April 5, 2014, talented 4-H chefs displayed a beautiful array of delicious dishes! 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. Ribbons were awarded to participants. Enjoy experiencing their recipes in your home!

**CLASS E: CLOVERBUDS (GRADES K-2)**

**Turkey Pancakes (Nutritious Breakfast Item)**

*Jessica Besch, Grade 1, Country Clovers*

**INGREDIENTS**

- 2 c whole wheat pastry flour
- 2 Tbsp granulated sugar
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 2 eggs, slightly beaten
- 1 1/4 c buttermilk
- 1 Tbsp canola oil
- Raisins, strawberries and clementine
- 2 scrambled eggs

**DIRECTIONS**

1. In a large bowl, whisk together flour, sugar, baking powder, baking soda, cinnamon and salt.
2. In medium bowl, whisk together eggs, buttermilk and oil. Add wet ingredients to flour mixture and stir just until moist.
3. Heat a large nonstick skillet or griddle over medium heat. Grease skillet or griddle with oil or cooking spray.
4. Pour batter, in 1/4 portions, onto skillet or griddle. Cook for 2 minutes or until edges of pancakes have set and bubbles are just bursting on top of the pancake. Flip and cook for another 2-3 minutes or until both sides are lightly browned. Make 2 large pancakes and 2 small pancakes.
5. In a small bowl, whisk together the eggs.
6. Heat a large nonstick skillet over medium heat. Cook eggs until set, then flip over to scramble.
7. Slice up strawberries and separate slices of clementine.
8. To make turkey—line the top of the large pancake with the sliced fruit and eggs. Cut a piece of strawberry to make a wattle. Cut a piece of clementine slice for beak and feet. Use whole raisins for eyes.

*(Makes 12 pancakes.)*

**Jello Turtle (Nutritious Snack)**

*Jessica Besch, Grade 1, Country Clovers*

**INGREDIENTS**

- 1 small packet of lime Jello
- 2 kiwi fruit
- 1 purple grape
- 1 toothpick - halved

**DIRECTIONS**

1. In medium bowl, mix packet of Jello according to packet instructions.
2. Peel kiwis and cut up 1 kiwi into fourths lengthwise, while the other kiwi remains whole.
3. Leave Jello out at room temperature for 30 minutes. Invert Jello onto large plate. Then add kiwi pieces for feet and whole kiwi for head. Add 2 pieces of grape for eyes with a toothpick.

*(Makes 1 medium Jello turtle)*
**Banana Bread (Any Item)**
Julian Bos, Grade 2, Ideal Clever Clovers

**INGREDIENTS**
- 1 c + 1 Tbsp whole wheat pastry flour
- 1/2 c granulated sugar
- 3/4 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 4 Tbsp (1/2 stick) unsalted butter, melted
- 1 Tbsp cold butter, cut into pieces
- 1/3 c buttermilk
- 1 lg egg, lightly beaten
- 1 ripe banana, mashed (about 1/2 cup)
- 1 tsp vanilla
- 1 Tbsp brown sugar
- 1/4 tsp cinnamon
- Pinch of nutmeg

**DIRECTIONS**
1. Preheat oven to 300°. Butter a 4 1/2 x 8 1/2 in loaf pan.
2. In a large bowl, whisk together the 1 cup flour, sugar, baking powder, baking soda and 1/2 tsp salt.
3. Stir in the melted butter and the buttermilk. Add the egg and beat for 1 minute. Add the banana and vanilla. Stir until well combined. Spread the mixture evenly into the prepared pan.
4. Make the topping by mashing together, with a fork or pastry blender, the Tbsp. of cold butter with the Tbsp. of flour, brown sugar, cinnamon, nutmeg and pinch of salt. Distribute the topping evenly over the batter. Bake for 40-45 minutes, or until a toothpick stuck in the center comes out clean. Cool in the pan on a wire rack for 10 minutes. Cut and serve right from pan.

(Makes 1 Loaf)

(Adapted from Mad Hungry; Feeding Men and Boys by Lucinda Scala Quinn)

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**Banana Bread (Any Item)**
Analisa Boshart, Grade 1, Ideal Clever Clovers

**INGREDIENTS**
- Muffins:
  - 1/2 cup whole wheat flour
  - 1 1/2 all-purpose flour
  - 2/3 cup brown sugar
  - 2 t. baking powder
  - 1/4 t. salt
  - 1 cup mashed bananas
  - 3/4 cup milk
  - 3 t. oil
  - 1/2 t. vanilla extract
  - 1 egg

- Streusel Ingredients:
  - 6 T. rolled oats
  - 5 T. flour
  - 2 T. butter
  - 2 T. butter
  - 1/4 t. cinnamon

**DIRECTIONS**

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**Easy Double Chocolate Chip Brownies (Any Item)**
Analisa Boshart, Grade 1, Ideal Clever Clovers

**INGREDIENTS**
- 2 cups semi-sweet chocolate chips
- 1/2 cup butter
- 3 large eggs
- 1 1/4 cup flour
- 1 cup sugar
- 1 t. vanilla extract
- 1/4 t. baking soda

**DIRECTIONS**
Preheat oven to 350 degrees and grease a 13x9 inch or 9x9 inch pan. Melt 1 cup of chocolate chips in a glass bowl for 1 1/2 minutes in the microwave and stir. Stir in eggs. Stir in flour, vanilla, baking soda. Stir in remaining 1 cup of chips and spread into baking pan. Bake for 20 minutes in 13x9 inch pan or 30 minutes in 9x9 inch pan.
### Apple Pie Muffins (Any Item)

Hayden Kincaid, Grade 2, Hebron Helping Hands

**INGREDIENTS**
- 1 1/2 cups white whole wheat flour
- 1/2 cup plus 1 Tbsp. packed brown sugar
- 2 tsp. baking powder
- 1 tsp. ground cinnamon
- 1/4 tsp. salt
- 1/2 cup chilled butter, divided
- 3/4 cup buttermilk
- 1 egg
- 2 granny smith apples, peeled and cut into 1/4 in. cubes
- 1/3 cup roasted pumpkin seeds
- 1/2 cup rolled oats

**DIRECTIONS**
1. Preheat oven to 400° F. Line or spray 12 muffin tins, set aside. In small bowl, whisk together flour, 1/2 cup brown sugar, baking powder, cinnamon and salt. Set aside.
2. Melt 1/3 cup butter. In a medium bowl, whisk together buttermilk, egg and melted butter. Stir ingredients together from both bowls. Gently stir in apples. In a blender or food processor, combine pumpkin seeds, oats, remaining butter and brown sugar.
3. Fill cupcakes tin to almost top. Sprinkle each with 1 tsp. of seed mixture. Bake for 15 minutes or until lightly browned. Let cool for 5 minutes.

### Frozen Grapes (Any Item)

Sara Germundson, Grade 1, Farmington All Stars

**INGREDIENTS**
- 1 cup of green grapes
- Low-fat Greek yogurt
- Pistachios or almonds, chipped

**DIRECTIONS**
Dip each grape in low-fat Greek yogurt. Roll the grapes in chopped nuts. Once covered, put in the freezer until grapes are frozen. Enjoy!

### Ricotta Pancakes with Orange Syrup (Any Item)

Elliott Small, Grade 1, Ixonia Victory

**INGREDIENTS** (Makes 6)
- 1 orange
- 1 cup fresh orange juice
- 1 cup sugar
- 1 cup water
- 1 1/2 cup all-purpose flour
- 1/4 cup fine white cornmeal
- 2 Tbsp. sugar
- 1/2 t. salt
- 1/2 t. baking powder
- 1/2 teaspoon baking soda
- 2 cups buttermilk
- 2 large eggs, separated
- 1/2 cup fresh ricotta

**DIRECTIONS**

**Make orange syrup:** Peel the zest from the orange in long strips and julienne. In a saucepan of boiling water, blanch the zest for 30 seconds. Drain and repeat. In the saucepan, simmer the orange juice, sugar, water and blanched zest until syrupy, about 10 minutes. Let cool.

**Make pancakes:** In a large bowl, whisk the flour, cornmeal, sugar, salt, baking powder and soda. In another large bowl, whisk the buttermilk, egg yolks and ricotta. Fold the wet ingredients into the dry ingredients. In a large, clean stainless steel bowl, beat the egg whites until stiff but not dry; fold them into the batter.

In a large skillet, heat a thin film of vegetable oil. Drop in 1/4-cup dollops of batter and cook over moderately high heat, 2 minutes per side, until golden and fluffy. Serve about 3 pancakes per person. Pass the orange syrup.
**Fruit Kabobs with Yogurt Dip (Any Item)**  
Elliott Small, Grade 1, Ixonia Victory

**INGREDIENTS** (Makes 10-12 Servings)

- Your choice of several types of fruit
- Bamboo skewers
- 2 cups Greek yogurt
- Dash of cinnamon
- 2 Tbsp. fresh orange juice
- 1/4-1/2 cups honey

**DIRECTIONS**

1. If using wooden or bamboo skewers, make sure all the splinters are off of them by rolling two together in your hands.
2. Cut the fruit that is not already small into 1-inch, or bite size, chunks. Thread fruit onto skewers.
3. Stir together the yogurt, cinnamon and orange juice. Drizzle the honey over top and stir well to mix. Taste for sweetness and add more honey, if desired.
4. Leftovers will keep a few days, stored covered in the fridge.

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**Double Blueberry Muffins (Any Item)**  
Lily Small, Grade K, Ixonia Victory

**INGREDIENTS** (Makes 12 Muffins)

- 8 Tbsp. unsalted butter, softened
- 1 cup plus 2 Tbsp. sugar
- 1 t. vanilla extract
- 2 t. baking powder
- 1/4 t. fine salt
- 2 1/2 cups thawed frozen blueberries
- 2 cups flour
- 1/2 cup milk
- 1/4 t. cinnamon

**DIRECTIONS**

Preheat the oven to 375°F. Grease a muffin tin or line the cups with paper liners. In a mixer fitted with a paddle attachment (or using a hand mixer), cream the butter until smooth. Add 1 cup of the sugar and mix. Add the eggs, vanilla, baking powder, and salt and mix. In a shallow bowl, mash 3/4 cup of the blueberries with the back of a fork. Add to the batter and mix. With the mixer running at low speed, add 1/2 of the flour, then 1/2 of the milk, and mix. Repeat with remaining flour and milk. Fold in the remaining 1 3/4 cups whole blueberries by hand until well mixed. In a separate small bowl, mix the remaining 2 tablespoons sugar with the cinnamon. Use an ice-cream scoop or large spoon to fill the muffin cups 3/4 full. Sprinkle the cinnamon-sugar over the muffins and bake until golden brown and risen, 25 to 30 minutes. Let cool in the pan at least 30 minutes before turning out.

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**Oatmeal Pancakes (Any Single Item)**  
Liam Bos, Grade 4, Stone School

**INGREDIENTS** (Makes 18 Muffins)

**Crumb topping**

- 1 cup oatmeal (quick oats)
- 1 cup Bisquick
- 1 1/3 cup milk
- 1 egg
- 2 Tablespoons canola oil
- 1 Tablespoons honey
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- Dash of nutmeg

**DIRECTIONS**

1. Mix together dry ingredients with a wire whisk.
2. Add wet ingredients to dry and mix completely with a spoon.
3. Pour batter in small circles onto a pre-heated 325° griddle.
4. When bubbles form on top of pancake and edges begin to firm up, flip pancake and cook until cooked through.
5. Serve hot with homemade maple syrup. :)
Ella’s Mac ‘n Cheese (Any Item)
Ella van Zanten, Grade 2, Jefferson Boosters

**INGREDIENTS**
- 8 ounces uncooked elbow macaroni
- 2 cups shredded sharp Cheddar cheese
- 1/2 cup grated Parmesan cheese
- 3 cups milk
- 1/4 cup butter
- 2 1/2 tablespoons all-purpose flour
- 2 tablespoons butter
- 1/2 cup bread crumbs
- 1 pinch paprika

**DIRECTIONS**
- Cook macaroni according to the package directions. Drain.
- In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well.
- Melt butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika.

Fruit Salad (Any Item)
Ella van Zanten, Grade 2, Jefferson Boosters

Cut up favorite fruits in bite sized pieces and mix. Quickly dip apples and pears in lemon juice to prevent browning.
Enjoy!

Blueberry Muffin with Crumb Topping (Nutritious Breakfast Item)
Hailey Besch, Grade 4, Country Clovers

**INGREDIENTS** (Makes 18 Muffins)
**Crumb topping**
- 1 cup all purpose flour
- 3 Tablespoons brown sugar
- 2 Tablespoons granulated sugar
- 1 teaspoons baking powder
- 1 pinch salt
- 6 Tablespoons unsalted butter, melted

**Muffins**
- 1 ¾ cup all purpose flour
- 2 ¼ teaspoons baking powder
- ½ teaspoon salt
- 1 cup granulated sugar
- 2 large eggs
- ½ cup canola oil
- ¾ cup whole milk
- 1 teaspoon vanilla extract
- 1 ½ cups blueberries

**DIRECTIONS**
1. Preheat oven to 375°. Prepare muffin cup with liners.
2. Prepare crumb topping: combine the flour with the brown sugar, granulated sugar, baking powder and salt. Stir in melted butter, then pinch mixture until it forms pea sized clumps.
3. Muffins: Whisk the flour with the baking powder and salt.
4. In another bowl, combine the sugar, eggs and canola oil and mix with a spoon.
5. Stir in the whole milk and vanilla.
6. Add the flour mixture all at once and mix until just combined.
7. Stir in the blueberries.
8. Spoon the batter into cup liners. Fill 3/4 full. Sprinkle the crumb topping on top of each one and bake for about 30 minutes or until muffins are golden.
9. Let cool in pan for 10 minutes before serving.
### Dad’s Famous Potato and Bacon Soup (Any Single Item)

**Grace Brill, Grade 5, Lake Mills Legendaries**

<table>
<thead>
<tr>
<th>Roux</th>
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<tr>
<td>• Clarified butter, flour—cooked 40 minutes</td>
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<thead>
<tr>
<th>Potato Soup</th>
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<tbody>
<tr>
<td>•Half pound of bacon, cut into small pieces and fried until very crispy. Set aside and add to soup after it is thickened.</td>
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<tr>
<td>• 6 peeled potatoes cubed and boiled until tender, strained (reserve liquid) seasoned with Lawry’s and Garlic salt, set aside until soup is thickened.</td>
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<tr>
<td>• 6 peeled potatoes cut and boiled (in reserve liquid) mashed and combined with the reserved liquid. This becomes the base of the potato soup.</td>
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</tbody>
</table>

- 4 leeks sliced thin, 4 large onions chopped and sautéed until tender, add small amount of water and blend into mush, add to the soup base. |
- 3 Tbs. of minced fresh parsley, 3 Tbs. of minced chives added to the soup and simmered for about one hour. |
- 1 pint of half and half, 1 quart of whole milk added to the soup and brought to a boil. When soup begins to boil, thicken with roux. |
- Add potato cubes and bacon bits (see above). |
- Enjoy! |

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### Banana Pancakes (Any Single Item)

**Daniel Germundson, Grade 3, Farmington All Stars**

**INGREDIENTS** (Good for two pancakes)
- 1 mashed, ripe banana
- 2 eggs
- 1 teaspoon of coconut oil for the pan
- A dash of cinnamon
- Berries & a bit of maple syrup (optional)

**DIRECTIONS**

Mash your banana with a fork. In another bowl whisk eggs. Mix eggs & banana together. Add the dash of cinnamon. Put the coconut oil in the pan on low-medium heat. Add a half a cup of pancake mixture in the pan. Let the pancake set for 30 seconds (or when the center bubbles) & flip it! Enjoy with berries & a bit of maple syrup.

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### Strawberry Delight Sorbert (Any Single Item)

**David Germundson, Grade 3, Farmington All Stars**

**INGREDIENTS**
- 1 mashed, ripe banana
- 4-5 small strawberries
- 1 teaspoon of honey

**DIRECTIONS**

Mash the banana and the strawberries with a fork or in the blender. Keep mixing them until the fruit is the smooth consistency of soft-serve ice cream. Add the honey and keep mixing briefly. Let the mixture rest in the freezer until you’re ready to eat and give it another blending right before serving.

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### Peanut Butter and Apple Bunny Cake (Any Single Item)

**Mackenzie Guckenberger, Grade 5, Country Clovers**

**INGREDIENTS**
- 2 apple slices
- 1 rice cake (any flavor)
- 2 blueberries
- 1 strawberry
- 1 carrot
- 2 Tablespoons peanut butter

**DIRECTIONS**

Spread peanut butter on to the rice cake. Place two blueberries for eyes and one strawberry slice for the nose. Next cut carrots into thin slices and place six slices for the whiskers. Finally place the 2 apple slices for the bunny ears. Eat and enjoy!
**French Toast Bake (Any Single Item)**

Adriana Reyes-Ehrke, Grade 4, Ideal Clever Clovers

**INGREDIENTS**
- 1 loaf French bread, cubed
- 6 egg whites
- 3 eggs
- 1 ¼ cup milk
- 1 tsp sugar
- 1 tsp cinnamon
- 1 tsp vanilla
- ¼ tsp salt
- Berries
- 2 tbsp cold butter
- 1/3 cup packed, brown sugar

**DIRECTIONS**
Place bread in a 13 x 9 baking dish coated with cooking spray. In a large bowl, combine the egg whites, eggs, milk, sugar, cinnamon, vanilla and salt. Pour over bread. Cover and refrigerate for 8 hours or overnight.

Bake covered at 350 degrees for 30 minutes.

In a small bowl, cut butter into brown sugar until crumbly. Sprinkle berries and brown sugar mixture over French toast. Bake, uncovered for 15-20 minutes or until knife inserted near the center comes out clean.

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**Berry Smoothie (Any Single Item)**

Mackenzie Guckenberger, Grade 5, Country Clovers

**INGREDIENTS**
- 1/2 cup frozen mixed berries
- 1/2 cup orange juice
- 1/2 cup Greek yogurt vanilla

**DIRECTIONS**
Put all ingredients in a blender and mix well. Pour in a cup and serve.

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**Ava’s Style Salad (Any Single Item)**

Ava Kleman, Grade 5, Barnyard Clovers

**INGREDIENTS**
- 2 Tablespoons Italian dressing
- 1 cooked boneless, skinless hot chicken breast (1/2 in. sliced)
- 1/4 cup shredded sharp cheddar cheese
- 2 cups torn romaine lettuce
- 1/2 cup cherry tomatoes
- 3/4 cup croutons

**DIRECTIONS**
2. Sprinkle the shredded cheese on the lettuce.
3. While that is happening, take out hot chicken breast and lay it on the lettuce and cheese.
4. Wash the cherry tomatoes and put it on the salad.
5. Put croutons on the salad.
6. Pour the Italian Dressing on the salad.

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**Seafood Pin Wheels (Any Single Item)**

Teigan Reich, Grade 4, Country Clovers

**INGREDIENTS**
- 1- 8 oz. pkg. cream cheese (softened)
- 1- 8 oz. pkg. Imitation Crabmeat
- 1 small onion (chopped)
- 1 cup shredded cheddar cheese
- 1/3 cup cocktail sauce
- 1-2 tsp. garlic powder
- 6 (10 inch) tortilla shells

**DIRECTIONS**
Mix first 6 ingredients together. Spread evenly across tortilla shells. Roll tortillas tightly to form long tight tubes. Place on plate in fridge to chill. Cut into 1 inch pieces just before serving.
Chocolate Chip-Banana Muffins (Any Single Item)
Adriana Reyes-Ehrke, Grade 4, Ideal Clever Clovers

INGREDIENTS
- 1 egg
- 2 cups Original Bisquick® mix
- 1 1/4 cups mashed very ripe bananas (2 to 3 medium)
- 1/3 cup sugar
- 3 tablespoons vegetable oil
- 1/3 cup miniature semisweet chocolate chips

DIRECTIONS
1. Heat oven to 400°F. Place paper baking cup in each of 12 regular-size muffin cups, or grease bottoms only of muffin cups.
2. Beat egg slightly in medium bowl; stir in remaining ingredients just until moistened. Divide batter evenly among muffin cups.
3. Bake about 15 minutes or until golden brown.

Serving Size: 1 Serving
Calories 190 (Calories from Fat 70), Total Fat 8g (Saturated Fat 2g, Trans Fat 1g), Cholesterol 20mg, Sodium 50mg, Total Carbohydrate 27g (Dietary Fiber 1g, Sugars 11g), Protein 2g; % Daily Value*: Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 4%; Exchanges: 1/2 Starch, 0 Fruit, 1 1/2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 1/2 Fat; Carbohydrate Choices: 2
*Percent Daily Values are based on a 2,000 calorie diet.

Cranberry Orange Muffins (Any Single Item)
Oliver Small, Grade 3, Ixonia Victory

INGREDIENTS
- 1 cup dried cranberries
- 1/4 cup fresh orange juice
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon fine salt
- 1/2 cup unsalted butter, softened, plus more for pan
- 1 teaspoon grated orange zest
- 2/3 cup sugar plus 1 Tablespoon for topping
- 2 eggs, room temperature
- 1/2 cup milk

DIRECTIONS
1. Preheat the oven to 375°F.
2. Put the cranberries and orange juice in a small saucepan, and bring just to a simmer over medium heat. Remove berries from the heat, and set aside to cool and plump. Drain off any excess liquid and set aside.
3. Lightly brush a 12-muffin tin with butter. Sift the flour, baking powder and salt into a medium bowl and set aside.
4. In a standing mixer fitted with the paddle attachment or with an electric hand-held mixer in a large bowl, cream the butter, orange zest and 2/3 cup sugar until light and fluffy, about 2 minutes. Scrape down the sides of the bowl with a rubber spatula.
5. Add the eggs, one at a time, beating well after each addition. Remove the bowl from the mixer.
6. Fold the flour in 3 parts into the butter mixture, alternating with the milk in 2 parts, until just combined.
7. Fold in the cranberries. Do not over mix.
8. Divide the batter evenly into the muffin tins and sprinkle the tops with sugar.
9. Bake until golden brown, about 25 minutes.

Elvis Shakes (Any Single Item)
Oliver Small, Grade 3, Ixonia Victory

INGREDIENTS (Makes 2)
- 2 Maraschino cherries
- 2 large bananas, peeled, frozen and sliced
- 1 1/2 cups milk
- 6 Tablespoons cream peanut butter
- 1/4 cup honey
- 4 ice cubes
- 1 pinch of salt

DIRECTIONS
1. On toothpicks, thread a cherry and a banana slice.
2. In blender, puree remaining banana and other ingredients until smooth.
3. Pour into 2 glasses and garnish with toothpicks.
**Dutch Pannenkoeken (crepes) (Simple Meal)**  
Nicole van Zanten, Grade 4, Jefferson Boosters

**INGREDIENTS**
- 1 1/2 c flour
- 1/4 tsp. salt
- 2 eggs
- 2 c milk

**DIRECTIONS**
Mix thoroughly. Use a lightly oiled frying pan. Pour a thin layer circle on the bottom. Cook on medium heat until it appears dry on top, then flip for about 10 seconds of cooking. Remove from pan onto a plate, sprinkle with powdered sugar, maple syrup, cheese or favorite filling.

**Slippery Smoothy (Any Single Item)**  
Nicole van Zanten, Grade 4, Jefferson Boosters

**INGREDIENTS**
- 1 c frozen raspberries, blueberries and blackberries
- 1/3 cup plain yogurt
- 1 tsp honey
- 1/2 c raspberry/apple juice

**DIRECTIONS**
Blend well and enjoy! May be garnished with a sprig of mint, strawberries, bananas or other fruit.

**Oatmeal Apple Cookies (Any Single Item)**  
Madeline Besch, Grade 6, Country Clovers

**INGREDIENTS**
- 3/4 cup shortening
- 1-1/4 cup packed brown sugar
- 1 large egg
- 1/4 cup milk
- 1-1/2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon nutmeg
- 3 cups quick cooking oats
- 1 cup peeled diced apple
- 1/4 cup raisins (optional)
- 3/4 cup coarsely chopped walnuts (optional)

**DIRECTIONS**
1. Preheat oven to 375° and grease cookie sheet or use parchment paper.
2. Combine shortening, sugar, egg, milk and vanilla in large bowl.
3. Beat at medium speed until well blended.
4. Combine flour, cinnamon, salt, soda and nutmeg in a small bowl and mix into creamed mixture at low speed until just blended.
5. Stir in oats, apples, raisins, and nuts.
6. Drop rounded tablespoonfuls of dough about 2 inches apart onto prepared cookie sheets.
7. Bake for 13 minutes or until just set.
8. Cool for a minute or 2 on cookie sheets and then remove to a wire rack to cool completely.

*Yields: 30 cookies*
**Salisbury Steak (Simple Meal)**  
Morgan Bauer, Grade 6, Maple Street Hustlers

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>DIRECTIONS</th>
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<tbody>
<tr>
<td>• 1 lb. hamburger</td>
<td>Mix first 5 ingredients together. Form into patties. Brown on stove top.</td>
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<tr>
<td>• 1 egg</td>
<td>Meanwhile, preheat oven to 375°. Mix cream of mushroom soup and mushrooms.</td>
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<tr>
<td>• 1/3 cup bread crumbs</td>
<td>Place patties in baking dish. Pour mushroom mixture over top of patties.</td>
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<tr>
<td>• 1 small onion, finely</td>
<td>Cover and bake for 20 minutes.</td>
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<tr>
<td>chopped</td>
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<tr>
<td>• 1 cup sliced mushrooms</td>
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<tr>
<td>• 1—10 oz can cream of</td>
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<tr>
<td>mushroom soup</td>
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**Mashed Potatoes**

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<thead>
<tr>
<th>INGREDIENTS</th>
<th>DIRECTIONS</th>
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<tbody>
<tr>
<td>• 5-6 baking potatoes</td>
<td>Place potatoes in sauce kettle on stovetop, cover with water, bring to a</td>
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<tr>
<td>• 2 Tablespoons each of:</td>
<td>boil and keep water at a low boil until potatoes are tender. Remove from</td>
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<td>sour cream, cream cheese</td>
<td>heat and water. Add sour cream, cream cheese, butter. Mash and mix well.</td>
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<tr>
<td>and butter</td>
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**Roasted Brussels Sprouts**

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<tr>
<th>INGREDIENTS</th>
<th>DIRECTIONS</th>
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<tbody>
<tr>
<td>• Brussel Sprouts</td>
<td>Place all ingredients in a sealed bag, toss till they are covered. Place</td>
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<tr>
<td>• Salt and pepper (to</td>
<td>on roasting pan. Cook at 400° for 30 minutes, occasionally turning sprouts.</td>
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<td>taste to your liking)</td>
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<tr>
<td>• Olive oil</td>
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**Creamy Corn Bread**

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>• 1 package Jiffy Corn Bread</td>
<td>Mix all ingredients in a bowl. Place in a 8x8 pan. Bake at 350° for 15</td>
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<tr>
<td>• 1 egg</td>
<td>minutes. Enjoy!</td>
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<tr>
<td>• 1/4 cup milk</td>
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<tr>
<td>• 1/4 cup sour cream</td>
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<tr>
<td>• 1-10 oz. can creamed corn</td>
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**Cinnamon Apple Wrap**

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<thead>
<tr>
<th>INGREDIENTS</th>
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<tbody>
<tr>
<td>• 1/3 cup apple pie filling</td>
<td>Place apple filling inside tortilla shell, sprinkle with cinnamon and sugar,</td>
</tr>
<tr>
<td>• Cinnamon and sugar to</td>
<td>bake at 325° for 15 minutes and enjoy!</td>
</tr>
<tr>
<td>taste</td>
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<tr>
<td>• 1 tortilla</td>
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Maple Syrup Crème Brûlée (Any Single Item)
Seeger Bos, Grade 6, Stone School

INGREDIENTS
- 2 cups heavy cream
- 1/2 cup maple syrup
- 2 eggs
- 2 egg yolks
- 1 Tablespoon vanilla extract
- 1/4 cup maple sugar (or brown sugar)

DIRECTIONS
1. Heat the heavy cream and maple syrup until just before boiling and remove from heat.
2. Mix the eggs, egg yolks and vanilla in a bowl.
3. Pour the cream mixture into the eggs slowly while stirring.
4. Pour the mixture into 4 ramekins.
5. Place the ramekins in a baking pan and fill the baking pan with water until it comes halfway up the ramekins.
6. Bake in a preheated 350 degree oven until firm but still jiggly, about 30-35 minutes.
7. Let them cool and then cool in the fridge until cold.
8. Sprinkle with the sugar and place under a broiler until the sugar turns golden brown, about 20-90 seconds.

Taco Pizza (Nutritious Appetizer)
Connor Dobson, Grade 6, Farmington All Stars

INGREDIENTS
- 2 8 oz. cans of crescent rolls
- 1 8 oz. packages of neufchatel cream cheese, softened
- 1 Tbsp. sour cream
- 1 Tbsp. taco seasoning
- Taco sauce
- 1 1/2 cups shredded lettuce
- 3 Diced peppers: red, orange, yellow
- 2 chopped roma tomatoes
- 2 Tbsp. chopped scallions
- 1 8 oz. taco-style cheese
- 1 avocado, diced
- 2 Tbsp. chopped black olives

DIRECTIONS
First, preheat your oven at 325 degrees. Then lightly spray a 10”x15” with cooking spray. Roll out the crescent dough, press together evenly, so there is no spacing and that the dough is not too thick.

Put it in the oven and bake until lightly browned. Completely cool.

Make sure the cream cheese is at room temperature and softened. Put the cream cheese in a mixing bowl and beat until smooth. Add the taco seasoning and sour cream, beat until consistent. Chill in the refrigerator. Take all other ingredients, except cheese, wash and dice in fine pieces.

Remove chilled taco cream cheese mixture from the refrigerator and spread evenly on cooled crescent dough. Sprinkle on diced vegetables. Lightly drop taco sauce over ingredients and cover with taco cheese.

Chill one hour in the refrigerator. ENJOY!
Lemon Lime Bars (Any Single Item)
Reyne Kincaid, Grade 6, Hebron Helping Hands

INGREDIENTS
- 2 cups all-purpose flour
- 1/2 cup powdered sugar
- 2 Tbsp. cornstarch
- 1/4 tsp. salt
- 3/4 cup butter, cut up
- 4 eggs, lightly beaten
- 1 1/2 cups sugar
- 1/3 cup half and half
- 3 Tbsp. all-purpose flour
- 1 tsp. finely shredded lemon peel
- 1/3 cup lemon juice
- 1 tsp. finely shredded lime peel
- 1/3 cup lime juice

DIRECTIONS
1. Preheat oven to 350 F. Grease a 13x9x2 inch baking pan. Line pan with parchment, pressing the paper onto the bottom and up the sides of the pan; set aside. For crust, in a large bowl combine the 2 cups flour, powdered sugar, cornstarch, and salt. Using pastry blender, cut in butter until mixture resembles coarse crumbs. Press firmly into bottom of prepared pan. Bake 15 minutes.
2. Meanwhile, in a medium mixing bowl whisk together eggs, granulated sugar, half and half, and 3 Tbsp. flour; divide equally into two bowls. To one bowl add lemon peel and lemon juice; to other bowl add lime peel and lime juice. Pour lemon filling over hot crust; bake 10 to 12 minutes or until set. Carefully pour lime filling over lemon filling; bake 10-12 minutes more or until set. Cool completely in pan on wire rack.
3. Use paper to lift uncut bars out of pan. Cut into bars. Sift powdered sugar over bars. Top with lemon and lime peel (if desired). Refrigerate to store.

Southern Apple Dumplings (Any Single Item)
Courtney Kreger, Grade 8, Barnyard Clovers

INGREDIENTS
- 1 large apple (I used a Fuji- any apple will do, tart is better)
- 1 can Pillsbury Crescent dough
- 1/2 cup butter
- 2/3 cups sugar
- 1/2 tsp cinnamon
- 1/2 tsp vanilla
- 3/4 cup or 6 oz. 7-Up or equivalent (half the can)

DIRECTIONS
1. Preheat the oven to 350 degrees F. Grease an 8x8 baking dish.
2. Cut each apple into 8-10 wedges. Slice the apple skin off as well and set aside.
3. Separate the crescent roll dough into triangles. Roll each apple wedge in crescent roll dough starting at the wide end. Pinch to seal and cover apple and place in the baking dish.
4. Melt butter in a small saucepan and stir in the sugar and cinnamon. Heat, whisking to combine. The mixture will slowly combine and thicken. When it's thickened, remove from heat and add vanilla.
5. Pour cinnamon mixture over the apple dumplings. Pour soda over the dumplings
6. Bake for 40 to 45 minutes in the preheated oven, or until golden brown.
Ritz Cracker Chicken (Meal)
Courtney Kreger, Grade 8, Barnyard Clovers

**INGREDIENTS**
- 8 skinless chicken breasts, bone in
- 1/2 cup unsalted butter, melted
- 2 sleeves of Ritz Crackers, rushed

**DIRECTIONS**
1. Preheat oven to 350°.
3. Crush Ritz crackers and place crushed crackers on a dinner plate.
4. Dip the chicken breasts in butter, then coat with Ritz Crackers, and place on a lined baking sheet.
5. Bake at 350 degrees for 40 minutes. Serve with a side or rice or veggies.

Cadbury Egg Cupcakes

**INGREDIENTS**
- 2 1/2 cups cake flour (or 2 1/4 cups all-purpose flour)
- 1 2/3 cups sugar
- 3/4 cup butter, softened
- 2/3 cup cocoa powder
- 1 package Jell-O instant pudding in Chocolate Fudge (3.4 oz.)
- 1 1/4 cup water
- 1 1/4 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 3 large eggs
- 24 Cadbury Eggs (frozen)

**For the Frosting:**
- 1 1/2 cups unsalted butter, room temperature
- 5-6 cups powdered sugar (more to thicken)
- 1 teaspoon almond extract
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2-3 tablespoons milk

**DIRECTIONS**
1. Preheat oven to 350 degrees F.
2. Combine together cake ingredients and beat for 60 seconds on medium-high with electric mixer until fully mixed.
3. Fill cupcake liners 1/4-1/3 full and place in a Cadbury Egg (thick side first) down inside batter.
4. Top eggs with another 1-2 teaspoons batter.
5. Bake for 18-20 minutes. (Test for doneness by inserting a toothpick on the side of the cupcake, since the Cadbury Eggs are in the center).

For The Frosting:
1. Beat room temperature butter until creamy. Add in powdered sugar 1 cup at a time.
2. Beat in extracts, salt, and milk.
3. Add more powdered sugar or milk until desired consistency (thick enough to pipe on cupcakes).
4. Top cupcakes with frosting and enjoy!

Pink Lemonade Sherbert Party Punch

**INGREDIENTS** (Serves 12)
- 1 can frozen pink lemonade from concentrate
- 2-1/2 cans water
- 1 carton Raspberry sherbet
- 2 liter Sprite
- 3 lemons

**DIRECTIONS**
1. In a pitcher, combine the pink lemonade concentrate and the cans of water.
2. Freeze for about 4 hours until slushy.
3. In the pitcher, add the lemons and a thick layer of raspberry sherbet.
4. Pour the Sprite over the top of sherbet and stir just a bit so it gets nice and frothy on top.
5. Serve immediately.
Crispy Chicken (Meal)
Katherine Novak, Grade 8, Stone School

INGREDIENTS
- 12 Chicken Tenderloins
- 1 cup Poppy Seed Salad Dressing
- 4 cups Corn Flakes Cereal
- ½ cup Grated Parmesan Cheese

DIRECTIONS
1. Marinate the Chicken Breasts in the Poppy Seed Dressing for at least 3 hours and refrigerate.
2. Crumble the Corn Flakes in a medium sized bowl then add the Parmesan Cheese and mix together.
3. Press the marinated chicken breasts into the Corn Flake mixture. Lay the breaded tenderloins onto a cookie sheet.
4. Bake for 30 minutes at 375 Fahrenheit

Serves 4

Sweet Lightning Squash

INGREDIENTS
1 Sweet Lightning Squash

DIRECTIONS
1. Cut the top off the squash, clean the seeds out, put the top back on and microwave for 6 minutes. Clean the flesh out and mash. It is such a sweet squash that you do not need to add any butter or brown sugar!

Serves 1

Steamed Broccoli and Cauliflower

INGREDIENTS
- 4 cups cut up broccoli
- 4 cups cut up cauliflower
- ½ cup of your favorite grated cheese. My family loves smoked provolone.
- ½ cup water

DIRECTIONS
1. Put the broccoli and cauliflower in a microwave safe dish, add the ½ cup water and microwave for 6 minutes, lightly covered to let some of the steam escape.
2. Serve with a slotted spoon to let the water drain. Garnish with a generous portion of grated cheese.

Serves 4

Biscuits and Gravy (Any Single Item)
Katherine Novak, Grade 8, Stone School

INGREDIENTS
- 1 lb Ground Pork Sausage
- 2 packages Buttermilk Biscuits
- ½ cup Flour
- 3 cups Milk
- ¼ cup Honey

DIRECTIONS
1. Follow directions on the biscuit package for baking the biscuits.
2. Brown the pork sausage at a low temperature. Remove from heat and drain off the grease.
3. Return to stovetop and turn the temperature up to medium. Sprinkle the flour over the top of the browned sausage while stirring to coat the sausage with the flour. Slowly add the 3 cups milk. Continue stirring while the sauce thickens. Slowly stir in the ¼ cup honey. Turn temperature down to simmer for 20 minutes.
4. Slice the biscuits in half, top with about 1/3 cup gravy.

Serves 8
## Stuffed Beef Tenderloin (Meal)

**Emily Stendel, Grade 8, Sullivan Stars**

### INGREDIENTS
- 1/4 cup butter or margarine
- 1 medium onion, chopped
- 1/2 cup diced celery
- 1 can (4 oz) mushrooms, drained
- 2 cups soft bread crumbs (about 3 slices)
- 1/4 tsp dried parsley flakes
- 1/2 to 1 tsp salt
- 1/8 tsp pepper
- 1 beef tenderloin (about 3 pounds), trimmed
- 4 bacon strips

### DIRECTIONS
In a small skillet, melt butter over low heat. Sauté onion, celery and mushrooms until onion is tender. Meanwhile, in a bowl, combine bread crumbs, basil, parsley, salt and pepper. Add onion mixture and mix well. Make a lengthwise cut three quarters of the way through the tenderloin. Lightly place stuffing in the pocket; close with toothpicks. Place bacon strips diagonally across the top, covering the toothpicks and the pocket. Place meat, bacon side up in a shallow roasting pan. Insert meat thermometer into meat, not stuffing. Bake uncovered at 350° until meat reaches desired doneness: 145° for medium rare, 160 ° for medium and 170° for well done. (Meat will need to bake about 1 hour for medium). Remove from the oven; let stand for 10 to 15 minutes. Remove toothpicks and slice.

## Chive Red Potatoes

### INGREDIENTS
- 2 pounds small red potatoes
- 1/3 cup butter melted
- 2 Tbsp minced chives
- 1/2 tsp salt
- 1/4 tsp garlic powder

### DIRECTIONS
With a vegetable peeler, remove a narrow strip of peel around the middle of each potato. Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. In a small bowl, combine the butter; chives, salt and garlic powder. Drain potatoes; drizzle with butter mixture and toss.

## Spring Vegetable Bundles

### INGREDIENTS
- 4 to 6 green onions
- 1 cup water
- 1 pound thin asparagus trimmed
- 1 medium sweet red pepper, julienned
- 1 medium sweet yellow pepper julienned
- 2 medium carrots julienned
- 1 cup chicken broth
- 3 Tbsp butter (No substitutes)

### DIRECTIONS
Trim both ends of onions; cut the green tops in 7-in. lengths. In a saucepan, bring water to a boil. Add onion tops; boil for 1 minute or until softened. Drain and immediately place onion tops in ice water. Drain and pat dry. Chop white portion of onions and set aside. Divide asparagus, peppers and carrots into 12 bundles. Top each with parsley. Tie each bundle with a blanched onion top. In a large skillet, place broth, chopped onions and vegetable bundles. Bring to a boil. Cook, uncovered, for 5-7 minutes or until vegetables are tender and liquid is reduced by two thirds. Carefully remove bundles with a slotted spoon to a serving plate. Add butter to skillet; cook and stir until melted. Spoon over bundles. (Yield: 12)

## Bev’s Dressing

### INGREDIENTS
- 1 cup Splenda
- 1/2 cup water
- 1/2 cup sugar
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp pepper
- 1/4 tsp salt
- 2 Tbsp Vinegar
- 1/4 cup oil

### DIRECTIONS
Mix all together. Put in a container and refrigerate.

## Easy Chocolate Mousse

### INGREDIENTS
- 1 (3.9 ox) pkg instant chocolate pudding mix
- 1 1/2 cups milk
- 1 (16 oz) container frozen whipped topping, thawed
- 1/4 cup oil

### DIRECTIONS
Prepare the pudding in a large bowl using 1 1/2 cups milk instead of suggested 2 cups. Fold in whipped topping until blended. Refrigerate until chilled and serve.
### Easy Bacon, Onion and Cheese Stuffed Burgers (Theme Meal)
**Emily Stendel, Grade 8, Sullivan Stars**

**INGREDIENTS**
- 3 pounds ground beef
- 1/4 tsp salt
- 1/2 tsp black pepper
- 3 Tbsp barbecue sauce
- 1/2 tsp garlic powder
- 1/2 pound bacon, cut into 1/4 inch pieces
- 1 medium onion finely chopped
- 3/4 cup shredded cheddar cheese
- 6 hamburger buns

**DIRECTIONS**
In a large mixing bowl, mix together the ground beef, salt, black pepper, barbecue sauce and garlic powder using your hands. Take a small handful at a time (approximately 1/4 lb.), and shape into 12 patties. Lay patties out on a cookie sheet and cover with plastic wrap; place patties in refrigerator. Place bacon in a large deep skillet. Cook over medium high heat until evenly brown, about 5 minutes. Remove bacon from skillet with a slotted spoon and drain on paper towels. Turn the heat down to medium and pan fry the onions in the remaining bacon drippings until soft and translucent and just beginning to brown. Mix together onions and bacon in a small bowl.

Prepare grill of large skillet for medium heat. As it heats, pull beef patties out of the refrigerator, top six patties with 1 1/2 Tbsp. of the bacon and onion mixture on each, and sprinkle with cheese. Top each with one of the remaining patties and press the edges together to seal. Grill or fry the stuffed and sealed patties until cooked through 2 to 3 minutes per side. Serve on hamburger bun.

### Wisconsin Pasta Salad

**INGREDIENTS**
- Wisconsin Badger Pasta Mix (contains seasoning mix)
- 1 cucumber
- 1 red pepper
- Red wine vinegar
- Olive or vegetable oil

**DIRECTIONS**
**Vinaigrette:** Combine seasoning packet, 1/2 cup red wine vinegar, and 1/4 cup olive or vegetable oil in glass bowl. Heat in microwave, stirring occasionally, until packet is dissolved, about 1 1/2 minutes. Set aside to cool.

**Pasta:** Cook pasta 6-8 minutes in GENTLY boiling water. Drain pasta in colander, rinse with cold water. Mix together. Add a diced cucumber, chopped red pepper and 1/2 red onion.

### Strawberry Lemonade

**INGREDIENTS**
- 1 - 10 oz. package frozen strawberries
- 1 - 6 oz. can frozen pick lemonade concentrate
- 1 1/2 cups water
- 1 - 16 oz. bottle ginger ale

**DIRECTIONS**
Thaw strawberries for 20 minutes or until they begin to soften slightly. Place all the ingredients in blender and serve as is over ice.

### Pastry for Double Crust Pie
*(Recipe for Quiche on following page.)*

**Emily Stendel, Grade 8, Sullivan Stars**

**INGREDIENTS**
- 2 cups all purpose flour
- 3/4 teaspoon salt
- 2/3 cups shortening or lard
- 6 to 7 Tablespoons cold water

**DIRECTIONS**
In a bowl combine flour and salt; cut in the shortening or lard until crumbly. Gradually add water, tossing with a fork until dough forms a ball. Divide dough in half. Roll out balls to fit a 9 or 10 inch pie plate. Transfer pastry to pie plate. Trim pastry even with edge. Add filling and bake according to directions.
Clark’s Quiche (Breakfast Item)
Emily Stendel, Grade 8, Sullivan Stars

**INGREDIENTS**
- 1/2 lb. thick sliced bacon
- 1 (10 oz.) package chopped spinach, thawed
- 1 (8 oz) container sour cream
- Salt and pepper to taste
- 2 (9 in.) unbaked pie crusts (recipe on previous page)
- 2 Tbsp. olive oil
- 1 onion finely diced
- 1/2 pound mushrooms, finely diced
- 2 cups finely diced ham
- 8 oz. Monterey Jack cheese, shredded
- 8 oz. cheddar cheese, shredded
- 4 oz. Parmesan cheese, grated
- 8 eggs
- 1 1/2 cups half and half cream
- 1 Tbsp. dried parsley
- Salt and pepper to taste

**DIRECTIONS**
Preheat oven to 375°. Place bacon in a large deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Cook spinach according to package instructions. Allow to cool. Then squeeze to dry. Heat olive oil in a skillet over medium heat. Sauté onions until soft and translucent. Stir in mushrooms, cook for 2 minutes or until soft. Stir in ham and cooked bacon. Remove from heat. In a large bowl combine spinach, sour cream, salt and pepper. Divide and spread into pie crusts. Layer with bacon mixture. Mix together Monterey Jack, Cheddar and Parmesan and sprinkle over pies. Place pies on a baking sheet and bake on middle shelf in preheated oven for 40 minutes. The top will be puffed and golden brown. Remove from oven and let stand for 5 to 10 minutes.

Cowpoke Casserole (Favorite Dish)
Natalie Stendel, Grade 6, Sullivan Stars

**INGREDIENTS**
- 1 lb ground beef
- 1/2 onion chopped
- Salt and pepper to taste
- 1 tsp chili powder
- 15-1/2 oz. can chili beans
- 8 oz can tomato sauce
- 1/2 cup water
- 8-1/2 oz. package cornbread mix
- 1/3 cup milk
- 1 egg beaten

**DIRECTIONS**
2. Stir in chili powder, beans, tomato sauce, and water; Simmer for 5 minutes; remove from heat.
3. In a separate bowl, stir together cornbread mix, milk and egg: spoon over beef mixture and place skillet in oven.
4. Bake uncovered at 350 for 25 minutes or until cornbread topping is golden brown and cooked through. (Serves 4-6)

Breakfast Pizza (Breakfast Item)
Natalie Stendel, Grade 6, Sullivan Stars

**INGREDIENTS**
- 1/2 lb. bulk pork sausage
- 1 tube (8 oz) refrigerated crescent rolls
- 1 cup frozen shredded hash brown potatoes
- 1 cup shredded cheddar cheese
- 5 eggs
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 2 Tbsp. grated Parmesan cheese

**DIRECTIONS**
In a skillet, cook and crumble the sausage until browned: drain. Separate crescent roll dough into eight triangles and place in an ungreased 12 inch round pizza pan or pie plate with points in the center. Press over bottom and upper sides to form a crust; seal perforations. Spoon sausage over crust. Top with potatoes and cheddar cheese. In a bowl, beat eggs, milk, salt and pepper; pour evenly over all. Sprinkle with Parmesan cheese. Bake at 375 for 20-25 minutes. (Serves 6-8)
To Die for Fettuccine Alfredo (Theme Meal)
Natalie Stendel, Grade 6, Sullivan Stars

INGREDIENTS
- 24 oz. dry fettuccine pasta
- 1 cup butter
- 3/4 pint heavy whipping cream
- salt and pepper to taste
- 1 dash garlic salt
- 3/4 cup grated Romano cheese
- 1/2 cup grated Parmesan cheese

DIRECTIONS
Bring a large pot of lightly salted water to boil. Add fettuccini and cook for 8 to 10 minutes or until done. Drain. In a large saucepan, melt butter into cream over low heat. Add salt, pepper, and garlic salt. Stir in cheese over medium heat until melted; this will thicken the sauce. Add pasta to sauce. Use enough of the pasta so that all of the sauce is used and pasta is thoroughly coated. Serve immediately.

Tiramisu Brownie Bars

INGREDIENTS
- 1 box Betty Crocker ultimate fudge brownie mix
- 1/2 cup cold brewed coffee
- 1/2 cup vegetable oil
- 1 egg
- 1 package (8oz) cream cheese
- 1/2 cup powdered sugar
- 2 teaspoons rum extract
- 11/4 cups whipping cream
- 1 Tbsp. unsweetened baking cocoa

DIRECTIONS
Heat oven to 350°. Grease bottom only of 13x9 pan with cooking spray. In a large bowl, stir together brownie mix, pouch of chocolate syrup (from brownie mix), 1/4 cup coffee, oil, and egg until well blended. Pour into pan. Bake 22 to 24 minutes or until toothpick inserted comes out clean. Drizzle remaining 1/4 cup coffee over warm brownies. Cool completely in pan on cooling rack, at least 1 hour. In a medium bowl, beat cream cheese and powdered sugar with electric mixer on medium speed until smooth. Beat in rum extract; set aside. In chilled small bowl, beat whipping cream with electric mixer on high speed until stiff peaks begin to form. Fold whipped cream into cream cheese mixture. Spread over cooled brownies. Sift or sprinkle cocoa over top. Cover; refrigerate at least 2 hours or until topping is firm. Cut and serve. (Makes 24 bars.)

Cheesy Baked Eggs (Any Single Item)
Taylor Wolfram, Grade 7, Stone School

INGREDIENTS
- 1 Tablespoon butter, melted
- 12 eggs, beaten
- 1 pound shredded pepper jack cheese
- 1 (16 oz.) container of cottage cheese
- 1/2 cup all-purpose flour
- 1 teaspoon salt

DIRECTIONS
1. Preheat over to 350°. Prepare a 9x13 inch baking dish with the melted butter.
2. Whisk together the eggs, pepper jack cheese, cottage cheese, flour and salt in a large bowl. Pour the mixture into the prepared baking dish.
3. Bake in the preheated oven until eggs are completely set, about 1 hour.
4. Garnish with favorite Salsa or Sour Cream if desired.
INGREDIENTS
- 1 large onion, finely chopped (or use 2 T. dried minced onions)
- ¼ cup KRAFT Lite Zesty Italian Dressing
- 2 lb extra-lean ground beef
- ¾ cup ketchup, divided
- 1 pkg. (6 oz.) Seasoned Bread Crumbs
- 1 cup water
- 2 egg whites
- ½ cup Shredded Sharp Cheddar Cheese

DIRECTIONS
1. HEAT oven to 375°F.
2. COOK onions in dressing in skillet on medium heat 8 to 10 min. or until golden brown, stirring frequently. Cool slightly.
3. MIX meat, onions, 1/4 cup ketchup, bread crumbs, water and egg whites. Shape into 10x5-inch loaf in 13x9-inch baking dish; cover with remaining ketchup.
4. BAKE 55 min. to 1 hour or until done (160°F). Sprinkle with cheese; bake 2 min. or until melted.
### Croissant Cub Sandwich (Meal)
**Shelby Banker, Grade 11, Ideal Clever Clovers**

**INGREDIENTS**
- 1 cup mayonnaise
- 2 tbsp. real bacon bits
- 8 large croissants split
- 8 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 1 large tomato, cut into 8 slices

**DIRECTIONS**
In a small bowl, combine the mayonnaise and bacon bits; mix well and spread equally over the croissant halves. Layer the lettuce, turkey, and tomato equally over the bottom croissant halves; replace the tops of the croissants and serve. (8 servings)

### Crisp Cucumber Salad

**INGREDIENTS**
- 2 cucumbers, peeled and thinly sliced
- 4 scallions, thinly sliced
- ½ small red pepper, chopped
- ¼ cup sour cream
- 2 tbsp. white vinegar
- 2 tbsp. sugar
- 1 ¼ tsp. salt
- ¼ tsp. black pepper

**DIRECTIONS**
In a medium bowl, combine cucumbers, scallions, and red pepper. In a small bowl, combine remaining ingredients and pour over cucumber mixture. Cover and chill at least 2 hours before tossing and serving. (4 servings)

### Quick Fruit Salad

**INGREDIENTS**
- 1 can (21 oz.) peach pie filling
- 3 firm bananas, sliced
- 2 cups strawberries, halved
- 1 cup seedless grapes

**DIRECTIONS**
In a large salad bowl, combine all the ingredients. Refrigerate until serving. (6-8 servings)

### Chocolate Rainbow Bars

**INGREDIENTS**
- 2 cups (12 oz.) semisweet chocolate chips
- 1 (8 oz.) cream cheese, softened
- 1 can (5 oz.) evaporated milk
- ½ cup rainbow sprinkles
- 1 tsp. almond extract
- 3 cups flour
- 1 ½ cups sugar
- 1 tsp. baking powder
- ½ tsp. salt
- 1 cup butter, softened
- 2 eggs
- ½ tsp. vanilla extract

**DIRECTIONS**
Preheat oven 350. In a medium saucepan, combine the chocolate chips, cream cheese, and evaporated milk. Cook over low heat, stirring constantly, until the chips are melted and the mixture is smooth. Remove from heat. Add the sprinkles and ½ tsp. almond extract; blend well and set aside.
In a large bowl, combine the flour, sugar, baking powder, salt, butter, eggs, vanilla and the remaining almond extract. Beat with an electric mixer on low speed until the mixture resembles coarse crumbs. Press half the mixture into an ungreased 9 x 13 pan. Spread the chocolate mixture over the crumb mixture. Top with the remaining crumb mixture. Bake for 35 to 40 minutes or until golden. Cool, then cut into bars.
### Barbecue Joes (Meal)
Shelby Banker, Grade 11, Ideal Clever Clovers

**INGREDIENTS**
- 1 pound ground beef or ground turkey
- 1 small onion, chopped
- 1 cup barbecue sauce
- ½ tsp. black pepper
- ½ cup shredded cheddar cheese
- 4 hamburger buns, split

**DIRECTIONS**
In a large skillet over medium heat, brown ground meat and onion 6 to 8 minutes; drain off any excess fat. Add barbecue sauce and pepper; cook 3 to 4 minutes, or until heated through. Stir in cheese. Spoon over buns, and serve. (Serves 4; Cooking Time: 10 min)

### Best Broccoli Salad

**INGREDIENTS**
- 1 ½ cups mayonnaise
- ½ cup sour cream
- ¼ cup sugar
- 1 bunch broccoli, cut into small florets
- ½ head cauliflower, cut into small florets
- 1 small red onion, chopped
- 1 cup shredded Cheddar cheese

**DIRECTIONS**
In a large bowl, combine mayonnaise, sour cream, and sugar; mix well. Add remaining ingredients; mix until well combined. Cover and chill at least 4 hours before serving. This is even better if it’s made a few days in advance and allowed to marinate in the fridge. (Serves 6)

### Tangy Fruit Salad

**INGREDIENTS**
- 1 can (20 oz.) pineapple chunks
- 1 can (15oz) fruit cocktail, drained
- 1 can (11 oz.) mandarin oranges, drained
- 2 medium bananas, sliced
- 2 medium apples or pears, cut into chunks
- 1 cup sliced strawberries, optional
- 1 pkg (3.4 oz.) instant vanilla pudding mix
- ¼ cup orange breakfast drink mix

**DIRECTIONS**
Drain pineapple juice into a small bowl; set aside. In a large serving bowl, combine the pineapple, fruit cocktail, mandarin oranges, bananas, apples and strawberries if desired. Whisk the pudding mix and drink mix into the reserved pineapple juice. Fold into fruit mixture. Refrigerate before serving.

(Serves 6-8; Prep/Total time: 30 minutes)

### Oreo Cookie Dessert

**INGREDIENTS**
- 35 Oreo cookies, crushed
- 6 tbsp. butter, melted
- 1 (8 oz.) cream cheese
- ¼ cup sugar
- 2 tbsp. milk
- 1 (12 oz.) cool whip
- 3 ¼ cups cold milk
- 2 small pkg chocolate instant pudding

**DIRECTIONS**
# Shrimp and Vegetable Fettuccine Alfredo (Meal)
Shelby Banker, Grade 11, Ideal Clever Clovers

**INGREDIENTS**
- 4 ounces uncooked dried fettuccine, broken in half
- 3 slices (3/4 oz.) White American Cheese
- 1/4 cup finely shredded Parmesan cheese
- 1/8 cup Half and Half
- 2 tbsp. butter
- 1 tsp. finely chopped fresh garlic
- 1/2 cup sugar snap peas
- 1/2 cup small cauliflower florets
- 1/3 cup baby carrots, cut in half
- 1/4 cup chopped red pepper
- 6 ounces frozen cooked small shrimp, shelled, deveined, thawed

**DIRECTIONS**
Cook fettuccine in 2 quart saucepan according to package directions. Drain pasta; return to saucepan. Add American cheese, parmesan cheese and half and half. Cook over medium heat 1 minute. Add snap peas, cauliflower, carrots and red pepper. Continue cooking, stirring occasionally, 5-7 minutes or until vegetables are crispy tender. Add shrimp: cook 1-2 minutes or until shrimp are heated through. Stir vegetable mixture into fettuccine mixture.

(4 servings; Prep/30; Total/40)

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# Fruit Medley Salad

**INGREDIENTS**
- 1 can (11oz.) mandarin oranges, drained
- 1 can (8-1/4 oz.) sliced peaches, drained
- 1 can (8 oz.) pineapple chunks, drained
- 1 cup miniature marshmallows
- 4 ounces cream cheese, softened
- 1/2 cup plain yogurt
- 1/4 cup sugar

**DIRECTIONS**
In a large bowl, combine the oranges, peaches, pineapple and marshmallows. In a small bowl, beat the cream cheese, yogurt and sugar until smooth; pour over fruit and toss to coat. Refrigerate 15 minutes.

(4 servings; Prep/total time: 30 min.)

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# Chocolate Silk Pie

**INGREDIENTS**
- 1 unbacked pastry shell (9 inch)
- 1 jar (7 oz.) marshmallow crème
- 1 cup (6 oz.) semisweet chocolate chips
- 1/4 cup butter, cubed
- 2 ounces unsweetened chocolate
- 2 tbsp. strong brewed coffee
- 1 cup heavy whipping cream, whipped

**Topping:**
- 1 cup heavy whipping cream
- 2 tbsp. confectioners’ sugar
- Chocolate curls, optional

**DIRECTIONS**
Preheat oven to 350. Line unpricked pastry shell with a double thickness of heavy foil. Bake 8 min. remove foil; bake 5 min. cool on a wire rack. Meanwhile, in a heavy saucepan, combine marshmallow crème, chocolate chips, butter, unsweetened chocolate and coffee; cook and stir over low heat until chocolate is melted and mixture is smooth. Cool. Fold in whipped cream; pour into crust. For topping, in a large bowl, beat cream until it begins to thicken. Add confectioners’ sugar; beat until stiff peaks form. Spread over filling. Refrigerate at least 3 hours before serving. Garnish with chocolate curls if desired.

(6-8 servings; Prep 30 min + chilling)
Marinated Pork Tenderloin (Picnic Meal)
Daniel Reich, Grade 10, Country Clovers

**INGREDIENTS**
- 1-2 lbs. of pork tenderloin cut into 1 inch thick slices
- 4 cups orange juice
- 1 cup soy sauce
- 2 Tbs. garlic (crushed)
- 1/2 cup Dijon-styled mustard
- 1/2 cup honey
- 1 tsp. cayenne pepper

**DIRECTIONS**
In a mixing bowl combine orange juice, soy sauce, garlic, mustard, honey and cayenne pepper. Mix together with a whisk. Pour over pork and marinate in refrigerator for 12-24 hours.

Remove pork from marinade, discard marinade. Season pork with salt and pepper and grill for 10-12 minutes, turning once. Grill until internal temperature on a thermometer reads 145 degrees, followed by a 3-minute rest time.

This recipe works for any kind of pork and even chicken.

Homemade BBQ Sauce

**INGREDIENTS**
- 1 Tbs. Vegetable oil
- 1/2 onion (minced)
- 1 cup Ketchup
- 3 Tbs. Molasses
- 3 Tbs. Cider Vinegar
- 2 Tbs. Worcestershire
- 2 Tbs. Dijon Mustard
- 2 Tbs. Maple Syrup
- 1 tsp. Chili Powder
- 1/4 tsp. Cayenne Pepper
- 1/4 tsp. Salt

**DIRECTIONS**
Heat the oil in a 12 inch non-stick skillet over medium heat until simmering. Add the onion and salt. Cook until onion is translucent (about 5 min). Stir in the ketchup, molasses, vinegar, mustard, Worcestershire, maple syrup, chili powder and cayenne pepper, scraping up any brown bits. Simmer for 5 minutes. Cool. Will keep for several weeks in fridge.

Bow tie Pasta & Tomato Salad

**INGREDIENTS**
- 8 oz. bow tie pasta
- 4 oz. cheddar cheese (cut into 1/2 inch cubes)
- 1 (28 oz.) can Diced Tomatoes (drained)
- 2 Medium Zucchini (sliced 1/4 inch)
- 1/2 cup Italian vinaigrette dressing
- 1 Tbs. chopped fresh, or 1 tsp. dried Oregano
- 1 Tbs. chopped fresh, or 1 tsp. dried Basil
- 6 lettuce leaves

**DIRECTIONS**
Cook pasta according to the package directions. Rinse in cold water and drain well. Combine pasta, cheese, diced tomatoes and zucchini in a large bowl.

In a small bowl combine dressing, oregano and basil. Add to salad and toss to coat. Cover and refrigerate at least 30 minutes to blend flavors. Serve on the lettuce leaves.
Suinekam Piquant/Norwegian Pork Roast (Theme Meal)
Daniel Reich, Grade 10, Country Clovers

INGREDIENTS
- 1/4 cup Dijon Mustard
- 1 Tbs. prepared horseradish
- 1 tsp. Anchovy Paste
- 1 Tbs. sugar
- 3 - 4 pound pork loin roast
- 2/3 cups fine dry breadcrumbs
- 2 cups boiling dry white wine or water

DIRECTIONS
Set oven at 325 degrees. Combine mustard, horseradish, anchovy paste and sugar, blend to a smooth paste. Trim excess fat off meat. With a brush, spread mixture on all sides of the meat. Place on rack in baking pan. Cover top and sides with breadcrumbs. Roast 35 to 40 minutes to the pound, or until meat thermometer registers 165 degrees. After 1st hour of roasting time pour 1 cup boiling wine or water into the pan. Be careful that the liquid does not touch the meat. When the liquid has evaporated completely, pour remaining wine or water into pan. Serve on a platter surrounded by alternating mounds of tiny peas, carrots and small browned potatoes.

Hvite Boller/ White Rolls

INGREDIENTS
- 2 packages granular yeast
- 1 3/4 cups milk (scalded)
- 1 3/4 cup water
- 1/2 cup butter
- 1 cup sugar
- 4 tsp. salt
- 12 -13 cups flour

DIRECTIONS
Dissolve yeast according to directions on package. Pour hot milk over butter, add sugar, salt and water. When luke warm add yeast. Add enough flour to make a soft sponge, beat well, then add just enough flour so dough can easily be handled. Knead well and put in greased bowl to rise. When doubled in size knead down and let rise again until almost double. Shape into rolls and place in pan to rise. Bake at 325 degrees for 25 -30 minutes.

Pickled Cucumbers

INGREDIENTS
- 1/2 cup white vinegar
- 2 Tbs. water
- 1/4 tsp. salt
- 1/8 tsp. white pepper
- 3 Tbs.sugar
- 3 Tbs minced dill or parsley
- 2 medium cucumbers

DIRECTIONS
Combine all ingredients except cucumbers. Wash and dry cucumbers. Do not peel. Slice as thinly as possible - the cucumbers should be almost transparent. Place in serving dish. Pour dressing over cucumbers and refrigerate 3 hours or more before serving.

Gedroogde Appeltjes/ Dried Apples

INGREDIENTS
- 1 pound dried apples, cut into slices or quarters
- 3/4 cup raspberry sauce
- rind of 1/2 lemon
- 5 Tbs. sugar
- Cornstarch

DIRECTIONS
Wash the apples the night before and cover well with water. Drain and add raspberry sauce, lemon rind, sugar and 2 cups water. Cook them gently until they are soft. Drain. Mix the corn starch with some water (the quantity depends on the amount of juice). Add this to the juice and simmer until syrup is thick. Remove the lemon rind. Pour over the apples and chill.
Kansas City Steak Soup (Favorite Meal)
Daniel Reich, Grade 10, Country Clovers

INGREDIENTS
- 1 1/2 pounds lean ground beef
- 1 large onion (finely chopped)
- 2 stalks celery (trimmed and finely chopped)
- 2 (14.5 ounce) cans low sodium beef broth
- 1 (28 ounce) can tomatoes, with juices
- 1 (10 ounce) package frozen mixed vegetables
- 2 Tbs bottled steak sauce plus more for serving
- 2 tsp. worcestershire sauce
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1/4 cup all-purpose flour

DIRECTIONS
In a large Dutch oven set over medium-high heat, cook the ground beef, onion, and celery 7 to 10 minutes, until meat is brown and onion and celery are tender. Use wooden spoon to break up the meat as it cooks. Drain any fat.

Stir in one can of broth, tomatoes, frozen vegetables, 2 Tbs. steak sauce, worcestershire sauce, salt and pepper. Bring to boil, then reduce heat to simmer, cover and cook for 20 minutes.

In a medium bowl, Whisk together the remaining can of broth and flour, stir into the soup. Cook until thickened and bubbly; this will only take a few minutes. Give a good stir and serve with additional steak sauce if desired.

Biscuits with Sausage and Gravy (Budget Meal)
Daniel Reich, Grade 10, Country Clovers

INGREDIENTS
- 1 pound bulk sausage
- 1-1/2 cups sliced fresh mushrooms
- 1/2 cup chopped onion
- 2 garlic cloves (minced)
- 6 Tbs all-purpose flour
- 1 tsp. sugar
- 3 cups milk
- 1/4 cup chopped fresh basil (optional)

DIRECTIONS
In a large skillet, cook sausage, mushrooms, onion and garlic until sausage is no longer pink and mushrooms are tender. Drain. Stir in flour and sugar. Gradually add milk, stirring constantly. Cook over medium heat, stirring constantly, until mixture thickens. Remove from heat stir in basil if desired. Serve hot over freshly baked biscuits.

Homemade Biscuits

INGREDIENTS
- 2 cups unsifted flour
- 3 tsp, baking powder
- 1 tsp. salt
- 2 tsp. sugar
- 1/2 tsp. cream of tarter

DIRECTIONS
Sift all ingredients together. Add 1/2 cup butter mix using pie crust cutter. Add 2/3 cup milk. Mix lightly, but don't over mix. Roll out or drop by spoon onto nongreased baking sheet. Bake 15 -20 minutes at 375 degrees.