

Brookings County



4-H
Special Foods
Recipes

2001

DAIRY GROUP

Tropical Orange Smoothie

Justine Doop
Clover Kids

3/4 cup water
3/4 cup milk
1/2 cup orange concentrate
1/4 cup sugar
1/2 tsp vanilla
1/4 pkg. tofu
3 ice cubes



Combine water, milk, orange concentrate, sugar, vanilla, tofu and ice cubes in blender. Blend 30 seconds. Serve chilled.

Makes 3-1 cup servings.



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Broccoli Cheese Soup

Stephanie Vostad

West Sioux II

- 1 cup thinly sliced carrots
- 2 Tbsp plus 1 cup water, divided
- 1 (10 oz) pkg. frozen chopped broccoli
- 1/2 tsp salt
- 2 1/2 cups milk
- 1/4 cup all purpose flour
- 2 tsp chicken bouillon granules
- 1/4 tsp pepper
- 1 cup shredded cheddar cheese



In a 2 qt. microwave-safe dish, combine carrots and 2 tbsp water. Cover and microwave on high for 3 minutes; stir. Cover and cook 3 minutes longer or until tender. Add broccoli. Cover and microwave for 3 minutes; stir. Cover and cook 1 1/2—2 minutes longer or until vegetables are tender. Stir in milk. In a small bowl, combine the flour, bouillon, salt and pepper; stir in remaining water until smooth and pour over broccoli mixture. Cover and microwave on high for 11 minutes, stirring every minute until mixture boils and thickens. Stir in cheese until melted.

Serves 4



Corn Chowder
Abha Mistry
Little Leprechauns

- 3 Tbsp butter
- 1 medium onion
- 1 clove crushed garlic
- 3 cups skim milk
- 1 Tbsp chopped basil
- 1 medium potato, peeled and sliced
- 4 cups frozen corn, thawed
- 1 cup half and half or heavy cream
- 1 tsp salt
- 1/2 tsp pepper



Heat 3 tbsp butter in a heavy bottom pan, add onions and sauté until light brown. Add garlic and basil, cook for one minute and add potatoes and corn, cook until the vegetables are tender. Mix in milk, half and half, salt and pepper and cook until just bubbly. Take the pan away from heat and garnish with cheese.

Serves 4.



Tropical Twist
Alecia Egeberg
West Sioux

3/4 cup milk
2 bananas
1 cup crushed pineapple
3 1/2 cups vanilla frozen yogurt
1 tsp vanilla



In a large blender, combine milk, bananas, pineapple, frozen yogurt and vanilla. Blend until all ingredients are smooth and well blended. Pour into glasses and garnish with additional fruit.

Serves 4

Frosty Orange Julius
Trina Moberg
Northview Lads & Lassies

1-6 oz can frozen orange juice
2 cups low fat orange dream yogurt
2 cups milk
1/2 cup sugar
1 tsp vanilla
6-10 ice cubes



Measure and add ingredients to blender in order given. Blend for 30 seconds, serve immediately.

Serves 4.



Strawberry Banana Smoothie

Erick Eggebraaten
Country Clovers

- 1 cup strawberry banana yogurt
- 1 cup milk
- 1/3 cup powdered milk
- 1 cup sweetened strawberries, partly frozen
- 1 banana
- 8 ice cubes



Put ingredients in blender. Blend on high until smooth.

Makes 3-6 oz servings.

Orange Smoothie

Abhay Mistry
Little Leprechauns

- 1 fresh orange, peeled and sliced
- 1 1/2 cups vanilla ice cream
- 1/2 cup orange juice
- 5 cubes frozen ginger ale
- 1 cup vanilla yogurt



Combine fresh orange, vanilla yogurt, vanilla ice cream, orange juice and frozen ginger ale cubes in a blender and mix until smooth. Serve in tall glasses and garnish with orange slice.

Serves 2.



FRUIT GROUP

Tropical Tofu Shake

Zachary Schwartz
Clover Kids

- 1 cup pineapple juice
- 1/2 cup thawed strawberries with juice
- 1/2 banana
- 6 oz tofu
- 1/4 tsp strawberry extract



Blend until chunks disappear. Add 1/4 cup crushed ice. Blend until smooth.

Serves 2.

Raspberry Lemon Smoothie

Zach Jones
West Sioux II

- 1 cup nonfat raspberry yogurt
- 1/2 cup orange juice
- 1 cup frozen raspberries
- 1 Tbsp lemon juice
- 10 ice cubes



Combine all ingredients in blender; process until smooth and creamy.

Serves 2.



Chilled Strawberry Soup

Thorwald Vostad

West Sioux II

- 1 cup apple juice
- 1/2 tsp ground cinnamon
- 2 cups sliced strawberries
- 2 cups strawberry yogurt
- 2/3 cup sugar
- 1/8 tsp ground cloves
- 1 cup soymilk
- 2 drops red food coloring



In microwave-safe saucepan put juice, sugar and spices. Microwave on high 2 minutes. Stir; cook 2 minutes more. Place in refrigerator. Put strawberries and soymilk in blender. Blend well. Put in bowl. Stir in apple juice mixture, yogurt and food coloring. Refrigerate until ready to serve.

Serves 4.



GRAIN GROUP

Tofu-Carrot Muffins

Alisa Eggebraaten
Poinsett Pioneers

1 egg
1/2 cup turbinado sugar
8 oz soft tofu
1 tsp baking soda
1 tsp vanilla
1 tsp lemon juice
1 tsp cinnamon
1 tsp salt
1/2 cup whole wheat flour
1/2 cup white flour
1/2 cup shredded carrots



Mix all ingredients together, except carrots, until smooth. Stir in carrots. Grease muffin tins. Pour ingredients into muffin tins. Bake 25-30 minutes in a 350 degree oven.

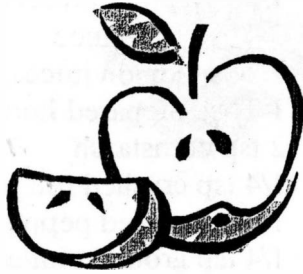
Makes 4 large muffins.



Apple Cinnamon Muffins

Courtney Moberg
Northview Lads & Lassies

- 1 1/2 cups flour
- 1/2 cup sugar
- 1 3/4 tsp baking powder
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1 egg
- 1/2 cup milk
- 3 Tbsp vegetable oil
- 3 Tbsp apple sauce
- 1 medium tart apple, peeled and grated



In a bowl, combine the first six ingredients. In another bowl, combine the egg, milk, oil and apple sauce. Stir into dry ingredients until moistened. Fold in grated apple. Pour into muffin pan and sprinkle with cinnamon and sugar. Bake at 375 degrees for 18-22 minutes.

(Because this recipe needs only one egg, it cannot be decreased in half.)

Makes 12 muffins.



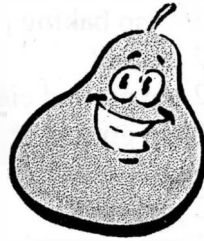
MEAT GROUP

Pork & Pear Stir Fry

Stephanie Vostad

West Sioux II

- 1/2 cup plum preserves
- 3 Tbsp soy sauce
- 2 Tbsp lemon juice
- 1 Tbsp prepared horseradish
- 2 tsp cornstarch
- 1/4 tsp crushed red pepper
- 1 medium red pepper
- 1/4 tsp ground ginger
- 1 Tbsp vegetable oil
- 1 Tbsp sliced almonds
- 3 medium pears, peeled and sliced
- 1/2 lb pork tenderloin, cut into 1/4 inch strips
- 1/2 lb sirloin steak, cut into 1/4 inch strips
- 1 (8 oz) can water chestnuts
- 1 1/2 cups frozen sugar snap peas
- 2 cups hot cooked rice



In a bowl, combine the first six ingredients; set aside. In a skillet or wok, stir-fry red pepper and ginger in oil for 2 minutes. Add pears; stir-fry for 1 minute or until pepper is crisp-tender. Remove and keep warm. Stir-fry half of the pork and beef at a time for 1-2 minutes or until meat is no longer pink. Return pear mixture and all of the pork and beef to pan. Add water chestnuts and reserved sauce. Bring to a boil; cook and stir for 2 minutes. Add peas; heat through. Sprinkle with almonds. Serve over rice.

Serves 4.



Tempting Taco Salad with Tortilla Whiskers

Tyler Brandriet
Country Clovers

3 corn tortillas
1 Tbsp olive oil
1/4 tsp salt
1/2 tsp chili powder
1 lb boneless sirloin pork chops
1 Tbsp white vinegar
1/2 tsp ground cumin
1/4 tsp ground cinnamon
10 oz bag of shredded lettuce
1 can black beans, rinsed and drained
Shredded cheddar cheese
Guacamole
Salsa
Sour cream
Green onions



1. Stack tortillas and cut into 1/8 to 1/4 inch wide strips. Mix strips with olive oil, salt and chili powder. Put in baking pan and bake at 425 degrees until crisp, stirring occasionally. Remove and let cool.
2. Peel avocados, remove pit and mash. Add seasoning packet. Stir in 1/2 cup mayonnaise.
3. Cut pork into strips and marinate in a bowl with mixture of vinegar, cumin and cinnamon. Place strips on Meal Maker grill for 8 minutes.
4. Mound lettuce in the center of a plate. Layer with beans, cheese, then pork over lettuce. Top with guacamole, salsa and sour cream. Surround with tortilla whiskers. Garnish with green onions.

Serves 4.



Tasty Teriyaki Beef Kabobs

Tyler Brandriet
Country Clovers

1 lb ground lean beef
1/4 cup prepared TVP (Textured Vegetable Protein)
1 large egg yolk
1 Tbsp minced onion
1/2 tsp salt
1/4 tsp pepper
Teriyaki sauce



In a bowl, mix beef, TVP, onion, egg yolk, salt and pepper. Divide meat mixture into 4 equal portions and form into logs about 1 inch thick. Put metal skewer through the middle of each one. Preheat Meal Maker grill for 5 minutes. Lay skewers on grill and cook for 10 minutes. Serve kabobs over a rice pilaf and top with teriyaki sauce. Garnish with tomato and pineapple chunks.

Serves 4.



Spicy Enchiladas

Dylan Eckman

West Sioux II

- 1/2 lb ground beef
- 1/2 lb ground pork
- 1 cup taco sauce
- 1/2 cup cream of chicken soup
- 1/4 cup milk
- 3/4 cup sour cream
- 8—7 inch flour tortilla shells
- 2 cups shredded cheddar cheese



Brown ground beef and ground pork. Remove from heat and drain off grease. Mix together the soup, milk and sour cream. Put half of the soup mixture in the bottom of a greased 8 x 11 inch pan. Mix cooked meat with taco sauce. Fill tortillas with meat mixture and half of the cheese, roll and put in pan seam side down. Pour remaining soup mixture over shells. Bake in 350 degree oven for 25 minutes. Sprinkle cheese on top and put in oven for 5 minutes or until cheese melts.

Serves 4.



Marvelous McLoaves

Willie Brown
Poinsett Pioneers

3/4 lb fresh beef (85% lean)
1/4 lb fresh pork
1 tsp salt
1/4 tsp pepper
1 egg
1/4 cup milk
1 tsp dried onion



Combine all ingredients together. Put in 8 muffin tins sprayed with cooking spray. Bake at 350 degrees for 35 minutes until cooked through. Garnish with barbeque sauce.

Serves 4.



Spaghetti
Amy Everding
Trailblazers

Spaghetti sauce:
1/2 lb ground beef
1/4 cup chopped onion
1 tsp leaf oregano
1 tsp leaf basil
1/4 tsp salt
1 tsp garlic powder
3/4 cup tomato sauce



Brown hamburger and onions in frying pan. Add spices and tomato sauce. Simmer 40 minutes.

Spaghetti noodles:
4 cups water
1 tsp salt
1/2 pkg spaghetti noodles (6 oz)

Bring water and salt to a boil. Place spaghetti in water and boil for 10 minutes or until done. Drain and rinse.
Serve with sauce.

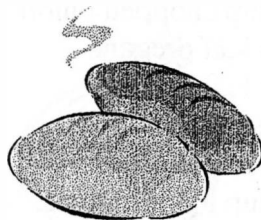
Serves 4.



Lasagna in a Bun

Sophie Brown
Poinsett Pioneers

- 4 hoagie buns
- 3/4 lb ground beef
- 1/4 lb fresh pork
- 1/2 tsp salt
- 1/4 tsp pepper
- 1 tsp minced onion
- 1 cup spaghetti sauce
- 1/2 cup ricotta cheese
- 1 cup shredded cheddar cheese
- 1 cup mozzarella and parmesan cheese



Brown beef and pork with salt, pepper and onion. Add spaghetti sauce, simmer on low temperature. Meanwhile, cut thin slices off tops of buns. Hollow out centers leaving 1/4 inch thick shells. Combine ricotta cheese and half of cheddar and mozzarella cheeses. Spoon meat sauce into buns; top with cheese mixture. Place onto baking sheet. Cover loosely with foil. Bake at 350 degrees for 20 minutes. Uncover, sprinkle with remaining cheese. Return to oven till cheese is melted.

Serves 4.



Picnic Kabobs

Heidi Quail
Sinai Rustlers

- 1 lb. sirloin steak
- 1/4 cup brown sugar*
- 1/4 cup soy sauce*
- 1/4 cup ketchup*
- 1 Tbsp Worcestershire sauce*
- 1 medium onion
- 1 green pepper
- 8 cherry tomatoes
- 8 mushrooms
- 1 cup pineapple chunks



Mix sauce ingredients. Cut meat into 1 1/2 inch strips and marinate for 30 minutes in a plastic bag. Cut the onion and green pepper into bite size pieces. Alternate the vegetables and fruit on skewers. Grill and baste with sauce.

Serves 4.

*Sauce ingredients



Easy Popover Pizza

Andy Brown

Poinsett Pioneers

3/4 lb ground beef (85% lean)

1/4 lb fresh pork

1 tsp salt

1/4 tsp pepper

1 Tbsp dried onion

1/2 cup pizza sauce

1/2 cup milk (2%)

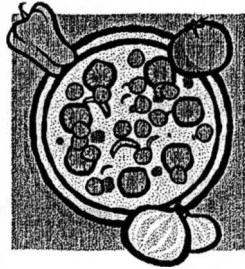
1 egg

1/2 cup flour

1/2 tsp oil

1 cup mozzarella cheese

1/2 cup taco cheese



Spread ground beef and pork on bottom of 8 x 8 pan after browned with seasonings. Sprinkle cheese on top. Spread pizza sauce on top of cheese. Combine remaining ingredients. Pour over top of pizza sauce and other ingredients in pan. Bake at 350 degrees for 30 minutes.

Serves 6.



Torta Italiano

Kim Jones
West Sioux II

- 2 cups reduced fat all purpose baking mix
- 1/2 cup skim milk
- 1/2 cup chopped onion
- 1 1/2 lb lean ground turkey
- 2 large pressed garlic cloves
- 1 tsp Italian seasoning
- 1/8 tsp salt
- 1/8 tsp ground black pepper
- 1 1/2 cups tomato sauce
- 1 cup frozen chopped spinach, thawed and drained
- 1 cup shredded mozzarella cheese
- 1/2 cup fresh parmesan cheese



Preheat oven to 350 degrees. Lightly spray spring form pan with cooking spray. Combine baking mix and milk. Roll dough evenly over bottom of pan using lightly floured rolling pin. Chop onion and press garlic. Cook meat with garlic and onion. Drain. Sprinkle with seasoning. Stir in tomato sauce and spinach. Spread mixture over dough. Top with mozzarella and parmesan cheese. Bake 30-35 minutes. Remove and let cool 10 minutes.

Serves 6.



Breakfast Quiche

Susan Gilkerson
Trailblazers

Crust:

1 1/2 cups flour *cut shortening
1/2 cup shortening into flour mixture
1 tsp salt

In a separate bowl, mix together:

1 egg *add the liquid a
1 Tbsp vinegar little at a time
5 Tbsp water until damp

Press crust into pie pan. Bake at 375 degrees for 10 minutes.

Inside:

Brown 1 lb lean ground pork and add 1/4 cup chopped onion (or to taste). Drain off any fat. Place meat into crust. Add 2 cups grated cheese (sharp cheddar).

In a separate bowl, mix together:

1 cup evaporated milk
3 eggs
1 tsp salt *Pour over meat
1/2 tsp cayenne pepper and cheese
1/2 tsp nutmeg

Bake for 30 minutes at 375 degrees or until done.

Serves 6.





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