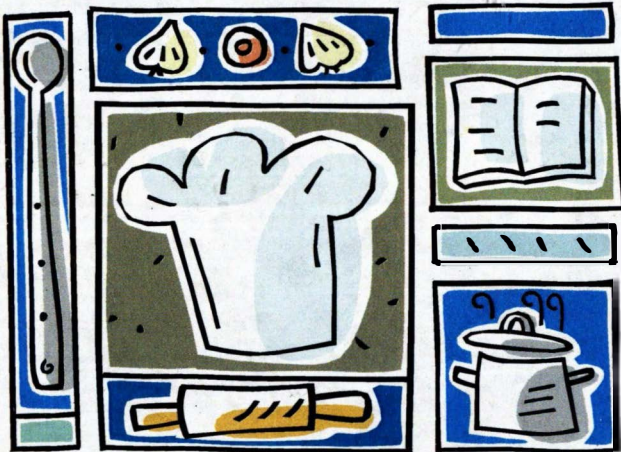


2009

Brookings County

4-H Special Foods



South Dakota
Cooperative Extension Service

Dairy Group

Strawberry Milk Frost

Victoria Berndt—8

Northview Lads & Lassies 4-H Club

1 cup strawberries
2 T. sugar
1 cup vanilla ice cream

1 cup milk
1 tsp. vanilla



Place strawberries and half of milk in the blender. Blend until the strawberries are pureed. Add remaining milk, sugar and vanilla. Blend until well combined. Add ice cream and blend until creamy.

Homemade Mac & Cheese

Andrew Berndt—12

Northview Lads and Lassies 4-H Club

8 cups water
 $\frac{2}{3}$ cup milk

3 cups macaroni
10 oz. Velveeta cheese, cubed

Boil water and cook macaroni as directed on package. Drain. Add milk and cheese. Cook until creamy.



Archives

Tx 715

.B695

2009

#1003866117

Fruit Group

Very Berry Fruit Pizza
Thorwald Vostad—18
West Sioux II 4-H Club

- 1 tube reduced fat crescent rolls
- $\frac{2}{3}$ cup low-fat raspberry yogurt
- $\frac{2}{3}$ cup low-fat lemon yogurt
- $\frac{1}{4}$ cup sugar
- 2 cups sliced strawberries
- 3 kiwi, peeled, sliced and halved
- 1 cup pineapple chunks, drained
- 1 cup raspberries
- $\frac{1}{2}$ cup mandarin oranges, drained
- $\frac{1}{2}$ cup blueberries

Glaze:

- $\frac{1}{2}$ T. margarine
- $\frac{1}{2}$ cup powdered sugar
- $\frac{1}{4}$ tsp. almond extract

Place crescent rolls on a baking sheet. Shape into a 12" circle. Bake at 375° for 12 minutes. Remove from oven, loosen from pan and cool completely. Blend yogurts and sugar together. Spread on cooled crust. Arrange the fruit in a circular manner around the crust, starting with the strawberries on the outermost edge. Melt margarine, stir in powdered sugar and extract. Thin with hot water. Drizzle glaze over fruit.

Serves 6.



Festive Fruit Salad
Kelsey Conatser—12
West Sioux II 4-H Club

1 cup chunk pineapple
2 apples (1 red and 1 green)
¼ cubed cantaloupe
½ banana, sliced

1 cup strawberries
1 cup grapes (½ red, ½ green)
1 kiwi fruit, peeled and sliced

Dressing:

1 T. cream cheese
1 tsp. lemon juice

¼ cup powdered sugar
1 cup low-fat whipped topping

Place all fruit in a serving bowl.

Beat cream cheese. Add sugar and lemon juice. Fold in whipped topping. Spread over fruit.

Serves 6.

Focus on Fruits— Eat 1-2 cups every day!

For a 2,000 calorie diet, you need 2 cups every day.

To find the amounts that are right for you, go to MyPyramid.gov

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit are equivalent to 1 cup from the fruit group. Eat a variety of fruit, and go easy on the fruit juices.

Eat them at meals, and at snack time too.



Grain Group

Raspberry Lemon Muffins

Maria Berndt—11

Northview Lads & Lassies 4-H Club

1 cup flour	½ cup half-and-half
½ cup sugar	½ tsp. lemon extract
½ T. baking powder	¼ cup vegetable oil
¼ tsp. salt	¾ cup raspberries -
1 egg, lightly beaten	fresh or frozen

In a large bowl, combine flour, sugar, baking powder and salt. Combine the egg, half and half, oil, and lemon extract. Stir into dry ingredients just until moistened. Fold in the raspberries. Spoon into 9 greased or paper-lined muffin cups. Bake at 400° for 17-19 minutes or until golden brown. Makes 9 servings.



Mom's French Toast

Brandon Berndt—10

Northview Lads & Lassies 4-H Club

12 slices of bread	6 eggs	
½ cup milk	¼ tsp. cinnamon	¼ tsp. nutmeg

Mix together eggs, milk and spices. Dip bread in egg mixture. Then cook on griddle until brown. Flip and cook until brown.



Meat and Bean Group

Taco Salad

Evelyn Klein—14

White Go-Getters 4-H Club

- 1 lb. ground beef
- 1 packet taco seasoning
- 1 10-oz. bag lettuce
- 1 15.25-oz. can black beans, drained and rinsed
- 4 cups Nacho Cheese Doritos, crushed
- 1 10-oz can diced tomatoes and chili peppers, strained
- 2 cups fiesta blend shredded cheese
- ½ cup Ranch dressing
- ½ cup taco sauce

Brown the beef and add the taco seasoning to it. Put in the freezer to cool. Toss together lettuce, beans, tomatoes and cheese.

Mix together ranch dressing and taco sauce. Stir into lettuce mixture, stir meat into mixture. Add Doritos just before serving.

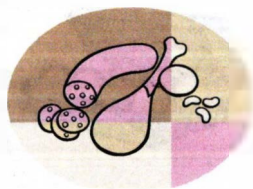
Serves 6.

Meat & Beans Group

Eat 5 ½ oz. every day

1 ounce of lean meat, poultry or fish, 1 egg, 1 T. peanut butter, ¼ cup cooked dry beans, or ½ ounce of nuts or seeds are equivalent to 1 ounce from the meat and beans group.

Choose low-fat or lean meats and poultry. Bake, broil or grill your meat. Vary your protein routine—choose more fish, beans, peas, nuts and seeds.



Breakfast Burritos

Jeanette Klein—12

White Go-Getters 4-H Club

1 lb. ground beef	6 eggs
½ cup shredded cheese	1 cup salsa
¼ cup fresh chives	6 tortillas
2 cups frozen hash browns	2 T. olive oil

Brown the beef in one pan, and in another pan, add the olive oil and then brown the hash browns. Scramble the eggs and add to the browned beef. After the eggs are cooked, turn the burner off and add salsa, cheese, chives and cooked hash browns to the meat and eggs. Stir gently. Fill the six tortillas and arrange in pan. Garnish with cheese, chives and chive flowers. Serves 6.



Sunrise Egg Bake

Kylie Eckman—13

West Sioux II 4-H Club

6 eggs	1 ½ cup hash browns
1 ½ T. chopped onion	1 cup diced ham
¼ tsp. salt	1 cup chopped broccoli
½ tsp. pepper	
1 ½ cup shredded Colby Jack cheese	



Heat oven to 350°. Spray a 9 or 10 inch pie pan. Combine eggs, onion, salt and pepper and beat well. Stir in potatoes, cheese, ham and broccoli. Pour into pie pan. Bake for 45 minutes. Garnish and serve.

Serves 6.

Enchilada Casserole

Rebecca Apland—13
West Sioux II 4-H Club

1 lb. ground beef	½ cup chopped tomatoes
¼ cup chopped onions	1 tsp. crushed red peppers
1 8-oz. can tomato sauce	½ cup salsa
½ cup water	3 flour tortillas
3 tsp. chili powder	
2 ½ cup shredded taco blend cheese	

Cook the beef in 12" pan until well browned breaking up meat. Stir in tomato sauce, salsa, chili powder, water, chopped onions, crushed red peppers and chopped tomatoes. Stir until well blended. Place one piece of flour tortilla on the bottom of a 9x9 casserole dish. Place ⅓ of the meat mixture on top and sprinkle ⅓ of the cheese on top. Set oven to 350° and place casserole dish in oven for 3-4 minutes until cheese is melted.

Serves 4.

Barbecued Pork Chops on a Bed of Rice

Kylie Eckman—13
West Sioux II 4-H Club

4 4 to 5 oz. pork chops	2 tsp. Worcestershire sauce
1 T. oil	2 T. chopped onion
½ tsp. liquid smoke	½ tsp. Famous Dave's rib rub
1 (10 ⅓ oz.) can tomato soup	1 tsp. mustard
2 T. brown sugar	4 cups instant rice
2 T. vinegar	

Trim excess fat off pork chops if needed. Combine all ingredients except pork chops and oil. Put oil in frying pan and brown pork chops. After pork chops are brown, pour BBQ sauce on and simmer for 20 minutes, or until 165° on meat thermometer. Cook instant rice while pork chops are simmering. Serve pork chops with rice.

Serves 4.

Tasty Ham Alfredo
Bailey Thompson—13
Medary Creek Beavers 4-H Club

1 cup cooked diced ham
9 oz. Penne Rigate noodles
1 ½ cups frozen mixed vegetables (California Medley Blend)
1 T. butter
½ tsp. bottled minced garlic
8 oz. cream cheese
½ cup milk
Dash of black pepper
¼ cup grated Parmesan cheese

Cook noodles in large saucepan following the package directions. Cook mixed vegetables in a saucepan at the same time making sure to add water to the vegetables. Turn off the burner. Remove the noodles from the stove and strain in the sink. Remove vegetables from stove and pour in the same strainer. Add butter to the empty saucepan. Cook on medium-low until the butter is melted. Carefully add the garlic and cook for 30 seconds stirring with a spoon. Add the cream cheese to the saucepan. Add milk. Use a wire whisk to stir until mixture is smooth. Once it is smooth, stir in the ham and pepper. Cook and stir for 2 minutes. Remove from stove. Add the noodles and mixed vegetables to the ham mixture. Using a wooden spoon, gently stir until combined. Sprinkle Parmesan cheese on top.
Serves 4.



Viola's Beef Birds

Brittany Berndt—16

Northview Lads & Lassies 4-H Club

1 lb. ground beef	1 pkg. Stove Top Stuffing
1 can cream of chicken soup	½ cup water
¼ tsp. salt	⅛ tsp. pepper

Preheat oven to 350°. Divide beef into 3 large thin patties. Prepare dressing according to package directions. Place large spoonful of dressing on half of each patty. Fold over rest of patty and seal edges. Place patties in a 9x13 inch pan. Combine soup and water and spoon over birds. Bake uncovered at 350° for 45 minutes.

Sausage and Pepper Pies

Trina Moberg—16

Northview Lads & Lassies 4-H Club

2 tsp. olive oil	½ lb. pork sausage
½ red bell pepper, chopped	½ green pepper, chopped
½ yellow pepper, chopped	½ medium onion, chopped
2 cloves garlic, chopped	
1 tube (13.8 oz.) refrigerated pizza crust	
1 cup Italian shredded cheese	
2 T. Marinara sauce	

Heat oven to 425°. Coat 2 large baking sheets with non-stick cooking spray. Heat oil in a skillet. Add sausage and cook, breaking up, 3 minutes. Add peppers and onion, and cook 6 minutes or until sausage is cooked and vegetables are softened. Stir in garlic; cook 30 seconds. Unroll dough; cut into 4 pieces. Shape each into a 6 ½ inch square on baking sheets. Divide sausage mixture and cheese among the pieces. Bring one corner of dough to opposite corner; seal. Bake 15 minutes or until golden. Serve with marinara sauce. Serves 4.

Sweet and Sour Pork

Emily Meyer-15

Northview Lad & Lassies 4-H Club

1 lb. lean pork tenderloin	2 T. light soy sauce
1 tsp. rice vinegar	2 tsp. corn flour
1 ½ cups pineapple pieces	1 large green pepper
1 ½ tsp. canola oil	2 T. chopped green onion
2 tsp. dark soy sauce	2 tsp. sugar
½ tsp. sugar	½ tsp. corn flour
½ tsp. cold water	

Cut pork into ½” x 3” piece strips. Place in bowl with 1 T. soy sauce, rice vinegar, and 2 tsp. corn flour. Marinate.

Drain pineapple.

Cut up pepper.

Heat fry pan, add oil and stir-fry pork 1 minute.

Add pineapple, green pepper and onions.

Add remaining ingredients and cook 2 minutes.

Serves 4.



Lasagna in a Bun
Vanessa Brown—14
Poinsett Pioneers 4-H Club

4 Hoagie/brat buns	¼ tsp. pepper
¾ lb. ground beef	1 tsp. minced onion
¼ lb. fresh pork	1 c. spaghetti sauce
½ tsp. salt	½ c. ricotta cheese
1 c. shredded cheddar cheese	1 c. mozzarella cheese
¼ c. parmesan cheese	

Brown beef and pork with salt, pepper and onion.

Add spaghetti sauce, simmer on low temp.

Cut thin slices off top of buns. Hollow out centers leaving ¼ inch thick shells.

Combine ricotta cheese and half of cheddar and mozzarella cheeses.

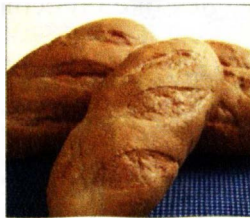
Spoon meat sauce into buns. Top with cheese mixture.

Place in a baking pan. Cover loosely with foil. Bake at 350° F for 20 minutes. Uncover, sprinkle with remaining cheeses.

Return to oven until cheese is melted.

Garnish. Serve warm.

Serves 4.



Vegetable Group

Popcorn Chicken Salad

Natasha Vermeulen—11
Bruce Honey Bees 4-H Club

- 2 cups frozen popcorn chicken
- 1—11 ounce package lettuce
- ½ medium cucumber
- ½ cup grape tomatoes
- ¾ cup grated carrots
- 1 cup spinach
- ½ cup ranch salad dressing

Set oven to 400°. Spread chicken on cookie sheet and bake according to package directions.

Put lettuce into one bowl.

Cut the cucumber into bite-size pieces. Add the cucumber to the bowl along with tomatoes, carrots, spinach and chicken.

Drizzle the dressing over the ingredients in the bowl and shake 25 times or until the salad is coated with dressing.

Serves 4.

Vary Your Vegetables!

Eat more dark-green veggies like broccoli, spinach and other dark leafy greens.

Eat more orange vegetables - carrots and sweet potatoes.

Try to eat more dry beans and peas (pinto beans, kidney beans and lentils).

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens are equivalent to 1 cup from the vegetable group.



TIPS FOR FAMILIES

Eat Right

1. **Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and low-fat popcorn, more often.
2. **Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
3. **Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
4. **Get your calcium-rich foods.** To build strong bones, serve low-fat and fat-free milk and other milk products several times a day.
5. **Go lean with protein.** Eat lean or low-fat meat, chicken, turkey and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
6. **Change your oil.** We all need oil. Get yours from fish, nuts and liquid oils such as corn, soybean, canola and olive oil.
7. **Don't sugarcoat it.** Choose foods and beverages that do not have sugar and calorie sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Exercise

1. **Set a good example.** Be physically active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
2. **Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org
3. **Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes every day or most days.
4. **Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics or relay races. Have a bowling or skating party.

5. **Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
6. **Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
7. **Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

Have Fun!

Distributed by:

Brookings County Extension
826 32nd Avenue, Suite 101
Brookings, SD 57006
605-696-8280
605-696-8290-fax
brookings@sdstate.edu

South Dakota State University, South Dakota Counties and U.S. Department of Agriculture Cooperating

South Dakota State University is an Affirmative Action/Equal Opportunity Employer and offers all benefits, services, education and employment opportunities without regard for race, color, creed, religion, national origin, ancestry, citizenship, age, gender, sexual orientation, disability, or Vietnam Era Veteran status