2013 Foods Revue: A Scrumptious Success — On March 23, 2013, talented chefs displayed a beautiful array of delicious dishes! The Extension building had a wonderful aroma of appetizing meals made by 34 amazing 4-H chefs. Classes judged included: favorite dish, nutritious snack, simple meal, nutritious breakfast item, theme meal, family meal, picnic meal, formal dinner meal, and group meal. Each chef prepared and presented the meal to the judge. Entries were judged on the meal’s nutrition and presentation. The quality of meals were superb with Awards of Excellence going to Morgan Bauer (Grade 5), Elizabeth Loppnow (Grade 4), Natalie Stendel (Grade 5), Casey Stanley (Grade 8), Daniel Reich (Grade 9), and Shelby Banker (Grade 12).

Those receiving a blue ribbon (1st place) were: Shelby Banker, Morgan Bauer, Maddi Besch, Connor Dobson, Sara Heimsch, Elizabeth Katzman, Courtney Kreger, Samuel Mattson, Alyssa Ratzow, Daniel Reich, Teigan Reich, Adriana Reyes-Ehrke (2), Jessica Sharp, Casey Stanley (2), Emily Stendel (3), Natalie Stendel (2), Nicole van Zanten.

Red ribbons (2nd place) went to: Shelby Banker (2), Liberty Mattson (2), Daniel Reich, Elee Sharp, Casey Stanley, Nicole van Zanten and Jamie Wallice.

Cloverbud ribbons (grades K-2) were: Jessica Besch (2), Daniel Germundson, David Germundson, Tawney Hadler (2), Trace Hadler (2), Aaron Heimsch, Sofie Jose-Ehrke, Aaron Katzman, Benjamin Ratzow, Lili Reyes-Ehrke, Elliott Small (2), Oliver Small, and Ella van Zanten.

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** = Award of Excellence

BOLD ** = Award of Excellence
CLASS E—Grades K-2

Cloverbuds receive a “participation” ribbon

CLOVERBUDS

NUTRITIOUS SNACK

JESSICA BESCH

Grade K, Country Clovers

ANIMAL PARADE

INGREDIENTS

- Celery
- Animal crackers
- Peanut butter

DIRECTIONS

1) Wash and cut your celery
2) Spread the peanut butter on the celery.
3) Put the animal crackers on top of the peanut butter.
4) Eat it.

AND

NUTRITIOUS BREAKFAST ITEM

JESSICA BESCH

Blueberry Pancakes with Syrup

INGREDIENTS

- 1/2 cup Whole wheat flour
- 1/2 cup all purpose flour
- 1 Tbsp. sugar
- 1 tsp. baking powder
- 1 teaspoon cinnamon
- 1 egg
- 1 cup milk
- 1/2 tsp. vanilla extract
- 1 Tbsp. vegetable oil
- 2 Tbsp. orange juice
- 1/2 cup blueberries

DIRECTIONS

1) In a mixing bowl, stir together the flours, sugar, baking powder and cinnamon. Set aside.
2) In a smaller bowl, mix together, the egg, milk, vanilla extract and oil.
3) Gently pour the wet mixture into the dry mixture. Mix until well blended.
4) Add the orange juice and mix.
5) Gently stir in blueberries.
6) On big pancake griddle that is already hot, carefully pour 1/4 cup of batter. Cook approximately 3 minutes or until golden brown.
7) Using a spatula, flip the pancake over until the underside is golden brown.
8) Remove the pancake to a plate.
9) Serve with butter, maple syrup or applesauce.

NUTRITIOUS SNACK

DAVID GERMUNDSON

Grade 2, Farmington All Stars

POWER DRINK SMOOTHIE

INGREDIENTS

- 1/2 banana
- 1/2 cup of blueberries and grapes
- 1/2 cup fresh strawberries
- 1 cup vanilla yogurt
- 1/2 cup of spinach
- 2 baby carrots
- 2 cups of milk
- Whipped cream (optional)

DIRECTIONS

1) Chill the glass beforehand in the freezer or fridge. This makes the food cool and keeps it fresh.
2) Place the milk and the rest of ingredients in a blender. Blend until well combined.
3) Pour into individual glasses and garnish the top with whipped cream (optional).

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**FAVORITE DISH**

**TAWNEY HADLER**

Grade 2, Country Clovers

**COWBOY COOKIE**

**INGREDIENTS**
- 1 T peanut butter
- 1 T dry milk
- 1 tsp. honey
- 1 T chow-mien noodles

**DIRECTIONS**
1) Mix together 1 T peanut butter and 1 T dry milk in a large plastic cup.
2) Add 1 tsp. honey.
3) Add 1 T chow mien noodles.
4) Spoon the cookie onto a piece of waxed paper.
5) Serve and enjoy. <

**AND**

**NUTRITIOUS SNACK**

**TAWNEY HADLER**

Grade 2, Country Clovers

**EGG SALAD**

**INGREDIENTS**
- Hard Boiled Egg
- Salt & Pepper

**DIRECTIONS**
1) Peel a hard-boiled egg.
2) Place the egg in a cup, and crumble it with a fork.
3) Add a dash of salt and 2 tablespoons mayonnaise.
4) Mix well. Serve and enjoy.<

(Continued on page 6)
NUTRITIOUS SNACK
SOFIE JOSE-EHRKE

Grade K, Ideal Clever Clovers

APPLE CARTWHEELS

INGREDIENTS
- 1-1/2 teaspoons honey
- 1/2 cup miniature semisweet chocolate chips
- 2 tablespoons raisins
- 4 medium unpeeled Red Delicious apples, cored

DIRECTIONS
1) In a small bowl, combine peanut butter and honey; fold in chocolate chips and raisins.
2) Fill centers of apples with peanut butter mixture; refrigerate for at least 1 hour.
3) Cut into 1/4-in. rings. Yield: about 2 dozen.

Nutritional Facts 1 apple ring equals 50 calories, 3 g fat (1 g saturated fat), 0 cholesterol, 13 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g protein.

NUTRITIOUS SNACK
AARON KATZMAN

Grade 2, Stone School

Tropical Fruit Trees

INGREDIENTS
- 2 kiwis
- 2 bananas
- 2 small oranges

DIRECTIONS
1) Peel kiwis and cut into long slices. Slice bananas. Peel oranges.
2) Arrange fruit into two tropical trees, using kiwis as leaves, bananas as tree trunks and oranges as sand. See photo below.

Nutritional Facts 1 serving equals 160 calories, 1 g fat (trace saturated fat), 0 cholesterol, 2 mg sodium, 41 g carbohydrate, 5 g fiber, 2 g protein.

FAVORITE DISH
BENJAMIN RATZOW

Grade 2, Ixonia Victory

(Continued on page 7)
KIDS PIZZA RACERS RECIPE
(Makes 4 pizza racers)

INGREDIENTS
- 4 hot dog buns (not split)
- 1/2 cup pizza sauce or pasta sauce
- 2 cups shredded mozzarella cheese
- 16 pepperoni slices
- 4 pretzel twists
- 16 stick pretzels
- 16 cucumber circles

DIRECTIONS
1) Preheat oven to 375 F.
2) Go get steak knife, and take out the insides of the hot dog bun.
3) Cut a little spot for the pretzel steering wheel.
4) Now you have to get a spoon and put a little bit of the pizza sauce inside the bun, then four pepperoni slices and then some shredded cheese. You can spoon a little more sauce on top.
5) Have your mom put it in the oven for 5 minutes until the cheese is melted.
6) Mom will take it from the oven and it’s really hot so you have to leave it alone for a bit. But now it’s time to make the wheels.
7) Get a cucumber circle and poke it with a stick pretzel. You have to make all the wheels. When the racer car won’t burn you, poke the cucumber wheels into the buns.
8) Then put the curly pretzel in the spot for the steering wheel.

LUCK OF THE IRISH BUTTERMILK WAFFLES WITH GLAZED BANANAS
(Makes 14 Waffles)

INGREDIENTS
- 2 Cups all-purpose flour
- 2 tablespoons sugar
- 2 Teaspoons baking powder
- 1 Teaspoon baking soda
- ¼ Teaspoon salt
- 2 Cups buttermilk
- 6 Tablespoons unsalted butter, melted and cooled to room temperature
- 2 Large eggs
- Green food coloring, if desired
- 2 Tablespoons unsalted butter
- 2 Firm-ripe bananas, cut into 1/3-inch slices
- 1¼ Cups maple syrup

DIRECTIONS
1) Preheat waffle iron.
2) Whisk together flour, sugar, baking powder, baking soda, and salt in a large bowl.
3) Whisk together buttermilk, melted butter, and eggs in another bowl, then whisk into flour mixture until just combined.
4) Brush hot waffle iron lightly with vegetable oil and pour 1/3 cup of batter into each waffle mold. Cook waffles until golden and cooked through, about 3 minutes.

MAKE TOPPING:
- Heat butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then add banana slices in 1 layer and cook until golden, about 1 minute per side.
- Remove from heat and add syrup to skillet.
- Spoon bananas over waffles, then drizzle with warm syrup before serving.

NUTRITIOUS BREAKFAST
ELLIOTT SMALL

Grade K, Ixonia Victory

NUTRITIOUS SNACK
ELLIOTT SMALL

Grade K, Ixonia Victory

Blueberry Pineapple Smoothie
(Makes 1 Serving)

INGREDIENTS
- 2 Cups fresh blueberries
- 6 Ounces vanilla yogurt

DIRECTIONS
Heat oil in large skillet over medium heat. Add squash; cook and stir 3 minutes. Add shallot; cook 3 to 4 minutes or until squash gives when knife is inserted but is not completely tender. Stir in paprika, salt, thyme, and pepper. Add rice; stir to coat with oil.
1) Pour in wine, if desired; cook and stir until wine evaporates. Reduce heat to low. Add ¼ cup broth; cook over medium heat, stirring occasionally.

FAVORITE DISH
OLIVER SMALL

Grade 2, Ixonia Victory

Winter Squash Risotto
(Makes 4 to 6 Servings)

INGREDIENTS
- 2 Tablespoons olive oil
- 2 Cups butternut squash, cut into 1-inch cubes
- 1 Large shallot, chopped
- ½ Teaspoon paprika
- ¼ Teaspoon salt
- ¼ Teaspoon dried thyme
- ¼ Teaspoon black pepper
- 1 Cup Arborio rice
- ¾ Cup dry white wine (optional)
- 4 - 5 Cups chicken broth
- ¾ Cup grated Parmesan cheese

DIRECTIONS
Heat oil in a large skillet over medium heat. Add squash; cook and stir 3 minutes. Add shallot; cook 3 to 4 minutes or until squash gives when knife is inserted but is not completely tender. Stir in paprika, salt, thyme, and pepper. Add rice; stir to coat with oil.
1) Pour in wine, if desired; cook and stir until wine evaporates. Reduce heat to low. Add ¼ cup broth; cook over medium heat, stirring occasionally.

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CLASS F—Grades 3-5

NUTRITIOUS SNACK—1st Place

MORGAN E BAUER

Grade 5, Maple St Hustlers

APPLE QUESADILLAS

INGREDIENTS
- Whole wheat tortilla
- 1/2 cup shredded sharp cheddar
- 1 whole apple (granny smith works best, but your favorite will do too!)
- 2 thin slices of prosciutto
- Sour cream if you like.

DIRECTIONS
1) On medium heat lightly sauté’ apples and prosciutto, meanwhile, preheat oven or quesadilla maker.
2) Lay tortilla flat, cover with cheddar, apples and prosciutto.
3) Heat until cheese is melted.
4) Remove from oven or quesadilla maker. Serve with sour cream.

FAVORITE DISH HOT OR COLD

MORGAN E BAUER

Grade 5, Maple St Hustlers

BBQ SMOTHERED POTATOES AND SAUSAGE SKILLET

INGREDIENTS
- 5 red potatoes- thinly sliced
- 1 med onion-thinly sliced
- 1/3 c diced peppers, (red, green or yellow)
- 1/2 c carrots-sliced
- 1 polish kielbasa link package, cut in 1/2 inch pieces
- oil
- 1/2 c Favorite BBQ sauce (Sweet Baby Ray’s Sweet and Spicy works well)

DIRECTIONS
1) On med-high heat, generously oil skillet.
2) Put sliced potatoes and carrots in skillet, cook until tender.
3) Add remaining ingredients, cook until thoroughly heated.

FAVORITE DISH

ELLA VAN ZANTEN

Favorit DISH

Grade 1, Jefferson Boosters

MY PIZZA PIE

INGREDIENTS
- 1 T mozzarella cheese
- 1 T cheddar cheese
- 1 tsp. parmesan cheese
- meat -- I love sausage
- pizza sauce
- English muffin

DIRECTIONS
1) Put it together like a pizza.
2) Bake at 350 F for 10 minutes or until cheese is nice and brown.

FAVORITE DISH

Grade 5, County Clovers

BLUEBERRY PANCAKES WITH SYRUP

DIRECTIONS
- 1/2 cup Whole wheat flour
- 1/2 cup all purpose flour
- 1 Tbsp sugar
- 1 tsp baking powder
- 1 teaspoon cinnamon
- 1 egg
- 1 cup milk
- 1/2 tsp vanilla extract
- 1 Tbsp vegetable oil
- 2 Tbsp orange juice
- 1/2 cup blueberries

DIRECTIONS
1) In a mixing bowl, stir together the flours, sugar, baking powder and cinna- mon. Set aside.
2) In a smaller bowl, combine fiesta cheese, egg, minced garlic, salt, ground pepper, red onion, red pepper and bacon.
3) Add melted butter.
4) Stir until combined.
5) Place a large piece of shaved parmesan cheese into each mushroom cap.
6) Spoon combined ingredients into mushroom caps.
7) Place in single layer in shallow pan.
8) Bake 10-15 minutes until mushrooms are tender and the filling is golden brown.
9) Remove from oven. Cool slightly and serve immediately.

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NUTRITIOUS APPETIZER—1st place

CONNER DOBSON
Grade 5, Farmington All Stars

SUPERB STUFFED MUSHROOMS

INGREDIENTS
- 1 (8 oz) container fresh mushrooms, washed & dried
- 1 hard boiled egg, finely chopped
- 2 tsp melted butter
- 1 tsp minced garlic
- 1/8 tsp salt
- 2 dashes ground pepper
- 2 tsp Red Bell peppers, finely chopped
- 1 TB Red onion, finely chopped
- 1 TB Real bacon, chopped
- 1/4 cup Great Value Fiesta Cheese, finely shredded
- Crystal Farms Shaved Parmesan Cheese

DIRECTIONS
1) Preheat oven to 400 degrees F. Spray small shallow baking pan.

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NUTRITIOUS SNACK—1st place

SARA J HEIMSCH
Grade 3, Maple St Hustlers

THE BLUE PEAR SMOOTHIE

INGREDIENTS
- 2 peeled pears or canned pears cut into chunks
- 3/4 C. fresh or frozen blueberries
- 1 8 oz. carton of blueberry or vanilla yogurt
- 3/4 C. of milk

DIRECTIONS
1) Remove peel and seeds from pears if using fresh pears and cut into chunks. If using canned, drain the juice off using a colander. Let the juice drain into the sink.
2) Put pear chunks into blender.
3) Add 3/4 C. blueberries.
4) Add yogurt and milk into blender.
5) Cover blender with lid and blend on high speed until mixture is smooth.
6) Use rubber scrapper to get all of the mixture out of the blender.

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NUTRITIOUS SNACK—1st Place

ELIZABETH A KATZMAN

Grade 4, Stone School

FRUIT SALSA

INGREDIENTS
- 2 kiwis, peeled and diced
- 2 Golden Delicious apples, peeled, cored and diced
- 8 oz. container raspberries
- 16 oz. container strawberries
- 2 T. sugar
- 1 T. brown sugar
- 3 T. fruit preserves (I used strawberry)

DIRECTIONS
1) In a large bowl, mix kiwis, apples, raspberries, strawberries, sugar, brown sugar and fruit preserves.
2) Cover and chill in refrigerator at least 15 minutes.
3) Serve with baked cinnamon chips.

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DIRECTIONS

INGREDIENTS

- 2 cups unbleached all-purpose flour
- ½ tsp salt
- ¼ cup canola oil
- 2/3 cup warm water

1) Place all ingredients except water into a food processor. Process for 5-10 seconds to mix ingredients.
2) Add water slowly through the feed tube of the processor, with motor running until the dough forms into a ball.
3) Stop the motor to check dough. If the dough is too dry or too stiff add 1 tablespoon of water and then process. Repeat this if necessary.
4) Place dough into a bowl, cover tightly, let stand/rest for 30 minutes.
5) Plug in tortilla maker. Pinch off dough, form into 1/2 inch balls. Keep dough balls covered with plastic wrap while making the tortillas on the tortilla maker.
6) Place one dough ball on center of tortilla maker. Touch only the black plastic parts of the tortilla maker. Close the lid, and push handle down to flatten the tortilla. You will hear a “screaming noise” during this process as the air leaves the dough. Cook 10 seconds, open, flip tortilla and cook additional 5 seconds.
7) Remove tortilla (use pancake turner) and place single layer on cookie sheet to cool.

To Make Tortilla Chips: (or you can use store bought flour tortillas and make chips from them)

a. Use pastry brush to put very light coat of olive oil on to one side of each tortilla.
b. Stack all the tortillas, oil side up.
c. Use sharp knife to cut the tortillas into quarters, then cut the quarters in half (like a pie).
d. Separate and lay on cookie sheet sprayed lightly with cooking spray.
e. Season lightly with salt or other seasoning of your choice.
f. Bake in preheated, 350 degree oven for 10 minutes until they become lightly brown and crisp. Watch closely, do not over bake.
g. Delicious warm from the oven or cool completely and store in air tight container.

FRESH PICO DE GALLO SALSA

INGREDIENTS

- 2 Medium tomatoes, finely chopped
- 2 Tablespoons finely chopped onion
- 2 Tablespoons snipped fresh cilantro
- 1 Serrano chile pepper, seeded and finely chopped

DIRECTIONS

1) In a medium bowl combine all of the ingredients and add a dash of sugar.
2) Stir and chill for several hours. Enjoy.

FAVORITE DISH HOT OR COLD—1st Place

SAMUEL MATTSON

Grade 3, Waterloo Wonder Stars

FAMILY SECRET TACO SALAD

INGREDIENTS

- 1# ground beef
- 1 t. oregano
- 2 t. chili powder

Cook above ingredients, drain & cool

Mix & set aside

- 1 c. shredded lettuce
- 3 med. tomatoes, chopped
- 1 c. grated cheese
- bag of nacho cheese tortilla chips

DIRECTIONS

1) Layer all ingredients, in that order, in serving bowl;
2) Mix together just before serving.

NUTRITIOUS BREAKFAST—1st Place

ALYSSA RATZOW

Grade 4, Ixonia Victory

Jefferson County Foods Revue, 2013  ◄ = End of Entry  ◆◆◆◆◆◆◆◆ = end of youth recipes
APPLE SUNDAE—1ST PLACE (SERVES 5)

INGREDIENTS
- 2 Large Apples, sliced in bite size pieces
- 3 T Raisins
- ¼ cup Chopped Pecans
- 1 tsp Lemon Juice
- 1 T Honey
- 1 Large Yogurt, any flavor
- Maraschino Cherries

DIRECTIONS
1) Mix ingredients together and spoon on top of yogurt.
2) Place 1 cherry on each sundae.

NUTRITIOUS SNACK—1st Place

TEIGAN REICH

Grade 3, Ideal Clever Clovers

SWEET STRAWBERRY SPIDERS
(makes 2 dozen)

INGREDIENTS
- 96 pretzel sticks
- 12 fresh strawberries; washed and dried
- 1/2 c. chocolate chips; melted
- 48 mini chocolate chips

DIRECTIONS for each spider
1) Set 4 pretzel sticks parallel on a cookie sheet covered with wax paper.
2) Remove stems from berries, cut in half.
3) Dip cut side of strawberry into melted chocolate chips. Press onto pretzel sticks.
4) Attach mini chocolate chips for eyes (may be easier to dip toothpick into melted chocolate then dip it onto strawberry then place on the eyes). Goes good with vanilla yogurt or a glass of white milk.

NUTRITIOUS SNACK—2nd Place

ELEE M SHARP

Grade 3, Country Clovers

ELEE'S CUCUMBER SANDWICH

INGREDIENTS
- 4 oz. Philadelphia light cream cheese
- 1 tsp dill weed

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FAVORITE DISH HOT OR COLD—1st Place

ADRIANA REYES-EHRKE

Special Corn
(Scallop Corn)

INGREDIENTS
- 2 cans cream corn
- 1 can regular corn
- 1 cup milk
- 1 package crushed saltines
- 1 small onion
- 1 beaten egg
- salt and pepper

** mix melted butter and crushed cracker crumbs.

DIRECTIONS
1) In a medium saucepan, heat corn, milk, egg, onion, salt and pepper over medium heat. Add crushed saltines and stir.
2) Pour into a casserole dish. Cover with "crushed cracker and butter mixture.
3) Bake, covered, at 350 degrees for 35-40 minutes or until bubbly.
4) Last 10 minutes you can remove the cover to brown the topping. Makes 12-15 servings.

Nutritional Analysis: One filled strawberry equals 36 calories, 1 g fat (1 g saturated fat), 0.55 mg cholesterol, 73 mg sodium, 6 g carbohydrate, 1 g fiber, 1 g protein. Diabetic Exchanges: 1/2 fruit.
NUTRITIOUS SNACK—1st Place
NATALIE STENDEL

Grade 5, Sullivan Stars
RAINBOW GELATIN ORANGE WEDGES

INGREDIENTS
- 9 small to medium oranges
- 6 (3oz) boxes gelatin, one in each of 6 colors (lemon, orange, strawberry, lime, berry blue)
- Water to make gelatin

DIRECTIONS
1) Cut each orange in half. Remove orange sections, leaving the “cup” of rind. Continue until all 9 oranges are cut in half and scooped out. (So 18 oranges are ready). Set orange cups in muffin tins to keep upright. Set aside.
2) Prepare six flavors of gelatin according to package directions, one at a time. With each flavor, fill 3 orange cups, filling up to the edge of the cup. Pour leftover gelatin into a food storage container and refrigerate to use as desired later. Repeat until all 6 flavors are made and all 18 orange cups are filled.
3) Carefully place muffin tins into the refrigerator and chill at least 4 hours (overnight is better) until fully set.
4) Remove each orange cup from the muffin tin and, using a sharp knife, slice into three wedges. Continue until all orange cups are sliced into colorful wedges. Place wedges on a serving platter in rainbow color order. (light to dark).

Servings: 54 Wedges

FAVORITE DISH HOT OR COLD—1st Place
NATALIE STENDEL
Grade 5, Sullivan Stars
BEEFY BEANS

INGREDIENTS
- 1 lb. ground beef
- 3 (16oz) cans of pork and beans
- ½ onion chopped
- 1 Tbsp brown sugar
- ½ cup of BBQ sauce

DIRECTIONS
1) Brown ground beef with chopped onion.
2) Drain off grease.
3) In medium size pot add all ingredients; mix well. Cover.
4) Let simmer on low heat for about 15 minutes.

FAVORITE DISH — 1st Place
JESSICA SHARP

Grade 3, Country Clovers
JESSIE’S SPAGHETTI

INGREDIENTS
- 1 lb Italian sausage
- 1 tsp garlic
- 2 tsp Italian seasoning
- 1 (15) oz can Hunt’s tomato sauce
- 1 (6) oz can Hunt’s tomato paste
- 1 (4) oz can mushrooms stems and pieces
- 1 lb Ronzoni Garden Delight spaghetti

DIRECTIONS
1) Brown meat and cook noodles according to package directions.
2) Add garlic and Italian seasoning.
3) Add tomato sauce and tomato paste.
4) Lastly add mushrooms.

NUTRITIOUS BREAKFAST—AOE
NATALIE STENDEL

Grade 5, Sullivan Stars
STUFFED FRENCH TOAST

INGREDIENTS
- 8 Slices of bread
- ½ (8 oz) package of cream cheese softened
- ½ any flavor jam
- 5 eggs beaten
- ¼ cup milk
- 1 1/2 tbsps almond extract
- 1Tbsp butter

DIRECTIONS
1) Spread 4 slices of bread on one side with cream cheese.

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2) Spread remaining 4 slices on one side with jam.
3) Press cream cheese slices together with jam slices, forming sandwiches.
4) In a medium, shallow bowl, beat together the eggs, milk and almond extract.
5) Melt butter in a large heavy skillet over medium high heat.
6) Dip sandwiches in the egg mixture to coat.
7) Place in the skillet, and cook on both sides until golden brown.

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INGREDIENTS

- cheddar cheese
- butter

DIRECTIONS
1) First melt butter in frying pan for the egg.
2) Fry egg and buttered muffins.
3) Take out half of muffin; add half of cheese then egg and rest of the cheese.
4) Top with bacon and other half of muffin. ☝

CLASS G—Grades 6-8

THEME MEAL—1st Place

COURTNEY KREGER

Grade 7, Barnyard Clovers

INGREDIENTS

- 1/2 pounds ground beef
- 1 egg
- 1 onion, chopped
- 1 cup milk
- 1 cup dried bread crumbs
- salt and pepper to taste
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- 1/3 cup ketchup

DIRECTIONS
1) Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8-inch square pan.
2) In a large bowl, combine brown sugar, oats, flour and butter. Mix until crumbly. Place half of crumb mixture in pan. Spread the apples evenly over crumb mixture. Sprinkle with sugar and cinnamon and top with remaining crumb mixture.
3) Bake in the preheated oven for 40 to 45 minutes, or until golden brown.

EASY GARLIC GREEN BEANS

INGREDIENTS

- 1 tablespoon butter
- 1 pound frozen whole green beans
- 1 large clove garlic, crushed
- 1/2 teaspoon coarse salt

DIRECTIONS
1) Melt butter in a skillet over medium heat; cook and stir green beans and garlic until beans begin to thaw.
2) Season with salt and continue cooking and stirring until beans are lightly browned, 10 to 15 minutes.

BASIC MASHED POTATOES

INGREDIENTS

- 2 pounds baking potatoes, peeled and quartered
- 2 tablespoons butter
- 1 cup milk
- salt and pepper to taste

DIRECTIONS
1) Bring a pot of salted water to a boil.
2) Add potatoes to a pot, cover and cook until tender but still firm,
3) about 15 minutes; drain.

(Continued on page 14)
(Continued from page 13)

**DIRECTIONS**
1) In a small saucepan heat butter and milk over low heat until butter is melted.
2) Using a potato masher or electric beater, slowly blend milk mixture into potatoes until smooth and creamy.
3) Season with salt and pepper to taste.

**SIMPLE MEAL—2nd Place**

**LIBERTY MATTSON**

Grade 6, Waterloo Wonder Stars

**SOUTHWESTERN VEGGIE WRAP**

**INGREDIENTS**
- 1 can black beans, drained & rinsed
- 1 can corn, drained
- 1/2 bunch cilantro, chopped
- 1 small container of sour cream
- 1 jar salsa/picante
- 1 c. pepper jack cheese, shredded
- 1 c. colby/cheddar cheese, shredded
- 1 med. tomato, chopped
- 1 carrot, shredded
- 1 lg. avocado, chopped (optional)
- 1 head of leaf lettuce (red or green)
- 1 pkg. 10" "Mission" tortillas

**DIRECTIONS**
1) Assemble wraps by laying a wrap down, then a leaf of lettuce
2) add some bean/corn mix, drizzle 2 T. of sauce
3) and top with remaining ingredients; fold wrap and serve ⬇️

(Continued from page 14)

**AWARD OF EXCELLENCE**

**THEME MEAL—AOE**

**CASEY STANLEY**

Grade 8, Ideal Clever Clovers

**SOPAPILLA CHEESECAKE BARS**

**INGREDIENTS**
- 2 (8 ounce) packages cream cheese, softened
- 1 3/4 cups sugar, divided
- 1 teaspoon vanilla extract
- 2 (8 ounce) packages refrigerated crescent dough sheets
- 1 teaspoon ground cinnamon
- 1/2 cup (1 stick) butter, softened

**DIRECTIONS**
1) Preheat oven to 350 degrees. Spray a 9x13 baking dish with cooking spray.
2) In the bowl of a mixer, beat together the cream cheese, 1 cup of sugar, and vanilla extract until fully combined and smooth.
3) Place one sheet of crescent dough in the prepared 9x13 pan. Spread cream cheese mixture over the dough and top with the remaining sheet of dough.
4) In a small bowl, combine the remaining 3/4 cup of sugar, cinnamon, and softened butter. Mix with a fork until combined.
5) Drop small pieces of the cinnamon sugar mixture over the top of the dough.
6) Bake for about 30 minutes, or until the dough has puffed and turned golden. Remove from the oven and cool before serving.

(Option: drizzle honey over the bars before serving.)

**GUACAMOLE & HOMEMADE CHIPS**

**INGREDIENTS**
- 4 avocados
- 2 tablespoons fresh lime juice
- 1 tomato, seeded and chopped
- 1 jalapeno, minced
- 1 garlic clove, minced
- 1/2 small red onion, finely chopped
- 1/2 cup chopped fresh cilantro leaves
- Coarse salt and ground pepper

**DIRECTIONS**
1) In a medium bowl, lightly mash avocados, then stir in lime juice, tomato, jalapeno, garlic, red onion, and cilantro.
2) Season with salt and pepper.

**MEXICAN RICE**

**INGREDIENTS**
- 1 can Rotel (diced tomatoes w/green chiles)
- 1/2 of a medium onion, quartered
- 2 cups long grain white rice
- 1/3 cup canola oil
- 4 cloves garlic, minced (approx. 4 teaspoons)
- 1 3/4 cups low-sodium chicken broth
- 1 tablespoon tomato paste
- 1 1/2 teaspoons salt
- 1/2 cup minced fresh cilantro leaves
- 1 lime, cut into wedges for serving

**DIRECTIONS**
1) Preheat oven to 350 degrees.
2) In a food processor or blender, add rotel & onion quarters and puree until smooth.
3) Place rice in a large mesh strainer and rinse under cold water until the water runs clear (about 1 minute). Shake strainer to rid rice of excess water.
4) In a heavy, oven-safe straight sided sauté pan or Dutch Oven, heat oil over medium high heat. Cover and cook for 1-2 minutes. Drop a few grains of rice in the oil and if the grains sizzle the oil is ready. Add the rice and fry, stirring very frequently until the rice is light golden in color, approximately 6 to 8 minutes. Reduce heat to medium and add garlic. Cook

(Continued on page 15)
for about 1 1/2 minutes, stirring constantly.

5) Add in pureed tomato/onion mixture, chicken broth, tomato paste & salt. Bring to a boil.

6) Once boiling, cover pan with a tight fitting lid and transfer to oven.

7) Bake for 30 to 35 minutes, stirring halfway through baking, until rice is tender and the liquid is absorbed.

8) Remove from oven and stir thoroughly. Add in cilantro and stir to incorporate. Serve with lime wedges if desired.

HOMEMADE BAKED TORTILLA CHIPS

INGREDIENTS
- 1 small package of white corn tortillas, taco size, cut into triangles.
- Cooking spray. We use a canola oil spray.
- Salt-to-taste.

DIRECTIONS
1) Preheat the broiler to high. Put corn tortilla triangles on a large baking sheet. Don't overlap the chips. If you want to make a large batch, fill a second pan and only bake one at a time.
2) Spray the triangles lightly with cooking spray. Turn over triangles and spray again. Sprinkle with salt, to taste.
3) Bake in the oven for about 3-4 minutes. Turn chips over and bake for another five minutes, or until chips are golden brown and crisp. Make sure you don't go too far while the chips are in the oven. They will bake quickly!
4) Cool and serve with guacamole, salsa, or eat them plain. ☀️

AND

FAVORITE DISH—2nd Place

CROCK POT CHICKEN TERIYAKI

GRADE 8, IDEAL CLEVER CLOVERS

INGREDIENTS
- 1 lb chicken (sliced, cubed or however)
- 1 c chicken broth
- ½ c teriyaki or soy sauce
- 1/3 c brown sugar
- 3 minced garlic cloves
- Frozen Broccoli and Water Chestnuts

APPLEBEE’S GARLIC MASHED POTATOES

INGREDIENTS
- 2 lbs red potatoes
- 1/2 cup milk
- 1/4 cup heavy cream
- 3 tablespoons butter
- Garlic powder
- salt and black pepper
- 1/4 cup garlic (whole cloves)

DIRECTIONS
1) Preheat oven at 400. Place garlic cloves in a aluminum foil packet and place in the oven and roast for 45 minutes.
2) During this time boil potatoes. Take garlic cloves (peel them and mash them into the potatoes).
3) Combine all the rest of the ingredients together. All seasoning is to taste. Enjoy!

GRAHAM CRACKER CRUST

INGREDIENTS
- 2 cup cracker
- 3 tbsp sugar
- ¼ tsp salt
- 6 tbsp butter, melted
- 1 ts cinnamon (optional)

DIRECTIONS
1) Grease muffin tins (24 muffins) and preheat oven to 325 degrees (don’t turn off when done).
2) Grind the graham crackers in a food processor or by hand.
3) In a large bowl, mix the ground up crackers and other ingredients until all crackers are moist.
4) Place one tablespoon of cracker mixture into each muffin cup and press down until compact.
5) Bake crusts for 10-12 minutes. When done, let cool on wire racks until filling is ready.

PEANUT BUTTER CHEESECAKE

INGREDIENTS
- 2 bricks (8 oz each) 1/3 less-fat cream cheese, softened
- 1 1/4 cup sugar
- 1 cup creamy peanut butter
- 1 tsp vanilla extract
- 2 tbsp heavy cream
- 3 large eggs, at room temperature
- 19-20 mini Peanut Butter Reese’s cups, chopped

 khuyến nghị cách sử dụng:

CROCK POT CHICKEN TERIYAKI

INGREDIENTS
- 1 lb chicken (sliced, cubed or however)
- 1 c chicken broth
- ½ c teriyaki or soy sauce
- 1/3 c brown sugar
- 3 minced garlic cloves
- Frozen Broccoli and Water Chestnuts

DIRECTIONS
1) Throw all ingredients into a slow cooker. Cook on low 6-8 hours.
2) Add Broccoli and Water Chestnut.
3) Serve with rice. ☀️

AND

NUTRITIOUS BREAKFAST ITEM—1st Place

CASEY STANLEY

Grade 8, Ideal Clever Clovers

PEANUT BUTTER BANANA PANCAKES

INGREDIENTS
Dry Ingredients
- 1 1/2 cups all-purpose flour
- 2 tablespoons baking powder
- 1 tablespoon white sugar
- 1/2 teaspoon salt

Wet Ingredients
- 1 1/4 cups milk
- 1 ripe banana, mashed
- 1/3 cup smooth peanut butter
- 1 egg
- 1 tablespoon canola oil
- 1 teaspoon vanilla extract

DIRECTIONS
1) Preheat a griddle to medium heat.
2) Whisk flour, baking powder, sugar, and salt together in a mixing bowl. Combine milk, banana, peanut butter, egg, canola oil, and vanilla extract in a separate bowl; pour into the flour mixture and whisk together until thoroughly mixed.
3) Ladle batter in 1/4 cup portions onto hot griddle. Cook until tiny air bubbles form on top, 2 to 5 minutes; flip and continue cooking until the bottoms are browned, 2 to 3 minutes. Repeat with remaining batter. Keep finished pancakes warm.

Prep Time: 10 Minutes
Cook Time: 15 Minutes
Servings: 12 ☀️

GREEN BEANS

(Continued on page 16)
DIRECTIONS
1) Preheat oven 325 and grease muffin pan with non-stick spray (or line with muffin cups).
2) Beat first 5 ingredients in a large bowl with mixer on medium speed until smooth.
3) On low speed, beat in eggs, 1 at a time, just until blended. Fold in the chopped Reese’s cups.
4) Fill muffin pans a little more than 3/4 full. The cheesecake rises a bit when being cooked so you don’t want to fill them all the way. If you want to yield more cheesecakes, fill the pans less than 3/4 full.
5) Bake 20 minutes, or until puffed. (Some may crack on top; that’s OK). Cool completely in pans on a wire rack.

CHOCOLATE POURING GLAZE
INGREDIENTS
- 2/3 cup semisweet chocolate
- 2 tablespoons heavy cream
- 4 tablespoons powdered sugar, sifted
- 4-5 tablespoons water, warm

DIRECTIONS
1) Place chocolate and heavy cream in a bowl over simmering water.
2) Let chocolate and cream sit for 2-3 minutes to melt without stirring. Then slowly stir mixture to combine.
3) Add powdered sugar and mix to combine. Add water 1 tablespoon at a time, mixing after each addition until pouring consistency is reached.
4) Set aside and let sauce cool.
5) Drizzle with spoon over cheesecakes. Top with chopped up Reese’s pieces and devour!

PREP: 1 HOUR, 10 MINUTES

BACON CHEESEBURGER MEATLOAF
Total Time: 1 hour 10 minutes
Prep: 15 minutes
Cook: 55 minutes

INGREDIENTS
- 1 pound ground chuck
- 10 slices bacon, cooked and crumbled
- 1 (8-ounce) package sharp Cheddar, grated
- 2 large eggs, lightly beaten
- 1/4 cup bread crumbs, toasted
- 1/4 cup mayonnaise
- 1 tablespoon Worcestershire sauce
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/3 cup ketchup
- 2 tablespoons prepared mustard
- 1 (3-ounce) can French fried onions

DIRECTIONS
Preheat oven to 350 degrees F.
1) In a large bowl, combine the ground chuck and next 8 ingredients, mixing well.
2) In a small bowl, combine the ketchup and mustard. Stir 1/4 cup ketchup mixture into meat mixture, reserving remaining ketchup mixture.
3) Press meat mixture into a 9 by 5 by 3-inch loaf pan, or shape into a loaf and place on a rack in a broiler pan.
4) Spread remaining ketchup mixture over loaf.
5) Bake 40 minutes. Top with French fried onions; bake another 10 to 15 minutes, or until meat is no longer pink. ⊱

THEME MEAL—1st Place
EMILY STENDEL

Grade 7, Sullivan Stars

Simple Coated Chicken

INGREDIENTS
- 1-3/4 cups crushed corn flakes
- 1 eggs
- 1 cup milk
- 1-1/2 tsp. salt
- 1/4 tsp. pepper
- 3 lbs. chicken breasts

DIRECTIONS
1) Measure corn flake crumbs into shallow dish or pan. Set aside.
2) In a small mixing bowl, beat egg and milk slightly. Add salt and pepper. Mix until smooth.
3) Dip chicken in batter. Coat with crumbs. Place in single layer, skin side up, in well-greased or foil lined shallow baking pan.
4) Bake at 350° for about 1 hour or until chicken is tender. Do not cover pan or turn chicken while baking.

EXTRA GOOD MASHED POTATOES
INGREDIENTS
- 5 lbs. potatoes peeled, cooked and mashed
- 8 oz. pkg cream cheese softened
- 1 1/2 cups sour cream
- 3 tsp. onion or garlic salt
- 11/2 tsp. salt
- ¼ tsp pepper
- 2 Tbsp. butter melted

DIRECTIONS
1) Combine all ingredients. Pour into slow cooker.
2) Cover. Cook on low 5-6 hours.

Note: these potatoes may be prepared 3-4 days in advance of serving and kept in the refrigerator until ready to use. ⊱

AND

SIMPLE MEAL — 1st Place
EMILY STENDEL

Grade 7, Sullivan Stars

POTATO SOUP

INGREDIENTS
- 6 large potatoes, peeled and cut into bite size pieces
- 1 medium onion, chopped
- 1 carrot pared and sliced
- 4 chicken bouillon cubes
- 5 cups water
- 1 tsp. salt
- 1/3 cup butter
- 1 13 oz can evaporated milk

DIRECTIONS
1) Put all ingredients except evaporated milk in a kettle.

(Continued from page 15)
2) Bring to boil. Reduce heat to low, cover and simmer for 20 minutes or until potatoes are fork tender.

3) Stir in can of evaporated milk and stir on low until hot. 

AND

FAVORITE DISH — 1st Place
Emily Stendel
Grade 7, Sullivan Stars

WAFFLES

INGREDIENTS
- 2 eggs
- 2 cups all-purpose flour
- 1 ½ cups milk
- ½ cup vegetable oil
- 1 Tbsp white sugar
- 4 tsps baking powder
- ¼ tsp salt
- ½ tsp vanilla

DIRECTIONS
1) Preheat waffle iron.
2) Beat eggs in large bowl with hand beater until fluffy.
3) Beat in flour, milk, vegetable oil, sugar, baking powder, salt and vanilla, just until smooth.
4) Spray preheated waffle iron with non stick cooking spray. Pour mix into hot waffle iron. Cook until golden brown. Serve hot. 

GROUP MEAL—2nd Place

LIBERTY MATTSON & JAMIE WALLACE

Grade 6 & 7, Waterloo Wonder Stars

SPAGHETTI AND MEATBALLS

INGREDIENTS
- 2 pounds ground beef
- 1 pounds ground pork sausage
- 2 eggs
- cracker crumbs
- salt and pepper to taste
- 2 Tbls olive Oil
- crushed garlic clove

DIRECTIONS
1) Mix all together and form into balls.
2) In a large pan, sauté crushed garlic cloves in 2 Tbls olive oil.
3) Add meatballs and brown.
4) While browning, mix in a separate bowl:
   a. (3) 6 oz. cans tomato paste and 3 cans water
   b. (3) 28 ounce cans tomato sauce

½ tsp each of the following:
- Rosemary
- whole allspice
- sweet basil
- leaf sage
- anise seed
- marjoram
- comino seed
- oregano
- 2 bay leaves

Serve over pasta of choice.

ITALIAN SPUMONI CUPCAKES

INGREDIENTS
- 1 box white cake mix
- 3/4 box (4 serving size) pistachio instant pudding mix
- 1/4 cup cherry juice (from jar of marachino cherries)
- chocolate butter cream frosting (see attached recipe)
- 18 whole maraschino cherries with stems

DIRECTIONS
1) Heat oven to 350.
2) Place paper baking cup in each of 18 regular size muffin cups.
3) Mix cake mix as directed on box. Divide batter evenly into 2 bowls.
4) Add pudding mix and 3 drops of green food coloring to 1 bowl.
5) To other bowl add cherry juice and 2 drops red food coloring.
6) Mix each bowl well. Divide pistachio batter evenly among muffin cups. Divide cherry batter evenly over pistachio batter in muffin cups.
7) Bake cupcakes for 20 minutes. Cool.
8) Frost with chocolate frosting and top each with a cherry.

CHOCOLATE BUTTER CREAM FROSTING

INGREDIENTS
- 1 stick butter, softened
- ½# powdered sugar, sifted
- 2 tsp vanilla
- 3 T. cream or milk
- pinch of salt
- 6 Tbs. cocoa

(Continued on page 18)
MOJITO FRUIT SALAD

DIRECTIONS
1) Mix the watermelon, grapes, cantaloupe, strawberries and kiwi in a bowl with tight fitting lid; top with the blueberries.
2) Stir the mint, sugar and lime juice together in a bowl, crushing the mint with the back of a spoon while mixing to extract flavors; pour over the fruit mixture. Seal the bowl with lid and refrigerate at least 1 hour.
3) Just before serving, gently flip the sealed bowl several times to coat the fruit with the dressing. Makes 6 servings.

ITALIAN LINGUINE SALAD

INGREDIENTS
• 1-lb linguine noodles, cooked as directed and drained
• ½ lb. (block) mozzarella cheese cut in 1-in cubes
• ½ lb. (block) cheddar cheese cut in 1-in cubes
• 2 small jars green olives, drained
• 2 small black olives, drained
• 1 can chickpeas, drained
• 1 cucumber cut in 1-in pieces
• 16 oz. cherry tomatoes cut in halves
• ½ yellow bell pepper, cut in small pieces
• 1 red onion, cut into small pieces
• ½ lb. pepperoni cut in 1-in pieces
• ½ lb. ham, cut in 1-in pieces
• 1 bottle Wish-bone Italian dressing

DIRECTIONS
1) Cook linguine as directed and drain, cool.
2) Add everything but the dressing to the noodles in a large bowl.
3) Now, gradually add the dressing to coat.

I have used a whole bottle of dressing for it soaks into the ingredients. This salad is best made the night before, then toss; check to see if it needs more dressing, add then serve cold. Enjoy! ☺

AND

FAMILY MEAL—2nd Place

SHELBY BANKER
Grade 12, Ideal Clever Clovers

CHICKEN KIEV

INGREDIENTS
• ¾ cup butter, softened
• 1 tbsp. chopped green onion
• 1 tsp. chopped fresh parsley
• 1 clove garlic, minced
• ¾ tsp. both salt and pepper
• 6 boneless skinless chicken breast halves
• 1 egg
• 1 tbsp. milk
• 1 envelope (2 ¾ ounces) seasoned chicken coating mix

DIRECTIONS
1) Combine the butter, onion, parsley, garlic, salt and pepper. Shape the mixture into six pencil-thin strips about 2 inches long; place on waxed paper. Freeze until firm, about 30 minutes.

2) Flatten each chicken breast to ¼ in. Place one buttered strip in the center of each chicken breast. Fold long sides over butter; fold ends up and secure with a toothpick.

3) In a bowl, beat egg and milk; place coating mix in another bowl. Dip chicken, and then roll in coating mix.

4) Place chicken, seam side down, in a greased 13x9 baking pan.

5) Bake, uncovered at 425 degrees or until the chicken is no longer pink and juices run clear. Remove toothpicks before serving. Serves 6.

CRISPY POTATOES

INGREDIENTS
• 4 medium potatoes (peeled or un-peeled)
• 2 tbsp. oil
• 1/3 cup fryin’ magic

DIRECTIONS
1) Preheat oven to 425. Spread 2 tbsp.
INGREDIENTS

- 4 large apples
- 6 small Snickers bars
- 1 (8 oz.) Cool Whip

DIRECTIONS

1) Cube apples. Do not peel.
2) Cut up Snicker bars finely.
3) Combine all ingredients. Tastes like caramel apples.

AND

THEME MEAL—2nd Place
SHELBY BANKER
Grade 12, Ideal Clever Clovers
LUAU

MACADAMIA NUT-CRUSTED CHICKEN WITH HONEY-MUSTARD DIP

INGREDIENTS

- Nonstick cooking spray
- 2-3 lbs. of chicken breast, skinless
- 1 ½ cups herb-seasoned stuffing mix, crushed
- 3 ½ ounce jar macadamia nuts finely chopped
- 1 egg
- 3 Tbsl milk
- 1 tsp. soya sauce
- 2 tspb. honey
- 3 tspb. butter, melted

DIRECTIONS

1) Preheat oven to 375 degrees. Lightly coat 15 x 10 x 1 inch pan with cooking spray.
2) In a shallow pan, stir together nuts and the stuffing mix.
3) In a small bowl, combine the milk, egg, 2 tbsp. honey, and 1 tsp. soya sauce.
4) Dip chicken into the mixture and then into crumbs to coat. Place in the pan. Drizzle with melted butter.
5) Bake for 45-55 minutes. Do not turn chicken when baking.

HONEY MUSTARD DIP

INGREDIENTS

- ½ cup mayonnaise
- 4 tsp. mustard
- 1 tbsp. honey

DIRECTIONS

1) Combine mayo, mustard and honey.
2) Mix well and serve with the chicken

CREAMY HAWAIIAN FRUIT SALAD

INGREDIENTS

- 2 cups seedless red grapes
- 1 can mandarin oranges, drained
- 1 banana, sliced
- 1 can (8 oz.) pineapple chunks, drained
- 1 cup miniature marshmallows or funmallows
- 1 container (8 OZ.) sour cream
- ½ cup coconut, toasted

DIRECTIONS

1) Mix all ingredients except coconut; cover.
2) Refrigerate 2 to 3 hours.
3) Sprinkle with coconut just before serving. 10 – ½ cup servings.

COCONUT (HAUPIA) AND CHOCOLATE PIE

INGREDIENTS

- 1 (9 inch) unbaked pie crust
- 1 cup milk
- 1 (14 ounce) can coconut milk
- 1 cup white sugar
- 1 cup water
- ½ cup cornstarch
- 1 ¼ cups semi-sweet chocolate chips
- 1 (12 ounce) cool whip

DIRECTIONS

1) Preheat oven to 350 degrees. Bake crust for 15 minutes, or until golden brown. Set aside to cool.
2) In a medium saucepan, whisk together milk, coconut milk and 1 cup sugar. In a separate bowl, dissolve that cornstarch in water. Bring coconut mixture to a boil. Reduce to simmer and slowly whisk in the cornstarch. Continue stirring mixture over low heat until thickened, about 3 minutes.
3) In a glass bowl, microwave chocolate chips for 1 minute or until melted. Divide the coconut pudding evenly into two bowls.
4) Mix chocolate into one portion. Spread on the bottom of the pie crust.
5) Pour the remaining portion of pudding on top of the chocolate and spread smooth. Refrigerate for about an hour.
6) Spread Cool whip on pie. If desired garnish with chocolate shavings. 8 servings.

HAWAIIAN VOLCANO DRINK

INGREDIENTS

- 1 gallon cold Hawaiian fruit punch
- 2 cups guava juice
- 2 bottles cold ginger ale or lemon-lime soda
- ½ gallon rainbow sherbet

DIRECTIONS

1) Combine the fruit punch and guava juice, and then slowly add the sherbet.
2) Pour the ginger ale directly on the top of the sherbet, which will make the punch foam like a volcano.

AND

BUDGET MEAL—1st Place
SHELBY BANKER
Grade 12, Ideal Clever Clovers

SLOW COOKER PORK CHOPS

INGREDIENTS

- 6 thin cut pork chops
- 1 big can cream of chicken soup
- ½ -1 cup of water
- Dash of season salt
- 1 small bag of frozen mixed veggies
- 1 bag of egg noodles

DIRECTIONS

1) Place frozen pork chops in a slow cooker - add half the can of chicken soup, water, and the dash of season salt.
2) Cook for about 4 hours or until pork chops are almost done. Drain a majority of the water out, and break up the pork chops into piece.
3) Then add the rest of the cream of chicken, and the mixed veggies.
4) Cook until the veggies are to your liking.
5) On the stove cook the egg noodles according to the package. Serve the pork chops on top of the noodles. Add salt and pepper to taste.

CHOCOLATE CHIP CAKE

INGREDIENTS
- ½ cup butter, softened
- 1 ½ cups sugar, divided
- 2 eggs
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 cup (8 oz.) sour cream
- ¾ cup semisweet chocolate chips
- 1 tsp. ground cinnamon

DIRECTIONS
1) In a large bowl, cream butter and 1 cup sugar until light and fluffy.
2) Add eggs, one at a time, beating well after each addition. Beat in vanilla.
3) Combine the flour, baking powder and baking soda; add to the creamed mixture alternately with sour cream, beating well after each addition.
4) Spread half of the batter into a greased 9 in. square baking pan. Sprinkle with the chocolate chips. Combine cinnamon and remaining sugar, sprinkle over chips. Spread with remaining batter.
5) Bake at 350 for 45-50 minutes or until toothpick inserted near the center comes out clean. Cool on a wire rack. 8 servings. <

PICNIC MEAL—AOE

DANIEL REICH

OVEN FRIED CHICKEN

Grade 9, Country Clovers

INGREDIENTS
- 1/4 c. flour
- 1 +1/2 tsp. seasoned salt
- 1/4 tsp. dried oregano
- 1/4 tsp. black pepper
- 1/2 c. milk
- 1 Tbs. butter; melted
- 2 Chicken breast, sliced into strips

DIRECTIONS
1) Spray a baking sheet with nonstick cooking spray.
2) Mix flour, seasoned salt, oregano, and black pepper on a large plate.
3) Moisten chicken strips with milk then coat evenly with flour mixture.
4) Place chicken in a single layer on prepared baking sheet. Drizzle with melted butter.
5) Bake in a preheated oven at 425 degrees for 15-20 minutes or until chicken is cooked through.

CORN SALAD

INGREDIENTS
- 4 c. frozen corn; thawed and rinsed
- 2 tsp sugar
- 1/2 c. canola oil
- 1 tsp salt
- 1/4 c. cider vinegar
- 1/2 tsp. dried basil
- 1+ 1/2 tsp. lemon juice
- 1/4 tsp. cayenne pepper
- 3 Tbs. parsley flakes
- 1/2 c. chopped onion
- 2 large tomatoes; seeded and chopped
- 1/3 c. chopped green pepper
- 1/3 c. chopped sweet red pepper

DIRECTIONS
1) In large bowl mix the oil, vinegar, lemon juice, parsley, sugar, salt, basil and cayenne pepper.
2) Add corn, tomatoes, onion and both colors of peppers to oil mixture. Mix well to coat.
3) Cover and chill for several hours or overnight. <

THEME MEAL—1st Place

DANIEL REICH

Grade 9, Country Clovers
(Happy St. Patrick’s Day)

CORN BEEF AND CABBAGE

INGREDIENTS
- 1 large onion; cut into wedges
- 1 c. apple juice
- 1 bay leaf
- 1 corn beef brisket with spice packet
- 1 small head cabbage; cut into wedges

DIRECTIONS
1) Place onion in slow cooker.
2) Combine the apple juice, bay leaf and spice packet. Pour over onion wedges.
3) Top with brisket and cabbage. Cover and cook on low for 8-10 hours or until meat and vegetables are tender. Discard bay leaf. Serve.

IRISH SODA BREAD

INGREDIENTS
- 2 c. all-purpose flour
- 1/4 tsp salt
- 2 Tbs. brown sugar
- 3 Tbs. cold butter
- 1 tsp. baking powder
- 2 eggs divided
- 1/2 tsp. baking soda
- 3/4 c. buttermilk
- 1/3 c. raisins

DIRECTIONS
1) In a bowl combine the flour, brown sugar, baking powder, baking soda and salt.
2) Cut in butter until flour mixture is crumbly.
3) In another bowl combine 1 egg and buttermilk; stir into flour mixture until moistened. Fold in raisins. Knead on floured surface for 1 minute. Shape into a round loaf.
4) Place on greased cookie sheet. Cut 1/4 inch deep cross into top of loaf.
5) Beat remaining egg. Brush egg over loaf.
6) Bake at 375 degrees for 30-35 minutes or until golden brown.

LEPRECHAUN LIME PUNCH

INGREDIENTS
- 46 oz. jug green Kool-Aid

(Continued on page 21)
(Continued from page 20)

- 2 cans (12 oz) frozen limeade concentrate; thawed
- 1/4 c. sugar
- 1/4 c. lime juice
- 1 carton (1 quart) lime sherbet; softened
- 1 bottle (2 liter) white soda
- lime slices optional

**DIRECTIONS**

1) In a punch bowl combine Kool-Aid, limeade, sugar, lime juice and sherbet.
2) Stir until smooth.
3) Add soda. Stir to mix.
4) Float lime slices on top of punch if desired. Serve immediately.

**AND**

**FAMILY MEAL—2nd Place**  
**DANIEL REICH**  
Grade 9, Country Clovers

**MOM’S SOUR CREAM LASAGNA**

**INGREDIENTS**
- 1 lb. bag egg noodles, cooked according to package directions and drained.
- 1 c. cottage cheese
- 1 c. sour cream
- 1 large onion; chopped
- 2 lbs. ground beef; browned
- 1 jar (12-24 oz.) spaghetti sauce (I like to use Prego, any flavor)
- 1 c. shredded mozzarella cheese
- 1 c. shredded cheddar cheese

**DIRECTIONS**

1) Mix noodles, cottage cheese, sour cream and onion in large bowl.
2) After the ground beef is browned and drained, add spaghetti sauce and simmer until sauce is warm.
3) In a good sized baking pan or roaster, layer half of the noodle mixture in the bottom of the pan or roaster.
4) Then layer half of the meat mixture over the noodles. Repeat layers with remaining noodle mixture and meat sauce.
5) Sprinkle both shredded cheeses over top. Bake at 350 degrees for 40-50 minutes.
6) Extra cheese can be placed between the first layer of meat sauce and the second layer of noodles.
7) This recipe can be doubled and placed in an extra large roaster, but needs to bake for 60-70 minutes (because of the amount of lasagna). If cheese looks like it is getting dark or burnt, cover with foil for remainder of baking time.

**ALMOST FAMOUS BREADSTICKS**

**INGREDIENTS: For Dough**
- 3/4 c. + 1 Tbs. warm water
- 1+1/8 tsp. active dry yeast
- 2+1/8 c. all-purpose flour; plus more for dusting
- 1 Tbs. butter; softened
- 1 Tbs. sugar
- 1/2 tsp. salt

**For Topping**
- 2 Tbs. melted butter
- 1/4 tsp. kosher salt
- 1/8 tsp. garlic powder
- pinch of oregano

**DIRECTIONS**

1) Place 1/4 c. warm water in the bowl of a mixer. Sprinkle with the yeast and set aside until foamy (about 5 minutes).
2) Add flour, butter, sugar, salt and 1/2 c. plus 1 Tbs. warm water. Mix with the paddle attachment until a slightly sticky dough forms.
3) Knead dough by hand on floured surface until very smooth. Shape into 7-inch breadsticks. Place breadsticks on greased cookie sheet and cover with a cloth.
4) Let rise until almost doubled.
5) Preheat oven to 400 degrees. Brush breadsticks with 1 Tbs. of the melted butter and sprinkle with some of kosher salt. Bake until light golden brown (15 minutes).
6) Brush with the remaining butter and sprinkle with the remaining topping mixture (salt, garlic powder and oregano).

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The Jefferson County 4-H Program would like to thank the Foods Committee for all they do for the youth in this county. They are Monica Gerner, Robyn Ksicinski and Sigrid Reich. Thank You!

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And to all receiving this booklet... ENJOY :)
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