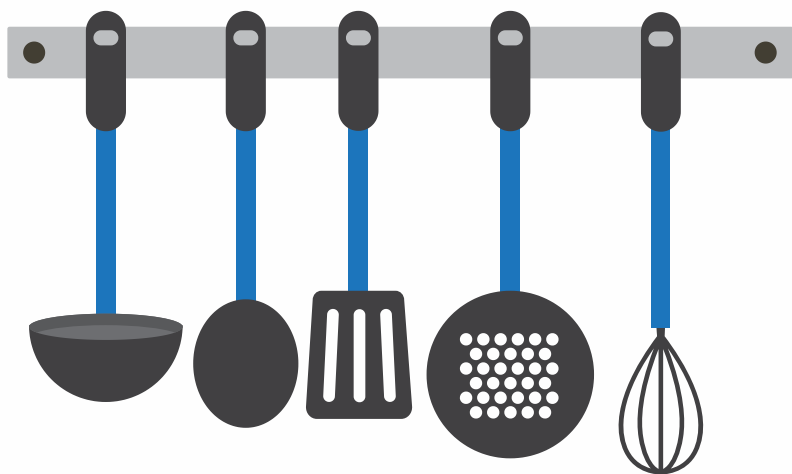


# kids IN THE KITCHEN



2023-2024  
JUNIOR CHEF COMPETITION



chartwells  
serving up happy & healthy

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# After-School Sticky Buns

Beaux Talmadge

Machias Elementary | Grade 4

## INGREDIENTS

18 Rhodes frozen  
dough-balls

1 package butterscotch  
pudding mix

½ cup melted butter

1 cup brown sugar

### Optional:

¼ cup chopped pecans

## DIRECTIONS

- Layer 18 frozen dough-balls in a bundt pan.
- Sprinkle pudding mix and brown sugar throughout. Pour melted butter over all ingredients.
- Cover with a tea towel and let dough rise overnight, or while at school.
- Once risen, bake at 350 degrees for 30 minutes. Let cool for 10 minutes and turn over onto a plate.
- Pull apart and enjoy!

# Apple Cartwheels

Quinn Lykken

Central Emerson Elementary | Grade 5

## INGREDIENTS

¼ cup peanut butter  
1- ½ teaspoons honey  
½ cup miniature semisweet  
chocolate chips  
2 tablespoons raisins  
4 medium unpeeled  
Red Delicious apples, cored

## DIRECTIONS

- In a small bowl, combine peanut butter and honey. Fold in the chocolate chips and raisins.
- Fill centers of apples with peanut butter mixture and refrigerate for at least 1 hour.
- Cut into ¼ inch rings.
- Drizzle honey over the apple cartwheels.

# Aunt Kelsey's Potato-Cheese Soup



Avery Calamusa

Seattle Hill Elementary | Grade 4

## INGREDIENTS

4 tablespoons butter  
2 cups yellow onion,  
finely chopped  
2 cups carrots, peeled  
and chopped  
6 parsley sprigs  
5 cups chicken stock or  
broth  
2 large potatoes,  
peeled and cubed  
Salt and pepper  
2-3 cups grated cheddar  
cheese

## DIRECTIONS

- Melt the butter in a large soup pot.
- Add the onions and carrots, and cook over low heat, covered, until vegetables are tender and lightly colored (about 20-25 minutes).
- Add the parsley, stock, and potatoes, and bring to a boil. Reduce heat, cover, and simmer until potatoes are very tender (about 30 minutes).
- Pour the soup through a strainer and transfer the solids to a food processor.
- Add 1 cup of the cooking stock and process until smooth. Return pureed soup to the pot and add additional cooking liquid (about 3-4 cups), until soup reaches the desired consistency.
- Over low heat, add salt and pepper to taste, gradually stirring in the grated cheese. When all the cheese is incorporated and the soup is hot, but not boiling, serve immediately.
- Garnish with additional grated cheese, chopped parsley, and croutons.



# Banana Bread

Juliette Adams

Cathcart Elementary | Grade 5

## INGREDIENTS

1 cup all-purpose flour  
½ cup whole wheat flour  
½ cup oat bran  
1 teaspoon baking soda  
½ teaspoon salt  
2 large bananas  
1 cup brown sugar  
½ cup olive oil  
1 egg  
½ cup black raisins

## DIRECTIONS

- Preheat the oven to 350 degrees. Lightly grease a 9x5x3-inch loaf pan.
- In a medium bowl whisk together the all-purpose flour, whole wheat flour, oat bran, baking soda, and salt.
- In another medium bowl, mash the bananas with the back of a fork.
- In a large bowl, with an electric mixer on medium, beat together the sugar, bananas, oil, and eggs. Add the dry ingredients and mix until blended.
- With a wooden spoon, stir in the raisins and scrape the batter into the oiled pan.
- Bake for 1 hour or until a toothpick inserted comes up clean. Transfer to a rack to cool for 10 minutes. Turn the loaf out onto the rack to cool completely.

# Banana Pan Cake

Adhya Shrivastava

Dutch Hill Elementary | Grade 4

## INGREDIENTS

- 1 cup wheat flour
- ½ cup milk
- 1 medium-sized, ripe banana
- 4 tablespoons sugar
- 2 tablespoons almond flour
- 6 tablespoons butter
- ¼ teaspoons green cardamom powder

## DIRECTIONS

- Mash the banana and add milk to it.
- Add sugar and mix the ingredients well.
- Add 1 tablespoon butter, cardamom powder, and almond flour.
- Add wheat flour and mix them all together to make batter.
- Heat the pan and add 1 tablespoon of butter. After melting the butter, pour some batter in the pan and after 2 minutes, flip the banana pancake. After 3-4 minutes it will be ready to enjoy.
- Enjoy the pancakes with milk!

# Banana Minis

Andrew Carness

Little Cedars Elementary | Grade 4

## INGREDIENTS

- 1 ripe banana
- 2 tablespoons peanut butter  
(or peanut butter alternative such as sunflower butter)
- 2 tablespoons granola  
(store-bought or homemade)

## DIRECTIONS

- Peel the ripe banana and cut it into slices.
- Lay the banana slices on a plate.
- Spread a thin layer of peanut butter on each banana slice.
- Sprinkle granola over the banana slices.
- Eat immediately and enjoy these healthy banana minis as a delicious and nutritious snack.

# Best-Ever Chicken Salad Croissants

Molly Davison

Riverview Elementary | Grade 6

## INGREDIENTS

1 ripe banana  
3-4 cups cooked chicken  
(canned works great!)  
1 cup seedless grapes,  
sliced in half  
(red and green varieties  
are great)  
1 cup almonds, thinly  
sliced  
2 celery ribs, chopped  
3 green onions, thinly  
sliced, white and green  
parts  
2 tablespoons fresh dill,  
chopped  
1 tablespoon fresh  
parsley, chopped  
1 cup mayonnaise  
Juice of 1 lemon  
1 tablespoon Dijon  
mustard  
1 teaspoon Kosher salt  
¼ teaspoon freshly  
ground pepper  
10 croissants

## DIRECTIONS

- In a large bowl, mix together the chicken, grapes, almonds, celery, green onion, dill, and parsley.
- In a small bowl, mix together the mayonnaise, lemon, mustard, salt, and pepper.
- Add the mayonnaise mixture to the chicken mixture and gently stir until well mixed.
- Cover with plastic wrap and refrigerate until ready to serve. Spoon onto croissants immediately before serving.
- Serves 10.

# Blueberry Muffins

Juliette Adams

Cathcart Elementary | Grade 5

## INGREDIENTS

- ½ cup milk
- ⅓ cup canola oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1 ½ cups all-purpose flour
- ¾ cups granulated sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup fresh or frozen blueberries
- 2 tablespoons raw sugar (for dusting the tops)

## DIRECTIONS

- Preheat the oven to 400 degrees. Line a muffin pan with paper baking cups or coat with a nonstick cooking spray.
- Add the dry ingredients. Set a sifter over the mixing bowl. Add the flour, sugar, baking powder, and salt. Shake the sifter until all the lumps have been removed and the ingredients are in the bowl. Using a spatula, gently mix just until the flour has been incorporated.
- Add the blueberries. Very gently fold the blueberries into the batter.
- Bake. Using an ice cream scoop, divide the batter evenly between 10 cups. Sprinkle the tops with the raw sugar. Bake the muffins for 15-18 minutes, until the tops spring back when lightly touched, or a toothpick inserted into the center comes out clean.
- Let cool. Remove the pan from the oven. Let the muffins cool in the pan for about 5 minutes, then transfer the muffins to a wire rack to cool completely. These muffins will keep in an airtight container in the refrigerator for up to 5 days.

# BLT Deviled Eggs



Quinn Lykken

Central Emerson Elementary | Grade 5

## INGREDIENTS

1 dozen hard-boiled  
eggs, peeled

¼ cup mayonnaise

1 tablespoon honey  
mustard

Kirkland cooked bacon  
crumbles

2 tablespoons brown  
sugar

2 handfuls small cherry  
tomatoes, quartered

1 handful basil leaves,  
chopped

Chili powder to dust

## DIRECTIONS

- Candy the bacon crumbles with brown sugar in a pan.
- Slice each egg in half lengthwise and remove the yolk. Put all the yolks in a small mixing bowl and all the whites on a platter.
- Add mayo and honey mustard to the yolks and mix until well combined and sort of fluffy.
- Fold in the candied bacon, tomatoes, and basil (reserving a little of the basil for garnish).
- Spoon the filling into the centers of the whites. Garnish with basil and dust with chili powder.

# BBS (Bradley's Basil Spaghetti)

Bradley Smith

Riverview Elementary | Grade 6

## INGREDIENTS

2 tablespoons olive oil  
½ pound ground beef  
½ pound Italian sausage  
2 fresh garlic cloves  
5 large, fresh basil leaves  
1 can whole,  
peeled tomatoes  
1 can tomato sauce  
Salt and pepper  
Spaghetti noodles  
Optional:  
Parmesan cheese

## DIRECTIONS

- Heat a pot of water.
- Heat 1 tablespoon of olive oil on medium heat in a pan.
- Add Italian sausage and brown. Add the ground beef to the sausage and brown.
- In a pot, heat the other tablespoon of olive oil. Add the garlic and brown it.
- Remove the whole, peeled tomatoes and add the leftover sauce from the can to the garlic and oil.
- Dice up the whole, peeled tomatoes and add them to the pot of tomato sauce.
- Add the other can of tomato sauce and mix.
- Add the fresh basil and simmer with a lid on it.
- Add the meat to the sauce.
- Cook the noodles.
- Remove the basil leaves from the meat sauce.
- Scoop some noodles into a bowl, add meat sauce, and top with parmesan cheese (optional).

# Brazilian Cheese Bread

Lara Menezes Leony  
Little Cedars Elementary | Grade 4

## INGREDIENTS

½ cup vegetable oil  
½ cup water  
½ cup whole milk  
1 teaspoon salt  
1.1 pounds of tapioca starch  
2 eggs  
1/3 pound cheese  
(use approximately 5 ounces of a soft cheese such as mild cheddar, fresh cheese, etc.)  
1/5 pound parmesan cheese  
(approximately 3 ounces)

## DIRECTIONS

- In a pot, heat the oil, water, and milk until boiling.
- In a separate bowl, combine the salt, the tapioca starch, and the cheese.
- Mix the ingredients from step 1 into the bowl with the dry ingredients.
- Mix well until combined and you have a homogenous mixture.
- Add the eggs until combined.
- Make small balls (approximately 1 ½- 2 inches).
- On a greased cookie sheet, place the balls about 1-inch apart.
- Preheat the oven to 400 degrees.
- Bake until golden for about 15-20 minutes.
- Remove from the oven and let cool for a few minutes.



# Breakfast Burrito

Mae Herrin

Central Emerson Elementary | Grade 4

## INGREDIENTS

4 slices bacon

2 eggs

1 ½ tablespoons cream  
cheese

1 tortilla

Salt and pepper

2 tablespoons milk

## DIRECTIONS

- Cook the bacon slices and then cut them into pieces.
- Scramble the eggs with salt, pepper, and milk.
- Put the cream cheese in the eggs.
- Put the tortilla shell in the microwave for 30 seconds.
- Put the egg and bacon together, then put it in the tortilla shell.
- Wrap all ingredients together and then you have a breakfast burrito!

# Caramel Magic Shake

Amoghaa Arvind

Little Cedars Elementary | Grade 5

## INGREDIENTS

- 1 scoop vanilla ice cream
- 2 teaspoons caramel sauce
- ½ cup whole milk
- 1 small handful pretzel bits
- 1 pinch salt
- Whipping cream (topping)
- Strawberries (a few for topping)

## DIRECTIONS

- Take a blender jar and add in 1 scoop of vanilla ice cream. Add in 2 teaspoons of caramel sauce and pretzel bits.
- Add in ½ cup of cold milk. Add a pinch of salt and blend everything for 30 seconds.
- Transfer to a cup and top it with whipping cream.
- Add some fresh strawberries and drizzle with caramel sauce.
- Your magic shake is now ready to be indulged!

# Carrot Muffins

Misheel Myagmarbat  
Little Cedars Elementary | Grade 6

## INGREDIENTS

### Dry ingredients:

240 grams  
all-purpose flour  
(about 8.47 ounces)

100 grams brown sugar  
(about 3.53 ounces)

10 grams baking powder

3 grams salt

### Wet ingredients:

160 grams whole milk  
(about 5.64 ounces)

2 eggs

120 grams melted butter  
(about 4.23 ounces)

1 grated carrot

## DIRECTIONS

- Put all dry ingredients in a bowl and mix.
- Put all wet ingredients in a bowl and mix.
- Combine both of the mixtures in a bowl.
- Place batter onto a muffin tray and use baking cups.
- Preheat oven to 425 degrees.
- Bake the muffins for 10 minutes.
- Change the temperature to 350 degrees.
- Bake the muffins for 5-10 minutes (depending on the oven).
- Wait 2 minutes before serving.

# Charlie's Simple, Speedy Shortbread Cookies

Charlie Harper

Totem Falls Elementary | Grade 6

## INGREDIENTS

2 tablespoons dark brown sugar, packed

¼ cup salted butter, melted

¾ cup flour

## DIRECTIONS

- Beat the sugar and butter until mixed.
- Add flour and mix until it clumps together.
- Turn onto a floured surface and knead until smooth.
- Preheat oven to 325 degrees.
- Roll out thinly (about 1/3 inch thick) and cut into 3-inch circles (about the size of a small glass).
- Bake in a 325-degree oven for 15 minutes. Leave to cool on the baking sheet.
- The recipe makes about 7 cookies. Note: This recipe is fully customizable. You can try nearly anything in the cookie dough before it's baked, like walnuts, sprinkles, chocolate, spices, or even lavender.

# Cheese and Crackers

Lily Frausto

Machias Elementary | Grade 4

## INGREDIENTS

About 10 crackers

10 squares of cheddar  
cheese or other cheese  
squares

## DIRECTIONS

- Get the crackers out of the cupboard.
- Get the cheese out of the fridge.
- Put crackers onto a plate.
- Cut cheese into squares (may need an adult to help with this step).
- Put cheese on the plate with the crackers.
- Enjoy items separately or stack cheese on top of a cracker!

# Cheesy Garlic Toast

Sanidhya Arya

Little Cedars Elementary | Grade 6

## INGREDIENTS

### Garlic spread:

4 tablespoons salted butter, softened

2 fresh cloves garlic, minced

¼ teaspoon iodized salt

½ teaspoon Italian seasoning

### Toast:

5-6 slices of bread

1 cup shredded cheese (Mexican-style blend or mozzarella is recommended)

½ bell pepper/capsicum, finely sliced

Cilantro for garnish

### Optional:

1 teaspoon dried red chili flakes

## DIRECTIONS

- For garlic spread: In a medium bowl, mix the butter, garlic, salt, and Italian seasoning with a spoon until well combined.
- Toast the bread slices in a toaster until lightly golden and crisp.
- On a cutting board, lay each toast slice and spread about 1 ½ teaspoons of the garlic spread on one side of each slice.
- Sprinkle some cheese on top of the garlic spread, covering the whole surface of the toast.
- If you like spicy food, you can add some red chili flakes on top of the cheese for some extra heat.
- You can also add some bell pepper slices and cilantro on top of the cheese for some color and crunch.
- Set the oven to broil on high and carefully transfer the toast slices to the baking tray (with the cheese side facing up).
- Put the tray in the oven and broil for 1-2 minutes, or until the cheese is melted and bubbly and the edges of the toast are browned. Watch carefully so they don't burn.
- Carefully take the tray out of the oven and let the toast cool slightly.
- Cut each toast slice in half diagonally with a knife and serve hot or warm.
- Enjoy your cheesy garlic toast while it is hot and gooey.

# Chippy Chicken

Nolan McQuoid

Totem Falls Elementary | Grade 5

## INGREDIENTS

1 ½-2 pounds chicken,  
cut into ½ inch cubes

1 full size bag potato  
chips

1 cup regular mayo

Dipping sauce  
(ranch, bbq, etc.)

## DIRECTIONS

- Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
- Crush potato chips into small pieces in a resealable bag. Pour crushed chips into a shallow bowl. (Optional, add chili powder to the crushed chips.)
- Place the cut chicken into a medium bowl and add mayo. Mix well until well coated.
- Roll chicken in crushed chips until coated evenly.
- Place the coated chicken on a baking sheet, not touching, and bake for 15 minutes or until chicken is cooked thoroughly.
- Serve immediately with dipping sauces.

# Chocolate Chip Banana Bread

Khaqan Ahmad

Riverview Elementary | Grade 5

## INGREDIENTS

½ cup vegetable oil  
½ cup brown sugar  
(add more if you want  
your bread sweeter)  
1 egg  
2 cups flour  
¼ teaspoon salt  
1 teaspoon baking soda  
1 teaspoon vanilla  
extract  
3 ripe bananas  
½- 1 cup chocolate  
chips

## DIRECTIONS

- Preheat oven to 325 degrees.
- In a bowl, add baking soda, salt, and flour. Mix them and set them aside.
- Beat the sugar and oil until they are blended well. Add the egg and beat for a few more minutes.
- Mash your bananas in a separate bowl and mix with your wet ingredients.
- Add vanilla extract. Add ½ of the chocolate chips into the mixture.
- Mix in the dry ingredients and try not to over mix.
- Add the milk and mix.
- Pour the mixture into the greased loaf pan.
- Sprinkle the remaining chocolate chips on top.
- Bake 55-70 minutes or until a knife or toothpick comes out clean.



# Cousin Lillian's Pumpkin Bars

Amelia Stong

Machias Elementary | Grade 5

## INGREDIENTS

2 cups sugar  
4 eggs  
1 cup vegetable oil  
2 tsp baking powder  
1 tsp baking soda  
2 tsp cinnamon  
1/2 tsp salt  
2 cups canned pumpkin  
2 cups flour  
Optional:  
1/2 cup chocolate chips

## DIRECTIONS

- Pre heat oven to 350 degrees.
- Mix all ingredients together until moist, adding the flour last.
- Use a spoon or hand mixer to mix.
- Grease a 9x13 inch pan.
- Pour mixture into the pan.
- Sprinkle chocolate chips on top, if desired.
- Bake for 30 minutes.
- Insert toothpick in center to check for doneness. Toothpick should be clean.
- Allow to cool for 20 minutes.
- Cut into squares and ENJOY!

# Creamy Dreamy Tomato Soup with Mini Cheese Biscuits

Tuesday Hancock

Central Emerson Elementary | Grade 5

## INGREDIENTS

### Soup:

4 tablespoons extra-virgin olive oil

4 tablespoons shallots, chopped

2 garlic cloves, peeled and minced

2- 14.5 ounce cans diced tomatoes

1 cup chicken or vegetable broth

2 slices hearty white sandwich bread, torn into 1-inch pieces

1 tablespoon brown sugar, packed

Sea salt, to taste

## DIRECTIONS

- Soup instructions: In a large saucepan, heat oil over medium-low heat for 1 minute (oil should be hot but not smoking). Add shallots and garlic and cook, stirring occasionally with a wooden spoon until softened and lightly browned, (about 3 minutes).
- Carefully pour tomatoes and their juice into saucepan.
- Stir in broth, bread, and sugar. Increase heat to medium-high and bring to a boil. Reduce heat to medium and cook, stirring occasionally, until bread starts to fall apart, (about 5 minutes).
- Turn off heat and slide saucepan to a cool burner. Let tomato mixture cool for 5 minutes.
- Use a ladle to carefully transfer tomato mixture into blender jar (mixture will be hot so ask an adult for help). Place lid on top of blender and hold lid firmly in place with folded dish towel. Process until smooth, (1 to 2 minutes). Return to the saucepan and warm over medium-low heat, adding salt, to taste. Pour into soup bowls or mugs and serve hot with mini cheese biscuits.

# Creamy Dreamy Tomato Soup with Mini Cheese Biscuits (continued)

Tuesday Hancock

Central Emerson Elementary | Grade 5

## INGREDIENTS

### Mini Cheese Biscuits:

2 cups all-purpose flour

1 tablespoon baking powder

1 teaspoon salt

2 tablespoons shortening or lard

1 cup low-fat buttermilk

1 cup sharp or extra sharp cheddar cheese, shredded

½ teaspoon granulated garlic

¼ teaspoon dry mustard powder

¼ teaspoon cayenne pepper powder

½ cup unsalted butter, melted (reserving 2 tablespoons)

### Topping ingredients:

2 tablespoons unsalted butter, melted

¼ teaspoon granulated garlic

¼ teaspoon Italian seasoning

## DIRECTIONS

- Mini Cheese Biscuits instructions: Makes about 36 biscuits. Preheat oven to 450 degrees. Cover a large baking pan with parchment paper and set aside.
- In a large bowl, sift flour, baking powder, salt, garlic, dry mustard, and cayenne. Add the lard or shortening to the flour mixture and slightly mix in.
- Now add the melted butter, buttermilk, and shredded cheese to the flour mixture. Mix until just combined, being careful not to overmix (as overmixing will make the biscuits dry).
- Measure out biscuit dough by the tablespoon and drop onto the covered baking pan.
- Take the reserved butter and add the ¼ teaspoon of garlic and the ¼ teaspoon of Italian seasoning. With a basting brush, brush the butter mixture over the tops of the biscuits.
- Place the biscuits in the preheated oven and bake at 450 degrees for 10 minutes or until golden brown. Remove from oven and serve warm alongside Creamy Dreamy Tomato Soup.

# Crispy Halibut Sticks with Butter Sauce

Levi Shenker

Riverview Elementary | Grade 5

## INGREDIENTS

### Crispy Halibut Strips:

2 halibut filets with skin removed  
(each filet can be cut into 2 strips to give you 4 strips total. The employee at the fish counter will be happy to remove the skin and cut the fish into pieces for you!)

¼ cup flour

1 egg

1 cup panko crumbs

1 tablespoon butter

Kosher salt and pepper,  
to taste

## DIRECTIONS

- Salt and pepper the halibut. Place the flour, egg, and panko crumbs into three separate dishes. Beat the egg with a fork. Season the flour, egg, and panko crumbs with salt and pepper.
- Dip both sides of the halibut into the flour, then the egg, and finally, into the panko crumbs. Make sure the halibut is coated on all sides.
- Heat 2 tablespoons of olive oil and 1 tablespoon of butter in a large sauté pan over medium heat. Let the pan get hot and then place the fish in the pan. Cook until the panko is golden brown (it will brown quickly, so make sure to check and make sure it's browned and not burned). Flip fish sticks over and cook until golden brown.
- If you have thick pieces of fish, place in a 375-degree oven for 5-7 minutes to finish cooking the fish (turn the oven on before you start cooking in case you need to do this).
- To make the butter sauce, place the shallots, white wine, and lemon juice in a pan and heat over medium-high heat. Continue cooking until the liquid has reduced down to about 2 tablespoons, (a little over half).

(continued on next page)

# Crispy Halibut Sticks with Butter Sauce (continued)

Levi Shenker

Riverview Elementary | Grade 5

## INGREDIENTS

### Butter Sauce:

2 tablespoons shallots,  
minced

½ cup nonalcoholic  
white wine  
(an adult can help you find  
this at the store)

1 tablespoon lemon juice

8 tablespoons unsalted  
butter, cut into 8 pieces

2 tablespoons cream

Kosher salt and white  
pepper, to taste

## DIRECTIONS

- Once the liquid has reduced, lower the heat and slowly add the butter one piece at a time. Take the pan off the heat frequently so the sauce does not get too hot. You want to keep whisking vigorously and slowly incorporate the butter, one piece at a time, into the sauce. Once the butter is all gone, add the cream. Keep whisking and salt and pepper to taste (easy with the salt, don't add too much. Make sure to taste it so you don't over season).
- Drizzle lightly over the fish sticks or dip them if you prefer. If you drizzle it over the fish, less is more. Start with just a little so you don't overdo it with your super rich butter sauce.

# Famous Tatum's Thai Peanut Meatballs



Tatum Barstad

Riverview Elementary | Grade 5

## INGREDIENTS

### Meatballs:

- 8 ounces organic lean ground turkey
- 1 medium carrot, shredded
- 1 large scallion, minced
- ¼ teaspoon sesame oil
- 2 teaspoons chili garlic sauce
- 2 tablespoons natural peanut butter, unsweetened
- Salt and pepper
- ½ teaspoon ground ginger
- 3 large pinches of finely chopped cilantro

### Spicy Peanut Sauce:

- ½ cup natural peanut butter, unsweetened
- 2 tablespoons low sodium soy sauce
- 1 tablespoon rice vinegar
- 2 tablespoons brown sugar
- 2 teaspoons chili garlic sauce (more or less, to taste)
- 1 tablespoon fresh lime juice
- 1 tablespoon ginger root, grated
- 2-4 tablespoons warm water

## DIRECTIONS

- Preheat oven to 375 degrees. Line a rimmed baking sheet with parchment paper.
- In a large mixing bowl, add all contents and mix, being careful not to compact the meat.
- With a scoop or spoon, scoop the meat and shape into 1 ½ inch meatballs. Arrange on the prepared baking sheet.
- Bake for 15 minutes or until the meatballs reach an internal temperature of 165 degrees on an instant-read thermometer. As an alternative way to check, a meatball in the center of the baking sheet should be fully cooked through when cut in half.
- Mix all sauce ingredients together in a bowl.
- Once fully cooked, remove from the oven, let sit and top with the peanut sauce.
- Enjoy!

# Friendly Dog Salad

Charlee Subitch

Riverview Elementary | Grade 4

## INGREDIENTS

- 1 lettuce leaf
- 1 canned pear, half
- 1 canned prune
- 2 canned mandarin orange slices
- 1 maraschino cherry
- 1 raisin

## DIRECTIONS

- Wash one lettuce leaf and pat dry with a paper towel. Place it on salad plate. Lift one pear half, 1 prune, and 2 mandarin orange segments from their cans and 1 maraschino cherry from the jar with a fork and place them in a paper towel to dry. (Refrigerate the remaining fruit for another time).
- Place the pear half cut side down, on the lettuce leaf. Cut the prune lengthwise in half with scissors and take out the pit. Place one of the prune halves at the large end of the pear half for the ear. (Eat the other prune half.)
- Scoop out a tiny hole in the pear half for the eye with a teaspoon. Place 1 raisin in the hole. Cut the maraschino cherry in half with scissors. Place one half at the bottom of the narrow end of the pear half for the nose. (Eat the other half of the cherry). Use the mandarin orange segments for the collar.
- Serve and enjoy with whipped cream.

# Fruit Salsa with Cinnamon Chips

Finalist!

Sage Figler

Cathcart Elementary | Grade 5

## INGREDIENTS

4 pounds of strawberries  
24 ounces of raspberries  
8 granny smith apples  
1 cantaloupe  
1 jar seedless raspberry jam  
1 lemon  
20 flour tortillas  
2 cups granulated sugar  
½ cup cinnamon  
1 cup butter

## DIRECTIONS

- Fruit salsa: Wash all fruit.
- Peel and dice the cantaloupe, apples, and strawberries into tiny bite-size pieces. Cut the raspberries in half.
- Add all fruit together in a bowl. Add lemon juice and 1 cup of raspberry jam.
- Stir gently to incorporate all ingredients.
- Cinnamon chips: Combine sugar and cinnamon in a Ziplock bag.
- Brush melted butter on both sides of the whole tortillas. Cut the tortillas into triangles and put them into the bag of cinnamon and sugar. Shake until coated evenly.
- Bake in the oven at 400 degrees until crisp.
- Let chips cool to room temperature.



# Fruit-Topped Spiced Cream Tarts

Illyana Egeler

Seattle Hill Elementary | Grade 6

## INGREDIENTS

- 1 ½ tablespoons brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 16 phyllo pastry shells (1 package. Found in freezer section.)
- 8 ounces cream cheese, softened
- 3 tablespoons sugar
- 1-2 teaspoons almond extract
- 1 cup combined fresh raspberries, blueberries, blackberries, strawberries

## DIRECTIONS

- Rinse the fruit and set aside. If using strawberries, slice into sliver-sized pieces.
- In a bowl, combine the brown sugar, cinnamon, and nutmeg. Set it aside.
- Place shells on baking sheet and using a 1/8 teaspoon (or just your fingers), spoon the brown sugar mixture into the bottom of the tart shells.
- Bake at 350 degrees for 7-10 minutes or until lightly browned and the sugar seems melted. Cool shells on wire rack or counter.
- In a small mixing bowl, combine the cream cheese, sugar, milk, and almond extract. Mix well. Spoon into pastry shells. (I like to add my cream cheese mixture to a pastry bag and then pipe the cream cheese filling into shells.)
- Top with a raspberry, a couple of blueberries, or a blackberry and a slice of strawberry. Any kind of fruit combination that you like.
- Sprinkle the tops of fruit tarts with a little more of the brown sugar and spice seasoning.
- Store leftovers in the refrigerator.

# German Crepes



Thomas Magdy

Totem Falls Elementary | Grade 4

## INGREDIENTS

2 eggs

1 cup milk

1 cup flour

1 tablespoon oil

1 teaspoon vanilla  
extract

Pinch of salt

Butter or oil for cooking

## DIRECTIONS

- Mix all ingredients together until it makes a batter.
- Scoop into a preheated and greased pan to cook.
- Cook each side for 2 minutes on medium heat or until it has golden marks.
- You can fill the crepes with anything you desire, sweet or savory.

# Grace's Banana Bread

Grace Keeton

Cathcart Elementary | Grade 6

## INGREDIENTS

2 cups flour

1 cup sugar

1 teaspoon baking soda

2 eggs

2 teaspoons vanilla

3 bananas

Optional:

1-3 tablespoons cinnamon

1 cup chocolate chips

or

1 cup blueberries

## DIRECTIONS

- Preheat the oven to 350 degrees.
- Mix all ingredients together (if wanted, add any of the variations in).
- Pour batter into 1.5-quart bread loaf pan sprayed with nonstick spray.
- Bake for 1 hour until a toothpick comes out clean.
- Optional: cook for 30-35 minutes in a cupcake pan.

# Grandma's Good Cookies



Aubrey Forsythe

Machias Elementary | Grade 5

## INGREDIENTS

- 1 cup white sugar
- 1 cup brown sugar
- 1 cup shortening
- 2 eggs
- 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 cups Rice Krispies
- 2 cups oatmeal
- 1 cup coconut

## DIRECTIONS

- Pre-heat the oven to 350 degrees.
- Cream together the white sugar, brown sugar, and shortening.
- Add the eggs and vanilla.
- Sift together the flour, baking soda, baking powder, and salt.
- Add to the creamed mixture and mix.
- Add Rice Krispies, oatmeal, and coconut and mix.
- Drop spoonfuls on a greased cookie sheet and flatten with a fork.
- Bake at 350 degrees for 10 minutes.

# Grandma's Homemade Fruit Salad

Juliette Jang

Seattle Hill Elementary | Grade 5

## INGREDIENTS

2 cans fruit cocktail,  
drained

1 can mandarin oranges,  
drained

1 can pineapple,  
drained

8-12 ounces sour cream

1 bag of miniature  
marshmallows

## DIRECTIONS

- Open and drain all the fruit cans and then pour them in a large bowl.
- Add the sour cream and the marshmallows to the bowl.
- Mix until all the fruit and marshmallows are covered in sour cream.
- Enjoy immediately, or chill before serving.
- This can also be customized by adding your favorite canned fruit.

# Grandma Sherri's Pumpkin Bread

Nathan Robbins

Cathcart Elementary | Grade 5

## INGREDIENTS

3 cups sugar  
1/2 teaspoon baking powder  
2 teaspoons baking soda  
1 1/2 teaspoons salt  
1 teaspoon cloves  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
3 1/2 cups flour  
1 cup salad oil  
2/3 cup water  
4 beaten eggs  
1 small can pumpkin  
1 teaspoon vanilla  
1 cup nuts (optional)

## DIRECTIONS

- Combine all ingredients and mix with a mixer until well blended. Add the chopped nuts, (pecans or walnuts, if using).
- Prepare the baking pans by greasing or spraying them with cooking spray.
- Pour into 3 large loaf pans or mini loaf pans.
- Bake at 350 degrees for 1 hour (for large loaves) or 40-45 minutes (for mini loaf pans).
- Loafs are done when a toothpick inserted in the center comes out clean.

# Guatemalan Tostadas

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London Contreras Dickinson  
Central Emerson Elementary | Grade 5

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## INGREDIENTS

1 package of tostadas  
½ of a white onion  
2 cups refried black  
beans  
½ cup crumbled queso  
fresco  
1 bunch parsley

## DIRECTIONS

- Cook tostadas.
- Spread generously with warm black beans.
- Sprinkle with queso fresco and chopped parsley.
- Top with thinly sliced white onion, if desired.

# Ham and Cheese Crescent Rolls

Mila Gilgan

Little Cedars Elementary | Grade 4

## INGREDIENTS

1 can refrigerated  
crescent rolls,  
8 count

8 thin slices cooked ham  
(8 ounces)

4 slices of any cheese,  
cut each in half

## DIRECTIONS

- Heat the oven to 350 degrees.
- Separate dough into 8 triangles.
- Place 1 piece of ham on each triangle and 1 piece of cheese down in the center of the ham.
- Fold in edges of the ham to match the shape of the dough triangle.
- Roll up each crescent, ending at the tip of the triangle.
- Bake for 15-19 minutes or until golden brown. Immediately remove from the cookie sheet.
- Serve warm.



# Ham and Cheese Sliders

Calijah Smith

Machias Elementary | Grade 4

## INGREDIENTS

- 4 teaspoons yellow mustard
- 4 potato dinner rolls, sliced open
- 4 slices deli ham
- 8 dill pickle chips
- 2 slices deli cheddar cheese, cut in half

## DIRECTIONS

- Adjust oven rack to the middle position and heat the oven to 400 degrees. Line a baking sheet with parchment paper.
- Use a butter knife to spread the mustard evenly over the insides of rolls.
- Layer 1 slice of ham, 2 pickle chips, and a ½ slice of cheese into each roll and press down gently (you should have 4 sliders).
- Place the sliders on the baking sheet. Place baking sheet in the oven and bake until cheese has melted and rolls are crisp, (about 5 minutes).
- Use oven mitts to remove baking sheet from oven (ask an adult for help) and transfer to cooling rack. Use spatula to carefully transfer sliders to a plate and serve.

# Hearty Pesto Egg Toast

Amoghaa Arvind

Little Cedars Elementary | Grade 5

## INGREDIENTS

2 slices multigrain bread  
2 teaspoons pesto sauce  
1 brown egg  
Butter, as needed  
1 pinch black pepper  
Italian seasoning  
Cheese  
(four-cheese mix or mozzarella)

## DIRECTIONS

- Heat the pan and add a little butter and toast the bread until golden.
- Add some more butter and fry the egg. I like to have the yolk slightly gooey, so flip and fry as needed.
- Add a dash of salt and pepper to the egg.
- Spread the pesto sauce on one side of each bread.
- Time to assemble the sandwich. Place the egg on top of one of the pesto applied sides of bread and then sprinkle some cheese on it.
- Sprinkle Italian seasoning on top of the cheese.
- Close the bread slice with pesto side in, on top of the cheese.
- Heat the pan and place the sandwich on it and cover with a lid on low flame to have the cheese melted.
- Time to enjoy the delicious, healthy, and filling sandwich!

# Homemade Crunch Bars

Macie Niemela

Riverview Elementary | Grade 6

## INGREDIENTS

- 3 cups crispy rice cereal
- 1 ½ cups chocolate chips
- 1 cup peanut butter
- ½ cup maple syrup
- ¼ cup coconut oil

## DIRECTIONS

- Line an 8x8-inch baking dish or a deep baking tray with parchment paper and set aside.
- Add crispy rice cereal into a large mixing bowl and set aside. In a microwave-safe bowl or on the stovetop, combine all of your other ingredients and heat until melted. Remove from the microwave/stove and whisk until completely incorporated.
- Pour the chocolate/peanut butter mixture over the crispy rice cereal and mix until combined. Pour into the lined baking dish and refrigerate until firm (at least 1 hour).
- Remove and cut into bars.

# Homemade Soft Pretzels with Cheesy Dipping Sauce



Ava and Eliana Manning  
Little Cedars Elementary | Grade 5

## INGREDIENTS

### Pretzel dough:

2 ¼ teaspoons active dry yeast (1 standard packet)

1 cup warm water

1 tablespoon unsalted butter, melted

1 teaspoon sugar

1 teaspoon salt

3 cups all-purpose flour (plus up to ¾ cup more if needed)

### Baking soda bath:

2 cups water

2 tablespoons baking soda

### Topping:

1 tablespoon coarse salt (for sprinkling on top)

6 tablespoons salted butter, melted

## DIRECTIONS

- Combine the yeast with the warm water and sugar in the bowl of your standing mixer fitted with the hook attachment. Once the mixture becomes “frothy”, your yeast is ready. Stir in the salt and 1 tablespoon of the melted butter. If you do not have a standing mixer, it can be mixed by hand.
- Add the flour 1 cup at a time and knead on the lowest setting until the dough forms and is no longer very sticky. You may need more or less, depending on temperature differences. (If you press your finger into the dough and it bounces back, it’s ready to knead.)
- Knead the dough for 5 minutes or until smooth and pliable.
- Form the dough by hand. Lightly grease the bowl used previously and place the dough back in to rest for 15 minutes. Cover with a damp towel.
- Preheat the oven to 475 degrees and line a large baking sheet or 2 baking sheets with parchment paper.
- In a medium sized pot, boil 2 cups of water with 2 tablespoons of baking soda. Once the baking soda is mostly dissolved, take the mixture off heat and pour into a shallow dish.

(continued on next page)

# Homemade Soft Pretzels with Cheesy Dipping Sauce (continued)

Ava and Eliana Manning  
Little Cedars Elementary | Grade 5



## INGREDIENTS

### Dipping sauce:

1 jar Tostitos nacho  
cheese sauce

1 jar Tostitos queso  
blanco cheese sauce

## DIRECTIONS

- After 15 minutes, take the dough out of the bowl and flatten slightly with the palm of your hand. Cut the dough into 8 sections (like a pizza). Roll each triangle into a long rope, (about 19-20 inches long). Shape the dough into pretzel shapes or pretzel ropes and place in the baking soda bath for 2 minutes. If the whole pretzel isn't covered by the water, spoon it on top of the areas it doesn't reach. Once the 2 minutes are up, carefully pick the pretzel up with the help of a fork or spatula and place it on the prepared baking sheets. You may have to re-shape it slightly.
- Sprinkle the pretzels with the coarse salt while they are still wet. Repeat these steps until all 8 pretzels are prepared and on the baking sheets.
- Bake the pretzels for 8-9 minutes or until golden brown. Immediately remove from the oven, brush (heavily) with 6 tablespoons of melted butter.
- These homemade soft pretzels are best served hot and fresh out of the oven but will keep for about 2 days stored at room temperature in an airtight container. Pop them in the microwave and they're good as new!
- Add your favorite dipping sauce and enjoy! We like Tostitos nacho cheese sauce and queso blanco sauces combined.

# Honey Chilly Potatoes

Aalia Shariff

Dutch Hill Elementary | Grade 6

## INGREDIENTS

- 2 cups crinkle cut French fries
- 4 tablespoons tomato ketchup
- 1 tablespoon chili garlic sauce
- 1 teaspoon soy sauce
- 1 tablespoon honey
- 1 teaspoon sesame seeds
- 1 tablespoon oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

## DIRECTIONS

- Bake or air fry French fries until golden brown
- Next, take a pan and add oil, ketchup, salt, pepper, chili garlic sauce, soy sauce, and honey and cook for 1 minute on high heat until its well combined.
- Next, add French fries and then mix them together and serve by garnishing with sesame seeds.
- Enjoy!

# Juliette's Halloween Marble Cake

Juliette Adams

Cathcart Elementary | Grade 5

## INGREDIENTS

3 cups all-purpose flour

1  $\frac{1}{4}$  cup sugar

2 teaspoons baking powder

2 teaspoons baking soda

1 teaspoon ground cinnamon

$\frac{1}{2}$  teaspoon ground ginger

$\frac{1}{4}$  teaspoon ground nutmeg

1 teaspoon salt

2 cups cooked sweet potatoes scraped from their skins

$\frac{1}{2}$  cup olive oil

4 eggs

1  $\frac{1}{2}$  teaspoons vanilla extract

6 ounces of semisweet chocolate, melted

## DIRECTIONS

- Preheat oven to 350 degrees. Lightly grease a 10-inch Bundt or tube pan. Dust the pan completely with flour.
- In a medium bowl whisk together flour, sugar, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt. In a small bowl use a spoon to mash the sweet potato.
- With the help of an adult, in a large bowl with an electric mixer at medium speed, beat together the sweet potato, olive oil, eggs, and vanilla until very smooth. Beat in the flour mixture until smooth.
- Transfer one-third of the batter to another small bowl. Stir the melted chocolate into the small bowl.
- Using large spoons, spoon the batters alternately into the pan. With a plastic knife, swirl together the sweet potato batter and the chocolate batter to get a marbled effect.
- Bake 50-60 minutes or until a toothpick inserted in the center comes out clean and the cake shrinks from the side of the pan. Transfer the pan to a cooling rack for 10 minutes. Turn the cake out onto the rack to cool completely.

# Kinley's Bougie Smoothie

Kinley Merritt

Riverview Elementary | Grade 6

## INGREDIENTS

1 cup frozen pineapple  
2 whole frozen bananas  
1 cup frozen strawberries  
6 bite-sized pieces of  
frozen passionfruit  
5.3 ounce container  
vanilla yogurt  
1 tablespoon chia seeds  
2 cups almond milk

## DIRECTIONS

- Put all frozen ingredients into your blender first, followed by the almond milk, yogurt, and chia seeds.
- Securely attach the blender lid.
- Blend on medium speed for 3-5 minutes or until you reach your desired consistency.



# KK's Tasty Tostadas

Kayleigh Gomez

Little Cedars Elementary | Grade 4

## INGREDIENTS

4 tostadas  
2 avocados, mashed  
1 tablespoon kosher salt  
1 cup tomatoes, chopped  
1 cup iceberg lettuce,  
shredded  
1 cup shredded  
cheddar/jack cheese  
1 cup cooked corn  
(canned, fresh, or frozen)  
1 cup white onion, diced  
(optional)  
8 ounce can refried pinto  
beans (canned or fresh)

## DIRECTIONS

- Cut the avocados in half and carefully remove the pit. Scoop out the avocados with a spoon and mash them into a small bowl with a fork. Add salt to taste and set aside.
- Chop 1 cup of tomatoes and place them in a small bowl.
- Thinly slice 1 cup of lettuce and place it in a small bowl.
- Put 1 cup of shredded cheese in a small bowl.
- Drain a can of corn and place it in a small bowl.
- Chop a small white onion and place it in a small bowl.
- Remove refried beans from the can, add 1 tablespoon of water and heat in the microwave for about 2 minutes. Stir well and set aside.
- Everyone makes a personalized tostada the way they like it! Place one tostada on a plate. If you like refried beans, spread some on your tostada, (if not, begin with avocado). Spread some avocado on top of the tostada and then sprinkle on whichever vegetables and cheese you like!
- Pick up with your hands and take a bite. Enjoy!

# La Meaty Pasta

Jamie Stephanik

Totem Falls Elementary | Grade 5

## INGREDIENTS

1-pound dry ziti pasta  
1 onion, chopped  
1-pound lean ground  
beef  
52 ounces spaghetti  
sauce

## DIRECTIONS

- Bring a large pot of slightly salted water to a boil. Add the ziti pasta and cook until al dente, (about 8 minutes).
- Drain the water from the pasta.
- Meanwhile, brown the ground beef and onion in a large skillet over medium heat. Stir the spaghetti sauce and simmer for 15 minutes.
- Combine the pasta with the sauce.

# Les Crepes Delicieuses de George

George Smith

Seattle Hill Elementary | Grade 4

## INGREDIENTS

6 eggs  
2 tablespoons sugar  
2 cups flour  
3 cups milk  
2 tablespoons vanilla  
extract  
2 tablespoons melted  
butter  
1/4 teaspoon salt

## DIRECTIONS

- Get out all the ingredients and turn on the crepe maker to medium.
- While the crepe maker is preheating, blend all the ingredients together.
- Once the crepe maker is done preheating, get a 1/3 cup measuring spoon and scoop some of the crepe mix and pour the spoon on the crepe maker.
- Once the crepe looks ready, flip the crepe and make sure it is evenly cooked. Repeat until you have used all the crepe mix.
- And that's how you make crepes.

# Mac & Cheese

Declan Jones

Seattle Hill Elementary | Grade 6

## INGREDIENTS

1 box penne pasta  
8 ounces shredded Colby  
Jack cheddar cheese

## DIRECTIONS

- Bring a 3-quart pot of water to a boil.
- Cook the penne pasta until soft.
- Pre-heat the oven to 375 degrees.
- Drain the water from the pasta.
- Place pasta in a cooking dish.
- Mix in the full bag of cheese.
- Put the dish in the oven for 7-10 minutes until the cheese is melted.

# Magic Carpet Rolls

Patricia Purtteman

Dutch Hill Elementary | Grade 5

## INGREDIENTS

1 carrot  
½ of a red bell pepper  
2 flatbreads  
(or large flour tortillas)  
Cream cheese spread  
(plain or veggie)

## DIRECTIONS

- Peel the carrot and slice into 3-inch-long sections. Cut each section into thin strips.
- Slice the red bell pepper into similarly sized strips.
- Trim off the curved edges of each flatbread or tortilla to create a regular carpet shape. (Be sure to save those scraps for mom.)
- Spread the cream cheese on each surface of the flatbread and then roll it up.
- Add “tassels” to each magic carpet sandwich by inserting several of the carrot and red pepper strips into the center coil at both ends.

# Marley's Famous Chicken Enchiladas

Marley Kershaw

Cascade View Elementary | Grade 6

## INGREDIENTS

2-pounds chicken  
tenderloins/breast

Seasonings of your choice

Corn tortillas  
(however many you want  
to make)

2 cups grated/shredded  
cheese

1 can enchilada sauce  
(red or green)

Water  
(enough to boil your  
chicken)

A capful of cooking oil

## DIRECTIONS

- Prepare the chicken by rinsing it off and cutting it up. Put it into a pot of water to boil, making sure there is enough water to completely cover the chicken. Throw in any seasonings you would like. (I like tajin, garlic salt, mixed peppers)
- Boil for about an hour and then shred the chicken.
- Pour out any excess water but leave some in so the meat is not too dry.
- Shred the chicken using 2 forks and then set the chicken aside.
- Warm up the tortillas and preheat the oven to 375 degrees.
- Place about a capful of oil in a pan and let it warm up. Put the corn tortillas in the pan and flip them from side to side to warm them up. (They just need to be warmed enough to not split when rolling them.)
- Put a little bit of sauce on them. Add about a spoonful of the cooked chicken and a pinch of cheese and roll up the tortilla.
- Place the rolled tortilla into a baking dish. When the dish is filled with the rolled tortillas of chicken and cheese, pour the enchilada sauce over them and sprinkle with the remaining cheese.
- Bake in the oven for 20 minutes at 375 degrees. Let them cool and then get ready for the best enchiladas of your life!

# Mozzarella Grilled Cheese Bites

Audrey Guidry

Seattle Hill Elementary | Grade 5

## INGREDIENTS

Butter  
Sour dough bread  
Sliced or shredded  
mozzarella cheese

## DIRECTIONS

- Heat a pan on medium heat.
- Butter one side of each slice of bread.
- Place the cheese between the two buttered sides of the bread slices.
- Brown both buttered sides of the bread while it melts the cheese in the center.
- Once each side is golden brown, take it out of the pan and let it cool down some.
- While still warm, cut into thin strips.
- Dip the strips into marinara or desired dipping sauce.

# No Bake Energy Bites

Carter Brook

Machias Elementary | Grade 5

## INGREDIENTS

1 cup rolled oats  
1/4 cup chopped almonds  
1/2 cup peanut butter  
1/2 cup chopped dates  
1/2 cup mini chocolate chips  
1/3 cup honey  
1 tablespoon chia seeds

## DIRECTIONS

- Spread the oats on a microwave-safe plate and heat for 2 minutes. Remove from the microwave and cool.
- Add all ingredients in a large bowl and stir together.
- Cover the mixing bowl and refrigerate 30-60 minutes, (until mix is chilled).
- Using a cookie spoon or tablespoon measure, scoop out a portion of mix into your palm and roll into a ball.
- Enjoy!



# Nolan's Ramen

Nolan Ryan  
Cathcart Elementary | Grade 6

## INGREDIENTS

1 package rice noodles  
2 boxes of ginger soy  
chicken broth  
1 cup water  
Frozen precooked  
chicken  
1 carrot  
2 limes  
1 bunch cilantro  
2 jalapeno peppers  
1 bunch green onions  
Hoisin sauce  
Salt, pepper, garlic,  
wasabi

## DIRECTIONS

- Pour broth into a medium saucepan and add 1 cup of water to the broth. Heat on medium heat.
- Add chopped, precooked chicken and grated carrots to the broth.
- Squeeze half of one lime into broth.
- Once broth is boiling, add noodles. Allow noodles to soften (approximately 3-4 minutes). Turn off the heat and add sliced jalapeno peppers to your personal spice level preference.
- Add salt, pepper, pinch of garlic and a pinch of wasabi.
- Place in a bowl and add a dash of Hoisin sauce and stir.
- For presentation, top with chopped green onion, chopped cilantro, and a squeeze of fresh lime.
- Add additional ingredients to personal preference.

# No Oven 10-Minute Pizza Bread

Mohammed Akif Ahmed  
Dutch Hill Elementary | Grade 5

## INGREDIENTS

### Ingredients for tomato sauce:

- ½ cup tomato sauce
- 2 tablespoons chili sauce
- 1 teaspoon mixed herbs (oregano, parsley, salt)
- ½ teaspoon chili flakes

### Ingredients for bread pizza (per pizza):

- 1 loaf white bread
- 1 slice processed cheese
- 1 tablespoon mozzarella cheese
- 2 teaspoons Our Pizza sauce

### Toppings (per pizza):

- Onion, chopped
- Capsicum, chopped
- Tomato, chopped
- Sweet corn, chopped
- Jalapeno, chopped
- Olives, chopped
- 2 tablespoons grated mozzarella cheese
- Mixed herbes
- A sprinkle of chili flakes

## DIRECTIONS

- Cut the sides off a piece of white bread and roll it until it is flat. Set it aside.
- Get a second piece of white bread and put the processed cheese on it. Add the grated cheese on top. Place your rolled up bread on top and keep it on top of those ingredients.
- Make your pizza sauce by mixing all the ingredients together until it is well mixed. Now put the pizza sauce on top of the flat bread slice.
- Top with some grated mozzarella cheese and then add toppings. You can put as many or as little as you want.
- After the toppings, add more grated mozzarella cheese on it and then add some chili flakes (just a sprinkle) and some mixed herbs.
- Put the pizza on a nonstick pan and put it on the stove. Put the heat on medium-high. Cover the pan and let it cook for 5 minutes, until the cheese melts.
- And there you have it! A 10 minute, no oven, bread pizza.

# Paneer Pakora

Aalia Shariff

Dutch Hill Elementary | Grade 6

## INGREDIENTS

- ½ pound paneer (cottage cheese)
- 1 cup chickpea flour
- 1 teaspoon salt
- 1 teaspoon chat masala
- ½ teaspoon chili powder
- 1/3 cup water
- 1 ½ cups oil for frying
- 2 tablespoons ketchup

## DIRECTIONS

- Cut the paneer into small cubes, (around 2x2 inches).
- Mix the chickpea flour, salt, chili powder, chat masala, and water to make a liquid dough like pancake batter.
- Dip the paneer in batter and then fry it in the hot oil until golden brown over a medium flame.
- Serve with ketchup.
- Can also be air fried for a healthier option.

# Peter's Marshmallow Dream Bars

Peter Heydel

Dutch Hill Elementary | Grade 4

## INGREDIENTS

1 bag small  
marshmallows

12-ounce bag  
chocolate chips

12-ounce creamy  
peanut butter

1 cup M&Ms

## DIRECTIONS

- Line a cookie sheet with parchment paper and set aside.
- Combine chocolate chips, butterscotch chips, and peanut butter in a microwavable bowl. Microwave on high for 1 minute.
- Stir and repeat until smooth and well combined. Stir in the bag of marshmallows.
- Spread mixture evenly on prepared cookie sheet. Sprinkle M&Ms across the top as desired.
- Refrigerate for 1 hour or freeze for 20 minutes to harden the chocolate mixture. Once solid, cut into bars and enjoy!
- Best stored refrigerated.

# Philip's Dairy-Free Power Smoothie



Philip Van Dyke

Parent Partnership Program | Grade 4

## INGREDIENTS

12 ounces plain non-dairy yogurt of your choice  
(we like Oatly or Forager)

1 peeled banana  
(slightly ripe is best),  
broken in half

1 cup orange juice

1 cup frozen strawberries

1/2 cup frozen  
blueberries

1/2 small zucchini, cut into  
chunks

2 tablespoons honey

### Optional:

1/2 cup Oatly D.F. milk to  
make it slightly less thick

## DIRECTIONS

- Wash your hands and set up a blender. Plug it in with your parents' permission.
- Gather the following kitchen tools: spatula, small plate to set spatula on, 1 cup measuring cup for liquid, a tablespoon, small cutting board, drinking cups, and a storage container for leftovers.
- Gather the ingredients.
- Place/pour the ingredients into the blender.
- Put the lid on the blender.
- Turn on the blender on level 2 (low) and keep your hand on the lid for safety! Do this for 10-15 seconds. Turn the blender off. Use the spatula to scrape the inside edges. Put the lid back on.
- Blend on the "puree" setting for 2 minutes. You might need to scrape the inside again to mix the ingredients.
- Turn off the blender and pour the liquid into cups to enjoy!
- Put away the ingredients, unplug the blender, and wash up your dishes.
- Share this delicious, nutritious, bodacious drink with your family and friends.

# Pinwheel Samosa



Aalia Shariff

Dutch Hill Elementary | Grade 6

## INGREDIENTS

- 1 sheet puff pastry
- 2 medium size potatoes,  
boiled
- ½ teaspoon chili powder
- ½ teaspoon salt
- 1 teaspoon chat masala
- ½ teaspoon cumin  
powder
- 2 tablespoons tomato  
ketchup

## DIRECTIONS

- Cut the boiled potatoes into tiny 1-inch squares. Add salt, chili, cumin powder, and chat masala and mix together well.
- Open the pastry and after thawing put the prepared stuffing in. Roll it up.
- Cut pinwheel-style and bake at 425 degrees for 12-15 minutes or until golden brown.
- Serve with ketchup.
- Enjoy!

# Protein Balls



Andrew (AJ) Hanson  
Cascade View Elementary | Grade 4

## INGREDIENTS

3 cups rolled oats

½ cup vanilla protein powder

1 cup peanut butter  
(or your choice of seed or nut butter)

½ cup maple syrup

### Optional:

¼ cup of your favorite mix-ins such as:  
chocolate chips, mini-M&Ms, dried cranberries or raisins

## DIRECTIONS

- In a large mixing bowl, mix your oats with protein powder until combined. Add your peanut butter and syrup and mix well. Fold in your mix-ins of choice.
- Lightly wet your hands (or spray them with cooking spray). Form 20-24 small balls of dough. Place on a plate and refrigerate until firm.
- To store: Place no-bake balls in a sealable container and keep in the fridge. They will stay fresh for up to 4 weeks.
- To freeze: If you make a big batch of these balls, they can be placed in a Ziplock bag and stored in the freezer for up to 6 months.

# Puerto Rican Adobo Chicken Pinchos (Skewers)

Lyle Gonzalez

Cathcart Elementary | Grade 5

## INGREDIENTS

3 pounds of chicken

Adobo seasoning:  
4 whole black peppercorns

2 garlic cloves, peeled

1 ½ teaspoons whole, dried oregano

3 teaspoons salt

1 ¾ teaspoons olive oil

¾ teaspoon vinegar or lime juice

Chimichurri:  
French bread

¾ cup flat-leaf parsley

¼ cup cilantro

½ teaspoon red pepper flakes

3 garlic cloves

1/3 cup olive oil

2 tablespoons red wine vinegar

2 teaspoons lime juice (or lemon)

½ teaspoon salt

¼ teaspoon black pepper

## DIRECTIONS

- Soak the wood skewers in cold water for 30 minutes.
- Crush and mix all of the adobo seasoning ingredients in a food processor. Rub the chicken with the adobo seasoning mix.
- Let the chicken sit for 30 minutes.
- Slice a loaf of French bread. Place all ingredients for the chimichurri sauce into a food processor and blend until you get a sauce consistency.
- Run the bbq grill to medium-high.
- Fill the skewers with chicken, leaving room for a slice of bread on the top.
- Cook the chicken skewers, flat side down first (until golden on both sides).
- On the bbq grill the sliced bread until golden charred.
- Brush chimichurri sauce on toasted bread.
- Stick one slice of bread on the top of each chicken skewer.
- Serve!



# Sara's Avocado Sandwich with Lemonade and Cucumber Side

Sara Gupta

Totem Falls Elementary | Grade 4

## INGREDIENTS

### Avocado sandwich:

2 avocados

2 slices of bread

1 green chili

Tomatoes, cut

Red onions, cut

Cilantro, cut

Salt, to taste

Paprika, a sprinkle

Freshly ground cumin  
powder

Lemon juice

### Cucumber side:

1 cucumber, cut

### Lemonade:

2 fresh squeezed lemons

Sugar

Salt

Cold water

## DIRECTIONS

- Avocado sandwich: Peel the avocados and mash them with a fork. Now add green chilies, tomatoes, red onion, cilantro, salt, paprika, and cumin. Squeeze lemon juice and mix everything together. Take the 2 slices of bread and put the prepared avocado spread on both slices. Close the 2 slices together and cut in into 2 halves.
- Cucumbers: Cut the cucumber into slices and sprinkle a bit of salt on it to enjoy as a side with the avocado sandwich.
- Lemonade: Take 3-4 lemons and squeeze them into a jug. Add water and sugar, salt to taste, and mix well. Tasty lemony lemonade is ready to enjoy with the avocado sandwich and cucumber side.

# Sfouf Cake

Rachelle Bouhamdan  
Seattle Hill Elementary | Grade 6

## INGREDIENTS

2 cups semolina  
2 cups flour  
1 stick butter  
( $\frac{1}{2}$  cup)  
1 cup canola oil  
1  $\frac{1}{2}$  cups sugar  
2 teaspoons turmeric  
1 teaspoon mahaleb  
or St. Lucy cherry  
1 teaspoon baking  
powder  
2  $\frac{1}{2}$  cups anise water  
Almonds for decorating

## DIRECTIONS

- Put 1 tablespoon of anise in a teapot and let it boil.
- Then start mixing the dry ingredients.
- After, add the liquid ingredients, melted butter, canola oil and the rest of the anise water to the dry mix.
- Pour in a greased pan and sprinkle the almonds on top.
- Put in the middle rack of a 350-degree oven for 30 minutes. Then put on the top rack for 5 more minutes.
- Put a toothpick in to make sure it's dry.

# Spectacular Salmon

Vyla Schwer

Little Cedars Elementary | Grade 4

## INGREDIENTS

1 whole fresh salmon filet

¼ cup full fat mayo

2 tablespoons low  
sodium soy sauce

2 tablespoons honey

Salt and pepper, to taste

1 sheet of aluminum foil

## DIRECTIONS

- Preheat the oven to broil.
- Rinse the fish in cold water. Pat dry.
- Lay foil on a baking pan. Place salmon on the foil.
- Whisk together mayo, soy sauce, and honey in a bowl.
- Use a pastry brush to spread sauce over the entire fish.
- Put fish on middle rack and broil for 12-15 minutes, (thin filet 12-15 minutes and a thick filet 15-18 minutes) until the honey is bubbling.
- Take fish out of oven and enjoy.

# Spicy and Healthy Chickpea Delight

Tanudi Jayasinghe

Little Cedars Elementary | Grade 4

## INGREDIENTS

Coconut oil  
1 cup onion, thinly sliced  
2 green chilies, chopped  
10-12 curry leaves  
1/5 tablespoons  
garlic-ginger paste  
1 teaspoon mustard  
seeds  
2 cans of cooked  
chickpeas  
1 ½ teaspoons red chili  
flakes (adjust to the  
desired spice level)  
Salt, to taste  
Optional:  
A few pieces of pandan  
leaves  
2 teaspoons Maldives  
fish chips  
2-3 small dried red  
chilies (optional for the  
daring!)  
Fresh or dried coconut  
chunks (for topping)

## DIRECTIONS

- Heat a generous amount of coconut oil in a pan.
- Add thinly sliced onion, chopped green chilies, curry leaves, pandan leaves (if using), garlic-ginger paste, mustard seeds, and optional Maldives fish chips to the hot oil. Fry until the mustard seeds start to pop.
- For an extra kick, dare to add 2-3 small dried red chilies to the mix.
- Once the spices are aromatic and the onions are golden, introduce the 2 cans of cooked chickpeas. Mix everything well and let it cook for about 5 minutes.
- Sprinkle in red chili flakes (according to your spice preference), and season with salt, to taste. Stir to ensure the chickpeas are coated in the flavorful blend.
- Let the chickpeas cook for an additional 5 minutes, allowing them to absorb the delicious spices.
- Optional: Top your spicy chickpea creation with fresh or dried coconut chunks for added texture and flavor.
- Your spicy and healthy chickpea snack is now ready to be served! Pair it with a family chat, a good book, or a cup of tea to enhance the experience. Adjust the spice level and toppings according to your liking and enjoy this delightful treat.

# Spring Party Toasts

Megan Anderson

Machias Elementary | Grade 6

## INGREDIENTS

½ of an orange bell pepper  
½ of an English cucumber  
1 tomato  
½ of a French baguette  
2 tablespoons olive oil  
1 avocado  
¼ cup mayonnaise  
½ cup plain yogurt  
½ teaspoon kosher salt  
15 chives  
6 large basil leaves  
½ of a lemon  
Small bunch of parsley

## DIRECTIONS

- Cut the bell pepper, cucumber, and tomato into slices and then dice them. Set aside each in a small bowl.
- Preheat the oven to 400 degrees and slice the bread into ¼ inch slices.
- Set slices on 2 baking sheets and brush with olive oil. Bake until the edges are light golden, (5-7 minutes).
- Cut avocado in half, remove seed, and scoop into a blender. Add mayonnaise, yogurt, salt, chives, and basil into the blender. Juice the lemon and measure 1 tablespoon of juice and add to the blender. Cut stems away from parsley and put ½ cup (loosely packed), into the blender.
- Blend mixture on high until smooth, pausing to scrape down the sides as needed.
- Top the toast with herb spread and garnish with diced veggies.

# Strawberry Chocolate Protein Smoothie

Mia Belarde

Dutch Hill Elementary | Grade 4

## INGREDIENTS

1 cup frozen  
strawberries  
1 ½ cup almond milk  
1 scoop chocolate  
brownie protein mix

## DIRECTIONS

- Place all the ingredients into a blender and blend until smooth.

# Strawberry, Mango, Banana Sorbet

Violet Watson

Seattle Hill Elementary | Grade 4

## INGREDIENTS

1 cup frozen  
strawberries

1 cup frozen mangoes

1 cup frozen or fresh  
bananas

2 cups coconut milk or  
milk of your choice

## DIRECTIONS

- You will need a blender to make this sorbet.
- Put one cup of frozen strawberries in the blender. Put one cup of frozen mangoes in the blender. Put one cup of frozen or fresh bananas in the blender also.
- Pour 2 cups of coconut milk (or your choice of milk) in the blender and blend until smooth.
- If it is too thick, add a splash of milk until it is the right consistency.
- Enjoy your after-school treat.

# Stuffed Shells

Corrina Bhary

Little Cedars Elementary | Grade 4

## INGREDIENTS

12-ounce package  
jumbo pasta shells

32-ounce container  
ricotta cheese

1-pound shredded  
mozzarella cheese,  
divided

8-ounces grated  
parmesan cheese,  
divided

2 large eggs, beaten

1 tablespoon dried  
parsley

1 teaspoon salt, or more  
to taste

1 teaspoon ground black  
pepper

28-ounce jar pasta  
sauce

## DIRECTIONS

- Preheat the oven to 350 degrees.
- Bring a large pot of lightly salted water to a boil. Add the pasta and cook until tender, yet firm to the bite, (8-10 minutes). Drain.
- While the pasta is cooking, mix the ricotta cheese, 1/2 of the mozzarella cheese, 1/2 of the parmesan cheese, eggs, parsley, salt, and pepper in a large bowl until well combined.
- Stuff the shells with the ricotta mixture and place in a 9x13-inch baking dish. Pour the pasta sauce mixture over the shells.
- Sprinkle the remaining cheese over the top.
- Bake in the preheated oven until the edges are bubbly and the shells are slightly set, (35-60 minutes).
- Serve hot and eat up!



# Super Snack Balls

Madelyn Daly

Dutch Hill Elementary | Grade 4

## INGREDIENTS

½ cup peanut butter  
½ cup oats  
1 tablespoon honey  
⅓ cup chocolate chips  
Parchment paper

## DIRECTIONS

- Put the peanut butter in a bowl with the oats, honey, and chocolate chips and mix with a spatula.
- Put a piece of parchment paper in a storage container.
- Make balls with a small scoop and put the balls in the container.
- Store in the refrigerator.
- Enjoy!

# The Complex Cracker

Verah Fischer

Cathcart Elementary | Grade 4

## INGREDIENTS

Brown rice cakes  
Creamy peanut butter  
Nutella  
Honey  
Coconut shavings  
Chocolate chips  
White chocolate chips  
Mini marshmallows

## DIRECTIONS

- Grab one brown rice cake.
- Spread a thin layer of Nutella or peanut butter on top.
- Drizzle honey (if you'd like).
- Sprinkle coconut shavings and chocolate chips (semi-sweet and/or white chocolate) across the top.
- Place mini marshmallows where you'd like them.
- Enjoy your tasty snack.
- Repeat with a new rice cake and different topping combinations.

# The Crisp

Makena Hinsdale

Totem Falls Elementary | Grade 6

## INGREDIENTS

1 ½ cups crushed  
graham cracker crumbs

½ cup butter

2 cups chocolate chips

1 bag small  
marshmallows

## DIRECTIONS

- Preheat oven to 350 degrees. Spray a 9x13-inch baking pan with cooking spray.
- Melt butter in a small saucepan. Remove from heat and stir in graham cracker crumbs until thoroughly combined. Press into the bottom of a 9 x 13-inch baking pan to form the crust.
- Evenly sprinkle the bag of small marshmallows (leaving 1 cup for after it's baked), across the top of the chocolate chips.
- Bake in preheated oven for 20 minutes.
- Take the crisp out of the oven and sprinkle 1 cup of unmelted marshmallows over the top.
- After completely cooled, cut into square slices. Enjoy!

# Traditional Snow Cookies

Marley Sedkey

Seattle Hill Elementary | Grade 4

## INGREDIENTS

4 cups flour

1 cup butter

1 teaspoon yeast

A sprinkle of  
powdered sugar

### Optional:

A sprinkle of roasted  
sesame seeds

## DIRECTIONS

- Put flour in a bowl with the sesame seeds.
- Heat the butter until toasted.
- Combine the butter with the flour and sesame seeds.
- In a separate cup, put the yeast with 1/4 cup of warm water until it is activated.
- Mix it in with the rest until the dough is fluffy and easy to shape.
- Shape it into bite size circle pieces.
- Set the oven to 350 degrees and cook until golden brown.
- Once cooked, take it out of the oven and wait for it to cool.
- Afterwards you can top with powdered sugar and enjoy!

# Vegan Oatmeal Muffins

Havana Mundwiler

Central Emerson Elementary | Grade 6

## INGREDIENTS

1 cup raw oatmeal  
(quick oats)

1 cup flour

2 ½ teaspoons baking  
powder

½ teaspoon salt

3 tablespoons sugar  
(brown or white)

1 cup soy milk

2 tablespoons corn or  
canola oil

1-2 teaspoons cinnamon

### Optional add-ins:

1- 1 ½ cups

Raisins

Nuts

Berries

## DIRECTIONS

- Add all dry ingredients into a bowl and mix.
- Once all the dry ingredients are mixed, add the wet ingredients and mix well, folding the oats into the mixture.
- Bake at 350 degrees for 10-12 minutes or until golden brown.
- This was my great-great grandmother's recipe and is from the Depression when eggs were rationed.

# Vermicelli Soup

Numan Burak

Seattle Hill Elementary | Grade 4

## INGREDIENTS

1 liter of hot water  
1 package of vermicelli  
2 spoonful butter  
1 cup grated tomato  
1 teaspoon black pepper  
1 teaspoon chili pepper  
1 teaspoon salt

## DIRECTIONS

- Put the butter in a saucepan and melt it.
- After the butter melts, add grated tomatoes and fry.
- Add hot water and let it boil.
- Add the vermicelli to the boiling water and mix it.
- Finally, add black pepper, chili pepper and enough salt and cook until the vermicelli becomes soft.

# Very Berry Granola Bars

Aadhya Narra

Totem Falls Elementary | Grade 4

## INGREDIENTS

- 1/3 cup unsalted butter
- 1/3 cup honey
- 2 tablespoons brown sugar
- 1 teaspoon vanilla extract
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon table salt
- 2 cups quick rolled oats
- 1/2 cup chopped almonds
- 3/4 cup chopped dried chewy nuts

## DIRECTIONS

- Preheat the oven to 350 degrees.
- Line an 8x8-inch square baking pan, (including the sides), with parchment paper or aluminum foil.
- In a large saucepan over a medium heat, heat the butter, honey, brown sugar, vanilla and salt. Cook 3-4 minutes, stirring occasionally until blended and smooth.
- Remove the pan from the heat and add the oats, almonds, and dried fruit to the pan, stirring to combine.
- Spoon the mixture into a prepared pan. With the back of a fork, firmly press down on the mixture to form an even layer in the pan.
- Bake for 25-30 minutes or until brown and toasted.
- Remove the pan from the oven. Press firmly again on the mixture with the back of the fork.
- Cool completely overnight, covered.
- Remove from the pan and cut into bars.

# Walsh Family Allergy-Friendly Fried Rice

Rebecca Walsh

Little Cedars Elementary | Grade 5

## INGREDIENTS

- 1 can Spam, cubed
- 1 bag frozen carrots and peas
- 4 cups cooked rice
- 2 tablespoons oyster sauce
- 2 tablespoons gluten-free soy sauce
- 1 tablespoon olive oil

## DIRECTIONS

- Pour oil into a large sauté pan.
- Add cubed Spam and sauté on medium until browned.
- Add the bag of carrots and peas to the pan. Cook for a few minutes until the carrots and peas are warmed through.
- Warm the rice in the microwave.
- Add the rice to the sauté pan.
- Mix the oyster sauce and soy sauce together in a small bowl and add to the sauté pan. Combine thoroughly.
- Serve hot.



# Wheat Flour Dosa

Pavani Naika

Little Cedars Elementary | Grade 4

## INGREDIENTS

1 cup wheat flour

½ tablespoon salt

1 cup water

2 tablespoons  
vegetable oil

¼ tablespoon  
cumin seeds

1 cup chopped onion

½ cup chopped tomato

2-3 sticks cilantro

### Optional:

1 tablespoon curry leaves

## DIRECTIONS

- Mix the wheat flour and salt with water. Set it aside.
- Take a pan and add oil, cumin seeds, onion and sauté. Add the tomato and sauté. Add curry leaves, if using.
- Mix all the sautéed ingredients with the wheat flour batter. Add cilantro.
- Add oil to a pan and pour the batter to make small, round shape. Cook well on both sides.
- Your yummy, tasty, and healthy dosas are ready.



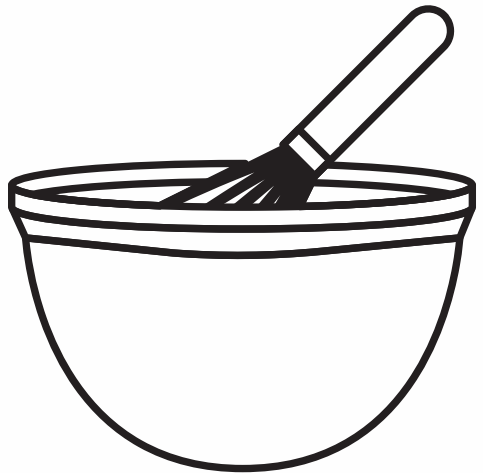
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