

Brookings County 2007



4-H Special Foods Recipes

Dairy Group



Breakfast Banana Split

Maria Berndt-9

Northview Lads & Lassies

- | | |
|---------------------|--------------------------|
| 2 bananas | 2 cups strawberry yogurt |
| 1 cup strawberries | 2 Tbsp. granola |
| 1/2 cup blueberries | 2 maraschino cherries |

Wash and slice strawberries. Peel bananas, slice them lengthwise and place them in serving dishes, separating the halves. Place strawberry yogurt on banana slices. Gently place berries over yogurt. Sprinkle with granola and garnish with cherries. Serves 2.

Creamy Strawberry Sipper

Mariah Vander Wal-9

West Sioux II

- | | |
|-----------------------------------|------------------------|
| 1 1/2 cups milk | 1 tsp honey |
| 1/2 cup sliced strawberries | 1/2 cup sliced bananas |
| 3/4 cup low fat strawberry yogurt | |

Blend 15 seconds in blender. Serve with straw and garnish. Serves 2.



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Fruit Smoothie

Ryan Berndt-8

Northview Lads & Lassies

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1/2 cup orange juice

1 cup milk

2 Tbsp. sugar

1 cup strawberries

1 cup raspberries

3 cups ice cream

Place all ingredients in blender. Blend until smooth. Serves 2.

Purple Cow Jumped Over the Moon

Brandon Berndt-8

Northview Lads & Lassies

3 cups vanilla frozen yogurt

1/2 cups thawed grape juice
concentrate

1 1/2 tsp. lemon juice

1 cup milk

Put all items in the blender and process until smooth.
Serve immediately. Serves 6.



Fruit Group

Raspberry Pineapple Cooler

Travis Thompson-9

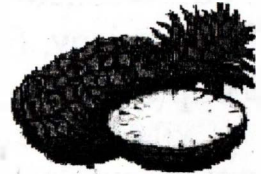
Northview Lads & Lassies

1 cup pineapple juice
1 cup bananas
1/2 cup ice cubes

1 pkg. Tofu
10 oz. raspberries

Combine in blender until smooth.

Serves 6.



Pears & Cream Smoothie

Jeanette Klein-10

White Go-Getters

2 pears
1 green apple
1 banana
1 cup fat-free half and half

1/4 tsp. vanilla
1-6oz. Container Vanilla Crème Yogurt
2 cups crushed ice

Rinse fruit. Core and slice pears and apple. Blend them with the half and half. Blend in the banana, yogurt and vanilla. Lastly, blend in the ice. Garnish, serve and enjoy!

Serves 4.

Vegetable Group

Lemon Broccoli Melody

Rebecca Apland-11

West Sioux II

Salad

6 cups washed, drained, and cut broccoli tips

1/2 cup shredded carrots

1/2 cup washed raisins

3 Tbsp. crispy, fried bacon, crumbled

1/2 cup sunflower nuts

Dressing

1 cup lemon yogurt

2 Tbsp. white sugar

2 Tbsp. white vinegar

Mix dressing ingredients in a separate bowl. Place in refrigerator to cool. Next, place salad ingredients in a large bowl. Add dressing and stir until well coated. Chill until served. Serves 6.



Meat Group

Easy Popover Pizza

Vanessa Brown-12

Poinsett Pioneers

3/4 lb. ground beef	1 cup mozzarella cheese
1/4 lb. fresh pork	1/2 cup taco cheese
1 tsp. salt	1/2 cup 2% milk
1/2 tsp. pepper	1 Tbsp. dried onion
1/2 cup pizza sauce	1/2 tsp. oil
1/2 cup flour	1 egg

Brown ground beef and pork. Season with salt, pepper and onion. Add in pizza sauce. Spread into 8x8 pan. Mix cheese together and sprinkle on top of meat mixture. Combine milk, egg, flour, and oil. Pour over cheese. Bake at 350°F for 30 minutes. Garnish. Serves 6.

American Beef Burger

Andy Berndt-11

Northview Lads & Lassies

1/3 cup BBQ sauce
1 cup shredded colby jack cheese
1 1/2 lbs. ground beef
1/3 cup diced onion



In a bowl, combine all ingredients. Mix well and form hamburger patties. Grill about 8 minutes or until done. Serves 6.

Shelby's Spicy Pizza Hotdish

Shelby Aulner-15

Northview Lads & Lassies

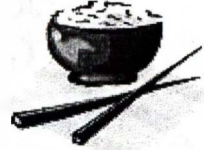
1 lb. ground beef	1 tsp. crushed red pepper
1 lb. fresh pork sausage	1/2 tsp. oregano leaves
4 cups water	2 tsp. chopped onion
2 cups elbow macaroni	1/2 tsp. parsley flakes
1 can (28 oz) diced tomatoes	1/2 tsp. basil leaf
1 can (15 oz) tomato sauce	1 tsp. chili powder
1 can (8 oz) tomato sauce	
1/2 tsp. Italian seasoning	
1 1/2 cup Mexican shredded cheese	
1 cup pepperoni (chopped)	

Brown ground beef, fresh pork sausage and chopped onion. Boil water and cook macaroni for 7 minutes. Drain the meat and macaroni. Then mix together and add all the seasonings and other ingredients excluding the pepperoni and cheese. Chop pepperoni. Stir in 1/2 cup and stir in 1 cup cheese. Sprinkle rest of pepperoni on top of the mixture. Bake in 16x9 dish at 375°F for 15 minutes. Sprinkle rest of cheese on top and bake 5 minutes or until cheese is melted. Serves 6.



Orange-Beef Stir-Fry
Dayton Vander Wal-12
West Sioux II

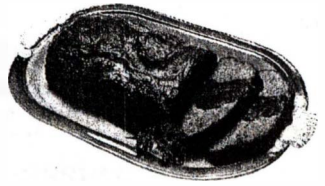
- 6 oz. sirloin steak
- 1 tsp. finely shredded orange peel
- 1/4 cup orange juice
- 1/2 Tbsp. cornstarch
- 1/2 Tbsp. soy sauce
- 1/2 tsp. sugar
- 1/2 Tbsp. instant beef bouillon granules
- 2 Tbsp. olive oil
- 4 green onions, bias-sliced into 1-inch pieces
- 1 clove garlic, minced
- 3 1/2 cups of coarsely shredded fresh spinach (or 1/2 of the bag)
- 1/4 of an 8 oz can sliced water chestnuts
- 1 1/2 cups hot cooked rice



If desired, partially freeze beef for easier slicing. Trim, slice beef across the grain into bite-size strips, set aside. For sauce, in a small bowl, stir together orange peel, orange juice, cornstarch, soy sauce, sugar and bouillon. Set aside.

In a skillet, heat 1 Tbsp. of the oil over medium-high heat. Add green onions and garlic: cook and stir in hot oil for 1 minute. Remove green onion mixture from skillet using a slotted spoon. Add remaining 1 Tbsp oil to skillet. Add beef to hot skillet. Cook and stir for 2 to 3 minutes or to desired doneness. Push beef from center of skillet.

Stir sauce. Add sauce to center of skillet. Cook and stir until thickened and bubbly. Return green onion mixture to skillet. Add spinach and water chestnuts. Stir all ingredients together to coat with sauce. Cover and cook for 1 minute more or until heated through. Serve immediately over hot cooked rice. Serves 2.



Meat Loaf Potato Surprise

Josie Flatgard-12

Country Clovers

1 cup soft bread crumbs	1 1/2 lbs. ground pork
1/2 cup milk	1 egg beaten
4 tsp. dried, minced onions	1 tsp. salt
1 tsp. onion salt	1/4 tsp. pepper
1/4 tsp. Italian seasoning	
1/4 cup sweet and sour sauce	
2 cups shredded hash browns, thawed	
1/3 cup grated Parmesan cheese	
1/4 cup minced, fresh parsley	

In a bowl, combine crumbs, milk, egg and seasoning; let stand two minutes. Add the pork, and mix well. On a piece of waxed paper, pat meat into a 10-inch square. Combine hash browns, cheese, parsley, and onion salt. Spoon over meat. Roll up, jellyroll style, removing waxed paper as you roll. Pinch edges and ends to seal. Place with seam side down on an ungreased shallow baking pan. Bake at 375°F for 40 minutes. Spoon sauce over loaf. Bake for 10 more minutes. Serves 6.



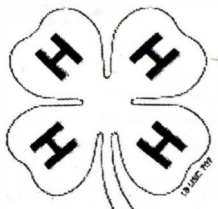
Bacon Cheeseburger Pasta

Trina Moberg-14

Northview Lads & Lassies

2 1/2 cups uncooked spiral pasta	1 cup water
1 lb. ground beef	1/2 cup ketchup
6 bacon strips, diced	2 Tbsp. mustard
1 cup shredded cheddar cheese	
1 can (10 3/4 oz.) condensed tomato soup	

Cook pasta according to package directions. Meanwhile, in a skillet, cook bacon until crisp; remove with a slotted spoon to drain on paper towels. In the same skillet, cook beef over medium heat until no longer pink; drain. Drain pasta; add to the skillet. Add soup, bacon, ketchup and mustard; heat through. Sprinkle with cheese; cover and cook until the cheese is melted. Garnish with dill pickle slices. Serves 6.



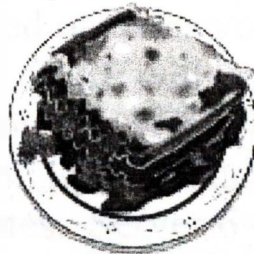
Luscious Lasagna

Brittany Berndt-13

Northview Lads & Lassies

1 lb. ground beef	1 tsp. oregano
1/2 lb. pork sausage	1/4 tsp. pepper
10 cups water (to boil noodles)	1 tsp. salt
9 lasagna noodles	9 Kraft singles
1/4 cup chopped onions	1 cup water
6 oz. can tomato paste	
16 oz. can chopped tomatoes	
16 oz can spaghetti sauce	
1 garlic clove; minced	
1/2 cup grated parmesan cheese	
2 cups mozzarella cheese	

Brown ground beef, sausage and onion together. Boil water and add lasagna noodles. Add tomato paste, chopped tomatoes, spaghetti sauce, water, garlic, oregano, pepper and salt to the drained beef and sausage. Heat until boiling. Drain lasagna noodles. In a 9x9 pan, layer noodles, sauce and cheese. Bake in an oven at 350°F for 30 minutes. Serves 6.



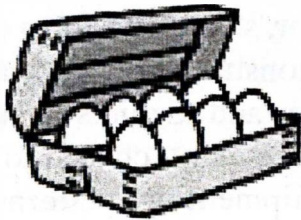
Hungry Man's Omelet

Thorwald Vostad-16

West Sioux II

6 eggs	1/4 cup milk
1/2 lb. lean pork sausage	1 tsp. salt
1/2 tsp. pepper	1/3 cup shredded American cheese
3 Tbsp. crumbled bacon	

Place sausage in a microwave safe container. Microwave on high for 3 minutes, stir and microwave another 1 1/2 minutes or until sausage is cooked. Meanwhile, break the eggs into a large mixing bowl. Add milk, salt, pepper, shredded cheese, and crumbled bacon. Stir until well blended. Drain the fat from the sausage after done cooking. Add sausage to the egg mixture. Then ladle the egg mixture into the omelet cooker. Cook for 10 minutes or until eggs are set. Serve immediately. Serves 6.



Goals & Objectives of 4-H Special Foods

Goal: 4-H'ers will learn to provide meals and snacks that satisfy aesthetic, psychological, nutritional, and individual needs by choosing and preparing a recipe from any one of the five food groups.

Nutritional Objectives:

- To know the MyPyramid Plan, food groups and amount/number of servings needed for one's own age and activity level.
- To prepare foods that meet basic nutrient needs of the body.
- To be able to list and discuss the functions of the six major nutrients present in the food groups and specifically those found in the food prepared and the menu.
- To recognize and categorize foods in the recipe into the food groups.
- To be able to discuss key nutrients present in the food prepared and the body's need for those nutrients.

Menu Planning Objectives:

- To demonstrate how to increase interest in a meal by varying color, shape and form of menu items.
- To demonstrate how contrasts in a menu's flavors, temperatures and textures contribute to its total quality.
- To use the menu chosen to establish preparation methods and equipment use patterns.

Aesthetics Objectives:

- To coordinate a table setting cover into an attractive, aesthetically pleasing manner based on the menu.
- To demonstrate the importance of arrangement and garnishing in overall appearance of the food being served.

Time Management Objectives:

- To identify and implement time management strategies, appropriate equipment and appliances to prepare the recipe within 1 1/2 hours.

Food Safety & Sanitation Objectives

- To observe personal hygiene habits to ensure a safe and sanitary food.
- To be able to discuss and implement general kitchen practices that are routine in the interest of safety and sanitation.
- To discuss and implement recommendations for avoiding bacterial hazards when purchasing, storing, thawing, cooking, and serving food.

Food Principles Objectives:

- To discuss the food principles and preparation techniques applied in the recipe prepared.
- To evaluate the finished product based on eye appeal, flavor, texture, and taste.



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