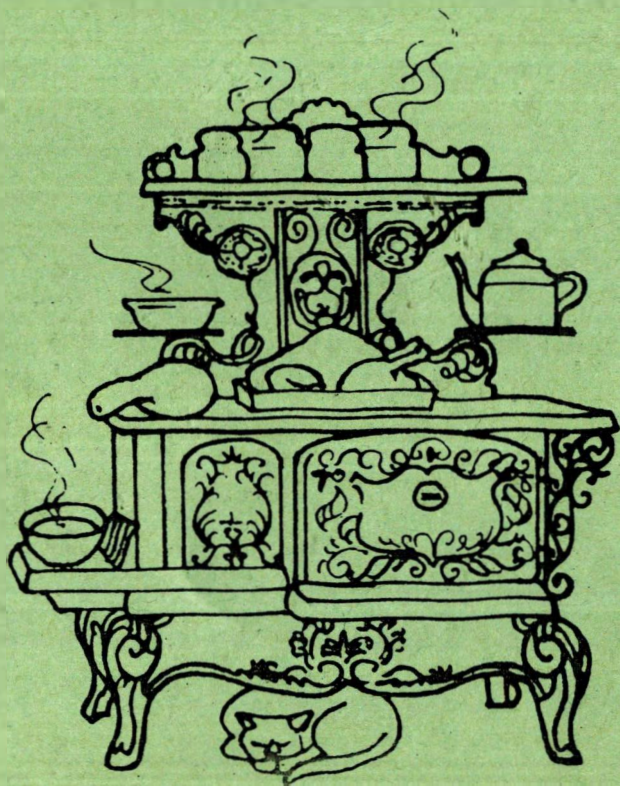


# *Brookings County*



*Celebrating 100 Years!*



*4-H Special Foods*  
*2002*

*DAIRY GROUP*

**Goblin's Peach Smoothie**

Mitchell Brandriet – 8  
Country Clovers 4-H Club

2 peaches, canned or fresh  
2 cups vanilla yogurt  
1 ½ cups vanilla soy milk  
2 T. brown sugar  
2 tsp. cinnamon  
1 ½ cups ice cubes

Blend all ingredients together in blender. Add 1 ½ cups ice cubes and blend until ice is crushed completely. Garnish with whipped cream, Halloween sprinkles and slice of peach.

Serves 2.

**Strawberry Yogurt Shake**

Ian Flatgard - 9  
Country Clovers 4-H Club

2 cups strawberries  
1 ½ cups yogurt  
½ cup milk  
6 ice cubes  
3 T. sugar

Process all ingredients in blender until smooth.

Serves 2.



Archives

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FRUIT GROUP

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### Banana Split Smoothie

Alecia Egeberg - 10

West Sioux 4-H Club

- 2 cups sliced bananas
- $\frac{3}{4}$  cup sliced strawberries
- 1 cup crushed pineapple, drained
- 1  $\frac{1}{2}$  cups milk
- 1 tsp. vanilla
- 2 T. honey
- 5-10 ice cubes

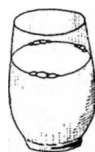
In a blender combine bananas, strawberries, pineapple, milk, vanilla and honey. Blend until smooth and creamy. Add enough ice cubes and blend until slushy. Serve with whipped topping, maraschino cherry and chocolate syrup.

Serves 4.

### Morning Fruit Shake

Whitney Miller - 8

West Sioux II 4-H Club



- 1 cup cranberry juice
- 2 cups sliced bananas
- 2 cups flavored yogurt (I used strawberry and vanilla)
- 1 T. powdered sugar
- 10 ice cubes

Put all ingredients in blender and blend until smooth.

Serves 4.

**Summer Fruit Soup**  
Stephanie Vostad - 16  
West Sioux II 4-H Club

- ½ cup sugar
- 3 T. quick-cooking tapioca
- 1 – 6 oz. can frozen orange juice concentrate
- 2 ½ cups water, divided
- 1 ¼ cups sliced fresh strawberries
- 2 cups fresh sliced peaches (peeled)
- 1 can (11 oz) mandarin oranges, drained
- 2 medium ripe bananas, slices
- 1 pint lime sherbet, optional

In a saucepan, combine sugar, tapioca and 1 ½ cups water. Cook over medium heat for 5-6 minutes or until thick and clear. Remove from the heat; stir in orange juice concentrate and remaining water until concentrate is thawed. Stir in strawberries, peaches and oranges. Cover and freeze for ½ hour. Just before serving, stir in bananas. Top each serving with a scoop of sherbet if desired.

Serves 6.



## **Silky Summer Peach Smoothie**

Emily Jensen - 8

County Liners 4-H Club

½ lb. fresh nectarines or peaches, peeled and cut up

1 cup soy milk, chilled

1/3 cup orange juice

1 T. sugar

ice cubes

Sliced nectarines or peaches and mint sprigs for garnish

Puree nectarines, soy milk, juice and sugar in blender. Blend until mixture is thick and smooth. Serve over ice. Garnish with sliced nectarines and mint sprigs, if desired.

Serves 4.

## Summer Fruit Flip

Zach Jones - 10

West Sioux II 4-H Club

½ cup strawberries  
1 medium banana  
½ cup orange juice  
¼ cup real lemon juice  
1 cup soy milk  
¼ cup tofu  
2 T. sugar  
½ tsp. vanilla  
5-6 ice cubes

Slice strawberries and bananas. Put in blender. Measure orange and lemon juice. Put in blender. Blend until smooth. Add soy milk and tofu. Add sugar, vanilla and ice cubes and blend until smooth. Pour and serve.

Serves 2.

## **Cool Lemonade Peach Banana Smoothie**

Shelby Aulner - 10

Northview Lads and Lassies

1 cup water  
½ cup milk  
1 cup lemonade concentrate  
¼ cup sugar  
½ tsp. vanilla  
¼ cup tofu  
1 cup crushed ice cubes  
1 cup banana  
1 cup peaches

Combine water, milk, lemonade concentrate, sugar, vanilla, tofu, banana, peach and crushed ice cubes in blender. Blend 30 seconds. Serve chilled. Garnish with a lemon.

Makes 5 – 1 cup servings.

*GRAIN GROUP*

**Terrific Tofu Muffins**

Zach Schwartz - 10  
Clover Kids 4-H Club

4 oz. tofu (soft)  
1 egg  
¼ cup soybean oil  
½ cup honey  
½ tsp. salt  
1 tsp. baking soda  
1 tsp. cinnamon  
1 tsp. vanilla  
1 tsp. lemon juice  
½ cup white flour  
½ cup whole wheat flour  
½ cup shredded carrots  
½ cup dried cranberries

In a blender, combine tofu, egg, oil, honey, salt, baking soda, cinnamon, vanilla and lemon juice.

Pour into a bowl, stir in flour, carrots and dried cranberries.

Grease muffin tins.

Bake at 350° for 25 minutes.

Makes 4 large muffins.



*MEAT GROUP*

**Pasta Pizza Squares**

Sophie Brown - 16  
Poinsett Pioneers 4-H Club

- 4 no-boil lasagna noodles
- ¾ lb. ground beef
- ¼ lb. ground pork
- 1/8 cup water
- 1 ½ cup shredded Mozzarella cheese
- ½ cup Parmesan cheese
- ½ tsp. ground oregano
- 1 tsp. Italian dressing
- 1 (8 oz) pizza sauce
- 2 T. green pepper
- 1 (4 oz) sliced mushrooms, drained

Cook meat until brown. Arrange two noodles in the bottom of a 9x9 glass pan. Sprinkle ¾ cup Mozzarella, half the Parmesan, oregano and Italian dressing over noodles. Top with remaining noodles and add the water. Spread half the sauce over the noodles. Pour meat mixture and rest of sauce on top. Arrange green pepper and mushrooms and cover with foil. Bake for 30 minutes at 350°. Sprinkle remaining cheeses. Bake without foil for 10 minutes. Cut into six squares. Let stand for 5 minutes and serve.

Serves 6.

## Scrambled Egg Muffins

Audrey Flatgard - 13

Country Clovers 4-H Club

- ½ lb. bulk pork sausage
- 12 eggs
- ½ cup chopped onions
- ¼ cup chopped green peppers
- ½ tsp. salt
- ¼ tsp. pepper
- ¼ tsp. garlic powder
- ½ cup shredded cheddar cheese

In a skillet, brown the sausage, drain. In a bowl, beat the eggs. Add onion, green pepper, salt, pepper and garlic powder. Stir in sausage and cheese. Spoon into greased muffin cups until full. Bake at 350° for 20-25 minutes or until a knife inserted near the center comes out clean.

Makes 12.

## Taco-longs

Justine Doop - 11  
Clover Kids 4-H Club

½ lb. ground beef  
½ pkg. taco mix  
½ cup water  
3 oz. tofu  
1 cup lettuce  
½ cup tomato  
2 T. black olives  
½ cup cheese  
1 T. sour cream  
4 bread dough

Brown ground beef, add tofu, taco mix and water. Simmer. Turn burner on medium low, set timer for 10 minutes. Then turn to low. Turn grill to 350°. Warm up.  
Roll bread dough out. Fry bread dough. Measure vegetables.  
Make your taco.

Serves 4.

## Applesauce Mini Meat Loaves

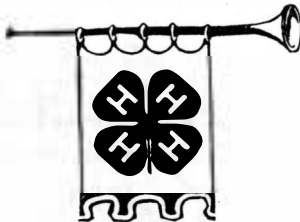
Tyler Brandriet - 12

Country Clovers 4-H Club

- 1 lb. lean ground beef
- 2 c. Rice Krispies
- 1/3 cup TVP (texturized vegetable protein)
- 1/4 cup chopped onion
- 1 tsp. salt
- 1/4 tsp. pepper
- 1/2 tsp. paprika
- 2 tsp. parsley flakes
- 1 egg – lightly beaten
- 1 cup thick applesauce

Preheat oven to 350°. Mix all ingredients together. Form into 10 mini loaves and placed in greased 9x13 pan. Bake for 45 minutes. Removed from oven and cover tops of loaves with BBQ sauce. Bake for 5 more minutes. Garnish with chives and apple slices.

Serves 5.



## **Italian Meatloaf**

Andy Brown - 11

Poinsett Pioneers 4-H Club

1 lb 85% lean beef

½ lb. ground pork

1 tsp. salt

12 saltine crackers

1 egg, beaten

2 T. dried onion

¼ tsp. pepper

Little less than 1 cup spaghetti sauce

Combine all ingredients thoroughly. Put into a pan and shape like a loaf. Bake at 350° for one hour. Let stand five minutes before slicing.

Serves 6.



**Pork Stir Fry**  
Jenni Flint - 13  
Clover Kids 4-H Club

1 cup water  
1 cup rice (instant)  
1 ½ cup pork (chopped)  
1 ½ cup veggies  
2 tsp. oyster flavored sauce  
1 ½ tsp. soy sauce  
1 T. stir fry oil  
(to taste) chow mein noodles

Heat stir fry oil in skillet. Boil water in saucepan. When oil is heated, brown pork in it. When water is boiling, put in rice and take off heat. After pork is brown, add veggies and sauces. Serve veggies and pork over rice. Add chow mein noodles as a garnish.

Serves 2.



## Hamburger Bacon Roll-ups

Heidi Quail - 13

Sinai Rustlers 4-H Club

1 lb. ground beef  
1/8 cup chopped onion  
1 egg, beaten  
1/2 cup shredded cheese  
1 T. Worcestershire sauce  
1/2 tsp. salt  
1/8 tsp. pepper  
1 1/2 tsp. catsup  
4 slices bacon

Combine all ingredients except bacon. Mix well. Shape into 4 (1-inch thick) patties. Wrap each patty with one slice of bacon. Secure with a toothpick. Place on rack in broiler pan. Broil for 10 minutes on each side.

Serves 4.

## Buttermilk Pecan Chicken

Elizabeth Miller - 13

Deuel County

1 cup ground pecans  
¼ c. sesame seeds  
1 T. paprika  
1 cup flour  
½ cup buttermilk  
4 boneless skinless chicken breasts  
Pecan halves

In small dish, combine ground pecans, sesame seeds and paprika. Put the flour in a dish and the buttermilk in a dish. Coat each chicken breast first with flour, then buttermilk, then coat with pecan mixture. Place chicken in a greased baking dish and top each with two pecan halves. Bake uncovered at 375° for 40 minutes.

Serves 4.





## **South of the Border Taco Pie**

Quincy Flint - 10  
Clover Kids 4-H Club

- 1 lb. ground beef
- ½ cup chopped onions
- 1 envelope taco seasoning
- 1 4 oz. chopped green chilies, drained
- ¾ cup biscuit mix
- 1 ¼ cups milk
- 3 eggs
- 1 cup shredded cheddar cheese

Heat oven to 400°. Grease pie pan. Brown ground beef and onions, then drain. Stir in taco seasoning. Spread in pie pan. Sprinkle with chilies. Stir together biscuit mix, milk, and eggs until blended. Pour into pie pan. Bake 25 minutes. Sprinkle with cheese. Bake 8-10 minutes. Let stand 5 minutes before serving.

Serves 6.

## **Four Pasta Meat Bake**

Stephanie Vostad - 16  
West Sioux II 4-H Club

- 3 cups uncooked pasta, 4 different shapes
- $\frac{3}{4}$  lb. ground beef
- $\frac{3}{4}$  lb. fresh ground pork
- 1 medium green pepper, chopped
- 1 medium onion, chopped
- 2 cups sliced fresh mushrooms
- 2 jars (26 oz) meatless spaghetti sauce
- 1 egg, lightly beaten
- 2 cups shredded mozzarella cheese

Cook pasta according to package directions. Meanwhile, in a large skillet, cook the beef, pork, green pepper, onion and mushrooms over medium heat until meat is no longer pink; drain. Drain pasta and place in a large bowl; stir in the meat mixture, one jar of spaghetti sauce and egg. Transfer to casserole dish. Top with remaining sauce; sprinkle with cheese. Bake uncovered at 350° for 25-30 minutes or until heated through.

Serves 6.

## Hamburger Wraps

Chad Robinson - 12

Independent 4-H Member

1 lb. ground beef  
5 slices of bacon  
1/8 cup onion  
1 egg, beaten  
1/2 cup shredded cheese  
2 T. ketchup  
1 T. Worcestershire sauce  
1/2 tsp. salt  
1/4 tsp. pepper

Combine all ingredients (except bacon slices). Mix well. Shape into 1 inch patties. Place 1 slice of bacon around patty. Broil 5 minutes on each side.

Serves 4.



**Easy Taco Casserole**  
Thorwald Vostad - 11  
West Sioux II 4-H Club

- ¾ lb. ground beef
- ¾ lb. fresh ground pork
- 1 cup salsa
- ½ cup mayonnaise
- 2 tsp. taco seasoning
- 2 cups crushed tortilla chips
- 2 cups shredded lettuce
- 1 medium tomato, chopped

In a microwave saucepan, brown ground beef and pork; drain. In another bowl, mix salsa, mayonnaise and taco seasoning. Add browned meat, mix well.

In an ungreased two quart baking dish, layer half of the meat, chips and cheese. Repeat layers. Bake uncovered at 350° for 20-25 minutes or until heated through. Just before serving, top with lettuce and tomato.

Serves 5.





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