

JUNIOR CHEF COMPETITION

Kids
IN THE
Kitchen

2019/2020

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Isabella Martinez
5th grade

Acai Bowl

INGREDIENTS:

- 1 banana
- ½ cup strawberries
- ½ cup blueberries
- ½ cup blackberries
- ½ cup granola
- Apple juice
- ½ cup yogurt
- Honey

DIRECTIONS:

- Place the apple juice, banana, berries, yogurt, and honey in a blender.
- Blend until thoroughly combined and smooth.
- Pour the acai bowl into two bowls.
- Arrange the toppings over your acai bowl and serve.

Kepa Apana

5th grade

Apana Cookies

INGREDIENTS:

- 2 cups flour
- 1 cup brown sugar
- 1 cup white sugar
- 1 teaspoon salt
- 1 teaspoon vanilla
- 2 teaspoon baking soda
- 2 sticks softened butter
- 2 eggs
- 1 teaspoon cocoa powder
- 2 cups chocolate chips

DIRECTIONS:

- Mix all dry ingredients in a large bowl.
- In a small bowl mix, eggs, vanilla, butter.
- Slowly add dry mixes into smaller bowl.
- Keep mixing until proper consistency.
- Add chocolate chips, mix again.
- Cook at 350 degrees for 13 minutes.



Ella Reed
6th Grade

Apple Sandwiches

INGREDIENTS:

- 1 medium apple
- 1 tablespoon almond butter
- 1 tablespoon granola

DIRECTIONS:

- Slice the apple in half widthwise. Remove the core. Slice each half to form wide rings.
- Mix almond butter and granola together, then spread on one apple slice.
- Optional – roll edges in granola.

Enjoy!

Makes one serving.

Natalia Heber

5th grade

Arepas

INGREDIENTS:

- 1-½ cups warm water
- 1-¼ cups corn flour (preferable the brand P.A.N.)
- ½ teaspoon of salt

DIRECTIONS:

- Pour water into a container. Add the salt and corn flour gradually.
- Knead until a smooth dough is formed and let rest for two minutes.
- Take a portion in your hands and shape it into a ball, then press it with your palms to form a circle shape like a disk, like ½ inch thick.
- Place it onto a griddle or frying pan over medium or medium high heat for seven to eight minutes on each side or until light and brown on both sides. Serve hot.
- Open the arepa with a knife and fill it with any kind of meat or cheese. Also, you can add butter or mayo.
- This recipe makes about five medium-size arepas.



Camryn Johnston

5th grade

Avocado Toast

INGREDIENTS:

- Bread
- Avocado
- Salt
- Pepper
- Tomatoes

DIRECTIONS:

- Toast bread in toaster.
- Cut avocado in half.
- Spread avocado on toast.
- Cut tomato slices.
- Put on bread.
- Put on salt and pepper.
- Enjoy.

Cash Stamm
5th grade

The Awesomest Blueberry Muffins

INGREDIENTS:

- 3 cups, minus 2 tablespoons flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- Heavy pinch of salt
- 1 cup sugar
- ½ cup oil
- 1 egg
- 1 generous cup of vanilla Greek yogurt (extra if needed)
- 1-½ cups blueberries
- 1 tablespoon vanilla extract

DIRECTIONS:

- Preheat oven to 385 degrees.
- Add dry ingredients in a bowl and mix and set aside.
- In another bowl mix wet ingredients (NOT blueberries).
- Combine wet and dry ingredients and stir with a mixer for 10 seconds. Gently fold blueberries into the dough.
- Fill muffin tins and bake 20 – 25 minutes.
- Take out of oven and sprinkle with sugar.



Carter Brewster
5th grade

Banana Pudding Parfaits

INGREDIENTS:

- 24 vanilla wafers, divided
- 1 package (3.4 ounces) Jell-O banana cream flavor instant pudding
- 2 cups cold milk
- $\frac{3}{4}$ cup thawed Cool Whip topping
- 1 banana cut into 20 slices

DIRECTIONS:

- Crush 20 wafers to form coarse crumbs.
- Beat pudding mix and milk in medium bowl with whisk 2 minutes.
- Stir in Cool Whip.
- Reserve four banana slices for garnish.
- Layer half each of the wafer crumbs and remaining bananas evenly in four dessert dishes, repeat layers.
- Refrigerate 15 minutes.
- Top with remaining wafers and reserved banana slices just before serving.

Isaac Chantry

4th grade

The Best Energy Bites

INGREDIENTS:

- 1 cup oats
- $\frac{1}{3}$ cup ground flaxseed
- 1 cup peanut butter (or other nut butter or sesame butter)
- $\frac{1}{4}$ cup honey
- Dash of vanilla
- Pinch of salt
- $\frac{1}{2}$ cup mini chocolate chips

DIRECTIONS:

- Blend oats until coarsely chopped.
- Mix oats, flax seed, peanut butter, honey, vanilla, salt and chips until soft.
- Use a small cookie scoop to form bites.
- Store bits in a gallon freezer bag in the freezer.



Remington Baker

4th grade

The Best Pimiento Cheese

INGREDIENTS:

- $\frac{1}{4}$ to $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{4}$ to $\frac{1}{2}$ cup plain Greek yogurt
- 1 tablespoon Dijon mustard
- $\frac{1}{4}$ cup chopped pimientos
- $\frac{1}{4}$ cup chopped roasted peppers
- $\frac{1}{4}$ cup candied jalapenos
- Salt and pepper to taste
- 2 – 3 dashes cayenne pepper

DIRECTIONS:

- Mix together and serve.

Lilly Seaton

6th grade

Bolo de Fuba (Brazilian Corn Cake)

INGREDIENTS:

- 3 eggs
- 2 cups sugar
- 2 cups fine ground cornmeal
- 3 tablespoons flour
- ½ cup vegetable oil
- 1 cup milk
- 1 tablespoon baking powder

DIRECTIONS:

- In a blender, beat the eggs, sugar, oil and milk.
Slowly add cornmeal, flour and baking powder.
Mix until smooth and homogenous.
- Pour in a baking dish coated with butter and sprinkled with flour.
- Bake at 360 degrees for approximately 40 minutes.
- Let it cool down.

Enjoy!



Amelia Melton
4th grade

Boo-nana Bread

INGREDIENTS:

- 2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- $\frac{3}{4}$ teaspoon cinnamon
- 2 eggs
- 4 very ripe bananas
- 1 cup sugar
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup butter

DIRECTIONS:

- Preheat oven to 350 degrees.
- Grease loaf pan with cooking spray.
- Stir flour, baking soda, salt, cinnamon in a medium bowl. Set aside.
- Crack eggs into a large bowl. Throw away shells and wash your hands.
- Whisk until smooth.
- Peel bananas and add to eggs.
- Mash until smooth.
- Add sugar and vanilla to eggs and bananas.
- Heat butter in a small microwave safe bowl until melted. 30 – 60 seconds.
- Add melted butter to banana mixture. Stir until combined.
- Add dry ingredients to wet ingredients. Stir until just combined.
- Pour batter into loaf pan.
- Bake 60 – 70 minutes until a toothpick inserted in the center comes out clean.
- Cool loaf at least 15 minutes.
- Turn pan upside down to carefully remove bread.
- Taste and share. *eat. learn. live.*

Madison Peterson
4th grade

Brown Sugar and Bacon Wrapped Smokies

INGREDIENTS:

- 1 package Lit'l Smokies sausages
- 1 package bacon
- 2 cups brown sugar
- 1 package wooden toothpicks

DIRECTIONS:

- Preheat oven to 350 degrees.
- Wrap the Smokies in bacon.
- Stick them with a toothpick and set on a cookie sheet lined with foil.
- Spread all the brown sugar on the smokies.
- Bake them for 30 – 60 minutes in the oven.
- Let cool for five – 10 minutes.
- Eat and enjoy.



Luke Sage
5th grade

C.C.I.C.F. (Cherry Coke ice cream float)

INGREDIENTS:

- 2 cups of cherry ice cream
- 1 small bottle Coca-Cola pop

For the dessert sauce:

- 2 cups pitted cherries
- $\frac{1}{4}$ cup sugar
- 2 tablespoons water

DIRECTIONS:

- Cherry dessert sauce.
- Combine cherries, sugar and water in a saucepan and cook over medium low heat for 10 – 15 minutes or until the cherries are softened.
- Pour the mixture into a blender and puree.
- Pour over the cherry ice cream and Coca-Cola.

Yield: One float

Kendra Miller
4th grade

Cakeballs

INGREDIENTS:

- 1 baked cake, completely cooled
- 1 – 2 large spoonfuls of frosting
- 1 pound of melting chocolate wafers
- 1 microwave safe plastic container
- 1 sandwich-sized Ziploc bag
- 1 fork
- 1 piece of wax paper

DIRECTIONS:

- Place cake into a large bowl and crumble it up into tiny pieces. Add approximately one large spoonful of frosting to the cake crumbs and mix by hand until a consistency to form balls without falling apart while rolling (white cake takes a little more chocolate than chocolate cake).
- Form into 1-inch balls.
- Place the chocolate wafers in a microwave safe plastic container and melt them using 50% power in 60 second intervals, stirring between each interval to prevent the chocolate from burning.
- Once the chocolate is fully melted, place a ball into the chocolate and cover it fully with chocolate.
- Scoop it up with a fork and shake gently side to side to remove the excess chocolate, then slide the bottom of the fork along the top edge of the chocolate bowl to remove extra chocolate from the fork. Place the cake ball onto a piece of wax paper. Repeat this process until all the balls are covered in chocolate. Allow the chocolate to cool completely. While waiting for this, place and seal the leftover chocolate into a sandwich sized Ziploc bag and cut a tiny corner off one corner and drizzle the chocolate over all the cake balls in a quick left to right zig-zag motion.



Brooklyn Johnson

5th Grade

California Chicken Wrap

INGREDIENTS:

- $\frac{1}{4}$ to $\frac{1}{2}$ cup smashed avocado
- $\frac{1}{4}$ to $\frac{1}{2}$ cup diced grilled chicken
- 2 romaine leaves
- $\frac{1}{8}$ cup cooked, crumbled bacon (real bacon)
- $\frac{1}{8}$ teaspoon salt and pepper
- $\frac{1}{8}$ teaspoon garlic powder
- Large flour tortillas

DIRECTIONS:

- Place all items in flour tortilla and fold up to wrap

Serving size: one wrap

Carter Johnson
4th grade

Carrot Cake Energy Bites

INGREDIENTS:

- 4 ounces peeled carrots, grated
- 1 cup pitted dates
- ½ cup old fashioned oats
- ⅓ cup pecans
- ¼ cup chia seeds
- 1 teaspoon vanilla extract
- ¾ teaspoon cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground turmeric
- ¼ teaspoon salt
- A pinch of ground pepper

DIRECTIONS:

- Grate carrots in a food processor with grating attachment. Remove and set aside in a bowl.
- Put blade attachment on food processor.
- Combine dates, oats, pecans, and chia seeds in food processor. Pulse until well combined and chopped.
- Add carrots, vanilla, cinnamon, ginger, turmeric, salt and pepper to mixture. Process until all ingredients are well chopped and a paste begins to form.
- Remove blade from food processor.
- Press mixture into a tablespoon: place rounded energy bite on a silicone mat.
- Repeat with remaining mixture.
- Store energy bites in a sealed container in refrigerator.



Carter Woods
5th grade

Carter's Guacamole

INGREDIENTS:

- 2 avocados
- ½ jalapeno, seeded
- 1 small tomato
- 2 cloves garlic
- Juice of 1 lime
- 3 tablespoons shallot
- Salt, to taste

DIRECTIONS:

- Rough chop tomato, jalapeno, garlic and shallot. Add these ingredients to a blender. Blend until finely minced.
- Cut the avocados in half, the long way. Carefully remove the seed.
- Scoop out the avocado from the skin and put in a bowl. Mash with a spoon and then add blended ingredients to the bowl of avocado.
- Squeeze juice of the lime into the bowl. Stir together and add salt to taste like you want it to.
- Eat with tortilla chips or veggies.

Madeline Williams
5th grade

Celery Snails & Caterpillars

INGREDIENTS:

- Celery stalks
- Cream cheese, at room temperature
- Sliced Gala apple
- Sliced orange
- Sliced kiwi
- Sliced cucumber
- Sliced tomato
- Cashews
- Candy eyes
- Grapes
- Blueberries
- Grape tomatoes
- Celery matchsticks

DIRECTIONS:

- Make the snails: fill celery stalks with cream cheese and top with an apple, orange, kiwi, cucumber, or tomato and cream cheese. Use a cashew for the head. Use cream cheese to glue on candy eyes.
- Make the caterpillars: Fill celery stalks with cream cheese and top with grapes, blueberries, or grape tomatoes for the body and the head. Use cream cheese to glue on candy eyes and celery matchsticks for antennae.



Isabel Gies
5th grade

Chicken Enchilada Casserole

INGREDIENTS:

- 5 large tortillas
- 2 cans black or pinto beans
- 1 rotisserie chicken
- 2 cups shredded cheese
- 24-ounce container La Victoria Salsa
- 1 cup sour cream
- 16-ounce bag frozen C & W white corn

DIRECTIONS:

- Preheat oven to 325 degrees.
- Cut five large tortillas into quarters.
- Rinse and drain two cans black beans or pinto beans.
- Rinse/thaw one 16-ounce frozen C&W white corn.
- Remove meat from 1 rotisserie chicken.
- Cut into bite size pieces.
- Make sauce by mixing one 24-ounce La Victoria Salsa and 1 cup sour cream.
- Dip tortillas in sauce and line a 9 x 13-inch pan.
- Layer ½ chicken, beans, corn, cheese.
- Repeat for a second layer, adding any remaining sauce.
- Top with cheese.
- Bake 25 – 30 minutes or until cheese is melted.

Joseph Soder

6th grade

Chocolate Chip Pumpkin Muffins

INGREDIENTS:

- 15 ounces pumpkin puree
- 2 eggs
- ½ cup unsalted butter (melted)
- 1 tablespoon milk
- 1-¾ cups all-purpose flour
- ½ teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup sugar
- ½ cup brown sugar
- 2 teaspoons pumpkin pie spice
- 1 cup chocolate chips

DIRECTIONS:

- Preheat oven to 375 degrees.
- Prepare a muffin pan with nonstick cooking spray or with cupcake liners then set aside.
- Add pumpkin puree, eggs, melted butter, and milk to a large bowl or stand mixer and mix until well combined.
- In a separate bowl whisk together flour, baking powder, baking soda, salt, sugar, brown sugar, and pumpkin pie spice. Add dry ingredients into wet and mix together until well combined.
- Fold in chocolate chips. Then add the batter to your prepared muffin tin.
- Bake for 22 – 23 minutes or until cooked through.
- Allow to cool five minutes in pan, then remove.

Aaden Tarin
5th grade

Chocolate Monkey Smoothie

INGREDIENTS:

- 8 ounces unsweetened chocolate almond milk
- 1 tablespoon peanut butter
- Frozen banana (frozen for a thicker smoothie mix)
- 1 scoop chocolate protein powder

DIRECTIONS:

- Put all ingredients into a blender for 20 to 45 seconds and blend until smooth.

Caiden Balas
5th grade

Chunky Monkey Granola

INGREDIENTS:

- 1-½ cups gluten-free rolled oats
- ½ cup unsweetened coconut flakes
- ½ cup raw almonds (slivered or chopped)
- ½ cup raw pecan halves
- 1 tablespoon coconut sugar
- ¼ teaspoon sea salt
- 2 tablespoons coconut oil
- ⅓ cup maple syrup
- 1 teaspoon pure vanilla extract
- ¼ cup dried fruit (banana or your favorite)

DIRECTIONS:

- Preheat oven to 325 degrees.
- Add oats, coconut, almonds, pecans, coconut sugar, and salt to a large mixing bowl and stir to combine.
- In a small sauce pan add coconut oil and maple syrup.
- Warm over medium heat for two to three minutes, whisking frequently until the two are totally combined and there is no visible separation.
- Add vanilla, whisk once more.
- Immediately pour over dry ingredients and stir to combine until all oats and nuts are thoroughly coated.
- Arrange on a large baking sheet and spread into an even layer.
- Bake for 20 minutes, then remove from the oven and turn pan around so the other end goes in the oven first (so it bakes evenly).
- To keep the granola chunky, don't stir during baking or right after. This will help form it together and create chunks.
- Bake five to seven minutes more, watching carefully as to not let it burn. You'll know it's done when the granola is golden brown and very fragrant.
- Let cool completely before enjoying.
- Add dried fruit to pan while the granola is cooling, then break into chunks.



Tanner Herman
4th grade

Coconut Shrimp

INGREDIENTS:

- 1 pound raw jumbo shrimp, fresh or frozen
- $\frac{3}{4}$ cup flour
- 1 teaspoon plus $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 2 eggs
- 1 cup sweetened shredded coconut
- $\frac{3}{4}$ cup panko bread crumbs
- $\frac{1}{4}$ cup orange juice
- 2 tablespoons honey
- 2 teaspoons soy sauce
- 1 tablespoon rice vinegar
- 1 teaspoon cornstarch
- Pinch chili flakes

DIRECTIONS:

- Preheat oven to 400 degrees.
- If frozen, add shrimp to bowl of cool water to defrost. Drain before using.
- Line baking sheet with foil and coat with cooking spray.
- Stir orange juice, honey, soy, rice vinegar, cornstarch and chili flakes in bowl.
- Microwave sauce one minute until thickened.
- Chill in fridge.
- Mix flour, 1 teaspoon salt and pepper in bowl.
- Crack eggs into second bowl and whisk.
- Mix coconut and panko in third bowl.
- Dip shrimp in flour to coat, then dip in egg and shake off excess.
- Last, dip shrimp in coconut mixture and set on a baking sheet.
- Repeat process for all shrimp.
- Spray lightly with cooking spray.
- Bake 18 – 20 minutes until lightly browned.
- Serve with dipping sauce.

Maddi Beachy

5th grade

Cookie Salad

INGREDIENTS:

- 2 packages instant vanilla pudding
- 2 cups buttermilk
- 12 ounces Cool Whip
- 2 cans mandarin oranges
- ½ package crushed fudge-stripped cookies

DIRECTIONS:

- Crush cookies in a bag then set aside.
- In a bowl mix pudding and buttermilk, once mixed fold in whip cream.
- Finally add oranges and crushed cookies.
- Enjoy.



Ava Larson
5th grade

Creamy Chicken Enchilada Bites

INGREDIENTS:

- 4 skinless boneless chicken breasts
- 12 ounces cream cheese (softened)
- 15-ounce can of green enchilada sauce
- 2 cups sliced black olives
- 2 cups shredded Mexican blend cheese
- 12 large flour tortillas
- One bag shredded tortilla chips

DIRECTIONS:

- Slow cook chicken breast in a crockpot for four hours.
- Shred cooled chicken.
- Preheat oven to 350 degrees.
- In a sauce pan combine cream cheese and half of the green enchilada sauce (7-½ ounces).
- Add shredded chicken.
- Spray cupcake pan.
- Shape tortillas to fit cupcake pan.
- Fill tortilla with chicken and cream cheese.
- Place tortilla strips down.
- Sprinkle cheese and olives on top of tortilla strips and green sauce.
- Bake until top is crispy.

Lilah George

6th grade

Crepes with Hazelnut Chocolate

INGREDIENTS:

For 1 batch serving – 14 full crepes or 42 sample-size crepes

*Please note that all ingredients need to start at room temperature before starting crepes

- 4 large/extra-large eggs or 5 medium eggs
- 1- $\frac{1}{2}$ cups whole milk or cream – 60/40 split (half and half or sour cream works)
- 1 cup unbleached all-purpose flour
- 1 teaspoon salt
- 4 tablespoons unsalted butter, melted
- 1 tablespoon vanilla
- 1- $\frac{1}{2}$ tablespoons cinnamon
- Nutella



DIRECTIONS:

- Combine the eggs, milk, flour and salt in the blender and blend on high speed for one minute.
- If batter is lumpy, drain through a sieve.
- Whisk in the melted butter, skim the foam off the rest of the butter.
- Gas heat at about medium/medium high. Use cooking spray on the heated crepe pan or skillet. Allow a few moments for the heated pan to sit with the oil.
- Using a $\frac{1}{4}$ or $\frac{1}{3}$ -cup measuring cup, pour batter into the skillet. Immediately pick up the pan and tilt and swirl it so that the batter covers the entire bottom of the pan.
- Loosen the edges of the crepe with a spatula. You can use a spatula to turn the crepe, but I usually turn it over with my fingers. Using both hands, I pick the loosened edges with my thumb and index finger and quickly flip it over.
- Cook on the other side until lightly golden (usually less than a minute) and slide it out onto a plate. Cover with waxed paper. Repeat with the remaining batter.
- To serve: drop two tablespoons of warm Nutella onto crepes and spread evenly.

To store: crepes may be kept tightly wrapped for up to three days in the refrigerator. They may also be frozen. Be sure to bring them up to temperature before using.

Jillian Glover
6th Grade

Deviled Eggs

INGREDIENTS:

- 6 hard cooked eggs
- ¼ cup mayonnaise
- 1 teaspoon prepared mustard
- 1 teaspoon vinegar
- Paprika
- Parsley sprigs

DIRECTIONS:

- Halve hard cooked eggs lengthwise and remove yolks. Set whites aside.
- Place yolks in a bowl: mash with fork.
- Add ¼ cup mayonnaise or salad dressing, mustard and vinegar.
- Mix well, if desired.
- Season with salt and black pepper.
- Stuff egg white halves with yolk mixture.
- Then garnish with paprika or parsley.
- Enjoy.



Sophia Hradec
4th grade

Dish of Dirt

INGREDIENTS:

- 14 Oreo chocolate sandwich cookies, finely crushed
- 1 pint chocolate ice cream
- $\frac{1}{4}$ cup chocolate flavored syrup
- 4 gummy worms for garnish
- 1 cup of Cool Whip for garnish

DIRECTIONS:

- Get four dessert dishes.
- Pour 2 tablespoons of Oreo crumbs into each bowl.
- Top each bowl with $\frac{1}{2}$ cup of chocolate ice cream.
- Another 2 tablespoons Oreo crumbs on top of ice cream.
- One tablespoon chocolate syrup.
- Stick the gummy worm on top.
- Put $\frac{1}{4}$ cup Cool Whip on top.
- Enjoy.

Makes 4 servings

Chase Ferrell
5th grade

Dorito Bowl

INGREDIENTS:

- Doritos

DIRECTIONS:

- Walk to car keys.
- Grab car keys.
- Walk to front door.
- Walk to car.
- Unlock car.
- Get in car.
- Drive to store.
- Walk through automatically opened door.
- Walk to chip aisle and get Doritos.
- Get bowl from bowl aisle.
- Go to check out.
- Buy items.
- Walk through doors.
- Walk to car.
- Unlock car.
- Get in car.
- Drive home.
- Open front door.
- Go to kitchen.
- Open Dorito bag.
- Pour Doritos into bowl.
- Enjoy.



Julianna Ruck
6th grade

Dreamy Creamy Mac and Cheese

INGREDIENTS:

- 3 cups elbow macaroni
- 5 tablespoons unsalted butter
- 5 tablespoons all-purpose flour
- 5 cups milk, warmed
- 3- $\frac{1}{3}$ cups of white cheddar cheese, shredded
- 4 ounces cream cheese
- 1 teaspoon fine sea salt
- 1 teaspoon fresh ground pepper

DIRECTIONS:

- Bring a large pot of salted water to a boil.
- Add all the pasta, follow the directions on the package but cook one minute less than the box.
- Drain.
- Make the creamy sauce. Melt the butter in a high sided pot on medium heat.
- Sprinkle the flour over the butter and whisk together until they smell toasted and look light brown: two to three minutes.
- While whisking pour in the warm milk, continue to cook, constantly whisking until the sauce thickens and begins to simmer.
- Turn the heat to low and stir in the cheddar and cream cheese, salt, and pepper.
- When the sauce is smooth and velvety stir in the cooked pasta.
- Turn the heat off then cover with a lid and leave for three to five minutes, stir once more, then serve.

Ellie Rook
6th grade

Ellie's Super Thick Smoothie

INGREDIENTS:

- 1 cup plain vanilla yogurt
- 2 cups frozen strawberries
- $\frac{1}{4}$ cup milk
- $\frac{1}{2}$ frozen banana
- $\frac{1}{2}$ cup strawberry yogurt

DIRECTIONS:

- Pour the milk into the blender.
- Add strawberries into the blender.
- Add in vanilla yogurt.
- Cut up frozen banana.
- Add cut up frozen banana to blender.
- Add strawberry yogurt to blender.
- Blend mixture until there are no chunks.
- *If you need to, stir the smoothie if the blender gets stuck.



Evelynn Marzolf

5th grade

Evelynn's Chocolate Surprise

INGREDIENTS:

- $\frac{1}{2}$ cup salted butter
- $1\frac{3}{4}$ cups granulated sugar
- $\frac{1}{3}$ cup unsweetened cocoa powder
- $\frac{1}{2}$ cup milk
- 1 teaspoon vanilla extract
- $\frac{2}{3}$ cup creamy peanut butter
- 3 cups quick oats (don't use old fashioned oats)

DIRECTIONS:

- Line two baking sheets with parchment paper or set out approximately 29 cupcake liners.
- In a $2\frac{1}{2}$ to 2-quart medium saucepan combine butter, sugar, cocoa, and milk.
- Set over medium heat, and cook stirring frequently until it reaches a full boil.
- Allow mixture to boil 60 seconds without stirring.
- Remove from heat, immediately add in vanilla, peanut butter and quick oats.
- Stir mixture until well combined then, using a medium (2 tablespoons) cookie scoop or two spoons drop mixture onto lined baking sheets or into cupcake liners.
- Allow to rest at room temperature until set, about 20 – 30 minutes (to speed up setting refrigerate).
- Store cookies in an airtight container at room temperature.

Jaiden Romberger

6th grade

Exotic Spring Rolls

INGREDIENTS:

- 1 rice paper
- ¼ cup rice noodles
- 1 tablespoon cilantro
- 1 tablespoon basil
- 1 tablespoon mint
- ¼ teaspoon ginger
- 1 tablespoon shredded carrot
- ¼ cup sausage
- 3 shrimp (doing more than one)
- Sweet chili sauce for dipping

DIRECTIONS:

- Prepare rice paper.
- Prepare rice noodles.
- Cook your sausage and/or sauté shrimp.
- Shred carrot.
- Mince herbs and ginger (except basil).
- Lay out rice paper.
- Lay basil leaves down center.
- Sprinkle mint, cilantro, ginger, and carrot.
- Place shrimp or sprinkle sausage.
- Lay rice noodles on top.
- Fold rice paper into spring roll as directed on package.



Paityn Skouras
4th grade

The Famous Caesar with Croutons

INGREDIENTS:

- 1 fresh lemon, juiced
- ½ cup olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon Worcestershire sauce
- 1 teaspoon anchovy paste
- 1 teaspoon Tabasco sauce
- Pinch of salt
- Pinch of pepper
- 1 cup grated parmesan cheese
- Garlic salt (eyeball for croutons)
- Cavendar's All-purpose Greek Seasoning (eyeball for croutons)
- 1 sourdough bread loaf
- 3 hearts of romaine lettuce

DIRECTIONS:

- In a large salad bowl combine olive oil, mustard, Worcestershire, garlic, anchovy paste and salt and pepper. Mix with a whisk. Chop romaine and add into bowl. Toss.
- Add parmesan and toss again. Enjoy!

CROUTON RECIPE:

- Use a bread knife to cut sourdough into ½-inch slices, and then cut into ½-inch cubes. Place sourdough cubes in a large mixing bowl. Drizzle with olive oil, garlic salt and Greek seasoning. Mix.
- Add additional olive oil and seasoning as needed to coat cubes evenly.
- Spread a layer of bread cubes on a baking sheet and cook at 350 degrees until golden brown, around 10 minutes.
- Mix one time on cooking sheet at around five minutes to ensure even cooking.

Madaline Figler

5th grade

Fresh Spring Rolls

INGREDIENTS:

- 8 each – 8.5-inch wrappers
- 1-pound mixed greens
- 1 bunch Thai basil
- 1 bunch mint
- 1 bunch cilantro
- 8 each large cooked shrimp (peeled, deveined and cut in half)
- 2 ounces rice vermicelli
- 1 cup Mae Ploy sweet chili sauce
- 2 tablespoons soy sauce
- 1 tablespoon lime juice
- 1 tablespoon sesame oil

DIRECTIONS:

- Bring a medium saucepan of water to boil, add the rice noodles and cook for three to five minutes or until al dente and drain. Chill.
- Chop Thai basil, mint, and cilantro, reserve half the 1 tablespoon of chopped cilantro and mix the remaining herbs in to the mixed greens.
- Fill a large bowl with warm water. Dip one wrapper into the hot water for one second to soften. Lay wrapper flat.
- In a row across the center, place two shrimp halves, a handful of vermicelli, the mix of basil, mint, cilantro and lettuce, leaving about two inches uncovered on each side.
- Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.
- In a small bowl mix the Mae Ploy sweet chili sauce, soy sauce, lime juice, sesame oil and chopped cilantro.
- Cut spring rolls in half and dip into sauce to enjoy.
- Yield: Makes eight rolls.



Ashley Taylor
6th Grade

Gluten-Free Banana Bread

DRY INGREDIENTS:

- 1 cup gluten free all-purpose flour
- $\frac{1}{2}$ cup almond flour
- $1\frac{1}{4}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{3}{4}$ teaspoon salt

Other:

- $\frac{1}{3}$ cup shortening or butter (I use butter)
- $\frac{2}{3}$ cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 tablespoons milk
- 2 – 3 mashed bananas

DIRECTIONS:

- Heat oven to 350 degrees
- Butter or grease 9 x 5-inch loaf baking pan
- In a medium bowl stir together dry ingredients
- In a small bowl smash together bananas
- In a large bowl add shortening and sugar
- Beat together with mixer until fluffy
- Add the eggs, vanilla, and milk
- Beat for one to two minutes until combined
- Add slowly together half of the dry ingredients, then half of the bananas.
- Repeat those again (the dry ingredients and bananas)
- Put the batter into the prepared baking pan and cook for 50 – 55 minutes

William Dacy

6th grade

Guacamole

INGREDIENTS:

- 1 avocado per person
- $\frac{1}{4}$ teaspoon salt
- Juice of one lime
- Tortilla Chips

DIRECTIONS:

- Gather your ingredients.
- Cut avocado, and cut pit out.
- Put contents in a bowl.
- Mash avocados.
- Add lime juice.
- Add salt.
- Mix and mash until you like.
- Enjoy with tortilla chips.



Allison Rush
5th grade

Hawaiian Smoothie

INGREDIENTS:

- 1 frozen ripe banana
- $\frac{3}{4}$ cup fresh pineapple chunks
- 1- $\frac{1}{2}$ cups Bai Molokai Coconut water
- 1- $\frac{1}{3}$ cups plain Greek yogurt
- $\frac{1}{4}$ teaspoon pure vanilla extract
- 1 cup ice

DIRECTIONS:

- In a blender, on high blend all of the ingredients for three minutes and add more Bai Molokai Coconut water to thin it out if needed.
- Serve in a glass.

Porter Kenyon

4th grade

Healthy After-School Snack Mix

INGREDIENTS:

- 6 cups corn and rice cereal (Crispix)
- 10-ounce package oyster crackers
- 4 cups small pretzel twists
- $\frac{1}{4}$ cup vegetable oil
- 2 tablespoons dried dillweed
- 1-ounce envelope ranch dressing mix

DIRECTIONS:

- Combine the first three ingredients in a big bowl and set aside.
- Whisk vegetable oil, dill weed and dressing in a small bowl until smooth.
- Drizzle over cereal mixture and stir to coat all of the mix.
- Store mixture in airtight container.



Henry Perrigo
6th Grade

Hidden Spinach Choco- Banana Smoothie

INGREDIENTS:

- 2 frozen bananas (or 2 fresh, just add more ice)
- $\frac{3}{4}$ cup ice
- 2 tablespoons peanut butter or 3 scoops powdered peanut butter
- 2 tablespoons unsweetened cocoa powder
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 cup chocolate almond milk or vanilla unsweet or sweetened – add more to thin
- 1 handful of “hidden spinach”

DIRECTIONS:

- Add almond milk.
- Add the remaining ingredients.
- Blend until smooth.
- Enjoy!

Tip: Never add powdered ingredients last as it can give the smoothie an unpleasant chalky texture.

Delaney Kunard
5th grade

Homemade Pizza Rolls/Sticks

INGREDIENTS:

- 1 tube Pillsbury pizza dough
- 6 string cheese
- Pepperoni (optional – as desired)
- Black olives (optional – as desired)
- 3 tablespoons butter
- 1 teaspoon Italian seasoning
- ¼ teaspoon garlic powder
- Marinara (for dipping – as you desire)

DIRECTIONS:

- Melt butter in microwave safe container.
- Stir in Italian seasoning and garlic powder and set aside.
- Lay dough flat and cut into six equal pieces.
- Preheat oven to 375 degrees.
- Unwrap and lay a string cheese on each separated piece of dough (add pepperoni and black olives if desired).
- Wrap dough around cheese and pinch the edges together, so that no cheese is exposed.
- Place rolls seam side down on a cookie sheet.
- Brush butter mixture on each roll.
- Bake until golden brown (about 10 – 12 minutes).
- Take out of oven, enjoy while still warm with our preferred dipping sauce marinara.



London Owens
6th Grade

Hot Ham & Cheese Sliders

INGREDIENTS:

- 12 Hawaiian sweet rolls, split
- 12 ounces deli-style thinly sliced ham
- 6 ounces thinly-sliced white cheddar cheese
- 5.2-ounce container semisoft cheese with garlic and fine herbs
- 6 tablespoons butter, melted
- 2 teaspoons finely chopped shallot (optional)
- 1 tablespoon chopped parsley (optional)
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced (optional)

DIRECTIONS:

- Preheat oven to 350 degrees.
- Arrange bottoms of rolls in a 13 x 9-inch baking pan or 3-quart rectangular baking dish.
- Layer ham and cheese on rolls in pan.
- Spread cut sides of roll tops with semisoft cheese and place on cheddar layer.
- For drizzle in a bowl combine remaining ingredients and spoon over sandwiches.
- Cover pan with foil. Bake 15 minutes.
- Remove foil, bake 10 – 15 minutes more or until cheese is melted and roll tops are light brown.

Makes 12 slider.

Madelyn Ottele
6th grade

Just Peachy Tomato Salad

INGREDIENTS

- 1 cup fresh ricotta
- 4 tablespoons olive oil
- 3 large tomatoes (cut into bite-sized pieces)
- 3 large peaches (halved, pitted, slice)
- Cracked black pepper
- Torn fresh basil for garnish
- Balsamic vinegar for drizzling

DIRECTIONS

- With a hand blender, blend ricotta and 2 tablespoons of oil, season with black pepper.
- In a bowl toss tomatoes, peaches and the remaining 2 tablespoons oil.
- Then, spread blended ricotta onto four different plates; top with the tossed tomatoes and peaches.
- Garnish: top plates with black pepper and basil.
- Drizzle with vinegar.

Serves four.



Sokhai Kladoris
4th grade

Khmer Fried Rice and Eggs

INGREDIENTS:

- 1 cup of rice
- 2 pinches of salt
- 2 pinches of sugar
- 2 eggs
- 1 Chinese sausage
- 1 tablespoon of milk
- 3 teaspoons of soy sauce
- 1 stem of green onion
- 2 teaspoons of avocado oil

DIRECTIONS:

- Scoop rice from rice cooker to cool in a plate.
- Crack two eggs into small bowl, add in
- 1 pinch salt
- 1 pinch sugar
- 1 tablespoon milk
- 1 teaspoon soy sauce
- Mix well together and set aside.
- Cut Chinese sausage into small pieces.
- Cut green onion into small pieces.
- Under medium heat put in one teaspoon of oil into pan.
- Cook Chinese sausage in pan.
- Pour in half of mixed egg into pan with Chinese sausage.
- Stir with wooden spoon until cooked.
- Add rice into pan. Stir and break rice so the grains don't ball up.
- Add one pinch of salt and one pinch of sugar.
- Put the rest of soy sauce over rice.
- Stir rice around until everything is all mixed together.
- Scoop rice out onto plate.
- Under medium heat, put in the rest of oil into pan.
- Cook remaining of eggs in pan.
- Plate cooked egg on top of fried rice.
- Sprinkle chopped onions over and serve.

Marc Remezov
5th grade

Lemon Sugar Cookies

INGREDIENTS:

- ½ cup unsalted butter, softened
- 1-¼ cup granulated sugar, divided (3 tablespoons and ¾ cup sugar)
- Zest of 1 lemon
- 2 tablespoons lemon juice, freshly squeezed
- 1 large egg
- ½ teaspoon vanilla extract
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 cups all-purpose flour

DIRECTIONS:

- Preheat oven to 350 degrees. Grease two baking sheets lightly.
- Combine 3 tablespoons white sugar and 1 tablespoon lemon juice together in a small bowl.
- Beat sugar and butter with an electric mixer in a large bowl until smooth. Beat egg yolks, 2 teaspoons lemon juice, and vanilla extract into butter mixture. Add flour, half-and-half, and baking soda; stir until dough is just combined.
- Roll dough into walnut-size balls, coating each in the lemon sugar mixture and allowing excess to drip off. Place two inches apart onto prepared baking sheets.
- Bake in the preheated oven until edges are golden, 12 to 15 minutes. Cool on the baking sheet for five minutes before removing to a wire rack to cool completely, about 20 minutes more.



Aurelia Perry
6th grade

Loaded Quesadilla

INGREDIENTS:

- 4 flour tortillas
- ½ cup of Mexican blend cheese
- ¼ cup shredded chicken
- 1 tablespoon canned corn
- 1 tablespoon canned black beans
- 1 teaspoon of tomato
- 1 teaspoon chopped cilantro
- 1 pinch of onion powder
- 1 teaspoon chopped onions
- 1 teaspoon olive oil/vegetable oil
- Sour cream – optional
- Guacamole – optional

DIRECTIONS:

- Heat your griddle to 300 degrees.
- Pour the oil over the top of the griddle and spread with a spatula.
- In a separate bowl mix your cheese, chicken, corn, beans, tomato, onion powder, onions and cilantro.
- Put one tortilla on top of the oil.
- Pour half of the mixture on top of the warm tortilla. Put another tortilla on top of the mixture. Flip the quesadilla once it is golden brown. Cut into triangles and dip the quesadilla in the sour cream and guacamole.
- Enjoy!
- This recipe makes two quesadillas.

Emily Anderson
5th Grade

Mini Fruit Pizzas

INGREDIENTS:

- 2-¾ cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon cream of tartar
- 1-½ cups granulated sugar
- 1 cup unsalted butter, softened
- 8-ounce package cream cheese
- 1 large egg
- 1 large egg yolk
- 2 teaspoons vanilla extract
- Fresh fruit of various colors

DIRECTIONS:

- Preheat oven to 350 degrees.
- In a mixing bowl whisk together flour, baking soda, salt and cream of tartar for 20 seconds, set aside.
- In the bowl of an electric stand mixer fitted with the paddle attachment cream butter then blend in cream cheese and mix until smooth add powdered sugar and vanilla and mix until light and fluffy.
- Add in dry ingredients and mix until just combined (dough will be thick, stop mixer and mix by hand to get flour at the bottom if needed).
- Scoop dough out 1-½ tablespoons at a time and shape into balls. Transfer to a baking sheet lined with parchment paper or silicone liner, spacing cookies 2 inches apart.
- Bake in preheated oven 10 – 12 minutes (cookies should appear slightly under baked).
- Remove from oven and allow to rest several minutes then transfer to a wire rack to cool completely.



Cream Cheese Frosting

INGREDIENTS:

- 5 teaspoons salted butter, softened
- 8 ounces cream cheese, softened
- 2 cups powdered sugar
- ½ teaspoon vanilla extract

DIRECTIONS:

- Cream together ingredients in a bowl with a mixer.
- Spread on top of cookies and top with fruit.
- Enjoy.

Samuel Blankenship
5th Grade

Mini Pepperoni Pizzas

INGREDIENTS:

- 30 Ritz crackers, family size
- Sliced pepperoni
- 3 cheese sticks
- Big plate
- Microwave
- *make sure the plate fits into the microwave

DIRECTIONS:

- Set the Ritz onto a big plate.
- Put the cheese sticks on a cutting board and cut each of them into 10 pieces.
- Lay the cheese pieces onto the Ritz crackers, the top with pepperoni.
- Microwave for one minute and 30 seconds.
- Enjoy.



Amelia Stillwell

4th grade

Mini Spanish Breakfast Toast

INGREDIENTS:

- 1 egg
- 4-inch section of a baguette
- 2 tablespoons crushed tomato
- 1 teaspoon olive oil
- Salt and pepper

DIRECTIONS:

- Slice the 4-inch section of baguette in half and toast.
- While bread is toasting, fry an egg on medium heat.
- Slowly drizzle your olive oil on toast.
- Put crushed tomatoes on and spread them out (I use canned but you could crush your own).
- Put the egg on and enjoy!
- Add salt and pepper to taste.

Rachel Papson

6th grade

Mini Whoopie Pies

INGREDIENTS:

- 2 cups all-purpose flour
- ½ cup cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 cup light brown sugar, packed
- ½ cup unsalted butter, room temperature
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- 1 cup buttermilk
- 12 large marshmallows

DIRECTIONS:

- Preheat oven to 350 degrees.
- Line two large baking sheets with parchment paper.
- In a medium bowl combine flour, cocoa powder, baking soda, and salt.
- In a large mixing bowl, use an electric mixer to beat butter and brown sugar until fluffy.
- With mixer on low speed, add ⅓ of the dry ingredients, then ½ the buttermilk. Repeat these steps until the batter is fully blended.
- Use a small cookie scoop to spoon a tablespoon of batter onto the cookie sheets (you should end up with about 24 cookie halves).
- Bake cookies for 10 – 12 minutes.
- Cool the cookies slightly, then flip half of them over. Place a marshmallow on 12 of the 24 cookies.
- Return to the oven for three more minutes.
- Let cookies begin to cool while you place a bare cookie on top of the marshmallow cookies.



Adrienne Blankenship
6th Grade

Monkey Bread

INGREDIENTS:

- 2 small cans biscuits
- 1 stick butter – softened
- 1 cup brown sugar
- 2 tablespoons water
- 1 teaspoon cinnamon

DIRECTIONS:

- Preheat oven to 400 degrees.
- Grease bundt pan with 3 tablespoons of butter.
- Cut biscuits in half and roll into balls.
- Melt rest of butter with brown sugar, cinnamon, water. Bring to boil on stove.
- Lay one can of biscuits around the bottom of bundt pan.
- Pour half the sauce over the biscuits.
- Lay rest of biscuits on top.
- Pour rest of sauce over top of biscuits.
- Bake for 20 minutes and let sit in pan for five minutes.
- Flip pan over onto plate.

Keelie Sullivan
6th grade

Monster Energy Balls (No Bake)

INGREDIENTS:

- 2-½ cups whole old-fashioned oats
- 1 cup creamy or crunchy peanut butter or sun butter
- ½ cup honey
- 1 teaspoon vanilla extract
- ½ cup mini chocolate chips
- ½ cup mini M & Ms

DIRECTIONS:

- Combine peanut butter or sun butter and honey until creamy.
- Add oats, vanilla, chocolate chips and M & Ms to nut butter and honey mixture and blend together.
- Shape into bite sized balls.
- Refrigerate for 30 minutes.
- Enjoy!

***Keep leftovers in a covered container in the refrigerator.



Townes Thornton
5th grade

My Favorite Anytime Pasta

INGREDIENTS:

- 1 box angel hair pasta
- 1 large cucumber
- 1 pint of baby tomatoes
- 1 tablespoon lemon pepper
- $\frac{1}{8}$ cup Cavender's Greek Seasoning
- $\frac{3}{4}$ cup mayonnaise

DIRECTIONS:

- Cook and drain the pasta. Set aside.
- Mix mayonnaise, cavendars seasoning, and lemon pepper in a small bowl.
- Dice cucumber and set aside.
- Mix together mayo mixture and the noodles. Keep mixing until it is not clumpy.
- Stir in the tomatoes and cucumbers into the noodles.
- Refrigerate until served.

Owen Nelson
4th grade

Nacho Quesadilla Surprise

INGREDIENTS:

- 2 flour tortillas
- ½ cup sour cream
- Dash of hot sauce
- ¼ cup black olives, sliced
- ½ cup shredded cheddar cheese
- 1 teaspoon olive oil
- 21 Seasoning Salute (Trader Joe's)
- Tortilla chips

DIRECTIONS:

- Add 1 teaspoon olive oil to large fry pan.
- Turn burner on low.
- Put one tortilla in pan.
- Add chips (crushed).
- Add cheese and hot sauce.
- Add toppings (olives, 21 seasoning, sour cream).
- Add second tortilla.
- Turn heat up to medium.
- Let cook until slightly brown on both sides.
- Turn heat off.
- Take out and place on a pizza pan.
- Cut into fourths.
- Put on plate.
- Add a dollop of sour cream.



Case Friesen
5th Grade

No Bake Cherry Nut Energy Bites

INGREDIENTS:

- $\frac{1}{4}$ cup dried unsweetened dark cherries
- $\frac{1}{4}$ cup dried pitted dates
- $\frac{1}{2}$ cup slivered raw almonds
- $\frac{1}{2}$ cup chopped raw walnuts
- 1- $\frac{1}{2}$ tablespoons of all-natural peanut butter
- $\frac{1}{4}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt

DIRECTIONS:

- Place all ingredients in food processor and pulse until very finely chopped.
- Check the mixture, grabbing some of it with your fingers, if it crumbles a bit keep processing.
- Scoop out 2 tablespoons of the mixture and form into ball. Repeat with the remaining mixture.
- Enjoy your healthy snack.
- Eight bites – serves four.

Ella Reed
6th Grade

No-Bake Peanut Butter Balls

INGREDIENTS:

- 3 cups oats and honey granola
- 1 cup creamy peanut butter
- 3 tablespoons honey
- 1 cup dark chocolate chips
- 1 teaspoon coconut oil

DIRECTIONS:

- Stir the granola, peanut butter, and honey together in a large bowl.
- Roll the mixture into 1-inch balls and then coat in the melted dark chocolate with coconut oil.
- Put in freezer for around five minutes to set the chocolate.

Serves 20.



Addison Cruze
4th grade

No-Bake Puffed Cereal Bars

INGREDIENTS:

- $\frac{3}{4}$ cup dates – pitted (about 7 medjool dates)
- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup almond butter
- 2- $\frac{1}{2}$ cups puffed oats cereal (or other puffed cereal)
- $\frac{1}{4}$ cup almonds
- $\frac{1}{4}$ cup pecans
- $\frac{1}{4}$ cup sesame seeds
- $\frac{1}{4}$ cup dried sour cherries or cranberries
- $\frac{1}{4}$ cup white chocolate chips

DIRECTIONS:

- Line an 8 x 8-inch pan with parchment paper.
- Add the pitted dates into a food processor and run the food processor until the dates are well chopped. The dates might form a large ball in the process. If so, stop the food processor and break apart the ball to make sure there aren't any large pieces of dates remaining. Do not overheat your food processor and stop to rest it as needed.
- In a small microwave safe bowl, stir together the almond butter and honey.
- Microwave the mixture for 30 seconds. Remove it from the microwave and give it another quick stir. Microwave the mixture for another 10 seconds, or until the mixture is warm and runny.
- In a large bowl, add in the dates, almond butter and honey mixture, puffed oats, almonds, pecans, sesame seeds, and cherries/cranberries (this is everything except the white chocolate chips), and mix well. Start mixing with a spatula, but finish mixing it with hands to make sure there are no clumps of dates.
- Add in the chocolate chips and mix again. You want to add in white chocolate chips last to make sure they don't all melt in the mixing process. A lit bit of melting is fine!
- Using a small piece of parchment paper to prevent the mixture from sticking to your hands, press everything evenly into the pan.
- Freeze the pan for 30 minutes. Remove from the freezer and cut into pieces.

Noah Matthews
4th Grade

Noah's Avocado Toast with Fried Eggs

INGREDIENTS:

- 1 tablespoon plus 2 teaspoons extra-virgin olive oil, measured separately
- 1 teaspoon lemon juice
- Salt and pepper to taste
- 1 ripe avocado
- 2 slices crusty bread
- 2 eggs

DIRECTIONS:

- In a small bowl whisk together 1 tablespoon oil and teaspoon of lemon juice, pinch of salt and pinch of pepper.
- Use butter knife to cut avocado in half. Separate halves, then remove and discard pit. Scoop avocado into a bowl with lemon and discard skin and pit. Use a fork to break avocado into large pieces, then mash into lemon juice dressing until mostly smooth.
- Place bread in toaster and toast until golden on both sides, one to two minutes. Spread avocado mixture evenly on toast.
- In a 10-inch non-stick skillet, heat remaining 2 teaspoons of oil over low heat for five minutes. Meanwhile, crack eggs into small bowl and add a pinch of salt and pepper.
- Increase heat to medium high, pour eggs into skillet, and cook for one minute.
- Turn off heat and slide skillet to cool burner. Let sit, covered for about one minute for slightly runny yolks or about two minutes for set yolks.
- Use spatula to transfer one fried egg to each toast.
- Serve, eat, enjoy!



Naomi Nawalany
4th Grade

Nutella and Banana Sushi

INGREDIENTS:

- 2 tortillas
- 4 tablespoons Nutella chocolate hazelnut spread
- 2 bananas

DIRECTIONS:

- Place tortilla on a cutting board and spread with Nutella hazelnut spread.
- Peel banana and lay in on the edge of the tortilla.
- Roll banana in tortilla.
- Slice into rounds and arrange on a plate with the cut edge facing up.

Makenna Watson
5th grade

Olive Oil Chocolate Mousse with Vanilla Bean Whipped Cream

INGREDIENTS:

- 3 ounces bittersweet chocolate, chopped
- 1 tablespoon brewed espresso (or strong coffee)
- 2 eggs, separated
- ¼ cup olive oil
- 3 tablespoons sugar
- ½ cup heavy cream, chilled
- ½ vanilla bean, seeds scraped
- Kosher salt

DIRECTIONS:

- Melt chocolate and coffee together over a double boiler – add a pinch of salt.
- Using a hand mixer, whisk in egg yolks one at a time, then slowly drizzle in the olive oil and continue mixing until fully combined.
- In a separate bowl, whip the egg whites until they just start to stiffen, then add 1 tablespoon sugar.
- Continue to whip until the egg whites form stiff peaks. Fold the beaten egg whites into the chocolate coffee mixture a quarter at a time until fully combined.
- Spoon into serving bowls and chill at least two hours.
- To make whipped cream pour remaining 2 tablespoons of sugar, chilled heavy cream and vanilla beans into a large mixing bowl. Using a hand mixer, whisk cream on high until stiff peaks form.
- Serve the mousse with a dollop of vanilla bean whipped cream.
- Enjoy!



Leo Valpiani
4th grade

Onigiri/Rice Ball

INGREDIENTS:

- Short grain white rice
- Smoked salmon
- Dried seaweed
- Rice seasoning

DIRECTIONS:

- Get a saucepan and put 1-½ cups water and boil it over medium high heat. Once the water is boiling add the rice, then reduce the heat to a simmer. Then cover it with a lid and cook until the rice is tender and the liquid is absorbed – about 16 – 18 minutes. (Check only at end of cooking time) When it is done you will see little steam holes when it's ready. Turn off the heat and let it steam for a while. Then cover it for 10 minutes. Try to fluff it with a rice paddle.
- Then wash your hands.
- Cut some salmon, get about a handful of rice and cut some salmon in the middle of the rice and try to make it into a triangle shape with the salmon inside. Pour some water over it so it does not stick to the plate. Put some dried seaweed on the bottom.
- Make more if you have some ingredients left.
- Then plate it and sprinkle each rice ball with a pinch of salt.
- It should taste amazing.

Breckin Davisson
5th Grade

Peanut Butter Banana Chocolate Bites

INGREDIENTS:

- 1 banana, sliced
- ½ cup peanut butter
- 1-½ to 1-¾ cups of chocolate chips

DIRECTIONS:

- Slice banana.
- Put sliced bananas in a freezer for 30 minutes.
- After 30 minutes put peanut butter on a slice then put another slice on top.
- Repeat until no slices are left.
- Warm up chocolate chips in the microwave on low until melted.
- Dip banana slices in the chocolate.
- Put in the freezer for five minutes.
- Enjoy.



Madisyn Flanagin
5th grade

Peanut Butter Bars

INGREDIENTS:

For the Bars:

- $\frac{3}{4}$ cup butter
- $\frac{1}{2}$ cup granulated sugar
- 1 cup light brown sugar
- 2 large eggs
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ cup peanut butter (plus more for spreading on baked bars)
- 2- $\frac{1}{2}$ teaspoons baking soda
- $\frac{1}{2}$ cup all-purpose flour
- 2 cups old-fashioned rolled oats

For the chocolate frosting:

- $\frac{1}{4}$ cup butter
- 1 tablespoon unsweetened cocoa powder
- 1- $\frac{1}{2}$ tablespoons milk
- 1- $\frac{1}{4}$ cup powdered sugar
- 1 teaspoon vanilla extract
- 1 cup marshmallow cream
- Strawberries

DIRECTIONS:

- Preheat oven to 350 degrees,
- In a large mixing bowl mix together the butter, sugar and brown sugar.
- Add in the eggs, vanilla and peanut butter and mix well.
- In a separate bowl mix the dry ingredients and add the dry ingredients to creamy mixture.
- Press firmly into a greased 9 x 13-inch pan.
- Bake at 350 degrees for 17 – 21 minutes.

- Do not overbake they will just barely set in the center and they will harden as they cool.
- Allow to cool completely.
- Once cooled, spread a thin layer of peanut butter.

To make the chocolate frosting:

- Add butter to a small skillet over medium heat.
- Once melted stir in cocoa.
- Remove heat and add milk powdered sugar and vanilla, whisk until smooth, using electric beaters to get out any lumps if needed. Spread chocolate over the top of bars.



Makenzie Dauer
6th grade

Peanut Butter Cups

INGREDIENTS:

- 5 cups milk chocolate
- $\frac{1}{3}$ cup peanut butter
- 1 cup Cool Whip

DIRECTIONS:

- Make sure you have multiple bowls, a whisk, forks, and all of the ingredients.
- Melt the chocolate in a double boiler.
- Put a small amount of chocolate in a cupcake liner (this recipe is for 12).
- Mix your Cool Whip and peanut butter.
- Roll the peanut butter and Cool Whip into a ball.
- Place the ball into the middle of a cupcake liner.
- Spoon chocolate over the ball until it is completely covered.
- Put liners in a cupcake pan.
- Put in the freezer until they harden.

Paige Perry

4th grade

Peanut Butter Squares

INGREDIENTS:

- 1 cup peanut butter
- 1 cup powdered milk
- 1 cup honey
- ½ cup wheat germ
- 1 teaspoon vanilla

DIRECTIONS:

- Mix all ingredients together and add to casserole dish (or any dish) and refrigerate. Cut into squares or bite size pieces.



Anna Wood
4th grade

Pickled Vegetables & Polvores (Ranch Stuffed Tomatoes)

INGREDIENTS:

- 2 large carrots
- 1 bunch red radishes
- 1 English cucumber
- 1 cup white wine vinegar
- 1 cup sugar
- 3 tomatoes
- Ranch dressing
- Dill
- Garlic powder
- Smoked paprika

DIRECTIONS:

Pickled vegetables:

- With a very sharp knife thinly cut the vegetables in a medium bowl.
- In a small sauce pan combine the sugar and vinegar. Bring to a boil over medium-high heat, and cook stirring until the sugar dissolves completely. Add spices.
- Pour the hot vinegar mixture over the sliced vegetables. Let cool to room temperature before serving.

Polvores:

- Take the tomatoes and cut in half.
- Remove the insides of the tomato.
- Take the tomatoes and fill with ranch. Then sprinkle smoked paprika on ranch stuffed tomatoes.

William Dacy

6th grade

Pico De Gallo

INGREDIENTS:

- 1 jalapeno
- 2 tomatoes
- ½ of an onion
- Bunch of cilantro
- ¼ teaspoon salt
- Juice of one lime
- Tortilla Chips

DIRECTIONS:

- Dice onion.
- Dice tomato.
- Dice jalapeno.
- Slice cilantro.
- Put contents in a bowl.
- Add lime and salt.
- Mix and Enjoy!



Sophia Leuck
5th grade

Pineapple Whip

INGREDIENTS:

- 1 pound of frozen pineapple
- ½ cup of pineapple juice
- 1 cup coconut milk, unsweetened
- 1 tablespoon sugar
- 1 tablespoon lemon juice

DIRECTIONS:

- Mix all ingredients together in a blender and blend well.
- Pour into cups and enjoy.

Annie VanAssche
5th grade

PSBS (Peanut Butter Strawberry Banana Smoothie)

INGREDIENTS:

- 2 cups frozen unsweetened strawberries
- 1 cup milk
- 1 medium banana, cut into chunks
- 2 tablespoons creamy peanut butter
- 2 teaspoons vanilla extract
- 5 strawberries, cut in half

DIRECTIONS:

- Blender – Blend all ingredients together.
- Tasting cups.
- Straws.
- Makes three servings.



Isabelle Isaacson
6th grade

Rainbow Rice Krispy Treats

INGREDIENTS:

- 6 cups of Rice Krispy cereal
- 4 cups mini marshmallows
- 3 tablespoons butter
- $\frac{1}{4}$ cup of rainbow sprinkles
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon of rainbow sprinkles (for the top)

DIRECTIONS:

- Melt butter and marshmallows in a large pan on low heat on stove top.
- Stir continuously until fully melted.
- Add sprinkles in, but don't mix too much! You don't want them to melt.
- Add in salt.
- Pour in Rice Krispy cereal.
- Once mixed together pour into a 13 x 9 x 2-inch pan.
- Pour on the one tablespoon of sprinkles on top (for looks).

Violet Wormley

5th grade

Ritz Pizzas

INGREDIENTS:

- 4 Ritz crackers
- 1 slice cheddar cheese
- 4 slices pepperoni

DIRECTIONS:

- Cut slice of cheese into four pieces.
- Stack one piece of cheese and one piece of pepperoni on each Ritz cracker.
- Enjoy!



Lucy Nakao
4th grade

Salmon Dip

INGREDIENTS:

- 8 ounces cream cheese, softened
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{4}$ cup green onions – chopped
- $\frac{1}{2}$ cup celery – diced
- 1 clove garlic – minced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon lemon juice
- 1 drop of hot sauce
- Smoked Salmon

DIRECTIONS:

- Stir together all ingredients except for salmon in a large bowl with an electric mixer, slowly add salmon and do not overmix. Leave pieces of salmon visible.
- Place wrap over bowl and put in the fridge until ready to serve.

Elijah Daniel Salvador

5th grade

Salvador Spicy Salsa

INGREDIENTS:

- 1 can of whole peeled tomatoes (28 ounces)
- 2 – 4 roasted jalapenos (prepared)
- 1 bunch cilantro
- 1 teaspoon garlic salt
- 1 bag of tortilla chips for dipping

DIRECTIONS:

- Combine all ingredients in a food processor/blender until all ingredients are finely chopped.
- Serve with tortilla chips.
- Store in the refrigerator up to one week.
- Enjoy.



Abigaile Flanagin

5th grade

SBPBS (Strawberry Banana Peanut Butter Smoothie)

INGREDIENTS:

- ½ cup nonfat plain yogurt
- 2 tablespoons peanut butter
- 1 banana
- 4 fresh strawberries (hulled)
- 10 ice cubes – per serving

DIRECTIONS:

- Get a blender.
- Get two cups.
- Add yogurt peanut butter, banana, strawberries and ice cubes into blender and blend until smooth.
- Pour into small cups and enjoy.

Austin Marshalek
5th grade

Simple, Soft and Chewy Granola Bars

INGREDIENTS:

- 1-½ cups old fashioned oats
- ½ cup whole almonds, coarsely chopped
- ⅓ cup honey
- ¼ cup unsalted butter, cut into pieces
- ¼ cup packed light brown sugar
- ½ teaspoon vanilla extract
- ¼ teaspoon kosher salt
- ½ cup dried cranberries (coarsely chopped)
- ¼ cup, plus 2 tablespoons mini chocolate chips

DIRECTIONS:

- Heat oven to 350 degrees.
- Line bottom and sides of an 8- or 9-inch square pan with aluminum foil.
- Add oats and almonds to a small baking sheet then bake 5 minutes, stir and bake another three to five minutes until lightly toasted. Transfer to a large bowl.
- Combine butter, honey, brown sugar, vanilla and salt in a small saucepan over medium heat. Cook, stirring occasionally until butter melts and the sugar completely dissolves.
- Pour butter mixture into bowl with toasted oats and almonds. Mix well. Let cool about five minutes then add cranberries and ¼ cup of the mini chocolate chips. Stir to combine.
- Transfer oat mixture to lined pan then use a rubber spatula to firmly press into pan.
- Scatter remaining 2 tablespoons of chocolate chips over pressed granola mixture. Use spatula to gently press them into the top.
- Cover and refrigerate two hours.
- Remove block of granola from pan, and peel away foil.
- Cut into 12 bars.



Kalum Cruze
6th Grade

Snickers Peanut Butter Cups and White Chocolate Craisin Cups

(a Kalum Cruze original creation)

INGREDIENTS:

- 1 bag white chocolate chips
- 1 bag semi-sweet chocolate chips
- 1 cup peanut butter
- ½ cup peanuts
- 2 tablespoons sea salt
- ½ cup Craisins
- Mini cupcake liners or mini silicone muffin pan

DIRECTIONS:

- Line a mini muffin pan with mini liners or use a mini silicone muffin pan.
- In a small microwave safe bowl add semi sweet chocolate chips. Microwave the mixture for 30 seconds.
- Remove it from the microwave and give it another quick stir. Microwave the mixture for another 10 seconds, or until the mixture is melted; repeat this process with the white chocolate separately.
- Finely chop peanuts and set aside.
- Finely chop Craisins and set aside.

Snickers Peanut Butter Cups:

- Add a small scoop of chocolate to the muffin tins, add 1 teaspoon peanut butter, sprinkle chopped peanut, cover with more chocolate and sprinkle tops with sea salt.

White Chocolate Craisin Cups:

- Add a small scoop of white chocolate to the muffin tins, sprinkle chopped craisins, cover with more white chocolate.
- Freeze the pan for 30 minutes.
- Remove from the freezer and serve.

Sophia Montoya

5th grade

Stuffed Arepas

INGREDIENTS:

Arepa:

- Flour
- Butter
- Salt
- Water
- Black beans
- 1 teaspoon olive oil
- 2 garlic cloves
- 1 teaspoon seasoning
- 1 teaspoon salt
- 1 can black beans

- ½ onion, chopped

- Cheese – shredded Havarti

Guacamole:

- 3 teaspoons salt
- 1 lemon
- ¼ cup cilantro
- ½ chopped onion
- ½ chopped red/
yellow bell pepper
- 1 avocado

DIRECTIONS:

To make arepas:

- In a mixing bowl add flour, butter, salt and slowly mix in warm water. Use clean hands to mix everything together until dough is firm. When done form 2 to 3-inch balls. Flatten with hands. Heat skillet with oil and add arepas. Cook until golden brown on each side and put aside.

To make black beans:

- In a small pot add olive oil, garlic chopped onion and heat.
- When garlic and onions are golden add beans with liquid salt and seasoning.
- When beans are thick consistency taste and add more seasoning if needed.
- Cook about 15 minutes.

To make guacamole:

- Smash avocados – mix in salt, cilantro, onions, peppers, and lemon.

To assemble:

- Cut the Arepa in half – then you stuff beans, cheese and guacamole.



Jazmyn Wright
6th Grade

Super Cheesy Quesadilla

INGREDIENTS:

- 1 tortilla, medium
- ½ cup shredded cheese
- 1 teaspoon butter
- Chipotle Tabasco (optional)

DIRECTIONS:

- Heat skillet on medium heat.
- Spread butter on one side of tortilla.
- Put the tortilla, butter side down on skillet.
- Add cheese to half of the tortilla evenly on skillet, then fold it in half.
- Option: add a few dashes of hot sauce to spice it up!
- Flip using spatula or tongs, when golden brown, to the other side to brown and serve immediately for gooeyness.
- Enjoy!

Slaten Hudson
4th grade

Swedish Pancakes

INGREDIENTS:

- 3 eggs
- 1-¼ cups milk
- ¾ cup flour
- 1 tablespoon sugar
- ½ teaspoon salt
- 1 teaspoon vanilla
- Butter as needed

Toppings:

- Sugar
- Cinnamon
- Whip cream
- Jelly
- Nutella

DIRECTIONS:

- Beat eggs in a bowl with an electric mixer three to five minutes until thick.
- Stir in milk and vanilla.
- Sift flour, sugar and salt add to egg mixture, mix until batter is smooth.
- Heat the pan over medium heat, add butter.
- Pour batter in pan. Wait a minute or so and when it turns brown flip it.
- Cook on the other side.
- Remove pancake and add toppings and roll up and eat however you want.
- That's how you make a Swedish pancake!



Olivia Conley
6th grade

Texas Toast Garlic Bread Pizza

INGREDIENTS:

- 1 package of Texas toast garlic bread (11-¼ ounces)
- ½ cup pizza sauce (any kind you like)
- 1 package sliced regular or turkey pepperoni (3-½ ounces)
- 2 cups shredded part-skim mozzarella cheese

DIRECTIONS:

- Preheat oven to 425 degrees.
- Place Texas Toast in a 15 x 10-inch baking pan.
- Bake for five minutes.
- Spread toast out with pizza sauce on top of bread.
- Top cheese and pepperoni on the bread with the pizza sauce.
- Bake until cheese is melted, four to five minutes longer.

Audrey Hillery

5th grade

Tomato Cucumber Salad

INGREDIENTS:

- 2 cucumbers
- 1 pint grape tomatoes
- 1 can black olives(drained)
- 6 ounces mozzarella balls
- 2 tablespoons olive oil
- 2 tablespoons vinegar
- ½ teaspoon salt
- 1 teaspoon dried parsley

DIRECTIONS:

- Peel and cut two cucumbers into bite size chunks, scoop out seeds before chopping (optional).
- Mix cucumbers, tomatoes, olives, and mozzarella balls in large bowl.
- Add remaining ingredients and mix well.
- Enjoy!
- Makes eight servings.



Ashley Papson
4th Grade

Tortellini Party Snacks

INGREDIENTS:

- 10-ounce package of refrigerated or frozen cheese tortellini, boiled al dente
- $\frac{3}{4}$ cup all-purpose flour
- 3 large eggs
- 3 tablespoons milk
- 1- $\frac{1}{4}$ cup seasoned panko bread crumbs
- $\frac{1}{2}$ cup shredded parmesan cheese
- 1 teaspoon oregano
- $\frac{1}{2}$ teaspoon chili powder
- $\frac{1}{2}$ teaspoon garlic powder
- A sprinkle of salt
- A few twists of fresh ground pepper
- Dipping sauce ingredients:
- One jar of classic marinara sauce

DIRECTIONS:

- Preheat oven to 375 degrees.
- Line a baking sheet with parchment paper.
- Bring out three shallow bowls, a whisk and a spoon.
- Bowl # 1: Add flour only.
- Bowl # 2: Add eggs and milk.
- Bowl # 3: Add panko, parmesan cheese, oregano, chili powder, salt and pepper. Mix well.
- It is best to work in small batches. Place the tortellini in the bowl of flour. Thickly coat each piece. Move the pieces to the egg/milk mixture. Coat all sides evenly, taking care that no white spots of flour are visible. Transfer the wet pieces to the bowl of bread crumbs. Generously coat each piece. Place the breaded tortellini on a baking sheet, leaving plenty of space between pieces. This will allow the pieces to crisp up on all sides.
- Bake 12 minutes or until tortellini snacks are crispy and golden.
- Serve tortellini party snacks with a side of marinara sauce for dipping.

Poppy Stilwell

6th Grade

Tropical Fruit Crepes

INGREDIENTS:

For the crepes:

- 2 large eggs
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ cup water
- 1 cup flour
- 3 tablespoons melted butter
- Butter, for coating the pan

For the filling:

- 1 banana, sliced
- $\frac{1}{2}$ cup sliced strawberries
- $\frac{1}{2}$ cup chopped mango
- 1 small container plain or vanilla yogurt
- 2 tablespoons toasted shredded coconut (optional)
- 1 container of whipped cream (optional)

DIRECTIONS:

- To make the crepes: (can be made up ahead, up to 48 hours).
- In a blender, combine all of the ingredients and pulse for 20 seconds.
- Heat a small non-stick pan over medium heat. Add butter to coat. Pour $\frac{1}{4}$ cup batter into the center of the pan and swirl to spread evenly. Cook for 30 seconds and flip. Cook for another 10 seconds and remove. Lay them out flat so they can cool.

Once you have cooked as many crepes as you want:

- Put one crepe on plate. Place 1 – 2 tablespoons of yogurt and/or whipped cream in line down the center of the crepe. Add a few sliced bananas, strawberries, and mangos.
- Sprinkle with toasted coconut.
- Roll up the crepe and enjoy!



Gillian Sherwood
6th Grade

Unstoppable Guac

INGREDIENTS:

- 2 ripe avocados
- ½ teaspoon garlic
- 1 tablespoon green chile peppers
- ⅛ teaspoon cilantro
- ¼ teaspoon salt
- Tortilla chips (optional)

DIRECTIONS:

- Unpeel and mash avocados.
- In a regular size bowl.
- Mix in cilantro and garlic.
- Open chiles and mix in.
- Add salt, mix well.
- Serves two to three people.
- Serve on a platter with chips, quesadilla or even on toast.

Kayleigh Horton

5th grade

Vanilla Rainbow Milkshake

INGREDIENTS:

- 2 scoops vanilla ice cream
- $\frac{1}{2}$ cup of milk
- $\frac{1}{4}$ cup of rainbow sprinkles
- Whipped cream
- Maraschino cherries
- Blender

DIRECTIONS:

- Get a blender.
- Place two scoops of ice cream in the blender.
- $\frac{1}{2}$ cup of milk.
- Add $\frac{1}{4}$ cup of rainbow sprinkles.
- Blend until smooth.
- Pour into cup put whipped cream on top.
- Sprinkle rainbow sprinkles over the top and a cherry on top.



Aiden Fox
5th Grade

Veggie Bread

INGREDIENTS:

- 1-½ cups all-purpose flour
- 1 cup shredded zucchini
- ¾ cup white sugar
- ½ cup chopped walnuts
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ½ teaspoon salt
- 1 egg lightly beaten
- ½ cup vegetable oil
- ¼ cup milk
- ½ cup chopped miniature semisweet chocolate chips
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract

DIRECTIONS:

- Preheat oven to 350 degrees.
- Grease 12 muffin cups or line with paper muffin liners.
- Combine flour sugar, baking soda, cinnamon and salt in a large bowl.
- Mix egg, oil, milk, lemon juice and vanilla extract in a bowl. Stir into dry ingredients until just moistened.
- Fold in zucchini, chocolate and walnuts.
- Fill prepared muffin cups ⅔ full.
- Bake in preheated oven until a toothpick inserted into center of muffin comes out clean
- Bake 20 – 25 minutes.

Gabby Mitchell

6th grade

Very Berry Smoothie

INGREDIENTS:

- Blender
- 1-½ cups frozen strawberries, blueberries, black berries, and raspberries (mixed)
- 1 cup milk
- 1 teaspoon honey (optional)
- 1 big glass mason jar

DIRECTIONS:

- Get all of your supplies and set up the blender.
- Scoop 1-½ cups of your mixed frozen berries into the blender.
- Measure 1 cup milk and add it into the berry mixture.
- Optional – add 1 teaspoon of honey into the mixture that you already have in your blender.
- Start to blend your mixture in the blender (make sure your smoothie is mixed well).
- Add your mixture into a big glass mason jar.
- Enjoy your berry smoothie!



Robert Herzog
5th Grade

Zucchini Bread (with nuts)

INGREDIENTS:

- 2 cups flour
- 1-½ cups sugar
- 1 teaspoon salt
- 2 teaspoons baking soda
- 1 tablespoon cinnamon
- ½ teaspoon nutmeg
- 3 eggs
- ¾ cup olive oil
- 2 teaspoons vanilla extract
- 2 cups grated zucchini
- 1-½ cups chopped walnuts

DIRECTIONS:

- Preheat oven to 350 degrees and grease two loaf pans with non-stick spray.
- Shred 2 cups zucchini. Use clean cloths to squeeze out excess water from zucchini.
- In medium bowl, whisk together flour, baking soda, salt, cinnamon, nutmeg, sugar and set aside.
- In a large bowl beat eggs. Add oil, vanilla and zucchini and mix together.
- Divide evenly into two loaf pans and bake one hour.
- Let cool and enjoy!

Due to COVID-19, the 2019/2020 Kids in the Kitchen Junior Chef Competition was unable to be held. This recipe book contains all the recipes that were submitted by Snohomish School District 4th through 6th graders. We hope you enjoy making some of these recipes at home for yourself or with your family and friends.

