



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Julia Taylor

CATEGORY

Please check one

☐

Breads &
Cereal

☐

Fruits &
Vegetables

☐

Main
Dish

☒

Nutritious
Snack

COUNTY

ANDERSON

AGE DIVISION:

☒

Junior

☐

Intermediate

☐

Senior

Name of Recipe: BLACK BEAN AND CHEESE QUESADILLA

Prep Time:

Cook Time: 10 MINUTES

Type Recipe Here:

BLACK BEAN AND CHEESE QUESADILLA

SERVINGS: 1

CALORIES PER SERVING: 444

COST PER SERVING: \$.086

TIME: 10 MINUTES

1 MEDIUM WHOLE WHEAT TORTILLA

¼ CUP BLACK BEANS

¼ CUP SHREDDED CHEDDAR CHEESE

1 TEASPOON BUTTER

Directions:

1. On one half of the open tortilla, spread black beans and sprinkle with cheese.
2. Fold the tortilla over to cover the bean and cheese mixture.
3. Put a pan on low heat and add the butter.
4. When the butter has melted, add the folded over tortilla to the pan.
5. Allow the tortilla to cook on one side till it turns golden brown, then using a spatula flip it over.
6. Allow the other side to get golden brown also.
7. Remove the quesadilla to a plate, cut into wedges, and serve with
A scoop of sour cream and salsa. Enjoy!!



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: McKenna Bowman

CATEGORY
Please check one

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input checked="" type="checkbox"/>	Nutritious Snack
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COUNTY

ANDERSON

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: CHUY'S JALAPENO RANCH DIP AND CHIPS

Prep Time:

Cook Time:

Type Recipe Here:

CHUY'S JALAPENO RANCH DIP & CHIPS

- 1 CUP FAT FREE SOUR CREAM
- 1 CUP FAT FREE MAYONNAISE
- 5 TABLESPOON DRY RANCH DRESSING MIX
- ½ CUP PICKLED JALAPENO PEPPERS
- ½ CUP FRESH CILANTRO
- 2 TABLESPOONS FRESH LIME JUICE

Directions for the dip:

1. Wash and dry the cilantro. Use only the tops of the cilantro, discarding the majority of the cilantro stems. Chop cilantro into coarse pieces.
2. Place sour cream, mayonnaise, dry Ranch Dressing mix, jalapeno peppers, lime juice, and coarsely chopped cilantro into a blender. Pulse 7 or 8 times. Pour dip into a bowl.

CORN TORTILLAS

SALT

NONSTICK COOKING SPRAY

Directions for the chips:

1. Cut corn tortillas into triangles.
2. Spray the triangles with nonstick cooking spray.
3. Put the chips into an air fryer until they are crispy.
4. When they are crispy take them out of the air fryer and dust lightly with salt to add flavor.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Liberty Liddell

CATEGORY
Please check one

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input checked="" type="checkbox"/>	Nutritious Snack
COUNTY ANDERSON							

AGE DIVISION:

☒ Junior

☐ Intermediate

☐ Senior

Name of Recipe: 5 INGREDIENT APPLE PIE BITES

Prep Time:

Cook Time:

Type Recipe Here:

5 INGREDIENT APPLE PIE BITES

- 1 APPLE CORED AND SLICED INTO EIGHT ½ INCH SLICES
- 1 CAN OF CRESCENT ROLLS
- ¼ CUP PACKED LIGHT BROWN SUGAR
- 1 TEASPOON OF APPLE PIE SPICE PLUS AN ADDITIONAL DASH OF CINNAMON
- 3 TABLESPOONS OF BUTTER

Directions:

1. Preheat oven to 375 degrees and line baking sheet with parchment paper.
2. In a small bowl mix together the brown sugar and spices and set aside.
3. Melt the butter and toss the apples in the melted butter.
4. Lay your crescent rolls on your paper lined baking sheet.
5. Sprinkle your brown sugar mixture evenly on each triangle leaving some for the tops.
6. Place an apple slice on the wide end of each crescent roll.
7. Roll the crescent roll with the apple up and brush remaining butter on top.
8. Sprinkle the tops with the remaining sugar mixture.
9. Bake for 10 – 12 minutes, allow to cool for 5 minutes before serving.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Zachary Abrams

CATEGORY
Please check one

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input checked="" type="checkbox"/>	Nutritious Snack
COUNTY ANDERSON							

AGE DIVISION:

☐

Junior

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Intermediate

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Senior

Name of Recipe: NO BAKE PEANUT BUTTER OAT SQUARES

Prep Time:

Cook Time:

Type Recipe Here:

NO BAKE PEANUT BUTTER OAT SQUARES

1 CUP OF PEANUT BUTTER

½ CUP HONEY

3 CUPS OF ROLLED OATS

Directions:

1. Line a 9x9 pan with foil. Spray lightly with non stick spray.
2. Melt peanut butter and honey together until smooth in the microwave or stove top.
3. Combine mixture with oats.
4. Press into prepared pan.
5. Place in refrigerator until set. Cut into squares.

Name: Luke Patrick Owens
Category: Nutritious Snacks
County: Angelina

Intermediate

Name of Recipe: Vegan Queso and Nachos
(Adapted from *The Real Food RDs*)

Serves: 4 cups

Type recipe here:

Vegan Queso:

1 cup raw cashews
2 medium Yukon gold potato, cubed
2 medium carrot, chopped into small pieces
2/3 cup unsweetened milk substitute
6 tablespoons coconut oil
4 tablespoons fresh lime juice
1 teaspoon garlic powder
1 teaspoon onion powder
1 1/2 teaspoons smoked paprika
1/4 teaspoon cayenne pepper
1/2 teaspoon salt
6 tablespoons roasted green chili

Nacho:

Tortilla chips

Vegan queso (above)

Black beans, pinto beans, and/or fat free refried beans

Assorted garnish: shredded greens, diced tomatoes, black olives, avocado, chopped cilantro

Directions:

1. Queso - Place cashews in a small glass bowl, covered with boiling water and a plate or towel. While cashews soak prepare ingredients (chopping and dicing). Cover diced potatoes and carrots with water in a small saucepan and bring to boil, then reduce heat and simmer uncovered until vegetables are soft (about 20 minutes). Drain cashews and vegetables and blend or puree (I use a blender) with remaining ingredients until smooth. Add milk substitute as necessary to achieve desired consistency.
2. Nachos - Layer vegan queso, beans, and garnish atop a plate of tortilla chips.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Emma Gallagher

CATEGORY
Please check one

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input checked="" type="checkbox"/>	Nutritious Snack
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COUNTY

Angelina

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Make Over Mozzarella Sticks

Prep Time: 5 minutes

Cook Time: 2 minutes

Type Recipe Here:

Ingredients:

1 large egg
4 string cheese, halved
8 wonton wrappers
½ cup marinara sauce (for dipping)
1 teaspoon olive oil

Directions:

In a small bowl, whisk together egg and 1 TBSP of water. Working one at a time, brush wonton wrapper with egg mixture.

Places string cheese in the center of each wrapper. Bring bottom edge of the wrap tightly over the cheese, rolling from bottom to top until the top of the sheet is reached. Be careful not to tear the wrappers.

Add olive oil to a medium-hot skillet and cook the mozzarella sticks until golden brown and crispy. (About 1-2 minutes)

Enjoy with marinara sauce.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Taylor Castillo

CATEGORY

Please check one

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Breads &
Cereal

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Fruits &
Vegetables

☐

Main
Dish

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Nutritious
Snack

COUNTY

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Monte Cristo Sandwich

Prep Time: 80-85 minutes

Cook Time: 15-20 min

Type Recipe Here:

3 slices organic whole wheat bread
4 slices lean turkey
4 slices lean ham
2 tablespoon fat free greek yogurt
1 tablespoon honey dijon mustard
2 slices low-fat swiss cheese
2 slices low-fat monterey jack cheese
1 cup egg whites
1/3 cup sprouted whole wheat flour
non-stick cooking spray
1 cup raspberries
1/2 tablespoon honey
1 tablespoon powdered stevia/erythritol blend

To make the sandwich: First, cut off the crusts from the slices of bread. Next, evenly spread 1 tablespoon fat free greek yogurt on one slice of bread. Layer 4 slices of turkey and 2 slices of Monterey Jack cheese on top. Then, spread 1/2 tablespoon honey Dijon mustard on each side of a second slice of bread and lay this on top. Add 4 slices of ham and 2 slices of swiss cheese. Complete the sandwich by evenly spreading 1 tablespoon of fat free greek yogurt on one side of the last slice of bread and lay it yogurt side down, on top of the rest. Compress the whole sandwich down until it feels solid, then wrap it all in plastic wrap and place it in the refrigerator for 45-60 minutes.

To make the raspberry sauce: In a small saucepan, add 1 cup of raspberries and heat it on medium-high heat. Bring the berries to a simmer, being sure to stir throughout the process. Add 1/2 tablespoon honey to the berries. After it begins to simmer, lower the heat to medium-low and let it sit for about 15-20 minutes. Then remove from stove and let cool.

Prepare stove-top with a medium sized pan coated with cooking spray.

After the sandwich is finished chilling, remove plastic wrap and set it aside. Take 2 wide bowls (wide enough to place the sandwich in) and add 1 cup of egg whites into one bowl, and 3/4 cup of sprouted whole wheat flour into the other. Take the sandwich and first place it into the egg whites, being sure to get all sides covered well. Then, place into the flour, once again being sure to cover evenly. Finally, dip it into the egg whites one last time. Next, take the sandwich and place into the pan on the stove. Fry it on medium-high heat, making sure to fry it evenly on all sides until it is golden brown. Then remove it from the pan to let it cool.

To serve: Cut the sandwich into halves and sprinkle 1 tablespoon stevia/erythritol blend on the top. Serve the raspberry sauce alongside the sandwich for dipping.

Yields 1 serving; 2 halves of sandwich.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Cambria Harman

CATEGORY

Please check one

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Breads &
Cereal

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Fruits &
Vegetables

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Main
Dish

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Nutritious
Snack

COUNTY

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AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Nutritious No Bake Oatmeal Cookies

Prep Time: 5 minutes

Cook Time: 10 minutes

Type Recipe Here:

Nutritious No Bake Oatmeal Cookies

A healthy alternative for Oatmeal Cookies from Corner Street Bakery Cafe

Ingredients

½ cup smooth almond butter (can sub for any nut butter)

½ cup brown rice syrup

1 ½ cups rolled oats, oat bran or quick oats

Optional:

Chocolate Chips

Fresh Fruit

Instructions

1. In a microwave safe bowl or on stove top, melt the almond butter with brown rice syrup until combined.

2. In a large mixing bowl, add your oats. Then add your almond butter/brown rice syrup mixture and mix well until fully incorporated.

3. Form small balls out of the mixture and place onto plate or cookie sheet lined with wax paper and flatten out into cookie shapes. Refrigerate for at least 30 minutes to firm up.

4. If desired, top with chocolate chips or fruit.

Cookies can be kept at room temperature covered for up to 5 days or refrigerated for up to a month.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Collin Russell

CATEGORY

Please check one

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input checked="" type="checkbox"/>	Nutritious Snack
COUNTY							

AGE DIVISION:

☒ Junior

☐ Intermediate

☐ Senior

Name of Recipe: Fratata's (Egg Muffins)

Prep Time:

Cook Time: 25 minutes

Type Recipe Here:

Ingredients:

- 6 eggs
- 1/4 cup milk
- 1/4 teaspoon salt
- 2 cups cheddar cheese shredded
- 8 ounces of fresh spinach (chopped)
- 6 bacon slices cooked and chopped
- 1/2 cup Parmesan cheese shredded

Directions:

1. Preheat oven to 350 degrees. Use a regular muffin pan. Spray the pan with non-stick cooking spray.
2. In a large bowl, beat eggs until smooth. Add the milk, salt, and cheddar cheese and mix it up. Stir in spinach and half of your chopped bacon. Save half of the bacon to sprinkle on top. Pour the mixture in the muffin pan 3/4 full. Use a spoon if the mixture settles on bottom.
3. Top each muffin with remaining bacon and Parmesan cheese.
4. Bake for 25 minutes. Remove from the oven, let the muffins cool for 30 minutes before removing them from the pan.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Hunter Coker

CATEGORY
Please check one

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input checked="" type="checkbox"/>	Nutritious Snack
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COUNTY

Houston

AGE DIVISION:

☒ Junior

☐ Intermediate

☐ Senior

Name of Recipe: Mixed Berry Smoothie

Prep Time: 5 min

Cook Time:

Type Recipe Here:

Ingredients:

1 1/2 cups almond milk
1 banana sliced
1 1/2 cups frozen mixed berries
3/4 cup vanilla Greek yogurt
1 tablespoon honey optional
Optional garnish: fresh berries and mint sprigs

Directions:

Place the almond milk, banana, berries and yogurt in a blender; blend until smooth.
If the smoothie seems too thick, add a little more liquid (1/4 cup).
Taste and add honey if desired.
Pour into two glasses and garnish with fresh berries and mint sprigs if desired.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Madeleine Mathis

CATEGORY
Please check one

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input checked="" type="checkbox"/>	Nutritious Snack
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COUNTY

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Delectable Hummus

Prep Time: 25 Minutes

Cook Time: N/A

Type Recipe Here:

Ingredients

2 Cans of 8 ounce Garbanzo Beans
Juice from 4 Limes
¼ Cup of Extra Light Olive Oil
1 Tablespoon of Salt
1 Tablespoon of Black Pepper
Dash of Cayenne Pepper
16 ounce Bag of Baby Carrots
16 ounce Box of Wheat Crackers
One Stock of Broccoli

Directions

1. Open the cans of beans, drain then rinse them very well.
2. Place the beans and oil in the food processor together.
3. After it is well blended pour in the lime juice, salt, and pepper.
4. Blend everything together really well.
5. Pile the hummus in a dish and sprinkle cayenne pepper on top, with a dash of black pepper.
6. Enjoy by dipping in the broccoli, carrots, and Triscuits.
7. This could serve up to four people for a snack.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Riley Beaver

CATEGORY

Please check one

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Breads &
Cereal

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Fruits &
Vegetables

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Main
Dish

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Nutritious
Snack

COUNTY

Houston

AGE DIVISION:

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Junior

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Intermediate

☐

Senior

Name of Recipe: Salsa Trio

Prep Time: 30 min

Cook Time: 15 min

Type Recipe Here:

Hot Salsa:

1 can 14.5oz. diced tomatoes

1 can 10oz diced tomatoes with green chilies

1/2 teaspoon salt

2 1/2 teaspoon garlic powder

1 bunch cilantro, stalks removed

Combine all Ingredients in the blender. Puree for 5 seconds. Chill and serve.

Guacamole:

2 avocados

1 lime

garlic salt

Cut avocados in half, exposing the seed. Remove the seed. Score the inside of the avocado and scoop out with a spoon. Place in a bowl. Mash the avocado. Add garlic salt and juice from the lime to taste.

Tomatilla Salsa

1 pound Tomatillos

1 jalapeño pepper, seeded

1 bunch cilantro

1/4 onion, chopped

1 garlic clove

2 avocados

1 teaspoon salt

Peel and wash the tomatillas. Cut them into quarters and put into the blender. Cut and wash the jalapeño pepper, removing the seeds. Place into the blender. Remove the stalks from the cilantro; place into the blender. Remove the outer layers of the onion, quarter, and dice. Place 1/4 of diced onion in the blender. Peel outer paper off of 1 clove of garlic, dice and place into the blender. Cut avocados in half, exposing the seed. Remove the seed. Score the inside of the avocado and scoop out with a spoon. Place in the blender. Finish by adding 1 teaspoon salt to blender. Blend all ingredients until mixture is smooth; you might have to stop and push ingredients down with a spoon. Place in a bowl and chill until ready to serve.

Tortilla Chips

15 yellow corn tortillas, uncooked

2 tablespoon olive oil, more for greasing baking sheet

1 tablespoon lime juice

1 tablespoon lime juice salt

Preheat oven to 375. Brush 2 large baking sheets with olive oil.

In a small bowl, mix 2 tablespoon of oil and 1 tablespoon of lime juice together. Brush oil on 1 tortilla making sure to cover the entire surface. Stack another tortilla on top and brush on oil mixture.

Continue until you get about 7 or 8 tortillas in the stack, cut into quarters. Set aside.

Continue with remaining tortillas. Arrange tortillas on the baking sheet in a single layer. Sprinkle salt over all tortilla pieces. Bake for 8-12 minutes or until the chips are golden brown.



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Callie Dorsett

CATEGORY

Please check one

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input checked="" type="checkbox"/>	Nutritious Snack
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COUNTY

Nacogdoches

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Fare la Scarpetta

Prep Time: 1 hour 5 minutes

Cook Time: 1 hour 34 minutes

Type Recipe Here:

Sweet Spaghetti Sauce

1 small onion, diced
14.5 ounce can peeled, diced tomato
1 clove garlic, minced ½ c.
fresh parsley ¼ tsp.
sweet basil 29 oz.
tomato sauce ¼ c.
sugar 1 tsp.
olive oil Salt and pepper to taste

Heat oil in pan and saute onions until translucent. Add canned tomatoes, garlic, parsley, basil, salt and pepper and simmer until most of the juice is gone from the canned tomatoes. Add tomato sauce and sugar. Simmer an hour, or until it is the consistency you prefer. Serve with bread or over spaghetti noodles.

Italian Bread

1 envelope active dry yeast
1 tsp sugar
1 c. warm water
2 - 3 cups flour
1 Tbsp. olive oil
1 tsp. salt

Combine yeast, sugar and water in bowl of electric mixer and let stand five minutes. Add 2 cups flour, oil and salt to bowl and beat at low speed using dough hook attachment for one minute. Gradually add in additional flour until dough begins to leave the sides of the bowl and pull together. You may not need the entire cup. Increase speed to medium and beat five minutes. Cover bowl of dough and let stand in a warm place for 30 minutes, or until doubled. Punch dough down and let stand an additional 10 minutes. Turn dough out onto lightly floured surface and shape into a loaf. Place on a lightly greased baking sheet and cut three slits across the top of the dough. Bake at 400 F for 16 minutes, or until golden brown. Cool on wire rack.

Slice bread into ½ inch slices. In small saucepan, combine ¼ cup butter, ¼ cup olive oil, and ½ tsp garlic powder and cook over low heat until butter is melted. Brush both sides of the bread slices with the mixture. Broil on the middle rack for eight minutes, turning the bread over at four minutes. This will make the bread nice and crispy for dipping into the sauce. Day old bread is easier to cut and broil. Enjoy!

Winter's Chicken "Wings"

2 large chicken breasts

1 cup of pretzel thins, crushed (You may use plain, garlic, buffalo, or any flavor you choose)

1 packet ranch powder

1 cup light mayonnaise

Cube up the chicken breasts into small bite sized pieces. Mix the mayonnaise and ranch in a bowl. Cover the chicken pieces in the ranch/mayo mix and then roll in crushed pretzels. Place chicken pieces in an air fryer and cook at 400° for 10 minutes until done. If you don't have an air fryer, place on a baking sheet and bake at 400° for about 10 minutes or until done.

Winter Curry
Rusk County
Nutritious Snacks
Intermediate



TEXAS 4-H FOOD SHOW CONTEST PAPERWORK

Macey Rutherford
Rusk County
Nutritious Snacks
Junior

Texas 4-H Food Show Recipe Information

Name of Recipe: Skinny Nachos Supreme	
Prep Time: 25 Minutes	Cook Time: 15 Minutes

Type Recipe Here:

Ingredients

1 pound lean ground beef, I used 96%
1 cup onions, chopped
1 tablespoon garlic, minced
1 package taco seasonings mix
 $\frac{2}{3}$ cup water
7 ounces reduced-fat tortilla chips, (about 100 chips)
1 (15 oz) can black beans, rinsed and drained
 $1\frac{1}{4}$ cups salsa
 $\frac{1}{2}$ cups (6 ounces) reduced-fat cheddar cheese, shredded
1 Avocado chopped
 $\frac{1}{2}$ cup green onions, chopped
 $\frac{1}{2}$ cup Tomatoes, chopped
6 tablespoons Greek nonfat yogurt (plain), or Low calorie ranch dressing

Instructions

1. Preheat oven to 350 degrees.
 2. In a large pan or skillet, cook ground beef with onions and garlic until meat is browned. Stir often. Pour cooked meat into a colander in the sink and drain off all excess fat. Add meat mixture back to pan.
 3. Add taco seasoning, water and mix well. Bring to a boil, turn heat down to simmer and cook for 5 minutes.
 4. Place the tortilla chips evenly on a large oven proof serving plate or baking sheet coated with a little cooking spray.
 5. Top the chips with ground beef mixture. Sprinkle beans evenly over the meat. Next, spoon over beans, and then salsa. Sprinkle the cheese all over the top.
 6. At this point, you can place in the fridge until you're ready to serve it.
 7. When ready to serve, bake in preheated 350 degrees oven for 15 – 20 minutes until the cheese is melted and the nachos are hot.
 8. Dollop with ranch dressing or sour cream and top with avocado, green onions, and tomatoes. If you really like food spicy, sprinkle a small amount of slice Jalapeño peppers!
- Makes 12 servings (each serving, 1/12 of recipe)

"Restaurant re-creations"

High calorie dessert replaced by delicious fruit smoothie

Raspberry Strawberry Fruit Smoothie

Servings: 1

Ingredients:

- $\frac{3}{4}$ cup low-fat raspberry yogurt (6 ounces)
- $\frac{1}{2}$ cup apple juice
- $\frac{1}{3}$ cup fresh or frozen raspberries
- $\frac{1}{3}$ cup frozen strawberries
- 5-6 ice cubes

Instructions:

Combine all ingredients in blender; blend until smooth. Amount of ice will vary depending on desired consistency. Pour into a glass and serve chilled. ENJOY!

Recipe Notes:

Nutrition Facts	
1 servings per container	
Serving size	1 (497g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 57g	21%
Dietary Fiber 4g	14%
Total Sugars 43g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 2mcg	10%
Calcium 233mg	20%
Iron 1mg	6%
Potassium 530mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Victoria Warren

CATEGORY
Please check one

<input type="checkbox"/> Breads & Cereal	<input type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input checked="" type="checkbox"/> Nutritious Snack
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COUNTY

AGE DIVISION: ☐ Junior ☐ Intermediate ☒ Senior

Name of Recipe: Chips and Salsa Platter

Prep Time: 30 minutes Cook Time: 20 minutes

Type Recipe Here:

Salsa Verde

- 1lb. Tomatillos
- 2 Serrano Peppers
- ½ Onion (Chopped)
- ½ C. Cilantro
- 1 Avacado

Peel Avacado, tomatillos and onion. Wash peppers and cilantro. Add all ingredients to blender and pulse till it is a paste consistency.

Salsa Rojo

- 1 ½ lbs. Tomatoes
- 1 Onion
- ½ C Cilantro
- 2 Jalepeño Peppers

Boil Peppers 4 minutes, add tomatoes, boil another 2 minutes. Put peppers and tomatoes in blender till a paste consistency. Chop cilantro and onion. Add tomato mixture to cilantro and onion.

Chips

- Flour Tortillas
- Corn Tortillas

Preheat oven at 350. Cut torillas in a +. Spray a pan with nonstick cooking spray and lay tortillas on pan. Bake approx.. 15 minutes (till lightly brown).



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Amanita Bautista

CATEGORY

Please check one

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Breads &
Cereal

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Fruits &
Vegetables

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Main
Dish

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Nutritious
Snack

COUNTY

Wood

AGE DIVISION:

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Junior

☒

Intermediate

☐

Senior

Name of Recipe: Amanita's Chocolate Banana Smoothie

Prep Time:

Cook Time:

Type Recipe Here:

2 medium size frozen bananas
1/2 cup vanilla yogurt
1 package of OLLY Kids Chipper Chocolate Protein Smoothie Mix
1 cup (8 oz.) 2% milk

Place all ingredients in a blender and blend until smooth.

Servings: 2