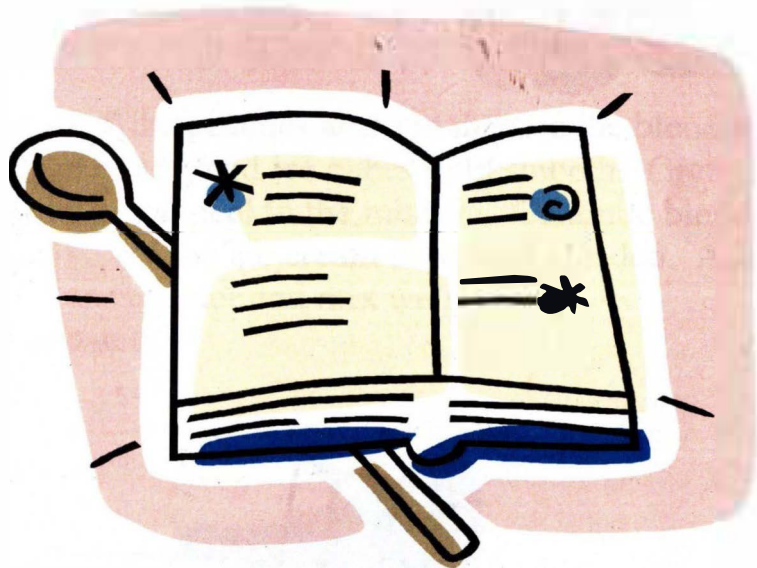


2008  
4-H Special Foods  
Recipes



Brookings County

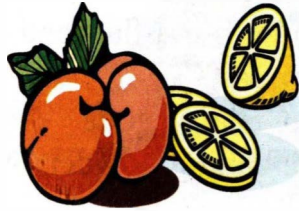
# Dairy Group

## Peach Lemon Frost

Maria Berndt—10

Northview Lads & Lassies 4-H Club

- 3 cups peaches, peeled and quartered
- 1 cup milk
- ½ cup lemonade
- 8 ice cubes
- 1 tsp. grated lemon peel
- 3 cups vanilla ice cream
- ¼ cup sugar



Peel and quarter the peaches and add them to the blender. Add milk, lemonade, and ice cubes until smooth. Grate, chop and add lemon peel to the mixture. Continue blending and slowly add the ice cream until well blended. Add the sugar to the blender and mix well. Serve immediately.



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# Grain Group

## Mini Zucchini Muffins

Jeanette Klein—10

White Go-Getters 4-H Club

2/3 cup white sugar

1 1/4 cup flour

3/4 cup ground flaxseed

1/4 tsp. salt

1/2 tsp. baking soda

2 tsp. baking powder

1/3 cup canola oil

1 egg

1 c. grated zucchini

1 1/4 tsp. vanilla

1/2 cup chopped walnuts

1 1/2 tsp. cinnamon

Preheat oven to 350°F.

In a large bowl, mix all the dry ingredients.

In a separate bowl, combine zucchini, egg, oil, vanilla and walnuts.

Mix wet ingredients with dry ingredients.

Spray muffin pan with butter spray.

Scoop batter into the muffin tin.

Bake for 25-30 minutes.

Cool on rack.

Serve and enjoy.

(Jeanette made these into 24 mini muffins)



# Meat and Beans Group

## Bacon Cheeseburger Meatballs

Trina Moberg—15

Northview Lads & Lassies 4-H Club

- 3 eggs
- 1 envelope onion soup mix
- 1 lb. ground beef
- 2 T. milk
- 2 T. all-purpose flour
- 1 cup finely shredded cheddar cheese
- 4 bacon strips, cooked and crumbled
- 1 cup crushed saltine crackers
- 5 T. oil



In a bowl, combine one egg and the soup mix.

Crumble beef over mixture and mix well.

Set aside.

In a bowl, combine the flour and milk until smooth.

Add cheese and bacon; mix well.

Shape cheese mixture into ½ inch balls.

Coat each cheese ball with beef mixture to create small meatballs.

In a shallow bowl, beat the remaining eggs. Place cracker crumbs in another bowl.

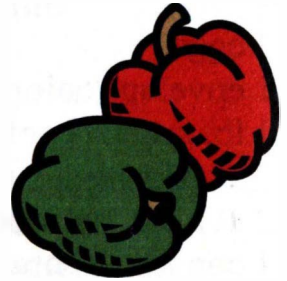
Dip meatballs into egg, then coat with crumbs.

In a large skillet over medium heat, cook meatballs in oil for 10-15 minutes until they reach 165°.

Serves 6.

**Stuffed Peppers**  
**Evelyn Klein—13**  
**White Go-Getters 4-H Club**

6 large bell peppers  
1 lb. ground beef  
2/3 c. uncooked instant brown rice  
1/2 tsp. salt  
1/2 tsp. garlic salt  
1/4 tsp. chili powder  
3/4 c. salsa  
1 c. tomato sauce  
3/4 c. corn  
Shredded mozzarella and cheddar cheese



Cut thin slice from stem of each pepper.  
Remove seeds and membranes; rinse peppers.  
Cook peppers upside down in microwave for 5 minutes.  
Cook rice as directed.  
When peppers are done, flip them right side up for another 5 minutes.  
Brown the beef and drain grease.  
Stir in rice, salt, garlic salt, chili powder, salsa and 1/2 cup tomato sauce.  
Stuff each pepper with beef mixture.  
Stand upright in an ungreased baking dish.  
Pour remaining sauce over peppers.  
Bake in a 350° oven for 40 minutes.  
Sprinkle with cheese.  
Serves 6.

## **Bubble Pizza**

Thor Vostad—17

West Sioux II 4-H Club

- ¾ lb. ground beef
- ¾ lb. fresh pork sausage
- 4 oz. pkg. pepperoni slices, cut in half
- ½ c. chopped onions
- 1/3 c. sliced mushrooms
- 1/3 c. sliced black olives
- 1 tube jumbo biscuits, cut in one-fourth
- 2 c. pizza sauce
- 1 c. shredded mozzarella cheese

In a microwave safe container, brown ground beef and sausage. Drain. Place in a large mixing bowl with the pepperoni, vegetables, biscuits and pizza sauce.

Toss together.

Place in a 9x13 inch pan.

Bake at 400°F for 15 minutes.

Sprinkle cheese on the top of the pizza and return to the oven for 10 more minutes.

Let set for at least 10 minutes before serving.

NOTE: This recipe can be changed for individual tastes by adding or deleting ingredients such as pepperoni, Canadian bacon, peppers, mushrooms, etc.

### **Menu Planning Tips**

Garnishes add appeal to food, but they should be simple as well as appropriate in flavor and color. Mix colors. Be an artist with color! Since we truly almost “eat with our eyes,” the selection of colorful food combinations make eating a greater pleasure. In arranging foods on the plate, place foods of contrasting color next to each other whenever possible.

**Spiced Orange Chicken**  
**Emily Meyer—14**  
**Northview Lads & Lassies**

4 (4 ounce) chicken breast halves  
¼ tsp. salt  
¼ tsp. pepper  
Cooking spray  
½ c. orange sections  
¼ c. orange juice  
3 T. orange marmalade  
¼ tsp. ground cinnamon



Flatten chicken breasts to ¼-inch thickness using meat mallet.

Sprinkle with salt and pepper.

Coat skillet with cooking spray.

Heat until hot.

Add chicken, cook both sides until lightly browned.

Cook 3 minutes longer until done.

Add orange sections and remaining ingredients to skillet.

Cook 2-3 minutes until orange mixture is thoroughly heated.

To serve, spoon orange mixture over chicken.

**Menu Planning Tips**

Combine flavors. Build “appetite appeal” as well as “eye appeal” into your meals with flavor and flavor combinations.

Contrast is always good. Complement bland foods with tang and zip.

Some flavors can cover or hide other flavors. Meat, for example, can be drowned in too much catsup, mustard, pickles or onions. Be careful not to hide the flavor or your food.

**Taco Bake**  
**Kylie Eckman—12**  
**West Sioux II 4-H Club**

**Meat Mixture**

¾ lb. ground pork

¾ lb. ground beef

1 envelop taco seasoning

Cook meat in a skillet and drain. Add taco seasoning, mix well and set aside.

**Batter**

½ cup corn meal

¾ cup flour

2 envelopes rapid rise yeast

1 T. sugar

½ tsp. salt

3 T. corn oil

¾ c milk (120-130°)

1 egg

Mix batter ingredients together in a bowl and pour into a pre-sprayed 8x8 inch dish. Top batter with taco meat mixture.

**Toppings**

1 c. chunky salsa

1 c. shredded Mexican cheese

1 c. corn chips partially crushed

Pour salsa evenly over meat; sprinkle with shredded cheese and corn chips. Bake by placing in a **COLD** oven; set temp. to 350°F. Bake for 30 minutes or until done.

Garnish with a dollop of sour cream, tomato and parsley.





**Beef Taco Skillet**  
**Rebecca Apland—12**  
**West Sioux II 4-H Club**

- ¾ lb. fresh pork sausage
- ¾ lb. ground beef
- 1 ¾ c. tomato soup
- ¾ c. salsa
- ¾ c. water
- 6- 6inch flour tortillas cut in 1” pieces
- ¾ c. shredded cheddar cheese
- 1 ¼ c. chili powder
- 1 ¼ tsp. chopped onion



Cook the pork and beef in a 12” skillet until well browned, stirring to break up meat.

Stir in soup, salsa, water and tortilla pieces.

Heat to a boil.

Reduce heat to low and cook for 5 minutes.

Stir.

Turn heat off, put cover on pan and let the cheese melt.

**Menu Planning Tips**

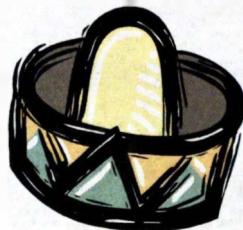
Try to include combinations of different shapes (square, round, triangular, rectangular or irregular) in your menu. A meal is more appealing when foods of different shapes and proportions are combined. Arrange food on the plate interestingly.

Place all food well within the rim of the plate.

Always serve cold foods cold and hot foods hot. Generally, lukewarm foods have lukewarm appeal!

**Mexican Meat Cups**  
**Vanessa Brown—13**  
**Poinsett Pioneers 4-H Club**

¾ lb. lean ground beef  
¾ lb. lean ground pork  
1 (10 count) pkg. refrigerated biscuits  
1 pkg. taco seasoning mix  
¾ c. water  
¾ c. chili beans  
¼ c. tomato sauce  
¾ c. shredded taco cheese



Garnish with lettuce, chopped tomato, olives and other items of your choice.

Roll two biscuits together. Flatten into a 3 1/2 inch circle.  
Place over the back of a large muffin tin.  
Bake at 250°F for 12-15 minutes.

Brown meat.

Stir in taco seasoning, water, beans and tomato sauce.  
Simmer 5 minutes.

Remove biscuits from pan.

Fill with meat sauce.

Top with cheese, lettuce and tomato.

Garnish with your choice of sour cream, salsa,  
or guacamole.

**Easy Hamburger Dish**  
**Courtney Stahl—11**  
**Little Leprechauns 4-H Club**

1 lb. ground beef  
1 cup vegetable beef soup  
1 cup minute rice  
1 ½ cups water

Brown the ground beef with salt and pepper to taste.  
Drain off the grease.

Add the soup, minute rice and water to the browned ground beef and bring to a boil.

Cover and simmer about 30 minutes.

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