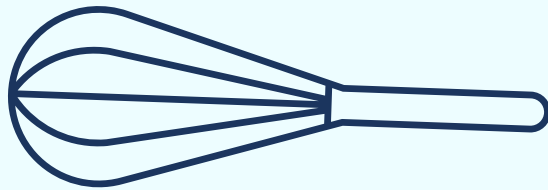




Kids IN THE
Kitchen



2022/23

JUNIOR CHEF COMPETITION



chartwells
serving up happy & healthy



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★ *Finalist!*

AFTER-SCHOOL BURRITO

Ethan Frazier | Grade 4

Dutch Hill Elementary

Ingredients

- 1 flour tortilla
- 1/4 cup shredded mix cheese
- 2 tablespoons precooked crumbled bacon
- 1 tablespoon green onions

Directions

- Grab a plate, put 1 tortilla on top, sprinkle cheese and bacon.
- Microwave for 15 secons.
- Sprinkle green onions on top.
- Roll up or fold over tortilla and enjoy.



AFTER-SCHOOL BUTTER FRIED CHICKEN MINI MEAL

Charlii Jalali | Grade 6

Riverview Elementary

Ingredients

For chicken:

- 3 raw chicken strips
- 2 tablespoons butter
- Dash of white pepper
- 1 teaspoon garlic powder (or to taste)
- 1 teaspoon of onion powder (or to taste)
- 1/2 teaspoon Old Bay seasoning
- Salt and pepper, to taste

For noodles:

- linguine
- 2 tablespoons butter
- Dash of white pepper
- 1 teaspoon salt
- Dash of garlic powder
- 1/4 cup fresh parmesan

Directions

- For the chicken, rinse chicken in water and pat dry.
- Cut chicken into bits as small as you would like (I usually cut into about an inch wide)
- Turn stove to medium heat and add butter. Then add the chicken and season with white pepper, garlic powder, onion powder, salt and Old Bay.
- Stir or flip chicken halfway through. Cook until chicken reaches an internal temperature of 165 degrees and thoroughly cooked through.
- For noodles, follow cooking instructions on box and drain (use as much linguine noodles as desired). Keep 2 tablespoons of the pasta water.
- Add pasta water, butter, white pepper, salt, garlic powder and parmesan.
- Stir all together until well combined.
- Serve chicken and noodles together and enjoy!



AIR FRYER CRISPY CHICKEN TENDERS

Samuel Harkins | Grade 5

Riverview Elementary

Ingredients

- 1/2 cup dill pickle juice
- 1/2 cup whole milk
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 pounds chicken tenders
- 1 large egg
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 2 cups crushed corn flakes
- 1/2 cup seasoned breadcrumbs
- 1/2 teaspoon salt

Directions

- Whisk together the pickle juice, milk, garlic powder and onion powder in a large bowl. Add in the chicken tenders and let marinate for 20 minutes, no more than 30 minutes. Remove chicken pieces from marinade (do not discard marinade) and pat dry with paper towels.
- To the marinade add the egg and whisk to combine.
- In a separate shallow bowl combine the flour and baking powder. In another bowl combine the cornflakes, breadcrumbs and salt.
- Meanwhile preheat your air fryer to 390 degrees for 5 minutes.
- Coat the chicken tenders in the flour and then dip in the egg mixture, then coat in the corn flake mixture. Place the coated chicken in the basket of your air fryer in a single layer so they are not touching each other. Give a quick spritz with non-stick spray.
- Cook for 11-12 minutes, flipping halfway through until the chicken is golden brown and reaches an internal temperature of 165 degrees. Serve immediately or place on a wire rack until all batches are cooked. Reheat for just 1-2 minutes in air fryer to warm all chicken tenders together.



AMELIA'S BLTE SANDWICH

Amelia Stong | Grade 4

Machias Elementary

Ingredients

- 4 pieces of wheat (or preferred) bread
- 4 slices tomato
- 6 pieces iceberg lettuce
- 4 pieces bacon
- 2 eggs
- 1/4 cup mayonnaise
- 4 slices cheddar (or preferred) cheese
- Cooking spray
- Toothpicks

(makes 2 sandwiches)

Directions

- Make crispy bacon your favorite way (air fryer, stovetop, oven).
- Cut 4 slices of tomato.
- Wash and cut 4 pieces of lettuce.
- Toast bread in toaster.
- Put mayonnaise on each slice of toast.
- Cook 2 eggs over easy on the stove by spraying a pan and preheating it on medium heat. Carefully crack the eggs into the pan. When the egg whites are white, carefully lift the egg using a thing spatula. Remove the egg from the pan after about 1 minute after flipping. (It's okay if the yolk breaks, it's still delicious).
- Put the egg on a slice of bread.
- Put 2 slices of bacon, 2 slices of cheese, 3 slices of lettuce and 2 slices of tomato on each sandwich. Cover with last slice of bread.
- Cut into quarter (the triangle way), put a toothpick in each of the slices, and enjoy!



APPLE PEANUT BUTTER AND JELLY SANDWICH

Lily Haug | Grade 6

Seattle Hill Elementary

Ingredients

- 1 apple
- 2 tablespoons creamy peanut butter
- 2 tablespoons strawberry jam

Directions

- Slice your apple.
- Spread peanut butter over one side of the apple slice. On the other side spread jelly.
- Put together and enjoy.
- Repeat to make more. (Yields 2 or 3 depending on size of apple)



APPLE PIE BITES

Peyton Hancock | Grade 6

Cathcart Elementary

Ingredients

- 1/4 cup packed light brown sugar
- 1 teaspoon apple pie spice and additional for sprinkling (about 1/4 teaspoon)
- 3 tablespoons unsalted butter, melted
- 1/3 cup chopped pecans
- 1 small granny smith apple, cored and sliced into 8 half-inch slices
- 1 (8 ounces) tube Pillsbury original crescent rolls

Directions

- Preheat oven to 375 degrees. Line a baking sheet with parchment paper.
- In a small bowl, combine brown sugar and apple pie spice. Set aside.
- Melt butter and toss apple slices in butter. Set aside.
- Arrange crescent roll triangles on baking sheet lined with parchment paper.
- Evenly distribute brown sugar mixture onto each triangle.
- Sprinkle each triangle evenly with the chopped pecans.
- Place an apple slice on the wide end of each triangle. Wrap crescent roll dough around each apple.
- Brush each crescent roll with remaining butter. Sprinkle lightly with additional apple pie spice.
- Bake for 10-12 minutes, or until golden brown. Cool for 5 minutes before serving.



EVERY'S SALSA SNACK

Avery Elliott | Grade 4

Riverview Elementary

Ingredients

- 5 chopped tomatoes
- 1 chopped onion
- 2 jalapeno peppers
- 1 Anaheim pepper
- 4 chopped tomatillo
- 1/2 tablespoon salt
- 1/2 tablespoon chili powder
- 3/4 tablespoon cumin
- Bunch of cilantro
- 1/4 cup cider vinegar
- 15 ounce can tomato sauce
- 12 ounce can tomato paste
- Big bag of tortilla chips

Directions

- Chop tomatoes, peppers, onion, tomatillo separately with a food processor.
- Add all ingredients to a large bowl.
- Stir all ingredients together.
- Dip chips in and DEVOUR.



BANANA BREAD

Elisabeth Repp | Grade 5

Central Emerson Elementary

Ingredients

- 1 1/4 cup sugar
- 1/2 stick of salted butter (if using unsalted, add 1 teaspoon salt)
- 2 eggs
- 4 bananas
- 1/2 cup milk
- 2 1/2 cups all-purpose flour
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- Walnuts, to taste

Directions

- Melt butter, mix with sugar and eggs.
- In a mixer, blend bananas with milk, add flour, vanilla and baking soda.
- Add creamed butter and mix thoroughly.
- Cook in any pan. Grease lightly with cooking spray and bake at 350 degrees for half an hour.



Student Finalist Recipe!

BERRY CHILL OUT BARK

Alanna Reinhard | Grade 4

Machias Elementary

Ingredients

- 2 cups plain Greek yogurt
- 2 tablespoons vanilla extract
- 1/2 cup raspberry or blackberry jam
- 1 1/2 cups fresh raspberries, blackberries or some of both
- 2 ounces dark chocolate, melted

Optional for serving:

- Additional fresh berries
- 1/2 cup vanilla granola

Directions

- Line a baking sheet with parchment paper.
- Stir the yogurt and vanilla together in a bowl. Add 1/4 cup of water to thin the yogurt mix a bit. When fully combined, spread the yogurt onto the prepared baking sheet in a thin layer. (it does not need to cover the whole sheet).
- Add dollops of jam, gently swirling it into the yogurt. A chopstick works well for the swirling, make sure to get some jam swirled all the way to the edges of the yogurt.
- Scatter fresh berries on top of the yogurt and jam.
- Drizzle melted chocolate over the top.
- Freeze until very firm, at least 3 hours. Break into pieces and enjoy!
- When ready to serve, top with additional frozen berries and granola. Hope you like it!



BISCUIT BEAST

Sydney Duncan | Grade 6

Seattle Hill Elementary

Ingredients

- 1 can (eight) Pillsbury biscuits
- 1 pack bacon, cooked and chopped
- 1/2 green onion, chopped
- 10 eggs
- 1 packet (3 ounces) country gravy mix
- Shredded cheese

Directions

- Prepare bacon and chop. Chop the onion.
- Place the biscuit dough over a greased pan.
- Add bacon and onion.
- Beat eggs and pour over.
- Evenly top with cheese.
- Bake at 350 degrees for 25 minutes.
- While it is baking make the gravy mix and warm.
- When cooked, pour gravy mix over the top.



BLT-C

Easton Mcewen | Grade 6

Seattle Hill Elementary

Ingredients

- 8 slices thick bacon, cooked (four per sandwich)
- 4 slices of bread
- 4 slices of cheese (two per sandwich)
- 1 head iceberg lettuce
- Beef steak tomato, sliced

Directions

- Bread, layer lettuce first.
- Two slices of cheese next.
- Add slice of tomato.
- Top with layer of bacon.
- Put top of bread on a slightly smash to hold.



BOBA BUBBLE TEA

Lorelei Edwards | Grade 4

Totem Falls Elementary

Ingredients

For the tea:

- 1 teaspoon of caffeine-free tea (I used chai)
- 1 cup boiling water

For simple syrup:

- 1/2 cup sugar
- 1/2 cup water

For boba:

- 1/4 cup tapioca pearl
- 2 cups water

For drink:

- 1/4 cup milk or dairy alternative
- 1 cup chilled tea from above
- Simple syrup, to taste
- Ice to fill cup

Other:

- Fat straw
- Tall glass to mix in

Directions

- Prep your tea. Brew the tea using the instructions on the bag. For stronger flavor, use a bigger scoop of tea. Let it chill first so the flavor isn't diluted when you add your ice.
- Make the simple syrup. For an optional sweetener, add equal parts sugar and water to a pot. Heat low on stove while stirring. Remove from heat once sugar dissolves. Let cool before using. Store extra syrup in an airtight container in the fridge for a few weeks.
- Boil your boba. Bring 2 cups of water to a boil in a pot, then slowly drop in 1/4 cup tapioca pearls (makes 1 serving). Once they float, cover pot and turn heat to medium. Time 5 minutes for chewy boba or 10 minutes for a softer texture. Strain and rinse boba with cold water, then set aside and cover with simple syrup- this will keep them from sticking together. (Tip, boba should be eaten within 2 hours of cooking. Refrigerating the cooked pearls will harden them).
- Build your boba. In a tall glass, add your cooked boba, 1/4 cup milk or dairy alternative, about a cup of your chilled tea, and simple syrup to taste. Fill extra space with ice. Skip the dairy for a clear bubble tea. Stir with your fat straw.



BUFFALO CHICKEN WINGS

Keanu O'Francia | Grade 5

Machias Elementary

Ingredients

For the chicken:

- 12 chicken wings
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup flour
- 1 tablespoon cornstarch
- 2 cups vegetable oil

For the buffalo sauce:

- 2/3 cup hot pepper sauce
- 1/2 cup butter
- 1 1/2 tablespoon white vinegar
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon garlic powder
- Salt, to taste

Directions

- Pat chicken dry. Season chicken with salt and pepper.
- Combine flour and cornstarch. Dredge chicken in flour mixture. Shake off excess flour.
- Heat oil to 375 degrees and fry chicken until golden brown. 8-9 minutes. Place chicken on fryer rack to drain excess oil.
- While chicken cools, combine all ingredients for buffalo sauce in sauce pan and whisk until combined. Bring to a simmer and remove from heat.
- In a separate bowl, combine sauce and chicken until fully coated. If preferred, sauce may be served on the side.
- Enjoy!



CHARCUTERIE BOARD

Ryan Griffith | Grade 6

Riverview Elementary

Ingredients

- Triscuit crackers
- Ritz crackers
- Tillamook (or other) cheddar cheese
- Pepperjack cheese
- Prosciutto slices
- Summer sausage
- Baby carrots, sliced
- Cucumbers, sliced

Directions

- Take a plate and put the crackers on it.
- Slice the cheese, cucumbers and summer sausage and add to the plate.
- Add prosciutto and baby carrots.
- You can make it as big or as small as you want it.



CHARLIE'S PATENTED LENTIL STEW

Charles H. | Grade 5

Totem Falls Elementary

Ingredients

- 1 pound dry lentils
 - 7 cups water
 - 1 whole beef kielbasa
 - 1 teaspoon Italian seasoning
 - 2 1/2 cubes chicken bouillon
 - 1/2 teaspoon Adobe spice*
 - 1/2 teaspoon Herbs d' Provence
 - 1 teaspoon Montreal Steak seasoning*
 - 2 tablespoons olive oil
 - 2 drops Liquid Smoke
- (*salty ingredients, use with caution)

Directions

- Sautee kielbasa in olive oil with liquid smoke until brown. (Approximately 5 minutes.)
- Rinse lentils and put in large pot (or dutch oven) with water and bouillon.
- Add spices to taste.
- Simmer with lid partly open for 15-20 minutes.

CHEESY VEGGIE NACHO BOARD

Ayush Pankaj Kurse | Grade 5

Little Cedars Elementary

Ingredients

- 150 grams nachos/tortilla chips
- 1/4 cup canned black beans
- 1/4 cup chopped tomatoes
- 1/4 cup chopped onion
- 1/4 cup canned corn
- 2 tablespoons salsa sauce
- 1/4 cup shredded cheddar/mozzarella cheese

Directions

- Spread nachos/tortilla chips onto a microwave-safe plate.
- Evenly sprinkle black beans, onion, tomatoes, corn and salsa sauce on the chips.
- Spread some cheese on it.
- Microwave on high heat for 1-1 1/2 minutes.
- Enjoy the dish while it is hot.

CHILE N' LIME SHRIMP BITES

Elsa Landon | Grade 6

Riverview Elementary

Ingredients

- 12 raw shrimp
- 1 tablespoon taco seasoning
- 1 tablespoon light olive oil
- 1 tablespoon freshly squeezed lime juice
- 1/2 cup guacamole
- 12 small tortilla chips
- 1 tablespoon chopped cilantro (optional)

Directions

- Place shrimp in a small bowl and sprinkle with taco seasoning. Toss well to thoroughly coat in seasoning then set aside to marinate for 5 minutes.
- Heat the oil in a large skillet over medium-high heat. Add shrimp and cook 2-3 minutes then turn them over and cook 1-2 minutes more, just until they are pink. Immediately remove the pan from heat and transfer shrimp to a plate. Squeeze lime juice over the shrimp.
- Spoon a tablespoon of guacamole into each tortilla chip and place one of the shrimp on each one. Sprinkle lightly with cilantro (optional) and serve.



CHILI CHEESE NACHOS

Avery Wolk | Grade 4

Little Cedars Elementary

Ingredients

- 1 can chili (brand not specific, prefer Nalley Original Chili)
- Shredded cheddar cheese (brand not specific, Tillamook preferred, amount: when you know...you know)
- Plain tortilla chips (brand not specific, Juanita preferred, amount: it's a feeling)

Directions

- Warm the chili in a pot.
- Cut or shred the cheese and place in chili.
- Place chips on plate.
- Taste test the cheese chili.
- Pour warmed cheese chili over chips.
- Sit back and enjoy.



CHINESE HAMBURGER CASSEROLE

Lileana Frediani-Horner | Grade 6

Riverview Elementary

Ingredients

- 1 pound ground hamburger or turkey
- 2 cups chopped celery
- 1 package frozen peas (or peas and carrots)
- 1/2 an onion
- 1 can cream of mushroom soup
- 1/4 teaspoon pepper
- 2 tablespoons milk
- 2 tablespoons soy sauce
- 1 package crispy chow mein noodles
- Paprika
- White rice

Directions

- Brown ground hamburger/turkey then place in bottom of glass dish.
- Spread celery on top of meat, then peas on top of celery.
- In a bowl, mix together soup, onion, pepper, milk and soy sauce. Spread on top of the peas. Put noodles on top and sprinkle paprika over the top.
- Bake at 350 degrees for 30 mins.
- Follow instructions for rice according to the package. Serve over rice. (2 cups prepared rice is good for 4-5 adults when paired with this dish.)



CHOCOLATE CHIP BROWNIES

Rayan Ahmad | Grade 6

Totem Falls Elementary

Ingredients

- 1 pouch mix (Ghirardelli triple brownie mixture)
- 1/3 cup water
- 1/3 cup vegetable oil
- 1 egg

Directions

- Preheat oven to 325 degrees. Spray/lightly grease baking pan.
- In a medium bowl stir together water, oil and egg until completely mixed. Add pouch mix and stir well. Spread in pan.
- Bake according to instructions. Add 5 minutes if you're using a glass pan.



CHOCOLATE CHIP COOKIES

Mayson Ore | Grade 6

Dutch Hill Elementary

Ingredients

- 1 1/2 cups chickpeas (garbanzo beans)
- 1/2 cup peanut butter
- 1/3 cup pure maple syrup
- 2 teaspoons vanilla
- 1/2 teaspoon baking soda
- Pinch of salt
- 1 cup chocolate chips

Directions

- Preheat oven to 350 degrees.
- Blend all ingredients except for chocolate chips in blender until dough-type consistency.
- Fold in chocolate chips.
- Line cookie sheet with tablespoons full of dough and bake for 15-20 minutes.
- Allow to cool and enjoy!



CHOCOLATE CHIP OATMEAL PEANUT BUTTER COOKIES

Lileana Frediani-Horner | Grade 6

Riverview Elementary

Ingredients

- 1 cup sugar
- 1 cup brown sugar
- 3 eggs
- 1 1/2 cups flour
- 1 cup shortening (or butter)
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 2 cups oatmeal
- 1 cup peanut butter
- 6 ounces milk chocolate chips
- 6 ounces semi-sweet chocolate chips

Directions

- Mix both sugars, shortening (or butter), eggs and vanilla together. Slowly add in flour and baking soda.
- Once mixed, add in peanut butter, then add the oats, then the chocolate chips.
- Bake at 350 degrees for 10-11 minutes. They will look somewhat underbaked.
- Enjoy!



CHOCOLATE CHIP PROTEIN PANCAKES

Eden Robinson | Grade 4

Riverview Elementary

Ingredients

- 1 cup pancake batter
- 2 scoops chocolate protein powder
- 1 egg
- 1/2 teaspoon vanilla
- 3/4 cup oat or almond milk
- Organic chocolate chips
- Freshly sliced up banana

Directions

- Mix pancake batter, protein powder, egg, vanilla and oat milk until preferred consistency and then fold in chocolate chips.
- Cook the pancakes.
- Serve with freshly sliced organic banana.



CHOCOLATE CHIP SCONES WITH CHOCOLATE GANACHE DRIZZLE

Avery Livingston | Grade 5

Cathcart Elementary

Ingredients

- 2 cups all-purpose flour
- 1/4 cup sugar
- 1 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 cup cold butter
- 1 cup dark chocolate chips
- 3/4 cup buttermilk
- 1 teaspoon vanilla extract

Directions

- Preheat oven to 400 degrees. Whisk flour, sugar, baking powder, baking soda and salt together in a large bowl.
- Cut the butter into cubes. Mix the cold butter into the flour mixture with your hands or use a pastry cutter. Mixture should be clumpy and look like coarse crumbs. Mix in the chocolate chips.
- In a small measuring cup, mix together the buttermilk and vanilla. Mix into the flour mixture until JUST incorporated. Do not over mix, this will make the scones too dense.
- Put a small amount of flour onto a clean surface and knead the dough briefly. Shape the dough into a circle that is 1-1/2 inches thick. Cut the circle in half and then half into 4-5 wedges, depending on how big you want your scones.
- Put the wedges on a baking sheet covered with parchment paper. Brush the tops with a little bit of milk and lightly sprinkle with sugar.
- Bake for 20-22 minutes until tops are golden brown and toothpick inserted comes out clean. Cool on a wire rack.



CHOCOLATE FRUIT KABOB

Keanu Moghrabi | Grade 6

Cascade View Elementary

Ingredients

- 12 strawberries
- 1 pineapple
- 2 bananas
- 1 container (Dolci Frutta) melting wafers
- 1 container white chocolate (Dolci Frutta)
- Skewers
- Cookie Sheet
- Parchment paper

Directions

- Wash and hand-dry your strawberries.
- Cut pineapple into big chunks.
- Slice bananas into thick slices.
- Melt each chocolate container separately (30 seconds at a time up to 2 minutes) stirring until smooth.
- Line parchment paper on cookie sheet.
- Dip fruit in chocolate and place on parchment paper on cookie sheet.
- Refrigerate for 10 minutes.
- Skewer fruit.
- Enjoy.

CHOCOLATE PEANUT BUTTER CRUNCH BONBONS

Cove Melvin | Grade 6

Totem Falls Elementary

Ingredients

- 1 1/2 cups confectioners' sugar
- 1 1/2 cups creamy peanut butter
- 1 teaspoon pure vanilla extract
- 1 cup crisp rice cereal
- 10 oz milk chocolate, melted (for coating)

Directions

- Combine the confectioners' sugar, peanut butter and vanilla in a large bowl.
- Using an electric mixer, mix on low speed until mixture comes together. Mix on high until dough-like consistency with no crumbs.
- Add the rice cereal and mix until combined.
- Form the mixture into 1 1/2 inch balls and line them on parchment paper.
- To melt the chocolate, break into pieces and microwave, checking every 30 seconds. Stir until smooth. Do not overheat.
- Using two forks, dip the balls one at a time into the melted chocolate, turn to coat.
- Set them back on parchment paper and put in the refrigerator for 10 minutes.



CLASSIC PIGS IN A BLANKET

Katherine Madison | Grade 6

Riverview Elementary

Ingredients

- Any store-bought sausages
- Crescent roll dough or any flaky dough

Optional:

- Poppy seeds or sesame seeds

Directions

- Preheat oven to 375 degrees. Line a baking sheet with parchment paper or a silicone baking mat and set aside.
- Roll out crescent rolls into one large sheet, placing 2 triangles by pinching the seams to make a square. Using a pizza cutter or sharp knife, cut each rectangle into 6 strips.
- Wrap each strip around the hot dog/sausage, leaving little spaces at the edges.
- Sprinkle the tops with poppy seeds (if using), or any other seasonings.
- Place into oven and bake until golden brown, about 10-12 minutes.
- Serve immediately. You can enjoy piggies with sauce of your choice or plain.



CORINNE'S NACHO CUPS

Corinne Choquette | Grade 6

Little Cedars Elementary

Ingredients

- 1 pound ground beef
- 3-4 tablespoons taco seasoning or a packet
- Mexican blend or cheddar shredded cheese
- Scoops tortilla chips

Optional for serving:

- sour cream, diced avocado, salsa, sliced black olives, shredded lettuce

Directions

- Brown the ground beef in a pan. Make sure to break into small bits.
- When browned, add the taco seasoning and about 1/4 cup of water. Stir until blended thoroughly.
- Line a cookie sheet with aluminum foil and lay out the Scoops tortilla chips. Fill each tortilla chip cut with a spoonful of the taco meat.
- Add shredded cheese on top of the taco meat.
- Bake in a 350 degree oven for around 5 minutes until the cheese is melted on top. Make sure the tortilla chips do not burn on the edges.
- Remove the nacho cups from the oven and top with your favorite toppings. Delicioso!



CUCUMBER TEA SANDWICHES

Alice Kaloger | Grade 4

Little Cedars Elementary

Ingredients

- 1 English cucumber, peeled and sliced
- 8 ounces whipped cream cheese
- 1/4 cup mayonnaise
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1 dash Worcestershire sauce
- 1 loaf white sandwich bread, crusts cut off

Directions

- Peel and slice cucumbers. Place cucumber slices between 2 paper towels.
- Mix cream cheese, mayonnaise, garlic powder, onion powder and Worcestershire sauce in a bowl until smooth.
- Spread cream cheese mixture evenly onto bread slices.
- Place cucumber slices on half of the bread slices.
- Stack the remaining bread slices over the cucumbers (cream cheese mixture side down) to create a sandwich.
- Cut crusts off sandwiches and then cut each sandwich again on a diagonal line to make 2 triangle shaped pieces.
- Enjoy!



COUSCOUS SALAD

Caroline Cote | Grade 6

Cascade View Elementary

Ingredients

- 1 cup pearl couscous
- 1 tomato
- 1/2 cup chopped basil
- 1/2 cup feta cheese
- Drizzle of olive oil
- Salt and pepper

Directions

- Boil 1 1/2 cups of water (for extra flavor, add chicken bouillon cube)
- Once water has been brought to a boil and then add the couscous and cook on low with lid on for 8 minutes.
- As the couscous is cooking, chop up the tomato and the basil and add it to a bowl with the feta cheese and a drizzle of olive oil.
- When the couscous is fully cooked, strain it and add it to the tomato, basil and feta cheese mix.
- Mix well and add salt and pepper to your liking.
- Enjoy!

EASY SALSA

Elijah Kim | Grade 6

Little Cedars Elementary

Ingredients

- 2-15 ounce cans fire roasted tomatoes
- 1/3 cup chopped white onion (half medium onion)
- 2 medium cloves garlic (2 teaspoons minced)
- 1 medium jalapeno peppers
- 1 cup chopped fresh cilantro
- 1/2 medium sized lime
- 1/2 teaspoon fine smoked salt, plus more to taste

Directions

- Drain the fire roasted canned tomatoes
- Deflame the onion (to deflame the onion add chopped onion to cold water for 10 minutes.)
- Cut the jalapeno and take out the membrane, seeds and stem.
- Pulse garlic in a food processor until minced.
- Add your drained fire roasted tomatoes, deflamed onion, jalapeno, the lime juice, cilantro and the salt. Add more to taste.



EGG BITES

Tamsyn Axtman | Grade 6

Machias Elementary

Ingredients

- 3 large eggs
- 1/4 cup cottage cheese
- 1/2 cup cream cheese
- 1/4 cup bacon bits, cooked
- 1/2 cup shredded Mexican blend cheese
- 1 cup water
- 8-inch round of parchment paper

Directions

- Blend eggs, cottage cheese and cream cheese in a food processor until smooth, about 15 seconds. Pour into silicone egg molds, about 1/4 cup each.
- Separate bacon bits and shredded cheese into 7 equal amounts. Sprinkle bacon bits and shredded cheese into each egg mold and mix with a toothpick.
- Add 1 cup water to pressure cooker or Instant Pot. Place the egg mold on the steam rack. Place 8-inch parchment round on top of egg molds.
- Lower steam rack with egg molds and parchment paper into pot and secure the lip on the pot.
- Cook 8 minutes at low pressure or manual setting if your pot doesn't have a low-pressure option.
- When the timer goes off, let the pressure release naturally for 5 minutes and then perform a quick pressure release by moving the pressure knob from "sealing" to "venting." This will take up to 2 minutes to fully release the pressure.
- Carefully lift the rack out of the pot with heat-resistant mitts. Remove parchment paper. Let cool for 2 minutes. It is normal for the egg bites to deflate some while cooling.
- Scoop out egg bites with a spoon and enjoy. These may be kept in an air tight container in the refrigerator for up to 3 days. To reheat, microwave for 25 seconds or they are also good cold.



EGG FRIED RICE

Lyle Gonzalez | Grade 4

Cathcart Elementary

Ingredients

For the rice:

- 1 1/2 cups rice
- 2 1/2 cups water
- 1 bell pepper
- 1 cup cabbage
- 1 onion
- 1 large carrot
- 1 cup broccoli
- 3 large cloves garlic
- 1 tablespoon fresh ginger, grated
- 1/2 cup fresh cilantro

For the sauce:

- 2 tablespoons olive oil
- 5 tablespoons aminos
- 4 tablespoon oyster sauce
- 2 tablespoons maple syrup
- Drizzle sesame oil

Directions

- Add rice to pot. Add water, a pinch of salt and a drizzle of olive oil. Turn the stove on high and bring rice to a boil, then cover until cooked (no water left).
- While rice is cooking, chop all of the vegetables.
- Mix all ingredients for the sauce in a small bowl.
- Crack eggs in a small bowl and mix.
- Put a large frying pan on another burner, turn stove to high and add 2 tablespoons olive oil.
- Add the eggs, stirring constantly until cooked.
- Add all the vegetables and stir frequently for 5 minutes.
- Add the cooked rice to the vegetables.
- Add the sauce and stir.
- Garnish with cilantro.

FAMOUS TATUM'S SHRIMP SPRING ROLL WITH PEANUT SAUCE

Tatum Barstad | Grade 4

Riverview Elementary

Ingredients

For spicy peanut sauce:

- 1/2 cup peanut butter natural, 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 table spoon ginger root, grated
- 2-4 tablespoons warm water

For shrimp spring rolls:

- 6 ounces thick rice noodles
- 20 jumbo shrimp
- 10 round rice paper wrappers
- 10 Boston lettuce leaves
- 1 cup carrots, shredded
- 1 cup red cabbage, thinly shredded
- 1 cup bean sprouts
- 20 mint leaves
- 20 basil leaves
- 1/2 cup cilantro

Directions

- Make the spicy peanut sauce. Combine all ingredients except water. Whisk to fully combine.
- Add water 1 tablespoon at a time until desired consistency is reached.
- Make shrimp spring rolls. In a medium pot bring 3 quarts of water to a boil. Add the dried rice noodles and cook until tender but not mushy, about 4-6 minutes. Transfer to a colander and rinse with cold water and refrigerate until ready to use.
- Fill a pie dish or large bowl with cool water (large enough to hold the piece of rice paper). Set a damp dish towel on a cutting board. Immerse one rice paper sheet into the water for 15-20 seconds.
- Remove, shaking off excess water and lay flat on a damp cloth. Lay one piece of lettuce over the bottom third of the rice paper. On the lettuce, place 2-3 tablespoons of noodles, 1 tablespoon of carrots, 1 tablespoon of cabbage and a few bean sprouts. Roll up the paper halfway into a cylinder. Fold the sides in an envelope pattern.
- Lay 2 shrimp halves, cut side down, along the crease. Place a few cilantro, basil and mint leaves next to the shrimp. Keep rolling the paper into a tight cylinder to seal.
- Repeat with remaining wrappers. Store with seam side down. Serve immediately with the peanut dipping sauce.

FIVE-INGREDIENT TOSTADAS

Cameron Robertson | Grade 5

Dutch Hill Elementary

Ingredients

- 2 Guerrero tostadas
- 1/2 cup Rosarita refried black beans
- 2 ounces grated cheddar cheese
- 1/4 cup fresh tomato, diced
- 4 tablespoons Pace picante mild salsa

Directions

- Warm refried beans slightly in microwave. About 30 seconds.
- Spread 1/4 cup refried beans on each tostada.
- Sprinkle cheddar evenly on both.
- Place tostadas on microwave safe plate. Warm for 30 seconds or until cheese is melted.
- Top with fresh tomatoes and salsa. Enjoy!



FRUIT KABOBS

Quinn Wise | Grade 5

Totem Falls Elementary

Ingredients

- 3 skewers

Pick 3 of your favorites:

- 1 banana
- 1 handful of blueberries
- 4 strawberries
- 1 handful of grapes
- 2 tangerines

Directions

- Cut up the fruits with a knife (make sure to ask your parents if its okay).
- Place on the skewer (make sure you alternate fruits).
- Plate and enjoy.



FRUIT PIZZA

Aalia Shariff | Grade 5

Dutch Hill Elementary

Ingredients

- 1 graham cracker
- 1 tablespoon whipped cream cheese
- 1 tablespoon each: fresh blueberry and strawberry

Directions

- First take a graham cracker. Spread the whipped cream cheese.
- Add fresh blueberries and sliced strawberries.
- Enjoy!



FRUIT SMOOTHIE

Rebecca Zeigler | Grade 5

Seattle Hill Elementary

Ingredients

- Peach Greek yogurt, such as Chobani
- 6 strawberries, quartered
- 1 banana, sliced
- 1 mango, diced
- 1/4 cup low-fat milk
- 2 tablespoons orange juice
- 1 tablespoon honey

Directions

- Combine the yogurt, fruit, milk, orange juice and honey in a blender.
- Blend for 30 seconds (longer if you prefer a smoother texture).
- If mixture is too thick, add more milk or orange juice to your preference.
- Pour into a glass and garnish with a strawberry.



GLUTEN/DAIRY-FREE PEANUT BUTTER BARS WITH BLUEBERRIES

Remy Poor | Grade 6

Dutch Hill Elementary

Ingredients

- 1 cup honey
- 1 cup organic, no stir peanut butter (make sure its not runny), creamy or crunchy
- 2 cups gluten-free quick cook oats
- 2 cups crispy rice cereal (such as Rice Krispies)
- 1 teaspoon vanilla extract
- 2 tablespoons chia seeds (optional)
- 1 cup blueberries

Directions

- In a small saucepan, heat the peanut butter and honey on low heat for about 2-3 minutes. (Or heat the honey and peanut butter in a microwave dish in the microwave for 30 seconds).
- Gently add the cereal, oats, vanilla and chia seeds. Mix until well blended.
- Press the mixture firmly into the pan. If it is sticky and hard to do, set it in the refrigerator to harden slightly then press the top again. Make sure the top is flattened. Let stand for 30 minutes in the refrigerator or freezer for 10-15 minutes until hardened.
- Cut into 10 rectangles.

GRANDMA'S FAMOUS NO BAKE COOKIES

Kaydence Moore | Grade 6

Riverview Elementary

Ingredients

- 1/2 cup milk
- 2 cups sugar
- 3 tablespoons cocoa
- 1/4 teaspoon salt
- 1/2 cup butter
- 3 cups oatmeal
- 1 teaspoon vanilla
- 1 1/2 cups coconut

Directions

- Mix milk, sugar, cocoa, salt and butter in a saucepan and bring to a rapid boil.
- Remove from heat and add oatmeal, vanilla and coconut.
- Drop by spoonfuls onto waxed paper and set until firm.



GRANDMA'S GRIDDLE BAKES

Alexa Perry | Grade 6

Seattle Hill Elementary

Ingredients

- White bread
- 3 eggs
- Small tub of Philadelphia cream cheese
- Cinnamon to sprinkle
- Brown sugar to sprinkle
- 1/3 cup milk

Directions

- Cut crust off bread.
- Flatten bread with rolling pin.
- In a bowl, whisk 3 eggs with the milk.
- Dip your flattened bread in eggs and cook in a skillet until brown on both sides. Add cream cheese.
- Sprinkle as much cinnamon and brown sugar as you'd like to taste.



GRILLED PIZZA SANDWICH

Corinne Choquette | Grade 6

Little Cedars Elementary

Ingredients

- 2 slices of bread
- 2-4 tablespoons marinara or pizza sauce
- 1 tablespoon butter
- Italian seasoning, to taste
- shredded mozzarella, Italian blend or preferred cheese
- 6-8 slices pepperoni

Directions

- Heat a pan on medium heat and spray lightly with cooking spray.
- Butter one side of each slice of bread.
- On the opposite side of the bread, spread marinara/pizza sauce (make it as saucy as you'd like).
- Sprinkle on a bit of Italian seasoning.
- Add as much shredded cheese as you would like and then add the pepperoni slices on top of the cheese.
- Put the other slice of bread on top, butter side out, and place in the hot pan.
- Cover with lid so the cheese gets melty and cook for 2-3 minutes or until golden brown. Flip the sandwich to the other side, replace the lid and cook another 2-3 minutes until the second side is golden brown.
- Can be eaten on it's own, dipped into tomato soup, or you can cut it into smaller crouton sized pieces to float in your soup. Pizza-licious!



GUACAMOLE AND CHEESE GRILL

Tuesday Hancock | Grade 4

Central Emerson Elementary

Ingredients

For guacamole:

- 3 avocados
- 1/2 small clove minced garlic
- 1 tablespoon minced white onion
- Juice of 1 lime
- 2 tablespoons minced cilantro
- salt to taste

For cheese grill:

- 2 slices of white bread
- 2 or 3 slices of cheddar cheese
- Salted butter
- Dash of granulated garlic

Directions

- To make the guacamole, peel and pit the avocados. Place avocados in a medium sized bowl and smash them with a fork. Add remaining ingredients and stir. Taste test to make sure it has enough salt and lime, add more if necessary.
- Pre-heat a small cast-iron pan on the stove top. Melt 1 teaspoon butter in the pan.
- While the pan is heating, take the two pieces of bread and put butter on one side of each piece. Place cheese between the unbuttered sides of the two slices of bread to make a sandwich. Sprinkle a dash of garlic on the buttered side of both pieces of bread.
- Place on heated pan and cover with lid. Check every few minutes to see if it's ready to be flipped over. Flip when the bread is golden brown. Cook the other side until golden brown, checking every few minutes. Remove from heat.
- Serve immediately with a side of guacamole. Delicious!

GUAC MEX POCKETS

Tuesday Hancock | Grade 4

Central Emerson Elementary

Ingredients

- 1/2 cup avocado
- 1/4 cup onion
- 1/4 cup tomato
- 1/2 cup crushed tortilla chips
- 1/4 cup chopped lettuce
- 10 baby tomatoes
- 3 small sized tortillas wrap
- Salt and pepper, to taste
- 1/2 teaspoon lemon
- 2 tablespoons salsa dip

Directions

- Mix mashed avocado, onion, tomato, salt, pepper, and lemon together to make guacamole.
- Heat tortillas on a pan with butter on one side.
- Make a cut at the radius of each tortilla.
- Spread guacamole on 1/4 part. Sprinkle some crushed tortilla chips, baby tomatoes and lettuce on the other 1/4 part and fold it into cone shaped pockets.
- Enjoy with salsa dip.



HEALTHY GRANOLA BARS

Kinley Merritt | Grade 5

Riverview Elementary

Ingredients

- 6 cups old fashioned rolled oats
- 1 1/2 cup natural sun butter
- 2/3 cup maple syrup
- 1 cup mini chocolate chips
- 4 whole eggs
- 2 tablespoons salt
- 2 tablespoons chia seeds
- 1 cup dried cherries

Directions

- Preheat oven to 350 degrees. In a large bowl, combine all ingredients and mix until well combined.
- Line a 9 x 9 baking dish or pan with parchment paper. Transfer mixture to the prepared dish or pan. Very firmly press the mixture into pan in an even layer.
- Bake the granola for 14-17 minutes. Remove from oven and let cool completely.
- Cut into long strips and enjoy!



HOLIDAY & B-DAY PARTY GNOME CUPCAKES

Mohammed Akif Ahmed | Grade 4

Dutch Hill Elementary

Ingredients

- 12 strawberries
- 12 premade chocolate chip muffins
- 1 can light whipped cream
- 1 package M&Ms

Directions

- Remove the crown and stem of the strawberries.
- Take one chocolate chip muffin from the oven. Then take a can of liquid heavy whipped cream and add 2 teaspoons of confectioner sugar and blend for 2-3 minutes to make whipped cream.
- Put the whipped cream on the muffins and add a strawberry on top as a hat.
- Add a red M&M to it as a nose.



HOMEMADE CREAM PUFFS WITH CHOCOLATE GLAZE

Marin McClarty | Grade 5

Machias Elementary

Ingredients

For pastry cream:

- 1 cup whole milk
- 1 cup heavy cream
- 1/3 cup plus 3 tablespoons granulated sugar, divided
- 1 vanilla bean split in half lengthwise
- 1/4 teaspoon salt
- 5 large egg yolks room temperature
- 3 tablespoons cornstarch
- 4 tablespoons unsalted butter softened and cut into 4 pieces

Directions

- Pastry cream instructions. Combine cream, milk, 1/3 cup sugar, vanilla bean and salt in a medium, heavy bottomed saucepan. Place on stovetop over medium heat. Stir frequently until sugar is dissolved and mixture comes to a simmer. Remove from heat and allow to cool for 10 minutes, stirring occasionally.
- In a separate bowl, whisk together egg yolks and 3 tablespoons sugar. Whisk vigorously for about 15 seconds until sugar is beginning to dissolve. Sprinkle cornstarch over egg/sugar mixture and whisk until combined and slightly thickened.
- Once your cream mixture has cooled, slowly drizzle 1/3 cup of the cream mixture into the egg mixture while whisking constantly (this will temper your eggs and gradually adding the heated cream will prevent them from cooking). Slowly, while still whisking, drizzle in the remainder of your cream mixture until the cream and egg mixture are completely combined. Pour mixture back into saucepan and return to stovetop over medium heat. Whisk frequently until thickened.
- Remove from heat and pour mixture through a fine mesh strainer into a heatproof bowl (vanilla bean should be caught by the strainer and should be discarded now).
- Whisk in butter, one piece at a time until completely combined. If you didn't use a vanilla bean, stir in the vanilla extract at this point.



HOMEMADE CREAM PUFFS WITH CHOCOLATE GLAZE (CONTINUED)

Marin McClarty | Grade 5

Machias Elementary

Ingredients

For choux pastry:

- 1 cup water
- 1/2 cup unsalted butter, cut into 8 pieces
- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 4 large eggs, room temperature
- Powdered sugar for dusting cream puffs

Directions

- Place plastic wrap directly in contact with the surface of the pasty cream to keep a skin from forming. Allow to cool at room temperature for about 30 minutes or until near room temperature and then transfer to the refrigerator to chill for at least 2-4 hours.
- Choux pastry instructions. Preheat oven to 400F (200C) and line a large baking sheet or two smaller baking sheets with parchment paper. Set aside.
- Combine water, butter, and salt in a medium-sized, heavy-bottomed saucepan over medium heat and bring to a rolling boil.
- Once mixture is boiling, add flour and turn down heat to medium/low. Stir continuously with a spatula until moisture is absorbed and mixture forms a ball that pulls away from the sides of the pot. Remove the heat and stir for several minutes to cool down the mixture. Add eggs one at a time, stirring very well after each addition until mixture is smooth and velvety.
- Transfer mixture to a piping bag (or ziploc bag with one corner snipped) and pipe onto prepared baking sheets by mound about 2 inches wide by 1 inch tall, spacing each mound at least 1 1/2 inches apart. Lightly dampen your fingers with cold water and gently press down any peaks on the pastry mounds.
- Transfer to 400 degree oven and bake for 30 minutes or until cream puffs appear dry and light golden brown.



HOMEMADE CREAM PUFFS WITH CHOCOLATE GLAZE (CONTINUED)

Marin McClarty | Grade 5

Machias Elementary

Ingredients

For chocolate glaze:

- 1/2 cup butter
- 1/3 cup cocoa
- 1/4 cup milk
- 3 cups powdered sugar
- 1/2 teaspoon vanilla
- 1/8 teaspoon salt

Directions

- Remove from oven and use a sharp knife to pierce the lower center of each cream puff, inserting knife about halfway into cream puff. Replace each puff on baking sheet and return to oven. Turn off oven and let pastry sit in the oven with the oven door cracked for another 10 minutes. Remove from oven and allow to cool completely on baking sheet. Cool completely.
- To fill with cream, place pastry cream in piping bag fitted with a small tip. Insert piping tip into each cream puff and fill until pastry cream is beginning to come out the hole.
- Frosting instructions. Melt butter and milk in microwave safe bowl.
- Add powdered sugar, cocoa, salt and vanilla. Whisk together and pour into a large ziploc bag. Cut a small corner off and drizzle chocolate over cream puffs.
- Enjoy. Store cream puffs in an airtight container in the refrigerator for 2-3 days or freeze for several weeks.



HOW YOU LIKE DEM APPLES?

Lincoln Smith | Grade 6

Seattle Hill Elementary

Ingredients

- 1 apple
- 1/4 tablespoon butter
- 2 tablespoons cinnamon
- 2 tablespoons sugar

Directions

- Peel and core apples. Slice and place in a microwave-safe bowl.
- Add butter and mix well.
- Microwave 1 1/2 minutes.
- Add cinnamon and sugar, mix again.
- Enjoy! So tasty!

HUMMUS AND TOASTED NAAN

Caia Fisher | Grade 5

Cathcart Elementary

Ingredients

For hummus:

- 2 cups rinsed garbanzo beans (from a can or cooked)
- 1/4 cup olive oil + 1 tablespoon as needed
- 1/2 cup tahini
- 2 cloves thinly sliced garlic + 3 for more intense flavor
- 1 tablespoon ground cumin
- 1/4 teaspoon smoked paprika
- 3 tablespoons lemon juice
- 1/3 cup water (or as needed)
- salt and pepper to taste

For naan:

- 8 mini naan slices or 2 large cut into quarters
- 2 tablespoons olive oil
- 1 1/2 teaspoon garlic herb seasoning

Directions

- Preheat the oven to 350 degrees. Heat 1/4 cup of olive oil on medium heat. Add in the garlic, stirring constantly for one minute.
- Put garbanzo beans, tahini, cumin, salt and pepper, lemon juice, 1/4 cup olive oil and garlic, and paprika in a food processor and blend until smooth. Add water and one tablespoon olive oil as needed to make desired consistency.
- For naan, lay out the 8 pieces of bread on a sheet pan, no parchment paper needed. Mix together the olive oil and the herb blend in a bowl. Brush the oil mixture onto the naan pieces, coating both sides well. There should be just enough oil for all 8 pieces. Put the sheet pan into the oven for 3 minutes, flip over each piece of naan and toast for another 3 minutes.

IAN'S SCONES

Ian Lambert | Grade 4

Riverview Elementary

Ingredients

- 1/3 cup sugar
- 1/2 teaspoon salt
- 1 tablespoon baking powder
- 2 cups flour
- 1 tablespoon freshly grated lemon peel
- 1 1/4 cups whipping cream
- 1/2 cups powdered sugar (or flour)

Directions

- Make sure an adult knows you are using the oven and preheat to 425 degrees.
- Combine the first 5 ingredients in a mixing bowl and mix well.
- Stir in whipping cream, mixing just until moistened.
- Turn out onto lightly floured board. (I use powdered sugar in place of flour on the board and for my hands so the dough doesn't stick).
- Knead 6-8 times or until dough is smooth. Pat the dough into an 8 1/2 inch circle about 1/2 inch thick.
- Cut dough into quarters and cut each quarter into 3 triangles.
- Place triangles on ungreased baking sheet about 2 inches apart.
- Bake at 425 degrees for 10-12 minutes or until light golden brown. (I like mine warm from the oven with strawberry jam.)



INSTANT FIVE-MINUTE PIZZA

Aalia Shariff | Grade 5

Dutch Hill Elementary

Ingredients

- 1 stone fire mini naan
- 1 1/2 tablespoons Simple Truth organic marinara sauce (or other preferred brand)
- 1/4 cup shredded mozzarella cheese
- Toppings of any choice

Directions

- Place naan bread on a plate and spread the marinara sauce evenly.
- Add the shredded cheese on top of the sauce. Add any additional toppings of your choice.
- Air fry the mini pizza at 400 degrees for 3 minutes.
- Enjoy!



LETTUCE WRAPS

Tamsyn Axtman | Grade 6

Machias Elementary

Ingredients

- 1 tablespoon olive oil
- 1 pound ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 8-ounce can water chestnuts, drained and diced
- 2 green onions, thinly sliced
- Salt and pepper, to taste
- 1 head butter lettuce

Directions

- Heat oil in saucepan over medium high heat. Brown the chicken, making sure to crumble it as it cooks, about 3-5 minutes. Drain excess fat from chicken.
- Stir in the garlic, onion, hoisin sauce and rice wine vinegar and cook until onions become translucent, about 1-2 minutes.
- Stir in chestnuts and green onion until tender, about 1-2 minutes. Season with salt and pepper to taste.
- Spoon several tablespoons of mixture into the center of a lettuce leaf.
- Enjoy like a taco.

MADDY'S MORNING SPECIAL

Madelyn Matthews | Grade 5

Cascade View Elementary

Ingredients

- 1 cup fruit
- 1/2 cup vanilla yogurt
- 3/4 cup milk (milk of choice)

Directions

- Put yogurt, milk, and fruit into a blender.
- Blend all ingredients until smooth. If ingredients are still not smooth, keep blending.
- Pour into a cup and enjoy!



MICROWAVEABLE CHOCOLATE CAKE WITH STRAWBERRIES

Gavin Gepford | Grade 5

Riverview Elementary

Ingredients

- 1/4 cup flour
- 1/4 cup sugar
- 2 tablespoons unsweetened cocoa powder
- 1/8 teaspoon baking soda
- 1/8 teaspoon salt
- 3 tablespoons milk
- 2 tablespoons canola oil
- 1 tablespoon water
- 1/4 teaspoon vanilla extract
- 3 strawberries, sliced

Directions

- Mix together flour, sugar, cocoa powder, baking soda and salt in a small bowl.
- Stir in milk, canola oil, water and vanilla extract.
- Put in a microwave safe mug and cook for 1 minute 45 seconds.
- Cut up strawberries and add on top of the cake once it has "baked."



MILD JALAPENO POPPER CHEESEBALL

Ella Perri | Grade 6

Seattle Hill Elementary

Ingredients

- 2 boxes cream cheese (8 ounces each), softened
- 2 tablespoons sour cream
- 2 cups shredded sharp cheddar cheese, reserve half
- 10 slices crispy cooked bacon, crumbled, reserve half
- 2 jalapenos, minced
- 1/2 cup chopped green onions, reserve half
- 3/4 teaspoons garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon ground black pepper

Directions

- Place softened cream cheese in a mixing bowl and mix until smooth. Add remaining ingredients, setting aside the reserved portions for later. Mix well until combined.
- Use a rubber spatula to scrape the sides of the bowl and gather the mixture into a large lump. Lightly grease your hands and form the mixture into a round ball.
- Mix the reserved cheddar cheese, bacon, jalapenos and green onions in a bowl. Hold the cheeseball in one hand and use the other hand to scoop the mixture onto the outside of the ball, pressing them in gently and turning the ball to coat all sides.
- Cover the cheeseball in cling wrap and refrigerate for about one hour to allow it to firm up. Take it out of the fridge about 20 minutes before serving to allow it to soften slightly.
- Serve with crackers, pretzels, vegetables or anything else you'd love to dip.



MINI BUNDT CAKE

Miranda Anderson | Grade 5

Machias Elementary

Ingredients

- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 4 tablespoons unsalted butter, softened
- 1/2 cup brown sugar, lightly packed
- 1 large egg
- 1/2 cup mashed ripe banana, about 1 medium
- 1 teaspoon vanilla extract
- Mini Bundt maker

For vanilla glaze:

- 1 cup confectioners' sugar
- 1 teaspoon vanilla
- 2 tablespoons whole milk, room temperature

Directions

- Plug in your Mini Bundt Maker to preheat for 10 minutes.
- In a small bowl, combine flour, baking powder, baking soda, cinnamon and salt.
- In a medium bowl, beat butter and sugar with handheld mixer on medium until they are fluffy and light. Thoroughly mix in the egg, banana and vanilla.
- Add the dry ingredients, mixing until well blended.
- Lightly spray Mini Bundt Maker with baking spray.
- Fill the Mini Bundt Maker 3/4 full (approximately 1/3 cup batter)
- Bake for 12 minutes, until a toothpick comes out clean when inserted into the cake.
- Lift out cake using the removal tool and transfer cake to wire rack. Cool cake completely before glazing. Serve.
- For vanilla glaze. In a small bowl, mix all ingredients together until well combined.



MONSTER COOKIE EDIBLE COOKIE DOUGH

Avery Lamb | Grade 5

Cathcart Elementary

Ingredients

- 1/2 cup softened butter
- 1/4 cup brown sugar
- 1/2 cup granulated sugar
- Splash of vanilla
- 1/2 cup creamy peanut butter
- 1/2 cup M&Ms or Reese's Pieces
- 1 1/3 cup flour
- 1/3 cup oats
- 1/2 teaspoon salt

Directions

- In a medium bowl, cream butter and sugars together with a hand-held mixer, until smooth.
- Add peanut butter, vanilla, salt, and milk and mix until smooth.
- Heat the flour and oats for about 45 seconds each in a microwave and combine with other ingredients.
- Fold in M&Ms or Reese's Pieces.
- Enjoy.



MOM'S BREAD

Lorelei Edwards | Grade 4

Totem Falls Elementary

Ingredients

Initial mix:

- 3 1/2 cups of wheat flour
- 1 cup of whole rolled oats
- 2 cups water
- 1/4 teaspoon instant yeast
- 1 tablespoon honey
- 1 teaspoon salt

Second rise:

- 1/3- 1/2 cup of oats to coat dough

Directions

- Using a large glass or ceramic mixing bowl, place 2 cups of water and add the 1/4 teaspoon of instant yeast and mix gently. Then add the large tablespoon of honey and mix gently again. Next add the 1 teaspoon of salt and mix.
- Add 3.5 cups of wheat flour and 1 cup of whole rolled oats to the bowl and mix until it forms a large dough ball. Cover with a lid or heavy kitchen towel for 8 hours (can be longer, ours sometimes sits for 15+ hours).
- After bread has done the initial rise, uncover, sprinkle more rolled oats on the dough as you gently stir the dough back into a ball shape adding oats as you go (roll to coat). Once dough is reformed into a ball and generally covered in oats, place in a bread pan lined with wax or parchment paper and cover with a kitchen towel. Let the bread do a 2nd rise for 30 minutes while you preheat your oven to 400 degrees.
- Once the 2nd rise is complete and the oven is ready to go, place bread in the oven at 40 minutes. Be sure bread is in the middle or lower 1/3 of oven rack.
- Remove bread from oven at 40 minutes and move to a cooling rack. Let cool and enjoy.



MORISQUETA MEAL

Maximiliano Amezcua | Grade 6

Seattle Hill Elementary

Ingredients

- 2 1/2 cups uncooked long-grain white rice
- 3 quarts water, plus more if needed
- 3/4 cup kosher salt (most of the salt will be drained off after rice is boiled)
- 1 tablespoon vegetable oil
- 4 large tomatillos (10 1/2 ounces total), husks removed and halved through the core
- 2 pounds of pork
- 3/4 cup crema or sour cream (thinned out with water to heavy cream consistency)
- Thinly shredded green cabbage or lettuce

Directions

- Cook meat until it is browned.
- Cook rice and once cooked, drain rice in a fine mesh strainer and rinse under cold water, stirring with a large spoon (about 45 seconds) to stop the cooking. Set aside.
- In a large pot, add oil and swirl to coat bottom of pot in oil. Add rice and spread it out in an even layer. Using the back of a spoon make eight indentations in rice and place 1 tomatillo half into each indentation, cut side up. Arrange pork in an even layer over rice mixture and spoon chile sauce in an even layer all over. Cover pot with a tight-fitting lid and cook over medium low until you can hear sauce bubbling (you'll have to put your ear close to the pot), about 15 minutes.
- Remove from heat. Let rest until rice is tender (about 20 minutes).
- Serve directly from pot or using a large spoon, gently scoop Morisqueta with braised pork onto a large platter. If you're lucky, you will get a piece of jammy tomatillo to smash into the rice. Drizzle with crema and top with a sprinkle of cabbage or lettuce.



MOZZARELLA STICKS

Jafita Joe | Grade 4

Dutch Hill Elementary

Ingredients

- 1 pack of string cheese (or more) or a block of mozzarella cut into sticks
- 2 eggs, beaten
- 1 cup all-purpose or wheat flour
- 1 cup bread crumbs
- 1 cup oil (for deep frying)

Directions

- Beat the eggs (two will be enough) and pour it into a glass once beaten.
- Pour the flour and breadcrumbs into two separate glasses.
- Take one mozzarella stick (you can put a popsicle stick at the end of the cheese stick- optional) and dip it into the flour first, then the eggs, then the breadcrumbs.
- Deep fry in the hot oil until mozzarella sticks are golden brown on both sides.
- Serve with ketchup.



MUFFINS WITH STREUSEL TOPPING

Nolan Ryan | Grade 5

Cathcart Elementary

Ingredients

- 1 3/4 cup all-purpose flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 beaten egg
- 3/4 cup milk
- 1/4 cup cooking oil

Topping ingredients:

- 3 tablespoons all-purpose flour
- 2 tablespoons brown sugar
- 1/4 teaspoon cinnamon
- 2 tablespoons butter (cold)

Directions

- Line a muffin tin with paper baking cups or lightly spray with cooking spray.
- In a medium bowl combine flour, sugar, baking powder and salt. Make a well in the center of the flour mixture and set aside.
- In another bowl combine egg, milk and oil. Add egg mixture all at once to the flour mixture. Stir just until moistened.
- Spoon batter into prepared muffin cups, filling 2/3 full.
- Make the streusel topping. Mix ingredients, cut in the butter until it resembles coarse crumbs. Sprinkle on top of muffins.
- Bake in 400 degree oven for 18-20 minutes. Serve warm.



MY LITTLE UMBRELLA MAN

Sierra Holman | Grade 4

Little Cedars Elementary

Ingredients

- 1 cup strawberry yogurt
- 1 cup frozen strawberries
- 2 tablespoons honey
- 2 table milk or cream
- 2 bananas
- 24 marshmallows
- 48 pretzel sticks
- 24 pocky sticks or lollipop sticks
- Edible ink

For chocolate drizzle (optional)

- 1/2 cup white chocolate chips
- 1 teaspoon coconut oil
- sprinkles

Directions

- Toss yogurt, frozen strawberries, honey and milk in a blender and puree. Set aside.
- Slice peeled bananas into 1/2 inch round slices. Place one banana slice in the bottom of a mini cupcake pan.
- Push a pocky or lollipop stick into each banana slice.
- Fill the muffin tins with yogurt mixture and freeze for 4-5 hours or until frozen.
- Stick marshmallow on the end of pocky or lollipop stick.
- Add pretzel sticks into marshmallow for arms.
- For chocolate drizzle melt the chocolate and oil in a microwave safe container for 30 seconds. Stir. Continue in 10 second intervals until fully melted.
- Pour chocolate into the corner of a sandwich bag and cut off the corner tip of the bag.
- Hold the top of the bag closed and drizzle the chocolate to decorate your person. Use edible ink to draw on smiles.
- Note: The chocolate can act as glue to add on other edible embellishments (craisin eyes, and/or sprinkles).



NATHAN'S FAVORITE SALAD

Nathan Robbins | Grade 4

Cathcart Elementary

Ingredients

- 2 cups cherry tomatoes
- 2 cups fresh mozzarella
- 1 cup fresh basil
- Salt, to taste
- 2 tablespoons olive oil
- 4 tablespoons balsamic glaze

Directions

- Place all ingredients into a bowl and stir.
- Serve immediately.



NO-BAKE ENERGY BITES

Molly Davison | Grade 5

Riverview Elementary

Ingredients

- 1 cup old fashioned rolled oats
- 1 cup steel cut oats (or sub extra cup old fashioned oats)
- 1 cup crispy rice cereal (or Chex)
- 1 cup peanut butter (or other nut butter)
- 1 cup ground flax seed
- 3/4 cup honey
- 2/3 cup chocolate chips
- 2 teaspoons vanilla extract

Directions

- In a large mixing bowl, combine all ingredients.
- Refrigerate for at least 1 hour before forming into 1/2 inch balls. (If the mixture isn't holding together well enough, add a little more peanut/nut butter or honey to help it bind). Keep refrigerated for an easy snack on the go.
- Feel free to include other "add ins" like chopped almonds, raisins, etc.
- Store in airtight container in the fridge for up to 2 weeks, depending on the freshness of your ingredients.

NORDIC CINNAMON BUNS

Ericson Woolfitt | Grade 5

Dutch Hill Elementary

Ingredients

- 1/2 cup milk
- 1/2 cup flour
- 1 (.25 ounce) package instant or rapid rise yeast
- 1 tablespoon sugar
- 1/2 teaspoon kosher salt
- 1/4 cup vegetable oil
- 3 tablespoon butter
- 2/3 cup brown sugar
- 1 1/2 teaspoons cinnamon
- 1 tablespoon powdered sugar

Directions

- Heat milk in a microwave safe liquid measuring cup until warm, about 30 seconds.
- Stir flour, yeast, sugar and salt in a large bowl. Add oil and warm milk. Mix until dough comes together.
- Dust cutting board with flour. Knead dough until smooth and elastic, 5-7 minutes.
- Use your hands to shape dough into a square, then use a rolling pin to roll a thin 8 x 20-inch rectangle.
- Heat butter in microwave until melted, 30-60 seconds. Pour over dough and spread evenly to edges.
- Stir together brown sugar and cinnamon. Sprinkle evenly over dough and spread to edges. Fold dough in half to create a square. Starting from the fold, use a pizza cutter to slice into 8 strips.
- Take one strip of folded dough. Hold at both ends and twist. Tuck twisted dough into a knot. Set on parchment-lined baking sheet. Repeat twisting and knotting to make 8 buns.
- Let buns rise in a warm place for 1 hour (or covered in fridge overnight).
- Preheat oven to 350 degrees. Bake 16-18 minutes until lightly browned. Expect some sugar to seep out while baking.
- Immediately move rolls to a plate. Dust tops with powdered sugar. Taste and share!



OREO COOKIE CHEESECAKE BITES

Mayson Ore | Grade 6

Dutch Hill Elementary

Ingredients

- 1 package wonton wrappers
- 1 package cream cheese
- 1 package mini Oreo cookies (or other desired added filling)

Directions

- Preheat oven to 400 degrees. Lay out desired number of wonton wrappers (recommended at least a dozen) on a cookie sheet.
- Take approximately 1 tablespoon of cream cheese and place in center of each wonton.
- Place one mini Oreo on top of the cream cheese. Carefully fold corners of wonton over filling to make an envelope. Place seam side down on cookie sheet.
- Bake approximately 10 minutes or until lightly golden brown.
- Allow to cool slightly as filling will be hot. Enjoy!



OREO DESSERT CUP

Deepika Mandaala | Grade 4

Dutch Hill Elementary

Ingredients

- 15 Oreo cookies
- 450 ml heavy shipping cream (cold)
- 50g chocolate spread
- Sugar
- Vanilla extract
- 3 fancy rectangular cups small

Directions

- Grind up the Oreo cookies.
- Make the chocolate cream.
- Make the whipping cream.
- Assemble.
 - First layer- ground Oreos
 - Second layer- chocolate cream
 - Third layer- ground Oreos
 - Fourth layer- whipped cream
 - Put half of the Oreos on top and then sprinkle on some Oreo powder for garnish.



PANEER PANINI WRAP

Aalia Shariff | Grade 5

Dutch Hill Elementary

Ingredients

- 1 10-inch Mission flour tortilla
- 1 teaspoon ketchup
- 1 teaspoon mayonnaise
- 1 tablespoon mozzarella cheese
- 50 grams Paneer cubes (Indian cottage cheese)
- 1 tablespoon onion, chopped
- 1 tablespoon bell pepper, chopped
- 1 tablespoon carrot, grated
- Pinch of both salt and pepper

Directions

- Mix all the ingredients together in a bowl. (Paneer, ketchup, mayonnaise, onion, bell pepper, carrot, salt and pepper).
- Next, take the tortilla and put the filling in center and add cheese.
- Fold the tortilla like a wrap and put in the panini press for 2 minutes.
- Enjoy a healthy vegetarian snack.

PEANUT BUTTER CHOCOLATE CHIP MUFFINS

Jessica Soder | Grade 6

Cascade View Elementary

Ingredients

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 tablespoons unsalted butter, softened
- 3/4 cup creamy peanut butter
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar, packed
- 2 eggs
- 3/4 cup milk
- 1 cup semi-sweet chocolate chips

Directions

- Preheat oven to 425 degrees. Lightly spray a 12 count muffin tin with non-stick cooking spray or line with paper liners. Set aside.
- In a medium bowl, sift together flour, baking powder and salt. Set aside.
- In a large bowl, cream together butter, peanut butter, white sugar and brown sugar with an electric hand mixer or stand mixer with fitted paddle attachment.
- Add in eggs, one at a time, followed by milk. Mix well. Slowly add in flour mixture, mixing just until combined. Gently fold in chocolate chips. Spoon mixture into prepared muffin tins, filling 3/4 full.
- Bake for 5 minutes at 425 degrees and then turn the oven down to 375 (without opening the oven door) and bake for 12-14 minutes (this will help the muffins to rise high and fluffy), or until muffins are lightly browned on top and a toothpick inserted into the middle comes out mostly clean.
- Let cool in muffin tin for 5 minutes and then remove to a wire rack to cool completely.



PEANUT BUTTER GOODNESS

Ethan Frazier | Grade 4

Dutch Hill Elementary

Ingredients

- 1/4 cup granola
- 1 tablespoon peanut butter (I like crunchy)
- 1/2 banana, sliced
- 1 tablespoon honey (optional)
- 1 cup vanilla ice cream

Directions

- Add granola, peanut butter, banana and honey (if using) to a bowl and stir.
- Scoop vanilla ice cream into another bowl and spoon the peanut butter mix on the top. Enjoy.



PEANUT BUTTER TOAST!

Ethan Frazier | Grade 4

Dutch Hill Elementary

Ingredients

- 1 piece of bread
- 1-2 tablespoons peanut butter
- 1 teaspoon honey

Directions

- Cut the bread off the loaf if you have not already.
- Put the bread in the toaster oven and toast until desired crunchiness, then get a plate out.
- Take toast out (carefully!) and put onto a plate.
- Spread the peanut butter on toast with a butter knife and drizzle with honey.
- Clean up.
- Enjoy!



PEA TOASTS

Ayush Pankaj Kurse | Grade 5

Little Cedars Elementary

Ingredients

- 2 slices whole grain bread
- 1 cup frozen peas
- 1 big tomato
- 1 tablespoon tahini
- 1/4 teaspoon garlic powder
- 1/4 teaspoon chilli flakes
- Pepper and salt, to taste
- Pesto sauce
- 1/2 teaspoon lemon
- Butter (optional)
- Coriander for garnish

Directions

- Blanch frozen peas for 5-10 minutes. Drain and mash the peas well with a fork.
- Add tahini paste, garlic powder, pepper, chili flakes, salt and lemon and mix well.
- Make a mixture of finely chopped tomatoes and pesto sauce.
- Toast whole grain bread on both sides with butter (optional).
- Spread peas mixture onto the one side liberally.
- Add the tomato mix on top and chopped coriander for garnish.



PECAN CINNAMON ROLLS

River Allen | Grade 6

Machias Elementary

Ingredients

For filling:

- 4 tablespoons unsalted butter, softened
- 3/4 cup chopped pecans
- 6 tablespoons dark brown sugar
- 1 tablespoon ground cinnamon

For cream cheese glaze:

- 1 cup powdered (confectioners') sugar
- 1/2 cup (4 ounces) cream cheese
- 4 tablespoons unsalted butter, softened
- 1 teaspoon vanilla
- 4 tablespoons milk
- Melted butter, for brushing

For rapid rolls:

- 3 (.25) packets active dry yeast
- 1 3/4 cups warm water
- 1/2 cup honey
- 1/2 cup melted butter, plus more for brushing
- 2 teaspoons salt, plus more for sprinkling
- 2 large eggs, beaten
- 4-6 cups flour, plus more if needed.

Directions

- In the bowl of a standing mixer with a paddle attachment, combine the yeast and warm water. Let activate for 5 minutes until bubbly and then stir in the honey.
- On a low speed, add 1/2 cup melted butter, 2 teaspoons salt and eggs. Slowly add the flour cup-by-cup until incorporated and dough pulls away from the sides of the bowl.
- On a well-floured surface, using a lightly floured rolling pin, roll out the dough to a 15 x 11-inch rectangle. In a mixing bowl add the pecans, brown sugar and cinnamon.
- Spread the softened unsalted butter over the dough leaving a 1/2 inch border. Sprinkle the cinnamon sugar evenly over the dough. Roll up the dough tightly ending with the seam-side down. Cut into 10 slices.
- Place in 2 9x13 inch greased baking dishes and cover with a towel. Allow to rise for 20 minutes and then brush with melted butter.
- Bake at 400 degrees until tops are golden brown, about 25-30 minutes.
- Make the cream cheese glaze by mixing the powdered sugar, cream cheese, butter, milk and vanilla. Spread over warm rolls.

PISTACHIO SPECIAL

Alice Tasche | Grade 4

Riverview Elementary

Ingredients

- 4 cups spring mix
- 2 cups cucumber
- 2 1/2 cups croutons
- 1 cup pistachios
- 1 cup bacon bits
- 1/2 cup Catalina dressing

Directions

- Place in bowl.
- Mix all together.



PIZZA POCKETS

Nolan Sedenquist | Grade 6

Seattle Hill Elementary

Ingredients

- 3 Rhodes frozen dinner rolls (or any brand of frozen dinner rolls), thawed at room temperature
- 1/4 cup shredded mozzarella cheese
- 1-2 tablespoons pizza sauce
- Any desired pizza toppings

Suggested toppings:

- 3-4 pepperoni slices
- 1/4 cup bacon bits

Directions

- Preheat oven to 350 degrees.
- Roll out dough to a 7-inch circle.
- First put pizza sauce on one side of the circle followed by sprinkling mozzarella and the other pizza toppings on top of the sauce. Remember not to overfill and keep toppings away from the edges.
- Wet the side of the dough the toppings are on and fold the other side over to make a rainbow shape. Press down lightly around the edge.
- Use a fork to press into the edges of the dough all the way around to seal the pocket.
- Place on a parchment lined baking sheet.
- Put in the oven for 15-20 minutes or until golden brown.
- Let cool slightly before eating.
- Serve with pizza sauce or another sauce for dipping. Enjoy!



PRETZEL TWISTIES

Layth Bou-Hamdan | Grade 6

Seattle Hill Elementary

Ingredients

- 1 1/2 cups warm water
- 1 tablespoon granulated sugar
- 2 teaspoons salt
- 1 package active dry yeast
- 4 1/2 cups all-purpose flour
- 2 ounces unsalted butter, melted
- Vegetable oil (for bowl)
- 10 cups water
- 2/3 cup baking soda
- 1 large egg yolk, beaten with 1 tablespoon water
- Coarse salt

Directions

- Combine 1 1/2 cups water, sugar and salt in the bowl of your standing mixer and sprinkle the yeast on top. Allow to sit for 5 minutes or until mixture begins to bubble and foam. Add the flour and melted butter and with the dough hook attachment, mix on low speed until well combined. Change to medium-high speed and knead until dough is smooth and pulls away from the sides, approximately 4-5 minutes. Remove dough from bowl, clean bowl and then oil it well with oil. Return dough to bowl, cover with plastic wrap and sit in a warm place for 1 hour or until the dough has doubled in size.
- Preheat oven to 450 degrees. Line 2 baking sheets with parchment paper and lightly spray with nonstick spray. Set aside. Bring the 10 cups of water and the baking soda to a rolling boil in a large pot.
- Turn dough out onto a slightly oiled work surface and divide into 14 equal pieces. Roll out each piece of dough into a 20-inch rope. Fold each rope in half, twisting the ends in opposite directions and pressing the ends together. Feed the end with 2 strands through the top hole and press to secure. Return twists to baking sheets.
- Place the pretzel twists into the boiling water, 1 by 1 for 30 seconds. Remove from water using a flat spatula. Return to the baking pan, brush top of each pretzel with the egg and water mixture and sprinkle with coarse salt. Bake until dark golden brown, approximately 12-14 minutes. Transfer to a cooling rack for at least 5 minutes before serving.



PUMPKIN CRUMB CAKE MUFFINS

Marin McClarty | Grade 5

Machias Elementary

Ingredients

- 1 3/4 cups all-purpose flour, spoon and leveled
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1 teaspoon store bought or homemade pumpkin pie spice
- 1/2 teaspoon salt
- 1.2 cup canola or vegetable oil
- 1/2 cup granulated sugar
- 1/2 cup packed light or dark brown sugar
- 1 1/2 cups canned pumpkin puree
- 2 large eggs, room temperature

Directions

- Preheat oven to 425 degrees. Spray a 12-count muffin pan with nonstick spray or line with cupcake liners. This recipe makes 15 muffins so prepare a second muffin pan. Set aside.
- Make the muffins. In a large bowl, whisk the flour, baking soda, cinnamon, pumpkin pie spice and salt together until combined. Set aside.
- In a medium bowl whisk the oil, granulated sugar, brown sugar, pumpkin puree, eggs and milk together until combined. Pour the wet ingredients into the dry ingredients then fold everything together gently until combined and no flour pockets remain. Spoon batter into liners, filling them almost full.
- Make the crumb topping. Whisk the flour, granulated sugar, brown sugar and pumpkin pie spice together until combined. Using a fork, lightly mix in the melted butter until crumbs form. Don't over-mix. Spoon crumbs evenly on top of the batter and gently press them down into the batter.



PUMPKIN CRUMB CAKE MUFFINS (CONTINUED)

Marin McClarty | Grade 5

Machias Elementary

Ingredients

Crumb topping:

- 3/4 cup all-purpose flour (spoon and leveled)
- 1/4 cup granulated sugar
- 1/4 cup packed light or dark brown sugar
- 1 teaspoon store bought or homemade pumpkin pie spice
- 6 tablespoons unsalted butter, melted

Maple icing (optional):

- 1 1/2 cups confectioners' sugar
- 2 tablespoons maple syrup
- 2 tablespoons milk

Directions

- Bake for 5 minutes at 425 degrees. Keeping the muffins in the oven, reduce the oven temperature to 350 degrees and bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean. Allow muffins to cool for 10 minutes in the muffin pan as you make the icing. (For mini muffins, bake for 11-13 minutes at 350 degrees the entire time).
- Make the icing. Whisk all of the icing ingredients together until combined and smooth. Drizzle over muffins and serve warm. Cover tightly and store at room temperature for 1-2 days or in the refrigerator for up to 1 week.



PUMPKIN OAT FLOUR MUFFINS

Claire Niemela | Grade 6

Riverview Elementary

Ingredients

- 1 1/2 cup + 3 tablespoons oat flour
- 1 1/2 teaspoon pumpkin pie spice
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 large eggs
- 1 cup pumpkin puree
- 1/2 cup brown sugar (or maple syrup or honey)
- 1/4 cup oil
- 1/4 cup milk or non-dairy milk
- 1 teaspoon vanilla extract

Optional for serving:

- Turbinado sugar for sprinkling

Directions

- Preheat oven to 350 degrees. Line a muffin pan with 10 cupcake liners or lightly grease with cooking spray. Set aside.
- To make the oat flour, place oats in a high-powered blender or a food processor. Blend the oatmeal until it turns into a fine, powdery flour (about 30 seconds to 1 minute).
- Transfer the oat flour to a large bowl and whisk in the pumpkin pie spice, baking powder, baking soda and salt.
- In a small bowl, whisk together the pumpkin puree, brown sugar, oil, milk and vanilla extract. add to the dry ingredients and mix to combine.
- Divide the batter between 10 prepared muffin cups, filling about 3/4 to the top. Sprinkle tops with turbinado sugar, if using. Bake for 18-20 minutes, rotating the pan halfway through. The muffins are done when a toothpick inserted in the center comes out without wet dough.
- Serve warm or let the muffins cool to room temperature. After completely cooled, store in a sealed container up to 3 days or freeze up to 3 months.



RASPBERRY LOVE MUFFINS

Megan Anderson | Grade 5

Machias Elementary

Ingredients

- 2 1/3 cups flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon kosher salt
- 1 egg
- 1 cup plain yogurt
- 1/2 cup vegetable oil
- 3/4 cup sugar
- 1 cup fresh/frozen raspberries
- 1/2 cup chocolate chips

Directions

- Preheat oven to 375 degrees. Line muffin tin with paper liners or grease with cooking spray.
- Add flour and baking soda to a medium bowl. Whisk baking powder and salt into flour mixture. Set aside.
- Crack egg into large bowl and whisk egg until smooth.
- Add yogurt and oil to egg.
- Add sugar to egg mixture. Whisk until combined.
- Add dry ingredients to wet ingredients. Stir until just combined. Do not overmix.
- Add raspberries and chocolate chips. Gently stir into batter.
- Scoop batter into muffin tin. Fully fill muffin cups, dividing the batter equally between them.



REECE PEANUT BUTTER CUPS

Zoe Camputaro | Grade 6

Seattle Hill Elementary

Ingredients

- 1 sleeve graham crackers, crushed
- 1 cup powdered sugar
- 1 1/2 cups peanut butter, softened
- 4 cups of chocolate chips

Directions

- Line a muffin tin with cupcake liners.
- Melt chocolate chips.
- Mix the rest of the ingredients.
- Put chocolate at the bottom.
- Put some peanut butter mix in.
- More chocolate.
- Refrigerate for one hour.



RYE LUMPS

Isaac Friedenson | Grade 6

Seattle Hill Elementary

Ingredients

- 1 cup all-purpose flour
- 1 cup dark rye flour
- 1 cup chopped walnuts
- 1/4 cups brown sugar
- 2 teaspoons baking powder
- 1 teaspoon caraway seeds
- 1/2 teaspoons salt
- 1/2 teaspoons baking soda
- 1 cup milk
- 1/4 cup milk
- 1/4 cups vegetable oil
- 1 large egg
- 2 tablespoons molasses
- 1 tablespoon lemon juice

Directions

- Preheat the oven to 400 degrees. Line 2 baking sheets with parchment paper.
- Mix flours, walnuts, brown sugar, baking powder, caraway seeds, salt and baking soda in a large bowl.
- Whisk milk, vegetable oil, egg, molasses, and lemon juice in a small bowl.
- Pour wet ingredients into dry ingredients and mix until just combined.
- Drop batter, 1/4 cup at a time, onto parchment-lined baking sheets. Each lump should be about 2-inches apart.
- Cook lumps for 15 minutes, then cool on a pan for 5 minutes. Take the lumps off the pan and put them on wire racks.



SAMOAS POPCORN

Madalyn Olsen | Grade 5

Totem Falls Elementary

Ingredients

- 12 cups air popped popcorn, approximately 2 cups unpopped kernels
- 6 tablespoons butter
- 3/4 cup brown sugar
- 3 tablespoons corn syrup
- 1/4 teaspoon vanilla
- 1/4 teaspoon baking soda
- 1/4 cup toasted unsweetened coconut
- 8-10 shortbread cookies, crumbled
- 1/4 cup melting chocolate, melted

Directions

- Preheat oven to 300 degrees.
- Air pop 12 cups of popcorn and pour the popped popcorn into a large, deep baking pan, remove unpopped kernels.
- Add the coconut and crumbled cookies to the popcorn. Set aside.
- In a medium saucepan over medium heat, stir together the butter, corn syrup, and brown sugar until the butter has melted and it reaches a slow bubble.
- Stop stirring and allow the mixture to boil for 4 minutes.
- Remove from the heat immediately and mix in the vanilla extract and the baking soda (the baking soda will bubble up a bit).
- Pour the caramel mixture over the popcorn. Using a large rubber spatula, gently stir to coat.
- Bake the popcorn for 10-15 minutes.
- Let cool in the pan for about 10 minutes before drizzling with chocolate.

SANDWICH HG

Hermon Getaneh | Grade 4

Riverview Elementary

Ingredients

- 2 sourdough bread loaves (from Fred Meyer, Safeway, etc.)
- Sliced ham
- Tomatoes, sliced
- Onions, sliced
- Lettuce
- Mayonnaise
- Shredded mozzarella cheese
- Ketchup
- Mustard
- Olive oil

Directions

- Slice the bread and toast the sliced pieces.
- Flip bread over and then spread the cheese over the bread. Put the ham on top of the cheese. Add the ketchup, mustard, sliced onions, tomatoes and lettuce on top.
- Spread the mayonnaise on the other slice of bread. Put the two pieces together.



SCRATCH MADE CHURROS

Marin McClarty | Grade 5

Machias Elementary

Ingredients

- 1 cup water
- 1/4 cup unsalted butter, diced into small pieces
- 2 tablespoons white granulated sugar
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 1 large egg (cold)
- 1 teaspoon vanilla extract
- Vegetable oil (for frying)

Cinnamon sugar:

- 1/2 cup white granulated sugar
- 1 1/2 teaspoons ground cinnamon

Directions

- Make the cinnamon sugar. In a shallow dish, whisk together sugar and cinnamon. Set aside.
- Make the batter. Place water, unsalted butter, sugar, cinnamon, nutmeg and salt into a large saucepan and bring to a boil over medium high heat. Next, reduce heat to medium-low and stir in flour with a rubber spatula or wooden spoon. Stir constantly until mixture comes together and is shiny and smooth with no lumps (a few tiny lumps are okay).
- Transfer the mixture to a large mixing bowl and let cool for 5 minutes.
- Using a hand electric mixer, whisk in vanilla extract and the egg into the flour mixture until fully combined and smooth. The mixture may start to separate. Keep mixing until it is combined. Transfer the mixture to a piping bag fitted with a 1/2 inch star tip, (WiltonM1 works great).
- Fry the churros. Heat 1 1/2-2 inches of oil in a large pot or deep cast-iron skillet over medium-high heat. The oil should reach 360 degrees. Use a candy thermometer to check the temperature.
- Carefully pipe the mixture into the preheated oil, pressing about 6-inch lengths of churros and cutting the end with clean kitchen scissors. Do not overcrowd the pan. Fry until golden brown, about 2 minutes per side.
- Use a slotted spoon to transfer the fried churros to paper towels for about 2-3 minutes. Toss them into the cinnamon-sugar mixture.
- Repeat with remaining dough. Serve warm with chocolate or caramel sauce for dipping.



SHEET PAN CHICKEN FAJITAS

Gavin Foglesong | Grade 4

Seattle Hill Elementary

Ingredients

- 1 lb boneless, skinless chicken breasts
- 2 tablespoons extra virgin olive oil
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 1 teaspoon garlic powder
- 3/4 teaspoon salt
- 1 large red bell pepper, sliced
- 1 large yellow bell pepper, sliced
- 2 cups sliced red or yellow onion (about 1 large)
- 1 tablespoon lime juice
- 8 corn tortillas, warmed

Optional for serving:

- Lime wedges, cilantro, sour cream, avocado, pico de gallo

Directions

- Preheat oven to 400 degrees. Coat a large rimmed baking sheet with cooking spray.
- Cut chicken breasts in half horizontally, then slice crosswise into strips.
- Combine oil, chili powder, cumin, garlic powder and salt in a large bowl. Add the chicken and stir to coat with the spice mixture. Add bell peppers and onion and stir to combine. Transfer the chicken and vegetables to the prepared baking sheet and spread in an even layer.
- Roast on a middle rack for 15 minutes. Leave the pan there and turn the broiler to high. Broil until the chicken is cooked through and the vegetables are browning in spots, about 5 minutes more. Remove from oven. Stir in lime juice.
- Serve the chicken and vegetables in warmed tortillas accompanied by lime wedges and topped with cilantro, sour cream, avocado and/or pico de gallo, if desired.



SHRIMP TACOS

Saanvi Vipin | Grade 6

Little Cedars Elementary

Ingredients

For shrimp tacos:

- 1 lb pound shrimp (medium or large)
- 1 clove garlic, pressed or minced
- 1/2 teaspoon sea salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- 1 tablespoon olive oil

Shrimp taco toppings:

- 8 white corn tortillas, or hard shells
- 1/2 small purple cabbage (2 cups shredded)
- 1 large avocado, pitted, peeled and diced
- 1/2 red onion, diced
- 4 ounces grated Cotija cheese
- 14 bunch cilantro, coarsely chopped
- 1 lime, cut into 8 wedges

Directions

- Thaw and pat dry shrimp with paper towels and place in a medium bowl. Add seasonings and garlic and stir to combine.
- Place a large non-stick pan over medium high heat. Add 1 tablespoon olive oil and add shrimp in a single layer. Sauté 1-2 minutes per side or just until cooked through. As soon as they are cooked through (white inside with some pink and red accents outside), transfer to a serving platter and set aside to cool.
- Toast 8 tortillas over an open gas stovetop flame on medium/low heat (about 10 seconds per side) until lightly charred on the edges (or on a medium hot skillet or griddle) until golden brown in some spots (30 seconds per side).
- Thinly slice cabbage, dice the avocado, finely dice the red onion, and coarsely chop the cilantro. Add these to your serving platter along with lime wedges. Build tacos by arranging toppings and shrimp over each tasted tortilla.
- In a small bowl, whisk together all sauce ingredients and serve with assembled shrimp tacos.



SHRIMP TACOS (CONTINUED)

Saanvi Vipin | Grade 6

Little Cedars Elementary

Ingredients

For shrimp taco sauce:

- 1/3 cup sour cream
- 1/3 cup mayonnaise
- 1 1/2 tablespoon lime juice
- 3/4 teaspoon garlic powder
- 3/4 teaspoon Sriracha sauce, or to taste

Directions

- To make the sauce, in a small bowl, whisk together all sauce ingredients and serve with assembled shrimp tacos.



SPAGHETTI PIE

Abigail Trask | Grade 5

Totem Falls Elementary

Ingredients

- 12 ounces spaghetti noodles
- 1/2 cup butter
- 1 cup freshly grated parmesan cheese
- 3 eggs, well beaten
- 2 1/2 cups Italian sausage
- 1 jar spaghetti sauce
- Pinch of garlic salt
- Pinch of basil
- Pinch of salt
- 2 cups sour cream
- 8 ounces shredded mozzarella cheese

Directions

- Cook spaghetti al dente, drain.
- Stir in butter, parmesan cheese, and eggs.
- Chop well with a knife and fork.
- Form into a "crust" in 2 buttered 10-inch pie tins. Let cool.
- Cook Italian sausage and onion; drain off fat.
- Stir in your favorite spaghetti sauce and seasonings. Heat through.
- Spread sour cream on the bottom of the spaghetti "crusts."
- Fill pies with meat sauce. Cover with mozzarella cheese.
- Bake at 350 degrees for 30 minutes.



SPAM MUSUBI

AvaLenae Carlson | Grade 4

Machias Elementary

Ingredients

- 12 ounces Spam
- 1/4 cup Bachans Japanese BBQ Sauce
- 1/4 cup soy sauce
- 1/2 cup sugar
- Nori roasted seaweed used for sushi, cut into halves or thirds
- 6 cups cooked sushi rice (without the vinegar mixture added)
- 1 gallon plastic bag

Directions

- Slice the spam using musubi cutter and put in a ziplock bag. Mix oyster sauce, soy sauce and sugar until sugar is dissolved and add to the bag with the spam. Marinate for about 15 minutes.
- Cook the rice. 2 cups uncooked rice mixed with 2 1/2 cups water. Bring to a boil. Once boiling, reduce heat to low and set timer for 20 minutes.
- Drain/rinse off marinade and fry spam on each side over medium heat until slightly crispy or until desired doneness.
- Place a strip of nori on a cutting board or clean surface (shiny side down). Place your Musubi mold across the middle of the nori. Add rice to the mold, pressing down firmly and evenly so there is about 1-1 1/2 inches of rice. Dip the mold and your fingers in water as you go to prevent sticking.
- Next, remove the mold from the rice. Now you will have a nice little block of rice right on the nori. Add some of the cooked spam to the top. Wrap up one side of the nori and stick it to the top of the spam, then wrap up the other side, (just like you are wrapping a nice little package). Use a little water on your finger to seal if needed.

SPICY ROASTED VEGETABLE MACARONI AND CHEESE

Ava and Eliana Manning | Grade 4

Little Cedars Elementary

Ingredients

- 1 cup broccoli florets, chopped small
- 1/2 red pepper, diced
- 1 yellow squash, quartered and diced
- 10 baby carrots, sliced thinly
- 2 cups whole wheat pasta, elbow macaroni, rotini, penne, etc.
- 1/4 cup olive oil
- 3 tablespoons all-purpose flour
- 1 1/2 cups milk
- 2 cups (8 ounces) shredded sharp cheddar cheese
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon cayenne pepper
- salt and pepper, to taste
- 2 tablespoons panko breadcrumbs

Directions

- Preheat oven to 400 degrees. Set a medium pot of salted water to a boil. Prepare a large baking sheet by lining with aluminum foil and coating with a little olive oil or nonstick cooking spray.
- Toss broccoli, red pepper, squash and carrots onto the baking sheet. Bake for 20 minutes, or until vegetables have softened. Remove from oven and set aside.
- Once water is boiling, lower heat slightly and add pasta, cooking according to package instructions. Drain and set aside.
- Meanwhile, heat oil in a large skillet over medium heat. Once hot, add garlic and cook 30 seconds. Whisk in flour and cook 1 minute. Gradually whisk in milk, stirring constantly until mixture is slightly thickened. Remove from heat. Stir in cheddar cheese until well distributed and melted. Add red pepper flakes, cayenne pepper, salt and pepper. Add macaroni and vegetables.
- Place mixture in a large casserole dish and sprinkle with panko breadcrumbs. Place under the broiler (500 degrees) for 3-4 minutes or until the top is golden brown.



Student Finalist Recipe!

STUFFED NACHOS

Illyana Egeler | Grade 5

Seattle Hill Elementary

Ingredients

- 1 package wonton wrappers
- 1 pound ground beef
- 1 packet taco seasoning
- 1 can refried beans
- 6 slices cheese (colby jack)
- 1/2 cup water
- 1/2 teaspoon salt
- 1 can cooking spray
- 1 cup sour cream
- 2 tablespoons mild taco sauce
- 1 lime
- 1 can mild cheese dip

Directions

- In a medium fry pan break up and brown ground beef. Drain the grease.
- Add taco seasoning packet and 1/4 cup water. Stir to combine.
- Add refried beans and use back of spoon to smash beans into the beef mixture. Once smashed down, stir to combine. Remove from heat.
- Break each cheese slice into 4 smaller squares.
- Lay out about 8 wonton wrappers and start with a square of cheese and fold in half to make a triangle. Place in the center of the wonton (facing the same direction as the sides of the wonton).
- Scoop 1 teaspoon of beef and bean mixture into the middle of the wonton over the cheese and press down to flatten a little.
- Wet the outer sides of the wonton by using your finger dipped in water and then fold the wonton in half in the shape of a triangle.
- Press the sides of the damp wonton together to seal the edges.
- Spray baking sheet with cooking spray and transfer wontons carefully. Spray the tops of the stuffed wonton with the baking spray and dust them with a light sprinkle of salt.
- Bake at 450 for 7 minutes. Flip them over and bake for another 6-7 minutes
- While wontons are baking mix the sour cream, taco sauce, lime zest, and juice from one lime. Stir to combine. (I usually serve cheese sauce and zesty sour cream in small bowls alongside the stuffed nachos.
- Remove from oven and let rest to cool. Dip in cheese or sour cream...or both! Enjoy!

SUGAR COOKIE

Tucker Kolling | Grade 6

Dutch Hill Elementary

Ingredients

- 2 3/4 cup all-purpose flour
- 2 teaspoons cornstarch
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup unsalted butter
- 1 1/3 cup white sugar
- 1 large egg
- 1 large egg yolk (discard egg white)
- 2 teaspoons vanilla extract
- 1/4 teaspoon almond extract, optional
- 1/3 cup white sugar for rolling the cookies in

Directions

- Line 2 cookies sheets with parchment paper.
- In a medium bowl, whisk together the flour, cornstarch, baking soda and salt.
- In a separate large bowl, beat together the butter and 1 1/2 cups sugar until fluffy.
- Beat in the egg, egg yolk, vanilla extract and almond extract.
- With the mixer on low speed, beat the flour mixture into the butter mixture about half at a time.
- Pour the 1/3 cup sugar onto a plate.
- Form the dough into balls, about 1 tablespoon in size. Next roll each ball in the sugar and place 2 inches apart on the lined cookie sheet.
- Bake the cookies 1 sheet at a time on the middle rack of the oven for 8-10 minutes, or until the tops look just set.
- Cool the cookies on the lined sheet for at least 10 minutes, then transfer to a wire rack to continue cooling.



SWEETY CHOCOLATE COOKIE

Cecilia Sun | Grade 6

Seattle Hill Elementary

Ingredients

- 1 cup salted butter, softened
- 1 cup white granulated sugar
- 1 cup light brown sugar, packed
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 2 cups chocolate chips (may also use chocolate chunks or chopped chocolate).

Directions

- Preheat oven to 375 degrees. Line a baking pan with parchment paper and set aside.
- In a separate bowl mix flour, baking soda, salt and baking powder. Set aside.
- Cream together butter and sugars until combined. Beat in eggs and vanilla until fluffy.
- Mix in the dry ingredients until combined.
- Add 12 ounce package of chocolate chips and mix well.
- Roll 2-3 tablespoons (depending on how large you like your cookies) of dough at a time into balls and place them evenly spaced on your prepared cookie sheets. (Alternately, use a small cookie scoop to make your cookies).
- Bake in preheated oven for approximately 8-10 minutes. Take them out when they are just barely starting to turn brown.
- Let them sit on the baking pan for 2 minutes before removing to cooling rack.



TUNA MELT

Tamsyn Axtman | Grade 6

Machias Elementary

Ingredients

- 1 can tuna fish
- 1/4 cup cucumber, finely diced
- 1/8 cup onion, finely diced
- 1 roma tomatoes or 1/2 tomato, finely diced
- 3 tablespoons mayonnaise
- 1 slice of bread of your choosing
- 1/4 cup shredded Mexican blend cheese

Directions

- Mix tuna fish, cucumber, onion, tomato and mayonnaise to desired consistency.
- Toast bread.
- Spoon mixture onto toast.
- Top with shredded cheese.
- Broil in oven until cheese is melted.
- Enjoy.



TURKEY BACON BREAKFAST SANDWICH

Henry Lee | Grade 6

Cathcart Elementary

Ingredients

- 1 full-sized bagel (cut in half)
- 2 large eggs
- 1 slice cheddar cheese
- 2 slices turkey bacon
- 2 tablespoons butter

Directions

- Turn your burner to medium-low heat and wait until warm.
- Add 1 tablespoon butter to warm pan and melt it.
- Mix all of your eggs in a small bowl until the whites have fully merged with the yolks.
- Add your eggs to the pan and scramble them until cooked.
- Toast both bagel halves in a toaster or in a dry, hot pan.
- Apply half a tablespoon of butter to each bagel and spread it around.
- Add your scrambled eggs and cheese to one half of the bagel.
- Sprinkle eggs with salt and pepper.
- Cook turkey bacon in the pan until it's done.
- Add the bacon on top of the cheese.
- Put the bagel on top of the bagel with the filling to make a sandwich.
- Enjoy.



TURKEY ROLL UP & STRAWBERRY SMOOTHIE

Owen Anthony | Grade 4

Central Emerson Elementary

Ingredients

For turkey roll up:

- String cheese
- Turkey
- Hummus
- Shredded carrots
- Spinach tortilla

For strawberry smoothie:

- 3 cups frozen strawberries
- 1/3 cup strawberry jam
- 1/2 cup milk

Directions

- Make turkey roll up. Gather the ingredients. Lay out the spinach tortilla on a plate. Spread hummus on the tortilla. Lay out 2 slices of turkey over the hummus. Cut or rip a string cheese in half long ways and lay it on the turkey. Sprinkle shredded carrots on top and roll up the tortilla.
- Make the strawberry smoothie. Place all smoothie ingredients in a blender. Blend until smooth (about a minute or two).



WHEAT PANIYARAM (WHEAT SWEET BALLS)

Jeshna Rajeshkumar | Grade 4

Riverview Elementary

Ingredients

- 3/4 cup jaggery powder
- 2 bananas
- 1 cup wheat flour
- 1/4 cup rice flour
- 1/4 teaspoon cardamom powder
- Pinch of salt
- 1/4 teaspoon baking soda
- Oil for frying

Directions

- Dilute the jaggery powder with half cup of water and strain it.
- Grind the bananas in a blender to make it a paste.
- In a mixing bowl, add banana paste, wheat flour, rice flour, cardamom powder and a pinch of salt.
- Add 3/4 cup water and mix everything in the bowl to make it as a batter (batter should not be too thick or too thin).
- In a medium pan heat oil. Pour batter using a ladle and deep fry until it's golden on both sides.
- Serve the healthy after school snack Wheat Paniyaram (Wheat Sweet Balls).



YUM YUM IN YUR TUM TUM PANCAKES

Avishai Richardson | Grade 5

Seattle Hill Elementary

Ingredients

- 1/2 cup flour
- 2 tablespoons sugar
- Pinch of salt
- 1 flat teaspoon baking powder
- 1/2 cup chocolate chips
- 2 eggs
- 1/2 cup sour cream
- Splash of milk
- 1 teaspoon vanilla extract
- 1 stick of butter (for the pan)






Directions

- In a bowl, combine together the flour, sugar, baking powder and salt. Mix thoroughly.
- Place a pan on the stove, turn it onto medium heat and proceed to making the batter.
- After mixing dry ingredients, add the eggs, vanilla, sour cream and milk to the bowl.
- Check to see if the pan is warm enough and it is, melt a slice of butter in the pan.
- Mix batter until combined.
- Pour mixture into the pan and sprinkle with chocolate chips.
- Flip onto the other side.
- Serve and eat!



SPECIAL THANKS

Event Judges

-  Shaunna Ballas
Vice President, Snohomish School District
School Board
-  Brian Burdon
Director, Career & Technical Education
-  Brenda Conrad
Principal, Glacier Peak High School
-  Jay Hagen
President, Snohomish School District
School Board
-  Tom Laufmann
Executive Director, Business Services

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