

2010

Brookings County

4-H Special Foods



South Dakota
Cooperative Extension Service

Dairy Group

Refreshing Orange Cooler

Alicia Vander Wal—8

West Sioux II 4-H Club

1 fresh orange, peeled and sectioned
1 ½ cups vanilla ice cream
5 frozen ice cubes ginger ale

½ cup orange juice
1 cup vanilla yogurt

Combine ingredients and blend in a blender until smooth.

Serves 2.



Milk/Dairy Daily Recommendations:

Children	(2-3 years old)	2 cups
	(4-8 years old)	2 cups
Girls	(9-13 years old)	3 cups
	(14-18 years old)	3 cups
Boys	(9-13 years old)	3 cups
	(14-18 years old)	3 cups
Women	(19-30 years old)	3 cups
	(31-50 years old)	3 cups
	(51+ years old)	3 cups
Men	(19-30 years old)	3 cups
	(31-50 years old)	3 cups
	(51+ years old)	3 cups



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FRUIT GROUP

#100386611-Fresh Strawberry Banana Smoothie

Delanie Tangen—8
West Sioux II 4-H Club

½ cup plain yogurt
¾ cup orange juice
1 banana

¾ cup (or 6 oz.) strawberry yogurt
1 ¼ cup strawberries
6-8 ice cubes

Measure and put into blender the plain and strawberry yogurt. Measure and pour in orange juice. Wash strawberries and cut in half, put in blender. Peel banana and cut into slices and put into blender. Put 6-8 ice cubes in the blender. Blend for one minute or until smooth.



Serves 4.

Shimmering Fruit Salad

Jessica Fokken—8
West Sioux II 4-H Club

1 (21 oz. can) peach pie filling
1 medium apple
1 cup seedless green grapes, rinsed
1 medium banana

1 medium orange
1 cup cantaloupe chunks
1 cup seedless red grapes, rinsed

Empty can of peach pie filling into bowl. Cut orange sections into thirds. Chop apple and add to bowl. Add cantaloupe chunks and grapes. Slice banana into ½ inch slices and add to bowl. Gently mix all together.

Serves 4.



Vegetable Group

Country Chicken Supper

Bailey Thompson—14

Medary Creek Beavers 4-H Club

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|--|---------------------|
| 3 skinless, boneless chicken breasts | ½ cup chopped onion |
| 2 T. vegetable oil | |
| 1 (14.5 oz.) can French-style green beans | |
| 1 (14.5 oz.) can sliced carrots | |
| 1 (14.5 oz.) can chopped canned tomatoes (plain or seasoned) | |
| 2 potatoes cut into cubes | 1 cup uncooked rice |
| ½ tsp. salt | ½ tsp. pepper |
| 1 cup water | |
| 1 (8 oz.) bag Cheddar Cheese (finely shredded) | |

Cut chicken into bite-size pieces. Heat oil in a large skillet over medium heat; add chicken and onion. Cook for 3 minutes.

Add green beans, undrained tomatoes, carrots, potatoes, rice, salt and pepper to skillet. Mix gently.

Pour water over the top of chicken mixture. Cover and cook on medium heat for 20 minutes. Stir every 5 minutes, but the last 5 minutes stir constantly.

Take out and put in serving pan. Mix 1 ½ cup cheese in with the chicken mixture and layer ½ cup on top.

Serves 6.



Vegetable Daily Recommendations:

Children	(4-8 years old)	1 ½ cups
Girls	(9-13 years old)	2 cups
	(14-18 years old)	2 ½ cups
Boys	(9-13 years old)	2 ½ cups
	(14-18 years old)	3 cups

Meat Group

Tater Tot Casserole

Rebecca Apland—14
West Sioux II 4-H Club

1 lb. ground beef	½ tsp. salt
1 T. minced onion	¼ tsp. pepper
1 (10 ¾ oz.) can cream of chicken soup	
½ cup milk	1 ¾ cup green beans, drained
1 (11 oz.) can corn, drained	1 lb. tater tots
1 cup shredded Cheddar cheese	

Brown ground beef with salt and pepper in skillet. As the meat browns, add onions and stir. After all the ground beef is browned, transfer meat to a 9x9 casserole dish. Add soup and milk and mix together until all the soup is smooth. Add green beans and corn to the top of the meat mixture. After adding the vegetables, evenly sprinkle the cheese throughout the dish. Add tater tots and bake for 45 minutes or until tater tots are evenly brown and crispy.

Serves 6.

Curried Cabrito

Evelyn Klein—15
White Go-Getters 4-H Club

1 lb. cabrito (goat meat)	Salt to taste
3 oz. butter	4 T. minced onion
4 T. finely cut celery	4 T. diced apples
1 T. flour	1 T. curry powder
2 ripe tomatoes, stewed and strained	1 cup tomato juice or water

Cut meat into 1-inch squares; salt meat and sauté in butter. Add onion, celery and apples; sauté thoroughly. Sprinkle mixture with flour and curry powder and cook until flour turns color. Add strained tomatoes and water. Cover saucepan and let cook slowly until done. Serve with steamed rice.

Serves 5.

Stir-Fry Orange Beef
Jeanette Klein—12
White Go-Getters 4-H Club

1 lb. beef cut in 1-inch strips
1 T. vegetable oil
1 cup shredded carrot
½ cup chopped green onion

2 tsp. cornstarch
¼ tsp. crushed red pepper

Orange Sauce:

2 T. orange juice concentrate
2 T. soy sauce
2 tsp. cornstarch

2 T. teriyaki sauce
2 T. rice vinegar

Chop the onions, measure and set aside.

Combine the orange sauce ingredients in a small bowl, cover and set aside.

Combine beef and cornstarch in medium bowl, toss to coat, cover and set aside.

Heat oil and crushed red pepper in a skillet over medium-high heat until hot. Add half the beef, stir fry until none of the meat is pink. (Do not overcook). Remove from skillet and keep warm. Repeat with remaining beef.

Return all beef to skillet. Add Orange Sauce, carrots and green onions; cook and stir until sauce is thickened and bubbly.

Serve beef on foldable flatbread or in a lettuce roll.

Serves 5.



Toasty Breakfast Pockets
Brandon Berndt—11
White Go-Getters 4-H Club

2 slices American cheese	8 slices white bread
2 hard boiled eggs	2 oz. ham
1 T. mayonnaise	3 T. butter, melted
Paprika	

Preheat oven to 400°F. Cut each slice of cheese into fourths, set aside. Slice each egg into small pieces and add to a bowl. Chop ham and add to egg. Add mayonnaise and mix together. Scoop mixture into center of bread. Make pockets. Arrange on cooking sheet. Using pastry brush, brush tops with butter. Bake for 11-12 minutes. Top each with 2 slices of cheese and sprinkle with paprika.

Serves 4.

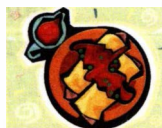
Baby Bam Burritos
Brittany Berndt—17
White Go-Getters 4-H Club

3 large eggs	2 T. milk
½ tsp. Baby Bam Spice	⅛ tsp. salt
½ lb. ground pork (sausage)	¼ cup chopped bell pepper
½ cup cheese	3 (8-inch) tortillas

Baby Bam Spice:

1 tsp. thyme	1 tsp. pepper	1 tsp. oregano
2 tsp. parsley	1 tsp. basil	2 tsp. garlic powder
2 T. salt	2 tsp. onion powder	3 T. paprika

Break eggs one at a time into bowl and whisk. Add milk, baby bam, salt and whisk together. Set aside. Cook sausage stirring to break up. When brown, add pepper and cook for 1 minute longer. Add eggs and cook stirring constantly until eggs are set. Sprinkle with cheese. Spoon filling down center of each warmed tortilla. Top with salsa.
Serves 3.



Big Man Burgers
Andrew Berndt—13
White Go-Getters 4-H Club

1 lb. ground beef	⅛ tsp. freshly ground pepper
¼ tsp. salt	½ cup shredded cheese
¼ cup BBQ sauce	
¼ cup bacon (cooked and chopped)	4 buns
4 slices American cheese	

Place all of the ingredients except for the ground beef, cheese slices and buns in a bowl and mix well. Then add the ground beef and mix well. Form ground beef into patties and place on grill. Cook until 160°.

Top with cheese slice and put on bun.

Serves 4.

Beef and Mushroom Lasagna
Trina Moberg—17
Northview Lads & Lassies 4-H Club

1 can (10 ¾ oz.) condensed cream of mushroom soup	
¼ cup milk	1 lb. ground beef
2 cups Mushroom Italian Sauce	9 cooked lasagna noodles
½ cup shredded Italian-blend cheese	
½ cup shredded Cheddar cheese	

Heat oven to 400°F. Stir soup and milk in a small bowl until smooth. Brown beef in skillet; drain. Stir in sauce. Layer ½ beef mixture, 3 noodles and 1 cup soup mixture in a 9x13" baking dish. Top with 3 more noodles, remaining beef mixture. Cover and bake for 30 minutes or until hot. Uncover, add cheese and bake until cheese is melted. Let stand 10 minutes.

Serves 6.

The Ultimate Burger
Tyler Jensen—14
White Go-Getters 4-H Club

1 lb. ground beef	1 egg
1 (4 oz.) can mushroom, chopped	½ cup bacon, fried & crumbled
¼ cup onion, diced and sautéed	1 cup shredded Cheddar cheese
½ tsp. salt	¼ tsp. pepper
5 buns	

Fry bacon and onion. Mix ground beef, salt, pepper and egg in a bowl. In another bowl mix bacon, onions, chopped mushrooms and shredded cheese. Make 10 1.5 oz. hamburger patties. Put one patty in hand and put 1 ½ tsp. mixture on patty and place another patty on top. Place patty in pan and fry. Place patty on bun and add condiment (ketchup, mustard) as wanted.



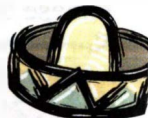
Serves 5.

Mexican Meat Cups
Kelsey Conatser—13
West Sioux II 4-H Club

1 lb. lean ground beef	¼ lb. fresh lean ground pork
1 pkg. Grand biscuits	1 pkg. taco seasoning mix
¼ cup water	¾ cup black beans
¼ cup tomato sauce	10 cherry tomatoes
¾ cup taco sauce	1 cup shredded lettuce
1 cup finely chopped taco blend cheese	

Roll 2 Grand biscuits into a ball and then flatten into a 3 ½ or 4" circle; fit over well greased muffin tins. Bake at 250°F for 20-25 minutes. Brown beef and pork, stir in taco seasoning, water, beans, tomato sauce and taco sauce. Simmer for 5 minutes. Remove biscuits from pan. Fill with meat sauce, top with cheese, lettuce and tomatoes.

Serves 5.



Marvelous Taco Bake
Vanessa Brown—15
Poinsett Pioneers 4-H Club

¾ lb. lean ground beef	¼ lb. lean ground pork
½ pkg. taco seasoning	¼ cup water
1 ¾ cup all-purpose flour	2 tsp. quick rise yeast
1 T. sugar	¾ tsp. salt
¾ cup warm water	1 tsp. dried onion
½ cup crushed corn chips	2 T. oil
2 cups taco cheese	

Brown ground beef and pork; add ¼ cup water and taco seasoning mix. Simmer. In a medium bowl, combine 1 cup flour, yeast, sugar, onion and salt; mix well. Add very warm (120-130°) water and oil to flour mixture. Mix in corn chips and enough remaining flour to make a stiff batter. Spread in a well-greased 9x11 pan. Cover; let rise 10 minutes. Spread meat filling over dough and bake at 375° for 25-30 minutes. Place taco cheese on top and place in oven until cheese melts.

Topping: garnish with shredded lettuce, tomato and olives, if desired.

Sour cream and taco sauce can be added, if desired.

Serves 6.

Goals and Objectives of the 4-H Special Foods Program

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

What is a healthy diet?

The Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruits and vegetables, whole grains and fat-free or low-fat milk and milk products
- Includes lean meats, poultry, fish, beans, eggs and nuts
- Is low in saturated fats, trans fats, cholesterol, salt and added sugars

Mix up your choices within each food group:

1. Focus on fruits; eat a variety of fruits (fresh, frozen, canned or dried) rather than fruit juice for most of your fruit choices.
2. Vary your veggies; eat more dark green veggies such as broccoli, kale and other dark leafy greens; orange veggies such as carrots, sweet potatoes, pumpkin and beans and peas.
3. Get your calcium-rich foods - low-fat or fat-free milk, low-fat yogurt and/or low-fat cheese.
4. Make half your grains whole. Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
5. Go lean with protein. Choose lean meats and poultry. Bake it, broil it, or grill it. Vary your protein choices with more fish, beans, peas, nuts and seeds.

Distributed by:

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

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