

2011
Brookings
County
4-H
Special Foods



South Dakota
Cooperative Extension Service

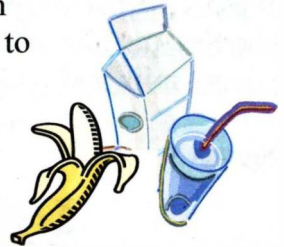
Dairy Group

Peanut – Butter Banana Smoothies

Alicia Vander Wal—9
West Sioux II 4-H Club

1 medium banana, peeled and cut into 1-inch chunks
1 cup fat free milk
1 cup ice cubes
1 cup vanilla fat free yogurt
2 T. peanut butter

Put all of the ingredients in a blender, blend on high speed, stopping the blender occasionally to push the fruit and uncrushed ice cubes down, until smooth.



Serves 3.

Mom's Magnificent Mac 'n Cheese

Brandon Berndt—12
Independent 4-H Member

6 cups water
3 cups macaroni
½ cup milk
6 oz. Velveeta cheese, cubed

Boil water. Add noodles. Cook for 8 minutes, drain.
Add milk and cheese. Cook until cheese melts.

Serves 3.



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Fruit Group

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Cherry Berry Blossom Special

Delanie Tangen—9
West Sioux II 4-H Club

1 ½ cup cut pitted cherries
6 oz. cherry yogurt
½ cup milk

1 ½ cups strawberries
¾ cup vanilla yogurt
½ tsp. vanilla

Wash strawberries, hull and slice into pieces. Measure pitted cherries, put all in the blender and blend until smooth. Add yogurt, milk and vanilla and blend until smooth.



Serves 3.

Orange Julius

Jada Lembcke—8
West Sioux II 4-H Club

1 6 oz. can frozen orange juice
1 cup water
⅓ cup sugar

1 cup milk
1 tsp. vanilla
10 ice cubes



Combine all ingredients except ice cubes. Process at high speed, add cubes, a few at a time, blending until smooth. Serve immediately.

Serves 5.

Fruit Pizza
Natasha Vermeulen—13
Bruce Honey Bees 4-H Club

1 (20 oz. pkg. refrigerated sugar cookie dough)
1 (8 oz.) pkg. cream cheese, softened
¼ cup sugar
Assorted fruit (grapes, kiwi, strawberries, etc.)
¼ cup apricot preserves

½ tsp. vanilla
1 T. water

Preheat oven to 375°. Line pizza pan with foil. Spray with cooking spray. Arrange cookie dough slices in single layer in prepared pan, press together to form crust. Bake 15 minutes. Beat cream cheese, sugar and vanilla with electric mixer until well blended. Spread over crust. Arrange fruit over cream cheese layer. Mix preserves and water and brush over fruit. Refrigerate one hour.

Vegetable Group

Calico Salad
Jessica Fokken—9
West Sioux II 4-H Club

2 cups broccoli florets	2 cups cauliflowerets
1 cup grape tomatoes	½ cup chopped celery
¼ cup sweet red pepper	¼ cup chopped green pepper
½ cup sour cream	2 T. milk
1 T. ranch salad dressing mix	¼ cup sunflower kernels
	1 T. bacon bits

In a large bowl, combine all vegetables. In another bowl, combine sour cream, milk and ranch mix. Pour over vegetables and toss to coat. Refrigerate until serving. Stir in sunflower kernels and bacon bits right before serving.



Serves 6.

Protein Group

Every Day Meat Loaf **Rebecca Apland—15** **West Sioux II 4-H Club**

2 oz. saltine crackers
½ cup milk
½ tsp. salt
½ tsp. pepper
⅛ cup minced onion

6 oz. ground beef
6 oz. pork sausage
1 eggs
1.4 oz. package bacon bits

Crush crackers. Add the first four ingredients in a large bowl. Mix well. Add meat and egg to the mixture. Mix well until ingredients are well combined. Divide mixture into four small servings. Add servings to the pan. Distribute bacon bits evenly on the tops of the loaves. Bake at 350° for approximately one hour, or until tops are firm.

Serves 4.

Cheesy Chicken Quesadilla **Victoria Berndt—10** **Independent 4-H Member**

8 whole wheat tortillas
2 T. southwest seasoning
8 oz. (1 cup) sliced chicken breast

¼ cup taco seasoning
1 c. water
1 ⅓ cup Colby Jack cheese

Cook chicken. Add water and seasonings to chicken. Simmer 10 minutes. Spray quesadilla maker with cooking spray. Put 1 tortilla in bottom of maker. Sprinkle ⅓ of the cheese and ¼ of the chicken. Top with tortilla. Cook for 1-2 minutes

Serves 4.

Honey Mustard Chicken
Jeanette Klein—13
White Go-Getters 4-H Club

4 skinless, boneless chicken breasts $\frac{3}{4}$ cup honey
 $\frac{1}{2}$ cup yellow mustard Lemon pepper to taste
4 slices bacon, cut in half
1 cup shredded mozzarella cheese

Preheat oven to 375°. Mix honey and mustard in small bowl. Cut breasts in half, split open, place in pan. Drizzle honey mixture evenly over. Sprinkle lemon pepper on top. Bake for 25 minutes. Take out, place 2 halves bacon on each breast. Sprinkle cheese over chicken. Bake 15 minutes or until internal temp is 165°.

Serves 5.

Go Lean With Protein

Start with a lean choice and keep it lean

- * Trim away all of the visible fat from meats and poultry before cooking.
- * Broil, grill, roast, poach, or boil meat and poultry or fish instead of frying.
- * Skip or limit the breading on meat, poultry or fish. Breading adds calories. It will also cause the food to soak up more fat during frying.
- * Prepare beans and peas without added fats.
- * Choose and prepare foods without high fat sauces or gravies.
- * Choose extra lean ground beef. The label should say at least "90% lean." You may be able to find ground beef that is 93% or 95% lean.



Beef & Garden Vegetable Pizza

Emily Meyer—17

Northview Lads & Lassies

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|--|-------------------------------|
| 1 lb. lean ground beef | ½ cup shredded carrots |
| ½ cup chopped red bell pepper | ½ cup chopped broccoli |
| 4 whole wheat pita breads | |
| ½ cup shredded part-skim mozzarella cheese | |
| 1 cup water | 1 6 oz. can tomato paste |
| 3 T. packed brown sugar | 1 T. reduced sodium soy sauce |
| 1 T. minced fresh ginger | 2 cloves garlic, minced |

Brown ground beef. Set aside after draining. In same skillet, combine water, tomato paste, brown sugar, soy sauce, ginger and garlic. Bring to a boil. Reduce heat and simmer until slightly thickened. Add carrots, pepper and broccoli and cook until tender. Spread one cup of mixture onto each pita. Sprinkle cheese on top. Place on greased cookie sheet. Bake 10-12 minutes in a 400° oven.

Serves 4



Stuffed Homemade Pizza

Brittany Berndt—18

Independent 4-H Member

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|-------------------------|-----------------------------------|
| 1 lb. ground beef | ½ cup of sliced deli ham |
| 1 can pizza sauce | 2 pkgs. pizza dough |
| 10 string cheese sticks | 2 cups shredded Colby Jack cheese |
| ¼ cup onion | |

Make pizza dough according to package directions. Brown ground beef and onion. Roll pizza dough out. Put string cheese around edge of pan/dough and wrap dough around cheese. Spread sauce on dough and top with toppings. Cook for 15-20 minutes at 425°. Sprinkle cheese and cook for 5 more minutes.

Serves 6.

Dakota Burgers
Andrew Berndt—14
Independent 4-H Member

1/3 cup Sweet Baby Rays BBQ Sauce	1/4 cup chopped onion
1/3 cup Colby Jack cheese	1/8 tsp. seasoning salt
2 T. Emerils BAM! Burger	1 1/2 lbs. ground beef
6 cheese slices	6 Sesame Seed Buns

Place ground beef in mixing bowl, add BBQ sauce, onion, Colby Jack cheese, seasoning salt and BAM! Burger. Mix well. Form into 6 patties. Place patties on George Forman Grill. Cook for 10-12 minutes until burger reaches 160°. Place on sesame bun with a slice of cheese and a lettuce leaf. Serves 6.

Bruschetta Chicken
Trina Moberg—18
Northview Lads & Lassies 4-H Club

1/2 cup all-purpose flour	2 eggs, lightly beaten
4 boneless skinless chicken breast halves	
1/4 cup grated Parmesan cheese	
1/4 cup stuffing mix, finely ground	1 T. butter, melted
2 large tomatoes, seeded and chopped	
1/2 T. dried basil	2 garlic cloves, minced
1 T. olive oil	1/2 tsp. salt
1/4 tsp. pepper	

Place flour and eggs in separate shallow bowls. Dip chicken in flour, then in eggs; place in a greased 9x13 inch baking dish. Combine the Parmesan cheese, stuffing mix and butter; sprinkle over chicken. Loosely cover baking dish with foil. Bake at 375° for 20 minutes. Uncover; bake 5-10 minutes longer or until top is browned. Meanwhile, combine the remaining ingredients in a bowl. Spoon over the chicken. Return to the oven for 3-5 minutes or until tomato mixture is heated through. Serves 4.

Chicken with Pears

Tyler Jensen—15

White Go-Getters 4-H Club

4 boneless chicken breasts, halved	½ tsp. salt
⅛ tsp. white pepper	2 T. vegetable oil
5 thick cut bacon strips	1 (14½ oz.) chicken broth
2 pears	2 T. cornstarch
2 cups cold water	¼ cup snipped chives

Sprinkle chicken with salt and pepper. In a skillet over medium heat, cook chicken in oil on both sides for about 10 minutes or until juices run clear. Meanwhile in a sauce pan, cook bacon until crisp. Drain, reserving 1 tablespoon drippings; set bacon aside. Gradually stir broth into the drippings, scraping pan to loosen browned bits. Bring to a boil. Boil uncovered for 5 minutes. Add peeled and diced pears; return to a boil. Boil uncovered for 5 minutes or until pears are tender. Combine cornstarch and water until smooth; add the chives. Gradually stir in the pear sauce, bring to a boil. Cook and stir 2 minutes or until thickened and bubbly. Stir in bacon, Serve over the chicken. Serves 4.

Amazing Tater Tot Casserole

Kelsey Conatser—14

West Sioux II 4-H Club

1 lb. lean ground beef	1 ¾ cup green beans
1 10 ¾ oz. cream of mushroom soup	1 cup shredded Cheddar cheese
½ cup milk	1 lb. tater tots
1 11 oz. can of corn	

Brown ground beef in a skillet. 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 clumps are gone. 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 at 350° or until tater tots are evenly brown and crispy. Serves 4.

Li'l Cheddar Meat Loaves
Vanessa Brown—16
Poinsett Pioneers 4-H Club

1 egg	$\frac{3}{4}$ cup milk
1 cup shredded cheese	$\frac{1}{2}$ cup oatmeal
1 tsp. onion	$\frac{1}{2}$ tsp. salt
1 lb. ground beef	$\frac{2}{3}$ cup ketchup
$\frac{1}{2}$ cup brown sugar	1 $\frac{1}{2}$ tsp. mustard

In a bowl, beat the eggs and milk. Stir in cheese, oats, onion and salt. Add beef and mix well. Shape into loaves; place in a greased 9x13 inch baking dish. Combine ketchup, brown sugar and mustard; spoon over loaves. Bake, uncovered at 350° for 45 minutes or until the meat is no longer pink.

Serves 6.

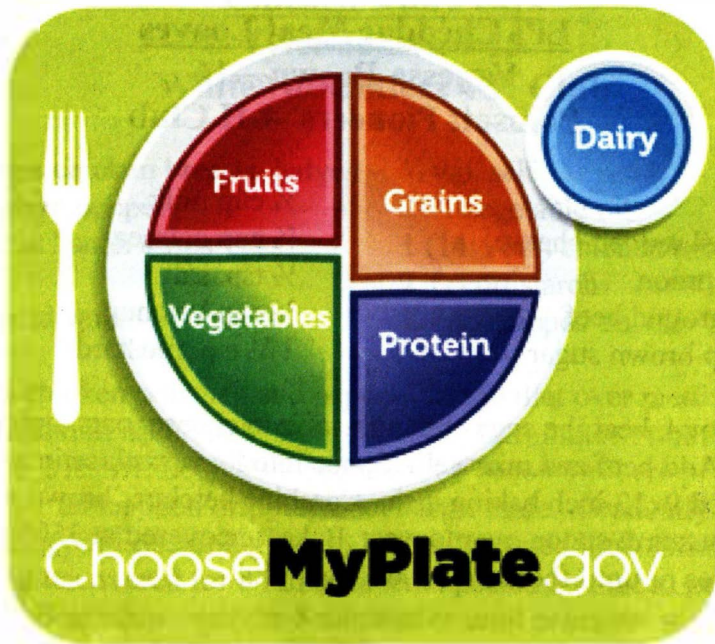
Grain Group

Cranberry Muffins
Annabelle Klosterman—8
Poinsett Pioneers 4-H Club

1 cup all-purpose flour	1 cup whole wheat flour
1 tsp. baking soda	$\frac{1}{2}$ tsp. salt
1 egg	1 tsp. vanilla
2 T. butter, melted	1 cup applesauce
$\frac{1}{2}$ cup honey	1 $\frac{1}{2}$ cup dried cranberries

Mix all dry ingredients (except cranberries) into mixing bowl. Mix wet ingredients and mix. Add dry ingredients into mixer and mix. Add cranberries. Preheat oven at 325°. Spray pan with oil. Scoop batter evenly into cups. Bake for 25 minutes. Check to see if it is done by sticking a knife and it comes out clean.

Makes 12 muffins.



Balancing Calories

Enjoy your food, but eat less
Avoid oversized portions

Foods to Increase

Make half your plate fruits and vegetables
Make at least half your grains whole grain
Switch to fat-free or low-fat (1%) milk

Foods to Reduce

Compare sodium in foods like soup, bread and frozen meals—and choose the foods with lower numbers
Drink water instead of sugary drinks

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