to medium-low heat. Saute garlic until fragrant, about 1 minute. Add chopped spinach and saute until wilted, about 3 minutes.

In a large mixing bowl, combine garlic, spinach, ricotta, 1 cup mozzarella, cottage cheese, egg white, oregano, salt and pepper.

On a working surface, lined with parchment paper, arrange lasagna noodles flat, add ¼ cup cheese and spinach mixture to each noodle, spread evenly to cover noodles. Start rolling the noodle at the end closest to you. Place lasagna rolls seam side down, not quite touching, in the prepared casserole dish. Evenly spread 1 cup marinara over rolls, sprinkle with remaining mozzarella and parmesan.

Cover with aluminum foil and bake 20 minutes, or until cheese is hot and bubbly. If desired, serve rolls with additional heated marinara.

Strawberry Cheesecake Salad

Yield: 4 servings

Ingredients

12 oz.		whipped topping
1 (3 ½ oz.)		cheesecake flavor instant pudding
3 (6 oz.)		strawberry Greek yogurt
1 lb.		fresh strawberries (sliced)
3		Bananas sliced
1 cup		mini marshmallows

Directions

Thaw whipped topping, place in a large salad bowl and add yogurt and pudding mix and mix well. Place this mixture in the fridge for at least one hour before serving. Wash and slice strawberries and place in a clean bowl. You can add the sliced strawberries to the salad or wait and add both the strawberries and sliced bananas and marshmallows just before serving.

Kadie Richbourg
Intermediate
Dairy
Howard

Three Cheese Stuffed Mushrooms

Destiny Crudgington
Intermediate
Dairy
Midland

Ingredients

- 1 Clove | Garlic
- 1/3 Cup | White Mushrooms
- 2 tsp. | Fresh Parsley
- Salt and Pepper to Taste
- 1 Tbsp. | Extra Virgin Olive Oil
- 2 Tbsp. | Panko Bread Crumbs
- ½ Cup | Asiago Cheese
- 2 Tbsp. | Butter
- 8 oz. | Cream Cheese (Neufchatel Cheese for 1/3 of the Fat)
- ½ Cup | Mozzarella Cheese
- 1 Tbsp. | Parmesan Cheese, grated

Directions

1. Preheat your oven to 375 degrees. Line a baking sheet with foil and lightly grease.
2. Snap the stems from the mushroom caps and place the caps onto the baking sheet. Sprinkle the inside of the caps lightly with salt and pepper. Finely chop the mushroom stems.
3. Heat the olive oil in the pan over medium-high heat. Cook the mushroom stems and chopped onion in the oil 4 minutes. Add the garlic to the pan and cook for an additional minute.
4. In a bowl, stir together the softened cream cheese, shredded mozzarella, shredded asiago, parsley, and mushroom mixture until well combined. Fill each mushroom cap with a heaping spoonful of the cream cheese mixture.
5. In a small bowl, combine the breadcrumbs and parmesan cheese. Dip the cream cheese side of each mushroom into the panko mixture pressing down lightly to cover the tops of the mushrooms with the mixture.
6. Drizzle the mushrooms with the melted butter and bake for 20-25 minutes or until golden brown.

Senior Dairy



Roasted Banana Mango Cheesecake Cups

Yield: 4 servings

Ingredients

¾ tsp.	Ground cinnamon, divided
¼ tsp.	Ground nutmeg
1 Tbsp.	Freshly squeezed lemon juice
2	Cut into thick 1-inch slices
1	Ripe but firm mango, cut into ¾ – inch chunks
1 Tbsp.	Packed brown sugar
1 Cup	Cottage cheese
1 tsp.	Vanilla extract
1 Cup	Greek yogurt
½ Cup	crumbled graham crackers (four 2 ½- inch square crackers)

Directions

Preheat oven to 425 degrees F. Line a rimmed baking sheet with parchment paper.

In a medium bowl, combine ½ teaspoon of the cinnamon, nutmeg and lemon juice. Add bananas and mango; stir gently to coat fruit with spices. Spread out on prepared baking dish.

Roast for 10 to 15 minutes or until fruit is browned and soft, but still holds its shape. Let cool until just warm.

Set 8 of the best looking banana slices and 12 of the best looking mango pieces aside for garnish.

In a food processor or in a large, tall cup using an immersion blender, combine the remaining roasted banana and mango, brown sugar, cottage cheese and vanilla; puree until smooth. Add yogurt and pulse until blended.

In a small bowl, combine graham crackers with remaining cinnamon; spoon into bottom of 4 wide-mouth small mason jars or clear dessert dishes, dividing equally. Spoon in cottage cheese mixture, then top with reserved roasted fruit. Serve immediately, or cover and refrigerate for up to 1 day before serving.

Fruit &



Vegetable Division

Junior Fruit & Vegetable



Chocolate Zucchini Brownies

Yields: 9 brownies

Taiylor Gregory
Junior
Fruits & Vegetables
Andrews

Ingredients

2	Large eggs
1 Tbsp.	Vanilla extract
¾ Cup	Coconut sugar or unrefined sugar or granulated sugar
¼ Cup	Unsweetened applesauce
1 Cup	Whole wheat flour or whole spelt flour or all-purpose flour
½ Cup	Dutch-process cocoa powder (using regular cocoa powder may result in cakey brownies)
1 ½ tsp.	Baking soda
¼ tsp.	Salt
2 cups	Peeled and grated zucchini
1 cup	Semi-sweet chocolate chips (for dairy-free, use Enjoy Life Chocolate Chips)
½ cup	Mini chocolate chips to sprinkle on top

Directions

Preheat the oven to 350 degrees F and line an 8"x8" pan with parchment paper or spray with baking spray.

In a large bowl, mix together the eggs, vanilla, coconut sugar, and apple sauce and let this sit for 5 minutes to let the coconut sugar dissolve.

In a separate medium bowl, mix together the flour, cocoa powder (sifted if lumpy!), baking soda and salt. Make sure there are no clumps before going on to the next step.

Add the dry mix to the wet, gently stir until combined. Be sure not to over mix!

Then fold in the zucchini and 1 cup chocolate chips.

Pour the batter into the pan and even the surface with a spatula.

Sprinkle ½ cup mini chocolate chips on top.

Bake for 30-35 minutes (14 minutes for the half batch) or until a toothpick inserted in the middle doesn't come out gooey. It might still be sticky- just not have raw batter on it.

Store in an airtight container for up to 2 days at room temperature or up to one week in the refrigerator. I recommend storing them in the refrigerator right from the beginning due to their high moisture content.

Fooled Ya Pizza

Yields: 6-8 Servings

Emilee Day
Junior
Fruits & Vegetable
Martin

Ingredients

2 (16 oz.)	Bags Frozen Cauliflower Florets
1 ½ Cups	Egg Whites (carton or fresh)
1/3 tsp.	Mineral Salt
1 tsp.	Italian Seasoning Mix
1/3 tsp.	Garlic Powder
4 Cups	Grated Part-Skim Mozzarella Cheese

Directions

1. Preheat the oven to 450 degrees Fahrenheit.
2. Lightly steam the frozen cauliflower. Put it into a colander and press out as much water as you can (important if you want to avoid a soggy crust!). You can also use your hands to squeeze out excess water.
3. Put the pressed cauliflower into a food processor and pulse a few times-not too much. You want to end up with rice-size pieces. Add the egg whites and seasonings and pulse again a few times.
4. Pour the mixture into a large bowl and add the grated cheese, then combine well.
5. Line 2 or 3 cookie sheets (depending on size) with parchment paper. Parchment is very important, as the crusts will stick if you do not use it (do not sue wax paper). Divide the dough between the cookie sheets, plopping them into the middle of the sheets and spreading out as thin as possible to the edges, using your hands. Try not to have a thicker middle than sides. And don't let the edges become wispy or they will get too dark when they cook.
6. Bake for 20 minutes. Allow the crusts to cool for a few minutes, and then top with your favorites. Broil until the toppings are melty and crispy.

Fruit Dessert Pizza

Alexis Alvarado
Junior
Fruits & Vegetables
Winkler-Loving

Ingredients

1 (20 oz.) | Package Refrigerated Cookie Dough
1 (8 oz.) | Package Cream Cheese, room temperature
1/3 Cup | Granulated Sugar
½ tsp. | Pure Vanilla Extract or other flavoring (almond, orange, or lemon)
1/2 Cup | Cup Orange, Peach or Apricot Preserves (jam)
1 Tbsp. | Water
Fresh Blueberries, Banana slices, Mandarin Orange sections, Seedless Grapes, Strawberry Halves,
Kiwi Fruit Slices, (or any fruit you want), well drained

Directions

Preheat oven to 375 degrees F.

Line an ungreased 14 inch pizza stone or baking pan with cookie dough cut in 1/8 inch slices, overlapping slightly.

Bake approximately 12 minutes or until golden brown. Remove from the oven and let cool on wire rack.

In a medium bowl, combine cream cheese, sugar and vanilla extract (or other flavoring of your choice); spread over cooled cookie crust.

Arrange fruit over cream cheese layer in any design you want (use your imagination).

In a small saucepan over very low heat, make a glaze by heating preserves and water together. Brush glaze over the top of the fruit, making sure to completely cover the fruit that will turn dark.

Refrigerate until ready to serve.

Healthy Potato Salad

Alyssa Griffith
Junior
Fruit & Vegetable
Midland

Ingredients

5 | Potatoes
3 | Eggs
½ cup | Dill Pickle Relish
½ cup | Low-fat Mayonnaise
1 Tbsp | Prepared Mustard
¼ tsp | Celery Seed
Ground Black Pepper to Taste

Directions

Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes. Drain, cool, peel, and chop.

Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes. Remove eggs from hot water, cool under cold running water, and peel. Discard yolks and chop whites.

Combine potatoes, egg whites, relish, mayonnaise, mustard, celery seed, and pepper in a large bowl. Mix together well and refrigerate until chilled.

Strawberry Sorbet

Addie Weston
Junior
Fruit & Vegetable
Val Verde

Ingredients

1 lb.	Fresh strawberries, washed and stemmed
1 Cup	Sugar
½ Cup	Water
¼ Cup	Fresh squeezed lemon juice
1/8 tsp.	Salt

Directions

Wash and cut the stems off of the strawberries and set aside. In a medium saucepan, combine water and sugar. Over medium heat, bring the mixture to a boil and stirring frequently simmer until the sugar is completely dissolved. The syrup should be clear. Allow to cool completely. Add the strawberries to the food processor and pulse them until they are broken down but still chunky. With the food processor running, add the cooled syrup, lemon juice and salt. Continue to process until very smooth. Pour the mixture through a very fine strainer. Transfer to the sorbet to a shallow metal cake pan that is freezer safe. Place in the freezer. Every 30 minutes, remove the sorbet pan from the freezer and use a fork to break up, stir and smash chunks of sorbet. Smooth and even out sorbet before returning to the freezer. Repeat.

To serve, scoop into bowls and enjoy!

Intermediate Fruit and



Vegetable

Apple Cider

Alyssa Chapoy
Intermediate
Fruits & Vegetable
Val Verde

Ingredients

- 8 | Apple Juice
- ½ cup | Brown Sugar (packed)
- ¼ tsp. | Ground Nutmeg
- 1 tsp. | Whole Allspice
- 1 tsp. | Whole Cloves
- 1 | Cinnamon Stick (6 inches long - cut in half)
- 8 | Orange slices, thinly sliced (for garnish)

Directions

Place the 8 cups of Apple Juice and the 1/2 cup brown sugar in a large saucepan.

Then place the 1/4 teaspoon nutmeg, 1 teaspoon whole allspice, 1 teaspoon whole cloves and the cinnamon stick (cut in half) in a piece of cheese cloth. Close and tie the cheese cloth and place it in the sauce pan.

Bring to a boil. Reduce heat, to low, and simmer for 10 minutes. Remove the bag of spices and add the 8 thinly sliced orange slices.

The Apple Cider may be served either hot or cold.

Mom's Spaghetti Sauce

Abigail Everett
Intermediate
Fruits & Vegetable
Andrews

Yield: 6 servings

Ingredients

1 ½ Lb.	Ground Beef
2 Tbsp.	Olive Oil
1 Md.	Onion, Chopped
2 Cloves	Garlic, minced
2	Bay Leaves
1 tsp.	Oregano
1 tsp.	Dried Basil
1 tsp.	Italian Seasoning
1 tsp.	Salt
1 tsp.	Ground pepper
1 (6 oz.)	Can Tomato Paste
1 (16 oz.)	Can Tomato Sauce
1 (28 oz.)	Can Diced Tomatoes
8 oz.	Fresh Sliced Mushrooms, sautéed in Butter
Fresh Cut Parmesan Cheese	
2 pkg.	Wheat Noodles
1 tsp.	Salt
1 Tbsp.	Olive Oil

Directions

Brown the ground beef, onion and garlic in olive oil with bay leaves, oregano, basil, Italian seasoning, salt and pepper. Add diced, sauce and paste tomatoes. Stir well and bring to a simmer over medium heat. Cover and simmer for 1 ½ hours.

Boil noodles according to package, until al dente. Add salt and olive oil. Use strainer to drain water from noodles. Top with sauce, sautéed mushrooms and parmesan cheese.

Enjoy!

Favorite Salsa

Grady Jackson
Intermediate
Fruit & Vegetable
Upton

Ingredients

1 can (28 oz.)	Whole Tomatoes with Juice
2 cans (10oz.)	Rotel (or any diced tomatoes and green chilies)
¼ cup	Chopped Onion
1 tsp.	Garlic Powder
1	Whole jalapeno, quartered and sliced thin
¼ tsp.	Sugar
¼ tsp.	Salt
¼ tsp.	Ground Cumin
½ cup	Cilantro
½	Fresh Lime, juiced

Directions

Combine whole tomatoes, Rotel, onion, jalapeno, sugar, salt, cumin, garlic powder, lime juice, and cilantro in a blender or food processor. Pulse until you get the salsa to the consistency you'd like. Test seasonings with a tortilla chip and adjust as needed.

Refrigerate salsa for at least an hour. Serve with tortilla chips.

Festive Salad

Rae Oglesby
Intermediate
Fruit & Vegetable
Ector

Ingredients

- 1 | Head Romaine Lettuce
- 1 | Red Bell Pepper
- 1 | Yellow Bell Pepper
- 3 | Tomatoes
- 3 | Cucumber

Directions

Shred lettuce by hand into a large mixing bowl. Dice red bell pepper, yellow bell pepper, tomatoes, and cucumber. Place in mixing bowl with lettuce. Toss gently by hand. Serve with dressing of choice.

Troodles

Yield: Single Serve (can use 4 to 6 zucchinis for a family serving)

Ingredients

1 Medium Zucchini (made into noodles using the Troodle or other noodle-maker gadget)
Butter, for serving
Mineral Salt and Black pepper, for sprinkling
Coconut Oil Cooking Spray or water (or butter), for cooking

Directions

For Boiling the Troodles

1. Bring a medium saucepan of water to a boil over high heat. Add the Troodles and then allow the water to come back to a boil. Reduce the heat slightly and boil for just a couple of minutes, or until the zucchini noodles release some of their green color into the water. Drain in a colander and press out excess water.
2. Toss the Troodles with a little butter (less than a teaspoon) and salt and pepper if desired.

For Sautéing the Troodles

1. Spray a medium skillet with coconut oil spray or smear it with a small amount of coconut oil or butter. Add the zucchini noodles and sauté over medium-high heat for just a couple of minutes, or until the Troodles start releasing some of their liquid.
2. Use a slotted spoon to scoop out the Troodles so you don't transfer that excess water onto your plate. Season with a little salt and pepper, if desired.

Kaylea Day
Intermediate
Fruit & Vegetable
Martin

Senior Fruit & Vegetable



Pineapple Salsa

Yield: 2 Cups

Ingredients

- 1 Cup | Pineapple Diced
- 1 Cup | Red and Orange Peppers, Diced
- 1 Cup | Roma Tomatoes, Diced
- 1/3 Cup | Cilantro, Chopped
- ¼ Cup | Red Onion, Minced
- Dash of Salt and Pepper
- 1 | Jalapeno, Seeded and Diced
- 2 | Limes
- Pita Chips

Directions

In a bowl mix together pineapple, diced tomatoes, diced peppers, minced onion, chopped cilantro, lime juice, salt and pepper. Serve with pita chips.

Caleb Adcock
Senior
Fruits and Vegetable
Ector

Sweet and Crunchy Guacamole

Aubrey Parum
Senior
Fruits and Vegetable
Howard

Ingredients

¼ cup	Raw Unsalted Cashews
2	Avocados, Halved, Pitted and Peeled
6 oz.	Nonfat Plain Greek Yogurt
2 Tbsp.	Fresh Lime Juice
½ tsp.	Sea Salt
2 Tbsp.	Dried Unsweetened Cranberries
½ Cup	Mango, Peeled, Pitted and Finely Diced
½ Cup	Jicama, Peeled and Finely Chopped
2 Tbsp.	Dry-Roasted Unsalted Pepitas (Pumpkin Seeds)

Directions

1. Heat a small pan on medium-low. Add cashews and toast, shaking pan occasionally, until lightly browned, about 7 minutes. Remove from heat and set aside.
2. In a large bowl, combine avocados and yogurt and mash with a fork until nearly smooth. Stir in lime juice and salt.
3. Transfer cashews and cranberries to a cutting board and chop roughly. Add to avocado mixture and stir to combine. Stir in mango, jicama and pepitas. Place plastic wrap directly over surface and refrigerate until needed, for up to 3 or 4 days.

Zucchini Pasta with Basil Pesto

Yield: 4 Servings

Ingredients

Zucchini Noodles:

- ½ Sm. | Yellow Onion, roughly Chopped
- 1 clove | Garlic, Roughly Chopped
- 2 Cups | Packed Fresh Basil or Arugula Leaves
- 1/3 Cup | Olive Oil
- 2 tsp. | Red wine vinegar, to taste (or lemon juice)
- Pinch of Red Pepper flakes
- Salt, to Taste

Zucchini Noodles:

- 3 Large Zucchini
- Salt
- 1 pint Cherry Tomatoes
- Fresh Basil Leaves

Directions

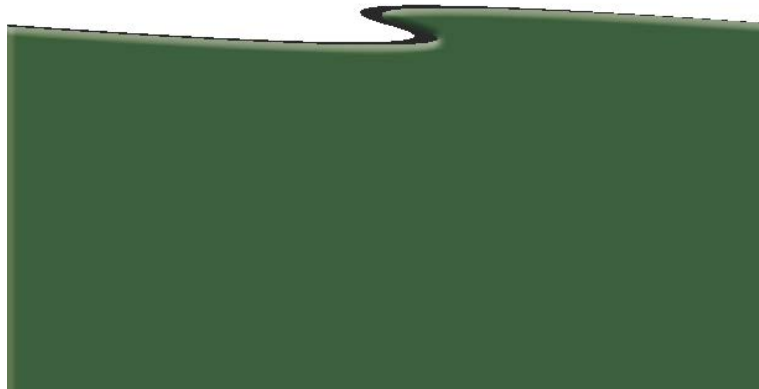
To prepare the pesto: In a food processor, combine the onion, garlic, basil, olive oil, vinegar and red pepper flakes. Blend until smooth and season with salt, to taste (I added about ½ teaspoon- if the mixture tastes overwhelmingly oniony, don't worry, it will mellow in a few minutes. I added another teaspoon of vinegar to help balance the flavors).

To prepare the noodles: Spiralize the zucchini. Toss the zucchini with pesto until well coated, and season with salt (I added another ¼ teaspoon).

Transfer the pesto noodles to a large platter and sprinkle with the cherry tomatoes. Tuck the fresh basil in to the corners to garnish.

Mackenzie Rowland
Senior
Fruits and Vegetable
Andrews

Grains



Division

Junior Grains



Banana Bread

Abigail Thompson
Junior
Grains
Winkler-Loving

Ingredients

- 2 Cups | Flour
- 1 tsp. | Baking Soda
- ¼ tsp. | Salt
- ½ Cup | Butter
- ¾ Cups | Brown Sugar
- 2 | Eggs, Beaten
- 3 | Over Ripe Banana

Directions

Pre heat oven to 350 degrees, Grease a 9x5 inch loaf pan. Mix Flour, Baking Soda, and Salt.

In a separate bowl mix together Butter and Brown Sugar. Stir in eggs and Mashed bananas. Stir in banana mix into flour mix, Stir till barely combine do not over mix.

Pour into pan

Bake for 60 to 65 minutes

Let bread cool in pan for 10 minutes then remove and continue to cool.

BLAT (Bacon, Lettuce, Avocado, and Tomatoes)

Ashley Gordon
Junior
Grains
Howard

Ingredients

- 3 | Slices of Bacon
- 2 | Slices of Whole Grain Bread
- 2 | Pieces of Romaine Lettuce
- 1 | Ripe Avocado
- 1 Tbsp. | Mayo
- 1 | Medium Tomato Sliced

Directions

1. Wash your hands, then set out all the items you need
2. Place your bacon in a pan over medium heat
3. Wash your tomato and lettuce and pat them dry with a paper towel
4. Mash up your avocado in a bowl with the back of your fork and set aside
5. Make sure to keep an eye out for the bacon, flipping it over
6. Slice your tomato on your cutting board
7. Take your bacon out and place it on a plate that has paper towels on it
8. Place your toast in the toaster
9. Spread 1 tbs. of mayo and 1 tbs. of avocado on to the toast and then place your bacon, lettuce, and tomatoes on and enjoy

Empanadas

Mia Paxton
Junior
Grains
Val Verde

Ingredients

Dough:

- 2 Cups | All-Purpose Flour
- 1 (8 oz.) | Package of Cream Cheese Softened
- 1 Stick | Butter Softened

Filling:

Pineapple jelly

Directions

Combine the flour, cream cheese, and butter to form dough. Take 2 inch balls of dough and roll them out into circles with a rolling pin. Put a small amount of jelly on one side of the circle and fold it in half. Crimp the edges to seal and brush with an egg wash. Bake at 350 for about 20 min or until golden brown.

Honey Wheat Bread

Ingredients

- 1 pkg. | Active Dry Yeast
- 1 ¼ Cup | Warm Water (110 to 115 degrees)
- ¼ Cup | Honey
- 1/8 Cup | Melted Butter
- 1 tsp. | Salt
- 4 Cups | Wheat flour

Directions

Dissolve one package of yeast into a bowl of the warmed water. Next add the honey, melted butter, and salt. Mix to combine.

Add 3 cups of flour and mix with hands until a soft dough forms. We saved the last cup of flour for dusting and kneading.

Place the dough on a floured surface and begin kneading for about 10 minutes. When you are done kneading, place the dough in a greased loaf pan and cover it with a moist paper towel.

Place in a preheated oven at 150 degrees for about 30 minutes or until doubled in size.

Then heat oven to 375 degrees and cook bread for about 30 minutes.

Momma's Cheesy Lasagna

Yield: 12 servings

Julian Sapien
Junior
Grains
Andrews

Ingredients

1 lb.	Lasagna Noodles (9 noodles)	Carrot
1-2 lbs.	Ground Chuck	
1 Jar (25 oz.)	Marinara Sauce	
1 Jar (15 oz.)	Alfredo Sauce	
8 oz.	Mozzarella Cheese	
8 oz.	Italian Blend Cheese	
1 tsp.	Salt (Optional)	

Directions

Preheat oven to 350 degrees.

Put lasagna noodles to boil as directed or to your preference. While noodles are boiling, brown the ground chuck; season with salt or seasonings of your preference.

In a 13x9 in baking dish, line bottom with 3 noodles. Add ground chuck and ½ jar of marinara sauce and spread evenly. Add half of the Italian cheese blend.

Line 3 more noodles over, add ground chuck, ½ jar of alfredo sauce and spread evenly. Add ½ of the mozzarella cheese.

Then line the last 3 noodles over top, add ground chuck and remaining marinara and alfredo sauce and spread evenly. Add remaining cheese on top.

Bake in oven until all the cheese melts and serve.

Pumpkin Bread

Audrey Upham
Junior
Grains
Crockett

Ingredients

- 2 cup | Sugar
- ¾ Cups | Applesauce
- 4 | Eggs, Beaten
- 1 (15 oz.) | Can Pumpkin
- 3 ½ Cups | Flour
- 2 tsp. | Baking Soda
- ½ tsp. | Ground Cloves
- 1 tsp. | Ground Nutmeg
- 1 tsp. | Ground Ginger
- 1 tsp. | Ground Cinnamon
- 1 tsp. | Baking Powder
- 2 tsp. | Salt
- 2/3 Cups | Water

Directions

Preheat oven to 350°F.

Using an electric mixer, combine sugar, applesauce and eggs. Add pumpkin and mix well. Sift dry ingredients together and add to pumpkin mixture. Add water and beat thoroughly. Pour into 2 greased loaf pans. Bake at 350°F for 1 hour.

Sourdough Biscuits

Eliza Oglesby
Junior
Grains
Ector

Ingredients

Starter:

3 ½ cups	All-purpose Flour
1 pkg.	Quick Active Dry Yeast
2 Cups	Warm Water

Mix flour and yeast in 4-quart container. Gradually beat in water until smooth. Cover loosely with plastic wrap and let stand in warm place 2 to 4 days or until bubbly and sour smelling. Transfer to a 2 quart plastic container with tight fitting lid. Refrigerate until ready to use.

Biscuits:

1 ½ cups	Sourdough Starter
4 ½ - 5 ½ cups	All-purpose Flour
1 pkg.	Quick Active Dry Yeast
1 tsp.	Salt
1 cup	Very Warm Water

Directions

Bring starter to room temperature. Mix 2 cups of flour, yeast and salt in large bowl. Gradually beat in starter and warm water with electric mixer on low speed. Beat on medium speed 2 minutes, scraping bowl occasionally. Beat on high speed 2 minutes, scraping bowl occasionally. Stir in enough remaining flour to make soft dough. Place dough on a lightly flour floured surface. Knead about 8 minutes or until smooth. Place dough in a large bowl greased with shortening, turning dough to grease all sides. Cover bowl loosely with plastic wrap and kettle rise in warm place 30-60 minutes or until double. Dough is ready if indentation remains when touched. Grease large cookie sheet with shortening; sprinkle with flour. Gently push fist into dough to deflate. Roll out dough on a lightly floured surface to 1 inch thick. Use a biscuit cutter to cut out biscuits and place them on the cookie sheet next to each other. Reform dough and roll it out again. Cut out biscuits placing them next to the ones on the cookie sheet. Repeat process until late all dough is used. Cover loosely with plastic wrap lightly spayed with cooking spray and let rise 45 minutes or until doubled. Heat oven to 400 degrees Fahrenheit. Bake in oven 35-40 minutes or until golden brown. Remove from cookie sheet to wire rack to cool.

Intermediate Grains



Chocolate Chip Zucchini Bread

James McDaniel
Intermediate
Grains
Martin

Ingredients

1 ½ cups	Whole Wheat Flour
½ Cup	Stevia Sugar
¼ tsp.	Baking Soda
½ tsp.	Baking Powder
¼ tsp.	Cinnamon
1 ½ tsp.	Chopped Pecans
½ Cup	Chocolate Chips
1/3 Cups	Eggs
2	Shredded Zucchini (about 2 medium)
2 ¼ Cups	Unsweetened Applesauce
¼ Cups	Cinnamon
1 ½ tsp.	Vanilla

Directions

1. Preheat oven to 350 degrees.
2. Mix dry ingredients in a bowl. (flour, sugar, baking soda, baking powder, salt, cinnamon, chocolate chips and pecans)
3. Mix wet ingredients in a separate bowl. (eggs, zucchini, applesauce and vanilla)
4. Combine both bowls and mix thoroughly.
5. Spray bread pan.
6. Bake for 40-45 minutes or until knife comes out clean.

Grandma's Slow Cooker Pumpkin Bread

Yields: 6-8 Servings

Ingredients

Dough:

1 2/3 Cup	All- Purpose Flour
1 1/2 tsp.	Pumpkin Pie Spice
1 tsp.	Baking Soda
1/2 tsp.	Salt
3/4 cup	Canned 100% Pure Pumpkin
2	Eggs
1 cup	Granulated Sugar
1/2 cup	Vegetable Oil

Swirl:

8 oz.	Cream Cheese Softened
1/4 cup	Granulated Sugar
1	Egg
1 tsp.	Vanilla Extract
Pinch of salt	

Directions

Spray round 4 quart slow cooker insert generously with nonstick cooking spray and set aside.

In a large mixing bowl, whisk together flour, pumpkin pie spice, baking soda and salt.

In a medium bowl, whisk together pumpkin, eggs, sugar and vegetable oil. Transfer wet mixture into dry ingredients and stir together just until combined. In the bowl of a stand mixer, or using a hand held mixer, beat cream cheese until smooth. Add sugar, egg, vanilla extract and a pinch of salt. Continue mixing until smooth.

Spoon pumpkin bread batter into slow cooker and smooth. Spoon dollops of cream cheese mixture on top of pumpkin bread batter and swirl using a butter knife. Turn slow cooker to high and cook for two hours. Halfway through cooking time, use dish towel, or oven safe gloves to rotate slow cooker insert 1/4 of a turn to promote even cooking. Once done cooking, lift slow cooker cover up off of slow cooker insert to prevent any condensation that has formed from dripping back onto the pumpkin bread. Turn slow cooker off and let pumpkin bread cool for 10 minutes. Run butter knife along outside edge of pumpkin bread. Using a dish towel, or oven safe gloves to protect hands, place covered hand gently on top of pumpkin bread and turn insert upside down to remove. Place on cooling rack to finish cooling.

Quinoa Coconut Waffles

Yield: 10 Servings

Ingredients

3 Cup	Flour
3 Cup	Buttermilk
4	Eggs
1 Cup	Cooked and Chilled Quinoa
1 Cup	Shredded Coconut
¼ Cup	Agave
1 tsp.	Salt
1 Tbsp.	Baking Powder
2 Tbsp.	Coconut Oil

Directions

1. In a large bowl mix add buttermilk, eggs, coconut, Quinoa, Agave, Coconut oil and salt. Mix well. (batter should be smooth, not thick)
2. Add Baking Powder and Wisk well.
3. Remove Wisk and do not stir again.
4. Remove gently from bowl and place on a hot waffle iron or griddle.
5. Serve warm with butter and syrup. How I changed the recipe:

For the buttermilk, I used Plain Fat Free Greek Yogurt. I added water to the yogurt, whisking it to make it the same consistency of buttermilk and reduced the fat content per cup from 2.16 grams to zero. It reduces the Cholesterol per cup from 10 grams to zero. It reduces the Sugars per cup from 11.74 to 9 grams and reduces Carbohydrates per cup from 11.74 to 9 grams. It also increases the protein content per cup to 20 grams from 8.11.

I added 1/4 cup of Chia Seeds to add antioxidants to the waffles. The vitamin's the Chia Seeds add to the recipe are 349 milligrams of calcium, 3 milligrams Iron and 4 milligrams of Niacin in addition to Omega 3's, Manganese, Folate, Potassium, Vitamin A, and Vitamin B12. This adds 7 grams of protein and 14 grams of fiber (more than 50% of the recommended daily intake) to the recipe.

I plated with Strawberry Rhubarb Preserves instead of the syrup to reduce sugar content and fresh fruit to reduce the fat content of the butter.

Rice for Supper!

Yield: 4 - 5 servings

Ingredients

1 cup	White Rice
1 cup	Tomato Sauce
4 Cups	Water
½	Medium Onion, Chopped
1 tsp.	Knorr Tomato with Chicken Powder
½ tsp.	Ground Cumin
½ tsp.	Pepper
2 tsp.	Lemon Juice or Lemon Pepper
1 tsp.	Salt
1 Tbsp.	Oil

Directions

1. Heat oil in pan. Put rice and onion in pan, stir until browned.
2. Add seasonings stir.
3. Add water then sauce, bring to a boil then reduce heat to low and cover simmer for 18 minutes.
4. Add lemon juice, stir and serve.

Emilee Dominguez
Intermediate
Grains
Ward

Southwest Quinoa Salad

Kaitlyn Wiggins
Intermediate
Grains
Howard

Ingredients

Dressing:

1/3 Cup | Lime juice
1/3 Cup | Olive oil
½ tsp. | Cumin Seeds
Sea Salt and Pepper to Taste

Salad:

2 Cups | Quinoa Rinsed and Drained
3 Tbsp. | Cilantro
1 ¼ Cups | Frozen Corn
1 Cup | Black Beans, Drained
1 | Plum Tomato, Diced
1 | Zucchini, Diced
¼ Cup | Red Onion

Directions

1. Cook quinoa according to package directions. Can cook in vegetable or chicken stock to add more flavor.
2. When quinoa is done cooking, fluff with fork, transfer it to a large bowl, and allow it to cool completely (about 15 minutes).
3. In a small bowl whisk together lime juice, olive oil, cumin, and salt and pepper to taste.
4. When quinoa has cooled, add in cilantro, black beans, corn, tomato, zucchini, and red onion.
5. Stir in dressing and toss to coat.
6. Cover and refrigerate for at least an hour before serving.

Southwest Quinoa Salad

Charli Oglesby
Intermediate
Grains
Crockett

Ingredients

Dough

2 cups	Unsweetened Almond Milk
½ Cup	Canola Oil
½ Cup	Honey
3 Cups	Ground Wheat Berries (Whole Wheat Flour)
2 Cups	All Purpose Unbleached Flour
2 tsp.	Kosher Salt
½ tsp.	Baking Soda
½ tsp.	Baking Powder

Filling

4 Cups	Diced Honey Crisp or Granny Smith Apples
1 Cup	Golden Raisins
1 Tbsp.	Cinnamon
1 Tbsp.	Honey

Salted Carmel Glaze

½ Cup	Brown Sugar
¼ Cup	Butter
¼ Cup	Cream
¼ Cup	Salt

Directions

In a sauce pan slowly heat milk, oil, and honey until sugar is dissolved and mixture is hot to the touch. Pour liquid into a big bowl. Sprinkle yeast over mixture, whisk slightly and let set until yeast bubbles up. Once yeast has activated add 3 C. of wheat flour and 1 C of all-purpose flour, mix until all incorporated. Cover and let sit for 45 minutes.

2. When dough has risen, punch down and add baking soda, salt, powder, and last cup of flour. Dump onto floured cutting board and knead until dough comes together. Divide into two equal parts. Place each in its own Ziploc and place in fridge.

3. In a skillet, add dices apples, raisins, honey, and cinnamon with 1/4 C water. Bring to simmer and cover for 15 minutes. Remove lid and let reduce for about 30 minutes. Pour onto tray to let cool.

4. Remove one Ziploc of dough from fridge and roll out on floured surface into a 12-inch circle and place on round pizza pan. Pour all the fruit mixture onto dough and spread about evenly. Repeat rolling out second Ziploc of dough and place on top of fruit “patiently” pulling edges of top dough to meet with bottom dough and pinch around the entire circle.

5. Once both doughs are seamed together, slightly press a 3-4-inch round biscuit cutter into center making an imprint of a circle. Using scissors, cut from outer edge to imprint, repeat until dough has been cut all the way around. Make sure you have an even number of petals

6. Taking one petal in each hand, turn each petal away from one another. Two twists each. Once all petals are twisted, cover dough with egg wash, cover lightly and let rest for at least 20 minutes.

7. Place in oven preheated to 375 degrees and bake until golden brown all around. Remove and let cool. Drizzle with Salted Carmel Glaze

Senior Grains



Butternut Squash Risotto

Lillian Haas
Senior
Grains
Brewster

Ingredients

- 2 cup | Cubed butternut squash
- 2 Tbsp. | Butter
- ½ | Minced onion
- 1 cup | Arborio rice
- 1/3 cup | Dry white wine
- 5 cups | Hot chicken stock
- ¼ cup | Grated Parmesan cheese
- Salt and ground black pepper to taste

Directions

1. Place squash cubes in a steamer basket in a saucepan. Add water, cover, and bring to a boil over medium-high heat. Allow to steam until the squash is tender (10-15 minutes). Drain and mash in a bowl with a fork.
2. Melt butter in a saucepan over medium-high heat. Add onion; cook and stir for 2 minutes until the onion begins to soften, and then stir in the rice. Continue cooking and stirring until the rice is glossy from the butter, and the onion begins to brown on the edges, and 5 minutes more.
3. Pour in the white wine; cook, stirring constantly until it has evaporated. Stir in the mashed squash and 1/3 of the hot chicken stock; reduce heat to medium. Cook and stir until chicken stock has been absorbed by the rice; 5 to 7 minutes. Add half of the remaining chicken stock, and continue stirring until it has been absorbed. Finally, pour in remaining stock and continue stirring until the risotto is creamy. Finish by stirring in the Parmesan cheese. Season to taste with salt and pepper.

Easy Layered Beef Enchiladas

T'anna Wolfe
Senior
Grains
Andrews

Yield: 6 Servings

Ingredients

- 1 lb. | Lean Ground Beef
- ¾ Cup | Chopped Onions
- 2 Cloves | Garlic, Minced
- 1 (4.5 oz.) | Can Old El Paso Chopped Green Chilies
- ½ tsp. | Salt
- 1/8 tsp. | Pepper
- 2 (10 oz.) | Cans Old El Paso Enchilada Sauce
- 8 (6 inch) | Corn tortillas
- 1 cup | Shredded Mexican Cheese Blend
- Sour cream, if desired

Directions

Heat oven to 375 degrees F. In large nonstick skillet, cook ground beef, onions and garlic until beef is thoroughly cooked, stirring frequently. Drain. Add green chiles, salt and pepper; mix well. Remove from heat.

Pour 1 can of the enchilada sauce in bottom of ungreased 13x9- inch glass baking dish. Arrange 4 tortillas in dish, overlapping slightly. Spoon beef mixture evenly over tortillas; top with remaining 4 tortillas. Pour remaining can of enchilada sauce over top. Sprinkle with cheese.

Bake at 375 degrees for 20 to 25 minutes or until thoroughly heated. Serve with sour cream.

Strawberry Nut Bread

Yield: 12 Servings

Dillon Dugger
Senior
Grains
Ector

Ingredients

Dry:

3 Cups	Sifted Flour
1 tsp.	Baking Soda
1 tsp.	Salt
1 Tbsp.	Cinnamon
2 Cups	Sugar

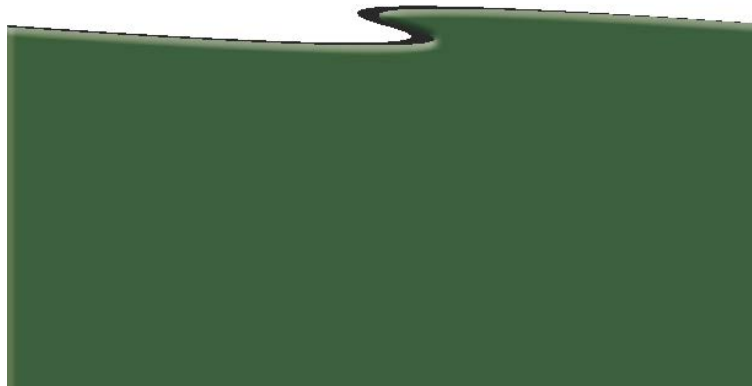
Liquid:

4	Eggs, beaten
1 ¼ Cups	Vegetable oil
2 Cups	Thawed Frozen Sliced Strawberries
1 ¼ Cups	Chopped Pecans

Directions

1. Preheat oven to 350 degrees.
2. Sift together the dry ingredients in a large mixing bowl.
3. Combine the liquid ingredients in a separate bowl.
4. Make a well in the center of the dry ingredients.
5. Add the liquid ingredients into the well and stir just enough to moisten the dry ingredients.
6. Pour into 2 greased 9 X 5 X 3 inch pans.
7. Bake in oven for one hour. Let cool for 5 minutes before removing from pans.
8. Remove from pans and let cool completely on wire racks.

Protein



Division

Junior Protein



Beefy Biscuits

Yield: 16 beefy biscuits.

Serving size: 2

Ingredients

- 1/3 lb. | Ground Beef
- 1/3 lb. | Ground Venison
- 1/3 lb. | Ground Aoudad
- 1 | Onion, Chopped
- 8 oz. | Sour Cream
- 2 Cups | Grated Cheddar Cheese
- 2 cans | Biscuits

Directions

Preheat oven to 350 degrees.

In a large saucepan, mix ground beef, venison, and mutton together along with the chopped onion and brown. Drain excess fat. Add sour cream and combine. Set aside.

Using a rolling pin dusted with flour, gently roll out individual biscuit dough into a small circle. Spoon a generous amount of meat mixture on one half of the biscuit dough. Top with grated cheese. Fold over the second half of the biscuit dough on top of the meat/ cheese mixture and seal edges with a fork. Vent the top of the biscuit by poking holes with the fork.

Place filled biscuits onto a greased cookie sheet and bake 12- 15 minutes according to the biscuit's cooking instructions.

Store in an airtight container in the refrigerator for up to 4 days.

Reegan Thompson
Junior
Protein
Andrews

Hamburger Potato Casserole

Kent Ford
Junior
Protein
Winker-Loving

Ingredients

- 5 | Small Potatoes
- 2 lb. | Ground Beef, Browned
- 2 cans | Cream of Mushroom Soup
- 1 ½ cups | Milk
- 1 ½ cups | Shredded Cheese, Colby Jack Mix

Directions

How to make Hamburger Casserole

1. Preheat Oven 350 Degrees.
2. Brown your ground beef and set aside.
3. Peel and slice potatoes and set aside.
4. In mixing bowl, combine cream of mushroom soup, milk, salt and pepper to taste. Mix well set aside.
5. Spray a 9x13 baking dish with nonstick spray.
6. Layer in the pan, potatoes, beef, soup and cheese.
7. Cover with foil and bake for 1 hour
8. Remove foil and bake another 30 minutes until potatoes are fork tender.
9. Allow to sit for 10 minutes, then cut and serve.

Hidden Vegetable Beef Meatballs with Dipping Sauce

Daniel Cody Schoenfeldt
Junior
Protein
Brewster

Yields approximately 3 dozen meatballs.

Ingredients

Meatballs:

- 1 lb. | Ground Beef
- ½ Cup | Grated onion
- ½ Cup | Grated carrot
- ½ Cup | Grated zucchini
- 1 | Egg, beaten
- ¾ Cup | Breadcrumbs
- 1 tsp. | Worcestershire sauce
- ¼ tsp. | Paprika
- 1 tsp. | Salt
- 1 tsp. | Black pepper

Dipping Sauce

- 3 Tbsp. | Soy Sauce
- 3 Tbsp. | Water
- ½ Tbsp. | Maple Syrup
- 1 tsp. | Sesame Oil
- 1 | Spring Onion, Finely Chopped
- 2 Tbsp. | Sesame Seeds

Tools:

Measuring cups and spoons, chopping knife and cutting board, large mixing bowl, grater, baking sheet, parchment paper or cooking oil spray, oven

Directions

1. Preheat oven to 400 °F.
2. Place the ground beef, onion, carrot, zucchini, egg, breadcrumbs, Worcestershire sauce, paprika and black pepper into bowl and mix with hands until just incorporated.
3. Roll into 1½-inch meatballs.
4. Place on a lined or greased baking sheet. Bake in the oven for 25-35 minutes, until internal temperature of meatballs reaches 165 °F.
5. For the sauce, whisk the soy sauce, water, maple syrup, sesame oil, spring onion and sesame seeds together in a small bowl and serve along with the meatballs.

Jumbo Stuffed Shells

Yield: 5 servings

Ingredients

- 1 (16 oz.) | Jar Alfredo Sauce
- 2 Cups | Shredded Chicken
- 2 Cups | Chopped, Cooked Broccoli
- 1 Cup | Shredded Mozzarella Cheese
- ¼ Cup | Shredded Parmesan
- 1 | Box Jumbo pasta shells, cooked (1 to 2 minutes under what the package says)
- Sprinkle of Paprika for Garnish

Directions

1. Pre-heat oven to 350 degrees.
2. Grease a 13 X 9 baking sheet with cooking spray.
3. In a large bowl, mix alfredo sauce, chicken, broccoli, and both cheeses.
4. Spoon mixture into the pasta shells.
5. Arrange the shells in the baking pan.
6. Cover with foil and bake for 35 minutes.
7. Sprinkle with a small amount of paprika.

Madeline Dugger
Junior
Protein
Ector

Meatloaf Muffins

Yield: 12 servings

Abby Vargas
Junior
Protein
Andrews

Ingredients

- 1 ½ Lb. | Ground Turkey
- 1 Cup | Milk
- 1 Tbsp. | Worcestershire Sauce
- ¼ tsp. | Dried Sage
- ½ tsp. | Ground Mustard
- ¼ tsp. | Pepper
- ½ tsp. | Salt
- ¼ tsp. | Garlic Powder
- 1 | Egg
- 3 Slices | Bread, Torn into Small Pieces
- 1 Sm. | Onion, Chopped
- ½ Cup | Ketchup, Chili Sauce, or Barbeque Sauce

Directions

Heat oven to 350 degrees F.

Mix all ingredients except ketchup.

Place mixture into ungreased muffin pan or loaf pan. Spread ketchup or barbeque sauce on top.

Cook for 45 minutes or until thermometer reads 160 degrees F.

Oryx Meatballs

Danika A Maddox
Junior
Protein
Val Verde

Ingredients

- 2 Tbsp. | Olive Oil
- 1 lb. | Ground Oryx Meat
- 1 lb. | Ground Oryx Sausage
- 2 tsp. | Garlic Salt
- 2 tsp. | Italian Seasoning
- ¾ Cup | Dried Bread Crumbs
- 2 | Eggs

Directions

Begin by mixing the ground Oryx and ground Oryx sausage together in a large bowl. Stir in Garlic Salt, Italian Seasoning, Dried Bread Crumbs, and Eggs with a spatula till completely mixed together. Cover the bowl and refrigerate for one hour.

After one hour heat the olive oil in skillet over medium heat. Using wet hands form Oryx meat mixture into balls 1 ½“diameter. Place the balls in the skillet. Being careful not to burn yourself, turn the meat balls as the sides begin to brown. Once all sides are browned place lid over skillet and continue to cook over medium heat until the meat balls are cooked through. (10-15 minutes)

Papo's Seafood Spaghetti

Carissa Thomas

Junior

Protein

Crockett

Ingredients

1 Tbsp.	Olive Oil
2 – 3	Stalks Celery, sliced
1 Lg.	Onion, chopped
1 Lg.	Bell Pepper, Chopped
2 Tbsp.	Chopped Garlic
1 Lg. Can	Can Spaghetti Sauce
1 Can	Diced Tomatoes
6 - 7	Fresh Mushrooms, Sliced
1 Large	Bay Leaf
¼ Cup	Worcestershire Sauce
1 tsp.	Mexican Oregano
½ tsp.	Cayenne (To Taste)
1 tsp.	Creole Seasoning
Pasta of choice	
4 Cups <u>OR</u>	Frozen Seafood Mix
1 Can each	Whole Clams, Oysters, & 1 bag of frozen shrimp (peeled, no tails)

Directions

1. In a large slow cooker, add spaghetti sauce, tomatoes, mushrooms, bay leaf, Worcestershire sauce, oregano, cayenne, and creole seasoning and allow to simmer at least 2 hours
2. Heat olive oil in skillet and sauté celery until halfway done and then add onions and bell pepper.
3. When veggies are nearly done, make an empty hole in the middle of pan and fry garlic until brown.
4. Add to slow cooker and allow simmering. Add additional water as needed.
5. About 20 minutes before serving, add seafood and allow sauce to simmer until shrimp are pink.
6. Add additional cayenne, and salt/pepper to taste.

Texas Caviar

Yields 8-10 servings

Serving size 1/2 cup

Ingredients

1 Can (15 oz.)	Bush's (Gluten Free) Black Beans
1 Can (15 oz.)	Bush's (Gluten Free) Red Kidney Beans
1/4 Cup	Red Bell Pepper, Chopped
1/4 Cup	Green Bell Pepper, Chopped
1/4 Cup	Yellow Bell Pepper, Chopped
3/4 Cup	Purple Onion, Chopped
3/4 Cup	Jalapeno, Seeded and Chopped
3/4 Cup	Italian Dressing
1/4 tsp.	Garlic Salt with Parsley

Directions

First, open and drain cans of black and red kidney beans into a colander. While draining, put on plastic gloves and wash, chop and de-seed jalapeno and bell peppers. Next chop purple onion and set aside. In a medium size bowl combine black beans, kidney beans and measured portions of the bell peppers, jalapeno and onion. Measure 3/4 cup of Italian dressing and 1/4 teaspoon of garlic salt with parsley and stir into mixture. After tasting the dish you can add jalapeno seeds back into mixture for a little spice. Pour into serving dish and garnish with an edible Texas yucca flower.

Chill until serving time.

Serve as a dip with whole grain or gluten free chips or as a single side.

Caitlynn Cornwell
Junior
Protein
Midland

Intermediate Protein



Chicken Bombs

Yields: 4 servings

Ingredients

1 ½ lbs.	Bacon
1 ¼ lbs.	Skinless Boneless Chicken Breast
2/3 Cup	Brown Sugar
2 Tbsp.	Chili Powder
½ tsp.	Cumin

Directions

Preheat oven to 350 degrees F.

Mix brown sugar, chili powder and cumin together.

Cut chicken breast into 1 inch cubes.

Cut bacon in half and wrap around chicken; secure with a toothpick.

Spray baking sheet with nonstick cooking spray.

Roll chicken in sugar mixture and place on baking sheet.

Bake until golden brown, about 35 minutes.

Leaya May
Intermediate
Protein
Andrews

Chicken Dorito Casserole

Alyssa Bailey
Intermediate
Protein
Winkler-Loving

Ingredients

2 Cups	Shredded Cooked Chicken
1 Cup	Shredded Cheese
1 can	Cream of Mushroom Soup
½ Cup	Milk
½ Cup	Sour Cream
1 Can	Rotel
½ pkg.	Taco Seasoning
1 Bag	Doritos

Directions

Preheat oven to 350-F Degrees. In a mixing bowl; mix all ingredients except Doritos. In a greased 2 qt. baking dish put a layer of crushed Doritos then a layer of the chicken mixture repeat once more ending with a layer of the chicken mixture topped with more shredded cheese cover and bake for 30-35 minutes until bubbling hot.

Grilled Venison Backstrap

Zachary Davis
Intermediate
Protein
Val Verde

Ingredients

- 2 lbs. | Venison Backstrap, Cut Into 2-Inch Chunks
- 1 Qt. | Apple Cider
- 1 ½ lbs. | Sliced Bacon
- 2 (12 oz.) | Bottles of Barbecue Sauce

Directions

Place chunks of venison into a shallow baking dish, and pour enough apple cider in to cover them. Cover and refrigerate for at least 2 hours. Remove, and pat dry. Discard apple cider and return venison to the dish. Pour barbeque sauce over the chunks, cover, and refrigerate for 2 to 3 more hours.

Preheat outdoor grill for high heat. Remove meat from refrigerator and let stand for 30 minutes, until no longer chilled. Wrap each chunk of venison in a slice of bacon, and secure with toothpicks.

Brush the grill grate with olive oil when hot. Place venison pieces on grill so they are not touching. The bacon will kick up some flames so be ready. Grill, turning occasionally, until the bacon becomes slightly burnt, 15 to 20 minutes. The slower the better. Serve.

Korean Lamb Kabobs

Yield: 12 Servings

Ingredients

- 4 – 6 lb. | Leg or Shoulder of Lamb, cut into bite-sized pieces
- 6 | Green Onions, Minced
- 2 | Jalapenos, seeded and minced
- 1 Tbsp. | Ginger, Minced
- 3 Cloves | Garlic, Minced
- ½ Cup | Soy Sauce
- ¼ Cup | Honey
- ¼ Cup | Sesame Oil
- ¼ Cup | Sesame Seeds
- 1 tsp. | Black Pepper

Directions

Combine ingredients and mix in a large bowl.

Refrigerate and marinate for 6 hours, if possible.

Grill over heat until done.

Slide on skewers to serve.

Brance Workman
Intermediate
Protein
Howard

Meatloaf Cupcakes

Madeline Haas
Intermediate
Protein
Brewster

Ingredients

1 lb.	Ground Beef
1 Cup	Crushed Saltine Crackers
½ Cup	Onion, Chopped
½ Cup	Green Bell Pepper, Chopped
1/3 Cup	Milk
1	Egg
1 Tbsp.	Worcestershire Sauce
2 Cloves	Garlic, Chopped
1 tsp.	Ground Black Pepper
1 tsp.	Seasoned Salt
½ Cup	Ketchup
½ Cup	Brown Sugar
4 Cups	Mashed Potatoes
1 Cup	Shredded Cheddar Cheese

Directions

Preheat oven 350 degrees F

Mix ground beef, saltine crackers, onion, green bell pepper, milk, egg, Worcestershire sauce, garlic, black pepper, and seasoned salt together in a bowl.

Stir ketchup and brown sugar together in a bowl. Spoon ketchup mixture into the bottom of each muffin cup of a 6-cup muffin tin.

Fill muffin cups with beef mixture, leaving ½ inch space on the top.

Bake in the preheated oven until no long pink in the center, about 30 minutes. An instant-read thermometer inserted in the center should read at least 160 degrees F. Drain fat from muffin cups.

Top each “cupcake” with mashed potatoes and Cheddar cheese.

Continue baking until cheese is melted, about 10 minutes.

Philly Cheesesteak Stuffed Peppers

Yield: 4 Servings

Ingredients

- 4 Lg. | Bell Peppers, cut top off and cleaned out
- 1 Lg. | Onion, Sliced
- 1 Cup | Mushrooms, Sliced (Optional)
- 1 ½ lbs. | Skirt Steak, Sliced and Cooked, Cut into Strips
(Seasoned with Garlic, Salt and Pepper to Taste)
- 12 Slices | Provolone Cheese, Sliced Low Fat
- 12 – 15 Slices | Turkey Pepperoni, Slices
- Olive Oil

Directions

Coat the bottom of a skillet with extra virgin olive oil. Sauté the onions & mushrooms (if using) in the oil for 7-9 minutes on medium heat or until lightly browned & tender. Add the sliced beef strips and pepperoni. Stir, & cook until warmed through.

Place a piece of cheese in the bottom of each pepper. Layer with the steak and pepperoni, filling each pepper to about halfway. Then top the meat with another piece of cheese, fill the pepper with more meat, and then top each stuffed bell pepper with a final piece of cheese.

Bake at 400 degrees for 15-20 minutes, or until peppers are cooked through.

Pulled Pork Sliders with Creamy Pineapple Cole Slaw

Abigail Frank

Intermediate

Protein

Pecos

Yield: 8 Servings

Ingredients

Meat:

5 -7 lb.	Pork Shoulder
1	Onion, Cut into Quarters
1 Tbsp.	Chili Powder
½ Cup	Brown Sugar
4 Cloves	Garlic
1 tsp.	Dried Oregano
2 tsp.	Dried Cumin
1 – 2 tsp.	Salt, to taste
Fresh Ground	Black Pepper
3 Tbsp.	Black pepper
2 Tbsp.	White Wine Vinegar

Creamy Pineapple Cole Slaw

1 Head	Green Cabbage, finely Shredded
2 Lg.	Carrots, Finely Shredded
¾ Cups	Mayonnaise, Best Quality
2 Tbsp.	Sour Cream
2 Tbsp.	Green Onion or Shallots, Grated
2 Tbsp.	Sugar or to taste
2 Tbsp.	White Vinegar
1 Tbsp.	Dry Mustard
2 Tbsp.	Celery Salt
1 (8 oz.)	Canned Pineapple Chunks, cut in half

Barbeque Sauce:

½ Cup	Barbeque Sauce
¼ Cup	Orange Juice

8	Ciabatta Rolls
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Directions

Pulled Pork Sliders

Preheat the oven to 300 Degrees. Rinse pork shoulder and pat dry. In a food processor, combine the onion, chili powder, brown sugar, garlic, oregano, cumin, salt, pepper, olive oil, and vinegar. Pulse until totally combined. (*This rub can be made the night before and stored in the refrigerator. I usually put in a Ziploc bag. This rub also freezes well.*) Pour the rub over the pork and rub it in well. Be sure to get into any folds or crevices in the pork shoulder. Place the pork into a Dutch oven or roasting pan and add 2 cups of water. Cover tightly and roast for 6 or 7 hours, turning once every hour. Once your roasting time is up, make sure the meat is tender when poked with a fork. Turn the oven temperature up to 425 degrees and roast uncovered for 20 minutes or until the skin gets crispy. Remove from the oven and allow pork to rest for 15 minutes. Shred the meat, using two forks to pull the pork apart. Place in a clean serving dish. Mix ½ cup of barbeque sauce with ¼ of orange juice. Add to the pulled pork. Spoon pulled pork onto ciabatta rolls and serve with Creamy Pineapple Cole Slaw.

Creamy Pineapple Cole Slaw

Combine the shredded cabbage and carrots in a large bowl. Whisk together the mayonnaise, sour cream, onion, sugar, vinegar, celery salt, salt and pepper in a medium bowl. Add to the cabbage mixture. Mix well to combine. Taste for seasoning; add more salt, pepper, or sugar if desired.

Best if refrigerated for up to 2 hours before

Senior Protein



Bento Meal

Ingredients

- | | |
|----------|---------------------|
| 4 | Boneless Pork Chops |
| 1 tsp. | Sea Salt |
| 1 tsp. | Pepper |
| 1 ½ tsp. | Paprika |
| 1 tsp. | Garlic |
| 2 parts | Butter |
| 1 Cup | Rice |
| 2 | Onions |
| 2 | Bell Peppers |
| 1 Cup | Blueberries |
| 1 Pkg. | Strawberries |
| 4 | Grapes |
| 4 | Cabbage Leaves |

Directions

Take the pork chops and coat them in the first 4 ingredients. Put butter in pan and brown the pork chops on each side until cooked. Set Aside. Boil Rice in 3-4 Cups water until fluffy. Set Aside. Chop Onions and Bell Peppers. Take your bento box and place a cabbage leaf into the box on one side. Place ¼ of the chopped vegetables into each leaf (in each box). Chop Pork chop and place on veggies. Take your coffee filter and place ¼ cup blueberries and 2-3 strawberries into the filter and place into the middle of bento box(es). Place ¼ cup rice into empty space in bento box(es). Top with red grape.

Breakfast Casserole

Yield: 9 or more

Mary Coggins
Senior
Protein
Val Verde

Ingredients

8	Eggs slightly beaten
6	Slices of Whole Wheat Bread with the Crusts
1lb.	Breakfast sausage, Cooked and Crumbled
2 Cup	Low fat milk
1 Cup	Sharp cheese, Grated
1 tsp.	Salt

Directions

1. Mix all ingredients well.
2. Place in 9 x 12 inch Pyrex dish.
3. Refrigerate overnight.
4. Bake at 350 degrees for 35 minutes.

King Ranch Chicken

Yield: 8 Servings

Ingredients

4 | Boneless Skinless Chicken Breasts
1 Lg. | Onion, Chopped
10 | Corn Tortillas
3 Cups | Shredded Cheddar Cheese
1 Can | Rotel
1 Can | Cream of Chicken Soup
2 Cans | Cream of Mushroom Soup
Salt and pepper, to taste

Directions

Boil chicken breasts, shred chicken and set aside.

Sauté chopped onions in a skillet over medium heat. Remove from heat.

Tear corn tortillas into bite size pieces and layer them in the bottom of a 9x13 casserole dish.

In a large bowl mix together Rotel, cream of chicken, cream of mushroom, onions, salt and pepper.
Layer half of mixture over tortilla pieces, chicken, half the cheese and then the remaining soup mixture.

Bake at 300 degrees F for 20 minutes. Top with remaining cheese and return to the oven until the cheese is melted.

Skillet with Rice and Shrimp

Yield: 4 Servings

Prep time: 20 minute

Total time: 45 minutes

Ingredients

1 Tbsp.	Extra Virgin Olive Oil
1	Onion, Chopped
1	Green Pepper, Chopped
2 Cloves	Garlic, Finely Chopped
1 cup	Uncooked Rice
1 (14 oz.)	Canned Tomatoes
1 (14 oz.)	Reduced Sodium Chicken Broth
1 Tbsp.	Worcestershire Sauce
1 tsp.	Dried Thyme Leaves
½ tsp.	Salt
1 Lb.	Large Frozen Peeled cooked Shrimp, Thawed
1 Cup	Frozen Peas, thawed
¼ Cup	Chopped Fresh Parsley

Freshly ground pepper to taste
Hot sauce, (optional)

Directions

Heat oil in a large nonstick skillet over medium heat. Add onions, bell pepper and garlic; cook, stirring with a wooden spoon, until the onions are soft, 3 to 5 minutes. Add rice to the skillet and cook, stirring constantly, for 1 minute.

Stir in tomatoes and their juices, broth, Worcestershire sauce, thyme and salt. Once the mixture begins to bubble and simmer, reduce the heat to low and cover the pan. Cook until the rice is tender and most of the liquid has been absorbed, about 20 minutes.

Gently stir in shrimp, peas and parsley. Cover and cook until the shrimp are heated through, 3 to 5 minutes. Season with salt and pepper before serving.

Pass your favorite hot sauce alongside.