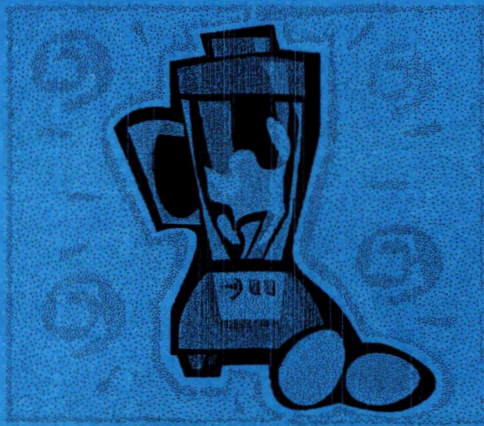


Brookings County



4-H Special Foods
Recipes
2005



DAIRY GROUP

Banana Milk Shake Josie Flatgard - 10 Country Clovers

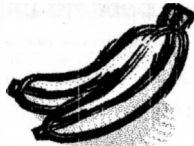
2 cups milk
1 ½ cups vanilla ice cream
1 banana
1 cup strawberries
2 tsp. sugar

Crush all ingredients in blender for 45 seconds.
Pour into glasses. Serves: 3

Chocolate Banana Surprise Adair Chase - 10 West Sioux II

2 cups ice cream
2 cups milk
½ cup peanut butter
½ cup chocolate mix
1 banana

Place all ingredients in a blender and blend until
Smooth.
Serves: 4



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DAIRY GROUP

Creamy Berry Shake Kylie Eckman - 9 West Sioux II

2 cups fresh strawberries
1 cup fresh raspberries
1 cup milk
3 cups ice cream
2 tbsp. sugar

In blender, combine all ingredients, process until smooth.
Pour into chilled glasses. Garnish with strawberries.

Serves: 4

Raspberry Smoothie Rebecca Apland - 9 West Sioux II

2 cups frozen or fresh raspberries
1 ½ cups black raspberry ice cream
2 cups milk
½ cup powdered sugar
2 tsp. vanilla



Place all ingredients in a blender. Blend well. Serves: 3



DAIRY GROUP

Fresh Fruit Pudding Milk Shake Tara Telkamp – 10 Little Leprechauns

- 3 ½ cups 2% milk
- 1 pkg. (4 oz.) vanilla instant pudding
- 1 med. banana, cut into chunks
- ½ cup strawberries

Place all ingredients in blender. Blend until smooth.
Serves: 4

Super Strawberry Sipper Vanessa Brown – 10 Poinsett Pioneers

- 1 cup ice cubes
- 2 cups sliced fresh strawberries
- 3 (6 oz.) cartons strawberry yogurt
- 2 cups milk
- 3 tbsp. honey



Place all ingredients in blender as listed.
Whirl until blended. Serves 4.

DAIRY GROUP

Strawberry Banana Smoothie

Andrew Berndt - 8

Northview Lads & Lassies

½ cup strawberries

1 banana

1/3 cup plain yogurt

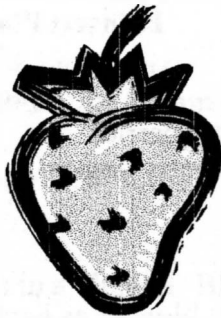
1 tbsp. honey

1 cup milk

3 ice cubes

Place in blender until smooth. Enjoy!

Serves 2

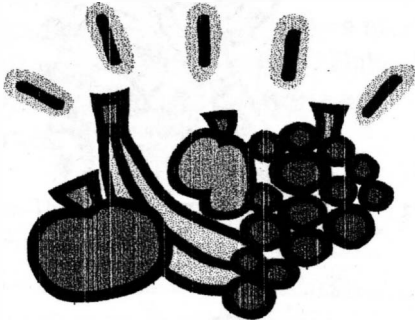


FRUIT GROUP

Cool Creamy Fruit Cup Dayton VanderWal - 10 Big Sioux 4-Hers

1 cup milk
1 cup vanilla yogurt
1 pkg. (4 oz.) instant vanilla pudding
1 cup sliced strawberries
1 med. banana, sliced
½ tsp. lemon juice
1 cup diced peaches

Mix together milk, yogurt, and pudding mix. Cover and place in refrigerator while preparing fruit. Mix together the peaches, strawberries, banana slices and lemon juice. Spoon half the pudding mixture evenly into 4 dishes. Spoon ½ fruit into each dish. Top with remaining pudding mix. Garnish. Serves: 4.



VEGETABLE GROUP

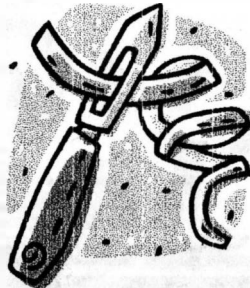
Shells N' Chicken Salad

Trista Telkamp – 16

Little Leprechauns

- 2 cups uncooked shell macaroni, cooked & drained
- 2 10 oz. cans chicken
- 1 cup Velveta cheese, cubed
- 1 ½ cups celery, diced
- 1 cup carrots, diced
- 1 cup green peas
- ½ tsp. pepper
- 1 cup Miracle Whip Salad Dressing
- 2 hard-cooked eggs, diced
- 1 tsp. salt

Cook macaroni according to package directions and drain. Chill in cold water. Re-drain. Combine all ingredients and mix well. Chill before serving.
Serves: 6



GRAIN GROUP

Banana Bread Muffins Evelyn Klein - 10 White Go-Getters

3 bananas
½ cup sugar
¼ cup shortening, melted
1 egg
½ tsp. vanilla
1 ½ tbsp. milk
1 cup flour
½ tsp. baking soda
1 cup oatmeal (dry)



Preheat oven to 350 degrees. Melt shortening for 30 seconds in microwave. Let cool. In large bowl, beat bananas until creamy. Add sugar and shortening. Beat well. Add beaten egg, vanilla, and milk. Beat well. In separate bowl, stir together dry ingredients. Stir into banana mixture. Scoop into well-greased muffin pan. Bake 18-20 minutes. Test with toothpick for doneness.
Serves: 12

Note: This recipe cannot be halved to serve six because of the use of 1 egg in the recipe.



GRAIN GROUP

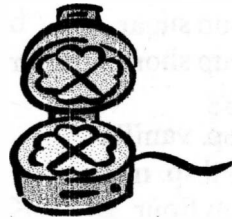
Wonderful Waffles Cassidy Wulf – 9 Little Leprechauns

Waffles:

- 2 cups Bisquick
- 1 1/3 cup milk
- 2 tbsp. oil
- 1 egg

Topping:

- 1 tbsp. sugar
- 1 pt. whipping cream
- 1/4 cup powdered sugar
- 1/2 tsp. vanilla
- 1 1/2 cup sliced strawberries



Topping: Slice strawberries and sprinkle with sugar. Mix carefully and set aside. Using a hand mixer, mix up the whipping cream until thick. Add the powdered sugar and vanilla. Mix until stiff. Set aside. **Waffles:** Using the hand mixture, mix together the Bisquick, milk, egg, and oil until well blended. Pour 1/3 cup of waffle batter into a hot waffle iron. Remove carefully. Top waffles with whipped topping & strawberries.



MEAT GROUP

Omelet In A Bag Tara Telkamp - 10 Little Leprechauns

Fill 1 Ziplock Bag for each person with:

- 2 eggs
- ¼ cup milk
- 1/8 cup bacon bits
- 1/8 cup sliced mushrooms
- 1/8 cup sliced black olives
- ¼ cup shredded cheese
- Salt and pepper to taste

Seal each bag, removing the air from the bag as you close. Place bags into pot of boiling water. Cook until firm. Remove from bag, onto a plate. Garnish omelet with 2 tbsp. of chunky salsa.

Serves: 2

Tips: Use stronger, heavier duty plastic bags. Also, make sure to keep entire bag on the inside of the pot.

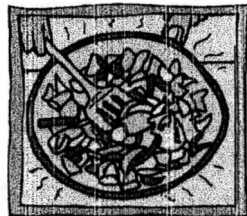


MEAT GROUP

Texas Beef Skillet Trista Telkamp - 10 Little Leprechauns

- 1 lb. ground beef
- 1 16 oz. can stewed tomatoes, cut up
- 1 15 oz. can red kidney beans, undrained
- 1 cup quick rice
- ½ cup water
- 1 cup chunky salsa
- 1 ½ tsp. chili powder
- ½ tsp. garlic salt
- ½ tsp. salt
- ¾ - 1 cup shredded cheese
- 2 cups corn chips, crushed loosely

In a skillet, cook beef until browned. Drain. Stir in the undrained tomatoes, undrained beans, uncooked rice, salsa, chili powder, garlic salt, salt and water. Stir together. Bring to boiling, reduce heat. Simmer, covered for 20 min. stir occasionally. Top with cheese. Cover & heat until cheese melts. Sprinkle with corn chips, crushed, around the edge.
Serves: 6

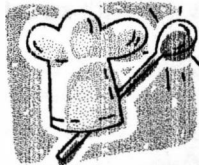


MEAT GROUP

Simple Calzone Thorwald Vostad - 14 West Sioux II

- 1 refrigerated pizza crust
- $\frac{3}{4}$ lb. ground beef
- 2 cups shredded mozzarella cheese
- 2 tsp. Italian seasoning
- $\frac{3}{4}$ cup spaghetti sauce
- $\frac{3}{4}$ lb. fresh pork sausage
- $\frac{1}{4}$ cup parmesan cheese

Place ground beef & fresh pork in microwave proof dish. Microwave on high for 3 minutes. Stir. Microwave 3 more minutes. Stir, if brown, drain; if not microwave until brown. Meanwhile, place pizza crust on baking sheet. Put the spaghetti on one half of the crust. Top with browned meat mixture. Cover with mozzarella cheese. Fold pizza crust over filling. Seal edges. Mix parmesan cheese and Italian seasoning together in a small bowl. Sprinkle over folded crust. Bake in 375 degree oven for 25 minutes. Serves: 6





MEAT GROUP

Hoppin' Good Sweet 'N' Sour Rabbit Grady Olson - 12 Independent

1 ½ lbs. boneless rabbit
1/3 cup sliced carrots
1/3 cup water chestnuts
3 green onions, sliced

1/3 cup pea pods
1/3 cup baby corn
½ red pepper, diced
½ c. pineapple chunks

Sauce:
¼ cup distilled vinegar
2 tsp. lemon juice
8-10 drops red food coloring

1 cup pineapple juice
1/3 cup white sugar
3 tsp. corn starch

Rice:
2 cups uncooked Minute Rice
2 cups water

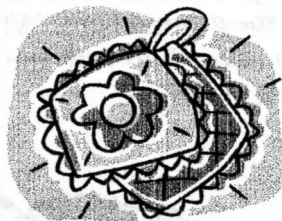
Cut rabbit into bite size chunks. Fry in vegetable oil in medium fry pan until browned. Add vegetables & pineapple to meat & cook until heated through but still crisp. Let simmer on med. low heat. At the same time, make the sauce by adding all the ingredients in a med. sauce pan & heating to a boil on med. heat until sauce thickens slightly. Remove from heat to let cool down. Cook Minute rice until tender. Serve rabbit, vegetables, & pineapple over rice & top with sweet 'n' sour sauce.
Serves: 4

MEAT GROUP

Pasta Pizza **Shelby Aulner - 13** **Northview Lads & Lassies**

2 cups dried rotini pasta
1 beaten egg
¼ cup milk
2 tbsp. grated Parmesan cheese
1 ½ lb. ground beef
1 jar (14 oz.) pizza sauce
1 cup shredded Fiesta Blend Cheese
Pepperoni

Cook rotini according to directions on package. Drain. Mix in a bowl egg, milk, and parmesan cheese, then stir in rotini pasta. Brown the ground beef; drain. Stir in pasta sauce. Mix rotini pasta and ground beef mixture together. Put in 2 ½ quart casserole then add your pepperoni and top with cheese. Bake for 10 minutes or until heated thoroughly at 350 degrees. Serves 6.





MEAT GROUP

Dad's Goulash Brittany Berndt - 12 Northview Lads & Lassies

½ of a sweet onion, chopped
1 pound ground beef
1 tsp. salt
¼ tsp. pepper
4 cups water
1 ½ cups macaroni
1 pt. chopped tomatoes
½ cup Colby Jack cheese
1 ¼ cup tomato juice
3 pieces of Kraft Single cheese

Fry onion and ground beef in a frying pan. Brown on medium heat. Add the salt and pepper to the ground beef. While browning the ground beef boil the water. Drain the hamburger. Add the chopped tomatoes to the ground beef. Keep the heat on low. Add the Colby Jack cheese to the hamburger. After the noodles are done, drain and add to the ground beef. While simmering, add the tomato juice. Top with the Kraft Singles. Let melt and serve.
Serves: 6



MEAT GROUP

Fiesta Taco Pie Emily Meyer - 11 Northview Lads & Lassies

- 1 8 oz. tube reduced-fat crescent rolls
- 1 lb. lean ground beef
- 1 cup enchilada sauce
- 1 cup low-fat sour cream
- 1 cup crushed corn chips

Preheat oven to 350 degrees. Grease pie pan. Press crescent rolls into pie plate as crust. Bake crust 10 minutes. Brown ground beef; drain. Stir in enchilada sauce. Place ground beef on baked crust. Evenly spread sour cream on top. Evenly spread cheese next. Top with crushed corn chips. Bake 20 minutes until top is browned.

Serves: 4



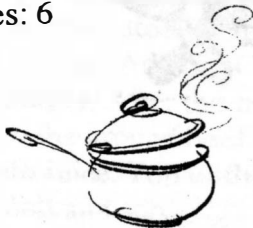
MEAT GROUP

Ranch-Style Skillet Lacey Quail - 10 Northview Lads & Lassies

- 1 lb. ground lamb, browned
- ½ cup green pepper, chopped
- ¼ cup chopped onion
- 1 14 oz. can beef broth
- 2 cups uncooked wheel pasta
- 1 cup prepared BBQ sauce
- ¼ cup water
- ½ cup shredded Colby Cheese

Brown lamb over medium heat, add green pepper and onion; cook to tender. Stir in broth, pasta, BBQ sauce, and water. Bring to boil. Cover and simmer 15-20 minutes until pasta is done. Uncover and cook 5-7 minutes until sauce is thickened. Stir occasionally. Sprinkle with cheese before serving.

Serves: 6



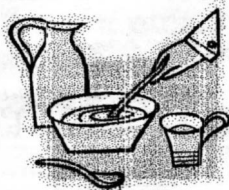
MEAT GROUP

Chicken Veggie Alfredo Dallas Kistler - 12 Little Leprechauns

4 boneless skinless chicken breasts halves, cut into strips
1 tbsp. vegetable oil
1 jar (16 oz.) Alfredo sauce
1 can (15 oz.) whole kernel corn, drained
1 cup frozen peas, thawed
1 can (4 oz.) sliced mushrooms, drained
½ cup chopped onion
½ tsp. garlic powder
¼ tsp. pepper
Hot cooked linguine (9 oz.)

In a skillet, brown chicken strips in oil. In a bowl, combine Alfredo sauce, corn, peas, mushrooms, onion, garlic powder, and pepper. Pour over chicken. Cover and cook on medium-low until done. Serve over linguine.

Serves: 4





MEAT GROUP

Tasty Taco Pie Trina Moberg - 12 Northview Lads & Lassies

- 1 lb. seasoned pork
- 1 package taco seasoning mix
- ½ cup water
- 2 cups corn chips, crushed
- 1 cup fat free sour cream
- ½ cup salsa
- 1 8 oz. can crescent dinner rolls
- 1 cup shredded cheddar cheese
- 1 cup chopped tomatoes
- 1 cup shredded lettuce

Turn oven on to 375 degrees. Brown and drain seasoned pork. Add seasoning mix to water. Mix well. Add to pork and stir. Form crust into a 9 in. pie pan with crescent roll triangle points towards center, pressing edges together well. Sprinkle with one cup corn chips. Add meat mixture & spread sour cream over meat. Add salsa, spreading over sour cream layer. Sprinkle with cheese. Add remaining corn chips and bake for 20 minutes. Remove from oven. Sprinkle lettuce & tomatoes on top.
Serves: 4

MyPyramid

STEPS TO A HEALTHIER YOU

MyPyramid.gov



GRAINS

VEGETABLES

FRUITS

MILK

MEAT & BEANS

GRAINS

Make half your grains whole

Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day.

1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal, or pasta

VEGETABLES

Vary your veggies

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

Eat more orange vegetables like carrots and sweetpotatoes

Eat more dry beans and peas like pinto beans, kidney beans, and lentils

FRUITS

Focus on fruits

Eat a variety of fruit

Choose fresh, frozen, canned, or dried fruit

Go easy on fruit juices

MILK

Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products

If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages

MEAT & BEANS

Go lean with protein

Choose low-fat or lean meats and poultry

Bake it, broil it, or grill it

Vary your protein routine — choose more fish, beans, peas, nuts, and seeds

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov.

Eat 6 oz. every day

Eat 2 1/2 cups every day

Eat 2 cups every day

Get 3 cups every day;
for kids aged 2 to 8, it's 2

Eat 5 1/2 oz. every day

Find your balance between food and physical activity

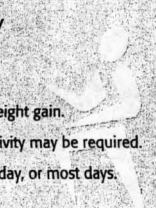
Be sure to stay within your daily calorie needs.

Be physically active for at least 30 minutes most days of the week.

About 60 minutes a day of physical activity may be needed to prevent weight gain.

For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.

Children and teenagers should be physically active for 60 minutes every day, or most days.



Know the limits on fats, sugars, and salt (sodium)

Make most of your fat sources from fish, nuts, and vegetable oils.

Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.

Check the Nutrition Facts label to keep saturated fats, *trans* fats, and sodium low.

Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.



U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
CNPP-15

