



KIDS IN
THE
KITCHEN

Junior Chef Competition

2018 **19**



eat. learn. live.

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Ashley Taylor
5th Grade

Ashley's Famous Hershey Cookies

INGREDIENTS:

- $\frac{3}{4}$ cup of sugar
- $\frac{3}{4}$ cup packed dark brown sugar
- 1 cup butter, softened
- 1 teaspoon vanilla
- 1 egg
- 2 $\frac{1}{4}$ cups flour
- 1 teaspoon baking soda
- 2 Hershey's milk chocolate bars

DIRECTIONS:

- Heat oven to 375 degrees.
- In a large bowl mix sugars and butter.
- Add in the vanilla and egg.
- Next mix in the flour, baking soda, and salt (dough will be stiff).
- Stir in the chocolate. Make sure to taste it!
- Drop by spoonful onto a prepared cookie sheet and bake for 8–10 minutes.
- Enjoy!

Violet Wormley
4th Grade



BLT Deviled Eggs

INGREDIENTS:

- 2 hard-boiled eggs
- 1 tablespoon mayonnaise
- 1 teaspoon mustard
- 2 tablespoons bacon bits
- 2 grape tomatoes – cut in half
- 1 leaf romaine lettuce – torn into quarters

DIRECTIONS:

- Cut eggs in half lengthwise and scoop yolk into bowl.
- Mix yolks with mayonnaise, mustard and bacon bits.
- Scoop yolk mix back into egg white halves.
- Top each egg with ½ tomato and piece of lettuce.
- Enjoy!



Alalia Champlin

4th Grade

Banana Bread

INGREDIENTS:

- 2 cups granulated sugar
- 1 cup softened butter
- 6 ripe bananas, smashed (approximately 3 cups)
- 4 eggs, well beaten
- 2 ½ cups of cake flour
- 2 teaspoons baking soda
- 1 teaspoon salt

DIRECTIONS:

- Preheat oven to 345 degrees.
- With an electric beater, cream together sugar and butter until fluffy.
- Add bananas and eggs, beating until well mixed.
- Sift together dry ingredients.
- Blend with banana mixture; do not over mix.
- Pour into 2 lightly greased loaf pans.
- Bake for 45 minutes to 1 hour until firm, and the edges begin to separate from pans.
- Cool on a rack for 10 minutes before removing from pans.
- Enjoy your homemade banana bread!

Sophia Coppock

5th Grade



Banana Split Trifles (8 servings)

INGREDIENTS:

- 1 vanilla cake mix prepared to package directions, cooled and cubed

Vanilla pudding:

- 4 cups milk
- 1 cup sugar
- 6 tablespoons corn starch
- ½ teaspoon salt
- 3 teaspoons vanilla
- 2 tablespoons butter

Assemble:

- 4 cups fresh strawberries
- 4 cups fresh pineapple, chopped
- 4 bananas, sliced
- 2–3 cups prepared whipped topping
- 8–10 cherries

TO MAKE VANILLA PUDDING:

- In a large pot, bring milk to a simmer over medium high heat, stirring often (you don't want the milk to scorch).
- In a medium bowl, combine sugar, corn starch, salt, and vanilla.
- When milk is nearly boiling, whisk in the sugar mixture and continue cooking over medium heat, stirring constantly, until thickened. Stir in butter. The pudding will continue to thicken as it cools.
- Set aside to cool to room temperature.



To assemble:

- Layer trifle in this order: cake, bananas, cooled pudding, pineapple, strawberries.
- I like to do 2 layers of this, then top with whipped cream and cherries, adjust to taste!
- Chill until ready to serve. This can be stored in the refrigerator for a couple days if necessary.

NOTES:

When making the trifle, I like to work with the pudding before it's chilled and set. This way it sinks into the cake layer more. I like to brush the banana slices with lemon juice to prevent browning.

Adrienne Blankenship
5th Grade



Berry Surprise

INGREDIENTS:

- 6 ounces vanilla yogurt
- 3 raspberries
- 3 strawberries, cut
- $\frac{1}{5}$ cup Cheerios

DIRECTIONS:

In a bowl layer the following ingredients:

- 2 ounces yogurt
- 3 raspberries
- 2 ounces of yogurt
- 3 strawberries
- One third of yogurt
- Add $\frac{1}{5}$ Cheerios
- Enjoy your healthy after school snack!



William Kucuk Powell
5th Grade

Blueberry Muffins

INGREDIENTS:

- 1 egg
- $\frac{1}{2}$ cup milk
- $\frac{1}{2}$ cup oil
- 1 $\frac{1}{2}$ cup flour
- $\frac{1}{2}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 cup blueberries

DIRECTIONS:

- Preheat oven to 400 degrees.
- Put paper liners in muffin pans.
- In a large bowl, beat egg with a fork.
- Add milk and oil, then stir.
- Next add all remaining ingredients.
- Mix batter well, but don't over mix.
- Carefully add blueberries and fold them in.
- Fill each muffin cup $\frac{2}{3}$ full.
- Bake at 400 degrees for 20 minutes or until the muffins are golden brown.
- Serve warm with butter.

Joseph Soder
5th Grade



Chocolate Banana Blender Muffins

INGREDIENTS:

- 2 large ripe bananas
- 2 eggs
- 1 cup natural peanut butter
- $\frac{3}{4}$ cup old fashioned oats
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup cocoa
- 2 teaspoons vanilla
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup water
- Mini chocolate chips (optional for sprinkling on top)
- Salt and water

DIRECTIONS:

- In a high-powered blender add bananas, eggs, peanut butter, oats, honey, cocoa powder, vanilla and baking powder.
- Blend until smooth and well mixed.
- Scoop batter into prepared muffin pan, filling about $\frac{1}{3}$ of the way full.
- Sprinkle chocolate chips on top if desired.
- Bake for 13–15 minutes or until toothpick comes out clean.
- Remove from the oven and let cool for 5 minutes before removing from the pan to cool.



Rozlynn Girard

4th Grade

Chocolate Cookie Energy Bites

INGREDIENTS:

- $\frac{1}{3}$ cup honey
- $\frac{1}{2}$ cup peanut butter
- 1 $\frac{1}{2}$ cups oat flakes
- $\frac{1}{4}$ cup chocolate chips

INGREDIENTS:

- Pour all ingredients in a bowl.
- Stir them without a spoon.
- Pack into a ball.
- Wash hands every 3–5 balls.
- Make the balls about 3 to 6 inches in size.
- Put in the fridge to chill.
- Enjoy!

Lilah Marie George

5th grade

Chocolate Raspberry Pecan Decadence

INGREDIENTS:

- Cupcake liners or wrappers
- $\frac{2}{3}$ cups fresh raspberries
- 4 squares 100% unsweetened chocolate
- 1 stick ($\frac{1}{2}$ cup butter)
- 1 egg
- 1 cup chopped pecans
- 1 lb. (16 oz.) powdered sugar
- 1 teaspoon vanilla
- $\frac{1}{4}$ cup evaporated milk
- Blender
- Double boiler Pan
- Cupcake liners

DIRECTIONS:

- Using a double boiler method – melt 4 squares (1 bar) unsweetened chocolate.
- Add to the chocolate, softened butter ($\frac{1}{2}$ cup) and melt and mix together.
- In a separate bowl, with or without mixer, mix together.
- 1 pound powdered sugar, 1 egg, $\frac{1}{4}$ cup evaporated milk, and 1 teaspoon vanilla.
- In a blender put in $\frac{2}{3}$ cups of fresh raspberries, blend, chop until mostly blended.
- Add the raspberries to the powdered sugar, egg, evaporated milk and vanilla
- After blended mix and stir well.
- Pour in the raspberry mixture without stopping the double boiler.
- Add 1 cup chopped pecans and stir until mixed.
- Pour $\frac{1}{4}$ cup chocolate mixture into each cupcake liner.
- Put each liner and the chocolate into cupcake pan.
- Let set or chill in freezer or refrigerator for 30–50 minutes.
- Serve and enjoy.



Ella Kolling

5th Grade

Chocolate Yummy Goodness

INGREDIENTS:

- 1 8-ounce package cream cheese, softened
- 8 ounces of Cool Whip
- 1 8-ounce box of brownie mix
- 2 tablespoons milk
- 1 cup mini chocolate chips

For Dipping:

- Graham crackers
- Pretzels
- Chopped fruit

DIRECTIONS:

- In a large bowl, using a hand-held mixer, beat the cream cheese until smooth.
- Mix in the cool whip until smooth.
- Add in the brownie mix and milk.
- Mix until smooth and fold in chocolate chips, reserving a few for the garnish.
- Serve immediately or wrap the bowl in plastic wrap and store in the fridge 1–2 hours.

NOTE:

My family and I prefer to put it in the fridge. We also like to eat it with healthy strawberries.

Amelia Brumley

6th grade

Colombian Patacones

INGREDIENTS:

- Plantanos (plantains)
- Cooking oil
- Heavy pot for frying
- Heavy pan or board covered with foil or plastic wrap and well oiled

DIRECTIONS:

- Use as many large plantains as you desire (these are green plantains that are starting to show a faint yellowing, but not much, along the ridges).
- If in doubt, use large all green plantanos.
- Heat oil in a heavy pan.
- With a sharp knife, cut off the two ends of the plantano
- Then score down vertically along one of the ridges, start peeling aside by flicking the knife edge under the peel along the cut edge.
- *Note:* This works really well if the plantano has NOT been refrigerated.
- After you have peeled the Plantano, cut it into 2-inch pieces.
- Place the pieces into the medium/hot oil and continuously turn until they have turned a golden color.
- Remove the pieces from the oil to drain on a paper towel.
- Let these pieces "rest" for at least 15 minutes.
- Using a sturdy well-oiled plate, smash the pieces flat.
- Return the flattened patacones to the hot oil for another 5 minutes until lightly browned, then remove to a paper towel.
- Salt to taste.



Tate Hodkinson

5th Grade

EPIC! BLT

INGREDIENTS:

- 2 slices of Dave's Killer Bread (or other)
- 1 tablespoon of mayonnaise
- 2 slices cooked bacon (or precooked)
- 2 thick slices beefsteak tomato
- 1 large leaf of green lettuce
- Pepper to taste

DIRECTIONS:

- Cook bacon on a cookie sheet at 350 degrees until crisp about 12 minutes.
- Wash and dry lettuce.
- Wash and slice tomato.
- Toast bread.
- Spread mayonnaise on toast.
- Add pepper to taste.
- Add all ingredients to bread.
- Slice and enjoy!

Sarah Witruk

6th Grade

Ethel's Blueberry Sour Cream Tarts

INGREDIENTS:

Crust:

- 1 ½ cups flour
- ½ cup shortening
- 2 tablespoons sugar
- 1 teaspoon lemon juice
- 1 teaspoon salt
- ¼ cup butter
- ¼ – ⅓ cup cold water
- Or, two packages pre-made pie crust dough

Blueberry Filling:

- 1 cup sour cream
- ¾ cup sugar
- 3 tablespoons flour
- 1 egg, beaten
- ¾ teaspoon almond extract
- ¼ teaspoon salt
- 3 cups fresh blueberries or 1 16-ounce pack frozen blueberries (thawed)

Topping:

- 6 tablespoons flour
- ¼ cup butter
- ⅓ cup chopped pecans
- 2 tablespoons sugar
- Whipped cream for the top



DIRECTIONS:*Crust:*

- Sift flour, sugar and salt together.
- Add butter and shortening.
- Use a pastry blender to mix in with the flour.
- Add lemon juice and water.
- Mix dough lightly until it sticks together.
- Roll out dough and cut into circles with a cookie cutter to fit tart pans.

Blueberry Filling:

- Mix sour cream, sugar, flour, egg, almond extract, and salt in a bowl to blend.
- Mix in blueberries and spoon into tart shells.
- Bake at 375 degrees for 15 minutes or just until filling is set.
- Reduce heat to 350*, then add topping and bake until lightly brown (about 10 minutes).

Topping:

- Use fingertips to mix flour, sugar and butter in a medium bowl until small clumps form.
- Mix in chopped pecans.
- Spoon over top of tarts and bake for about 10 minutes or until lightly browned.
- When tarts have cooled, top with whipped cream.



Enzo Porletto
6th Grade

Flourless Peanut Butter Cookies

INGREDIENTS:

- 1 egg
- 1 cup peanut butter (room temperature)
- ½ cup brown sugar (lightly packed)
- 1 teaspoon baking soda
- ½ teaspoon vanilla extract
- 1 cup chocolate chips

DIRECTIONS:

- Preheat oven to 350 degrees.
- In a medium bowl beat egg.
- Mix in peanut butter, brown sugar and baking soda.
- Fold in chocolate chips.
- Scoop dough onto baking sheet (about 1 ½ tablespoon of dough).
- Gently press down.
- Bake for 11–12 minutes.
- Cool for 10 minutes on a baking sheet, then transfer to a wire rack to finish cooling.
- Enjoy!



Lila Stewart
4th Grade

Fruit Dip

INGREDIENTS:

- 7 ounces marshmallow crème
- 8 ounces strawberry cream cheese
- Assorted cut up fruit (bananas, strawberries, pineapple, apple)

DIRECTIONS:

- In a small bowl beat together marshmallow crème and strawberry cream cheese.
- Cut up fruit and place on a plate.
- Dip the fruit and enjoy!

Staylin Laymance
6th Grade



Fruit Salsa with Cinnamon Chips

INGREDIENTS:

- 10 flour tortillas
- $\frac{1}{3}$ cup sugar
- 1 teaspoon Cinnamon
- 2 Granny Smith Apples
- 2 kiwis
- 1 lemon
- 1 zest of lemon
- 1 pound of strawberries
- $\frac{1}{2}$ pound of raspberries
- Cooking spray
- 4 tablespoons fruit preserves

DIRECTIONS:

- Preheat oven to 350 degrees.
- Combine cinnamon and sugar and set aside.
- Working with 3 tortillas at a time, spray both sides of tortilla and sprinkle each side with cinnamon sugar.
- Stack 3 tortillas and using a pizza cutter, cut the tortillas into 12 wedges.
- Place on a baking sheet and bake 8–11 minutes until crisp.
- Zest the lemon and set aside.
- Peel and finely chop apple, squeeze 2 teaspoons lemon juice over apples and mix well to combine.
- Finely chop strawberries and kiwi. Gently combine with all ingredients, the raspberries with break apart a bit.
- Allow to sit at room temperature for at least 15 minutes before serving.



Meera Raisinghani
6th Grade

Gluten Free Chocolate Chip Cookies

INGREDIENTS:

- 1 cup chocolate chips
- 1 cup butter, softened
- 1 cup brown sugar, firmly packed
- ½ cup granulated sugar
- 1 teaspoon baking soda
- 2 teaspoons gluten free vanilla extract
- 1 teaspoon salt
- 2 large eggs
- ⅓ cup King Arthur gluten free multi-purpose flour
- 2 teaspoons xanthan gum
- 1 teaspoon baking powder

DIRECTIONS:

- Blend flour, xanthan gum and baking powder.
- Beat in the eggs and softened butter – make sure it is all combined.
- Blend the flour, xanthan gum, baking powder, and baking soda.
- Beat the dry ingredients into the butter mixture, then blend the chocolate chips, making sure it is all combined.
- Cover the bowl and refrigerate for 1 hour and up to 2 days.
- Preheat oven 350 degrees.
- Lightly grease a couple of baking sheets.
- Scoop tablespoon sized balls of dough onto the prepared baking sheets.
- Leave space between the cookies so they can spread.
- Yield is 3 dozen cookies.

Grace Olsen

4th Grade

Gracie's Famous Dip in Puffs

INGREDIENTS:

Dip:

- 16-ounce cream cheese tub
- 8–10 ounce smoked black cod or salmon
- 5 tablespoons mayonnaise
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- Mix all together and set aside

Puffs:

- ½ cup butter
- ¼ teaspoon salt
- 1 cup water
- 1 cup flour
- 4 eggs

DIRECTIONS:

- Heat ½ cup butter, ¼ teaspoons salt and 1 cup water.
- When boiling add 1 cup flour.
- When it thickens and leaves side of pan, remove from heat and quickly beat in 4 eggs one at a time.
- Beat until each egg is completely blended and mixture is smooth and thick.
- After briefly cooling, place batter in gallon zip bags. Cut off a small corner of the bag.
- Squeeze 1.5-inch size dollops onto lined cookie sheet (use butter knife to stop flow of batter with each dollop).
- Before putting in preheated oven dip finger in cold water and tap down top of each dollop.
- Bake at 450 degrees for 10 minutes.
- Then turn heat down to 350 degrees for an additional 15 minutes.
- Let cool on a rack, then slice and put in filling.

Jillian Glover
5th Grade

Granola Balls

INGREDIENTS:

- 1 $\frac{1}{4}$ cup oats
- $\frac{1}{2}$ cup creamy peanut butter
- 3 tablespoons honey
- $\frac{1}{4}$ cup coconut flakes
- $\frac{1}{3}$ cup chocolate chips
- $\frac{1}{3}$ cup raisins

DIRECTIONS:

- Combine all ingredients in a medium size bowl.
- Stir well for a few minutes until all is thoroughly combined.
- Put into the fridge and chill for 15–30 minutes.
- Remove from fridge and roll into balls.
- (wash hands first and throughout the process to prevent sticking to hands).
- Place bites on a cookie sheet lined with parchment paper.
- Return to fridge or freezer to chill for about 5–10 minutes.
- Enjoy!

Ryan Pray

6th grade

Healthy Chocolate Covered Bananas

INGREDIENTS:

- 3 bananas
- 10-ounce bag semi-sweet chocolate chips
- 1 tablespoon coconut oil
- 12 popsicle sticks
- 2 tablespoons unsweetened coconut flakes
- 1 tablespoon dye free sprinkles
- 2 tablespoons chopped unsalted nuts
- Pinch of coarse sea salt

DIRECTIONS:

- Cut bananas into thirds.
- Put popsicle sticks in bananas.
- Freeze bananas for 30 minutes to 1 hour on parchment paper.
- Slowly melt chocolate chips and coconut oil in a microwave, stirring often.
- Dip bananas in chocolate.

Topping Options:

- Sprinkle with coconut flakes, sprinkles, sea salt and chopped nuts.
- Place back in freezer for 45 minutes to harden.
- Before eating let sit at room temperature for a few minutes.
- Enjoy!



London Owens
5th Grade

Lily Pads

INGREDIENTS:

- 2 cups packed fresh spinach leaves (half of a 6 oz. bag)
- 2 eggs
- 1 tablespoon melted butter, plus additional for skillet
- ½ teaspoon salt
- ¼ teaspoon sugar
- ⅛ teaspoon ground nutmeg
- ½ cup all-purpose flour
- ½ cup low-fat milk
- Slices of American cheese

DIRECTIONS:

- Put spinach in the bowl of a food processor.
- Pulse on and off until spinach is coarsely chopped.
- Add eggs, butter, salt, sugar and nutmeg.
- Process until combined.
- Add the flour and process until combined.
- Add the milk and process until the batter is smooth.
- In the meantime, lay the slices of cheese on a cutting board. Cut out circles of cheese using a 1 ½ inch cookie cutter.
- Heat a nonstick skillet over medium heat and brush lightly with melted butter.
- Drizzle the batter on the skillet in circles about 2 inches diameter.
- Cook 1 minute or until the edges turn dull.
- Flip each lily pad, then top as you can with cheese.
- Cover and cook an additional 30 seconds or until the cheese melts.
- Remove the lily pads to a plate and repeat the steps with the remaining batter.
- Makes about 30 Lily Pads.

Makenna Watson

4th Grade

Low Carb Blueberry Muffins

INGREDIENTS:

- 1 $\frac{3}{4}$ cups almond flour
- $\frac{1}{4}$ cup coconut flour
- 1 tablespoon baking powder
- $\frac{1}{4}$ teaspoon baking soda
- 1 cup blueberries
- 3 large eggs
- $\frac{1}{2}$ cup milk
- $\frac{1}{3}$ cup plus 2 tablespoons light brown sugar
- $\frac{1}{4}$ cup avocado oil
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- $\frac{1}{3}$ cup granulated sugar

DIRECTIONS:

- Preheat oven to 350 degrees.
- Generously coat a muffin tin with cooking spray.
- Sift almond flour, coconut flour, baking powder, and baking soda in a large bowl.
- Add blueberries and toss to coat.
- Whisk eggs, milk, brown sugar, oil, vanilla, and sugar in a medium bowl.
- Add to the dry ingredients and stir until combined.
- Divide the batter among the muffin tins.
- Bake for 20–25 minutes
- Bake the muffins until lightly browned around the edges and a toothpick inserted in the center comes out clean.
- Cool in the pan on a wire rack for 20 minutes.
- Run a knife around the edges and remove from the tin to cool completely.





Brooklyn Johnson
4th Grade

Naan Bread with Hummus and Veggies

INGREDIENTS:

- 4-inch mini naan bread
- 4.8 ounces hummus (prepared)
- 1 orange or yellow bell pepper, slivered
- 1 medium tomato
- 1 shredded carrot
- 4 teaspoons olive oil
- 1 pinch garlic powder
- 1 pinch sea salt
- Add garlic powder over olive oil

DIRECTIONS:

- Spread hummus, layer slivers of bell pepper, carrots, and tomatoes over hummus.
- Sprinkle sea salt over the top.
- Enjoy!

Ricky Keyes

5th Grade

No Bake Energy Bites

INGREDIENTS:

- 1 cup rolled oats
- ½ cup mini semi-sweet chocolate chips
- ½ cup ground flax seed
- ½ cup crunchy peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla extract

DIRECTIONS:

- Combine oats, chocolate chips, flax seed, peanut butter, honey and vanilla extract together in a bowl.
- Form into balls using your (gloved) hands.
- Arrange energy bites on a baking sheet and freeze until set, about 1 hour.
- Makes 12 energy balls.





Helena Stewart
6th Grade

No Bake Rocky Road Chocolate Bars

INGREDIENTS:

- $\frac{1}{2}$ cup butter
- 1 package of semi-sweet chocolate chips
- 1 package of butterscotch chips
- 1 cup peanut butter
- 4 cups Rice Krispies
- 3 cups mini marshmallows

DIRECTIONS:

- Melt butter and both chips over low heat or in a microwave.
- Stir peanut butter until mixture is smooth.
- Remove from heat and add Rice Krispies and marshmallows.
- Grease a 9 X 13 pan and then spread mixture in the pan.
- Refrigerate.

Jayce Nelson
6th Grade



Nuttin Better Healthy Roll Ups

INGREDIENTS:

- 1 package crepes
- 1 small container Nutella spread
- 1 container fresh strawberries
- 4-5 bananas

DIERCTIONS:

- Spread a thin layer of Nutella evenly on each crepe.
- Slice Bananas into small pieces and place on top of Nutella.
- Carefully roll up crepe and cut into bite size pieces.
- Slice Strawberries and place one slice on top of each Nutella piece.

Not so healthy alternative:

- Drizzle with chocolate, marshmallow or caramel sauce





Amelia Brumley
6th Grade

Pao de Queijo (Brazilian Cheese Bread) – Gluten Free

INGREDIENTS:

- 1 large egg – room temperature
- $\frac{1}{3}$ cup olive oil
- $\frac{2}{3}$ cup milk
- 1 $\frac{1}{2}$ cups tapioca flour
- $\frac{1}{2}$ cup packed feta cheese (or any type of your preference – grated)
- 1 teaspoon salt

DIRECTIONS:

- Preheat oven to 400 degrees.
- Prepare one 24 count muffin pan or 2–12 count muffin pan by spreading a small amount of olive oil around the inside of each well in the tin.
- Put all ingredients into a blender and pulse until smooth. You may need to use a spatula to scrape down the sides of the blender so that everything gets blended well.
- At this point you can store the batter in the refrigerator for up to a week.
- Pour batter into a prepared muffin tin, not quite to the top; leave about $\frac{1}{8}$ inch from the top.
- Bake at 400 degrees in the oven for 15–20 minutes, until puffy and nicely browned.
- Remove from oven and let cool on a rack for a few minutes.
- Eat while warm.

Little Cedars Elementary
5th Grade



Pepinos Locos

INGREDIENTS:

- 1 cucumber
- 1 lemon or lime
- 1 ½ tsp. Tajin low sodium seasoning
- ⅔ cup Japanese peanuts(optional)
- Chamoy (optional)

DIRECTIONS:

- Peel cucumber (optional).
- Dice cucumber.
- Sprinkle Tajin on cucumber.
- Cut lemon or lime in half.
- Squeeze juice of lemon or lime over cucumber.
- Add Japanese peanuts (optional).
- Squeeze Chamoy over the top of cucumber mixture.
- Stir cucumber mixture.
- Enjoy!





Nicholas Baldeviso
5th grade

Pizza Gyoza

INGREDIENTS:

- 12–15 pieces wonton/gyoza wrappers
- $\frac{1}{4}$ cup pizza/pasta sauce
- 1 cup shredded mozzarella cheese
- $\frac{1}{4}$ cup mini pepperonis/your favorite toppings
- 1–2 tablespoons water (for sealing)
- Cooking spray

DIRECTIONS:

- Preheat oven to 400 degrees.
- Place your wrapper on a plate or chopping board.
- Moisten edges of wrapper.
- Put a teaspoon of sauce in the center of the wrapper.
- Add 2 teaspoons of shredded mozzarella.
- Add any pepperoni or any topping of your choice.
- Fold wrapper to form triangle shape and pinch edges to seal.
- Place your finished ones on a plate covered with a damp paper towel.
- Line a sheet pan with foil and spray with cooking spray.
- Place gyozas on sheet pan with space between them.
- Spray both sides of gyoza.
- Bake for 8 minutes on one side.
- Flip the gyozas and bake for another 4–6 minutes or until golden brown.
- Voila! Pizza Gyoza!
- Let it cool 5 minutes before eating.
- Enjoy!

Audrey Fortune

5th Grade

Puppy Chow

INGREDIENTS:

- 9 cups Chex cereal
- 1 cup semi-sweet chocolate chips
- ½ cup peanut butter
- ¼ cup coconut oil
- ⅛ teaspoon vanilla extract
- 1 ½ cups powdered sugar

DIRECTIONS:

- Measure the cereal into a large bowl.
- In a medium microwaveable bowl, microwave the chocolate chips, peanut butter, coconut oil, and salt on high for 1 minute.
- Quickly stir the chocolate mixture, microwave in 30 second increments, stirring quickly in between, until the mixture is smooth when stirred. This usually takes a total of one minute.
- Do not overheat or the chocolate will scorch.
- Stir the vanilla into the chocolate mixture, and pour over the cereal, stir until evenly coated.
- Pour the cereal mixture into a 2-gallon zip top plastic bag
- Add in powdered sugar, seal the bag, and shake until cereal is coated with the powdered sugar.
- Spread the mixture onto parchment paper, and let it cool before serving.
- This can be stored in an airtight container at room temperature for up to 1 week.



Madelyn Ipsen
6th Grade

Ranch Oyster Crackers and Chick Peas

INGREDIENTS:

- 10 cups oyster crackers
- 4 packages ranch seasoning
- 4 (15 oz.) cans chick peas
- 4 tablespoons olive oil
- ½ cup vegetable oil
- 1 teaspoon dill weed
- ½ teaspoon lemon pepper
- ½ teaspoon garlic powder
- Cooking spray

DIRECTIONS:

- Preheat oven to 400 degrees.
- Dry chick peas and place them in a large bowl with the olive oil and ranch seasoning. Toss and coat.
- Spread chick peas out on a large foil lined baking sheet that has been sprayed with cooking spray
- Bake 30 minutes, turning every 10 minutes. Set aside.
- Preheat oven to 250 degrees.
- In a large bowl, combine ranch dressing mix, dill weed, vegetable oil, lemon pepper, and garlic powder. Mix well. Add oyster crackers to the mixture and mix to coat the crackers. Pour the crackers onto a cookie sheet.
- Bake for 20 minutes, stirring gently halfway through the baking time.
- When done, combine chick peas and oyster crackers.

Selma Saray
4th Grade



Recipes for Sarma (This is a traditional Turkish meal!)

INGREDIENTS:

- Oil
- 2 pounds ground beef
- 1 cup long grain rice
- 1 ½ cups of water/beef broth
- 1 onion
- Feta cheese – as desired
- Grape leaves
- 1 teaspoon pepper
- 1 teaspoon salt

DIRECTIONS:

- Put oil into a pan and soften until light gold, get rice and water and beef broth and cook until soft.
- Get a large bowl and mix ground beef, salt, onion, rice, pepper and feta cheese (note: put a safe amount of each ingredient).
- Wrap in grape leaves and boil for 45 minutes on medium heat.
- Let cool and if desired use a lemon wedge and yogurt as dipping sauce.
- Enjoy! Caution, it will be hot!





Annaliese Ballou
5th Grade

Rock 'N' Roll Smoothies

INGREDIENTS:

- 1 ripe banana
- 2 cups frozen mixed berries (strawberries, blackberries, raspberries, blueberries)
- ¼ cup fresh spinach
- 1 cup vanilla yogurt
- 1 cup milk
- 1 can of whipped cream (for topping)

DIRECTIONS:

- Remove the peel from the banana.
- Using a table knife cut banana into chunks.
- Put banana chunks, frozen berries, spinach, yogurt and milk into blender container.
- Cover blender with the lid and blend on high speed until smooth.
- Turn off blender.
- Pour drink into cups.
- Use rubber scraper to get all of the drink out of the blender.
- Finish with a little bit of whipped cream on top.
- Makes 4 servings.



Olesia Lozko
5th Grade

Russia Salad

INGREDIENTS:

- 3 hardboiled eggs
- 1 small package of sausage
- 1 pound potato, cooked
- Cucumber, diced
- Peas, canned
- 1 cup mayonnaise

DIRECTIONS:

- Cut eggs, potatoes, sausage, cucumber, and mix with mayonnaise and peas.



Brayden Huddleson

4th Grade

Salsa

INGREDIENTS:

- 2 cans tomato sauce (regular)
- 2 cans diced tomatoes
- Diced cilantro
- Diced onions
- Cumin
- Coriander
- Salt
- Pepper
- Big pot

DIRECTIONS:

- Mix.

That is my salsa recipe.

Leyla Klimanowski

4th Grade

Sweet Potato Coins

INGREDIENTS:

- 2 medium size sweet potatoes, peeled and sliced about $\frac{1}{4}$ inch thick
- 1 tablespoon vegetable oil or olive oil
- Salt and pepper to taste

DIRECTIONS:

- Preheat oven 400 degrees.
- Use a small round cookie cutter (at least 2 inches wide) to cut out "coins" from the sweet potato slices.
- To make it easy place the flat end of a wooden spoon on top of the cutter and press down on the spoon.
- Put the potato coins in mixing bowl.
- Drizzle the oil on top of the potatoes and stir with the wooden spoon until the coins are evenly coated.
- Line a baking sheet with aluminum foil.
- Place the coins on the sheet spacing them slightly apart.
- Sprinkle the coins with salt and pepper.
- Ask an adult to help you with the oven.
- Bake the coins until the bottoms are golden brown about 10–12 minutes.
- Remove them from the oven and use a spatula to flip then over.
- Bake the coins for another 10–12 minutes.



Mady Ottele

5th Grade

Tangy Tomato Tasties

INGREDIENTS:

- 10-ounce container of grape/cherry tomatoes
- 8-ounce container of cherry size mozzarella balls
- A handful of fresh basil leaves
- Fancy tooth picks
- Plate for serving
- One tablespoon balsamic glaze

DIRECTIONS:

- Wash off the tomatoes, drain the mozzarella balls (if there is any liquid).
- Break 10 basil leaves in half – for 20 pieces.
- Get tooth pick out and slide tomato on to it.
- Then add a mozzarella ball.
- Last of all slide on half a basil leaf.
- Repeat 19 more times.
- Then drizzle with balsamic glaze all over the top.

This recipe makes enough to share with 3 friends. 5 Tasties for each of you to enjoy!

Maddy Figler
4th Grade



Watermelon/Cucumber Soup with Mint (serves 4 people)

INGREDIENTS:

- 3 cups seedless watermelon – cubed
- 1 cup cucumber – skinned, seeded and chopped
- 2 tablespoons lemon juice
- 1 tablespoon mint, chopped, plus additional for garnish
- 1 tablespoon honey
- Salt to taste

Garnish:

- 4 tablespoons Greek yogurt
- 4 leaves of mint

DIRECTIONS:

- Skin and cut watermelon into 1-inch cubes.
- Place into blender.
- Skin and seed cucumber, then cut into small pieces and place into blender.
- Juice one lemon into blender; no seeds!
- Pick mint leaves off of mint, chop finely and place in blender with other ingredients.
- Measure 1 tablespoon honey, place in blender.
- Put the lid on the blend and with it set to low, turn on the blender and blend.
- Slowly turn the blender speed up, blend the watermelon until the soup is smooth.
- Season with salt to taste.
- Chill in refrigerator for 15 minutes.
- Pour soup into cups.
- Place one tablespoon of Yogurt into the center of the soup in the cup.
- Top with a mint leaf.
- Serve and enjoy!





Emmery Fedewa

4th Grade

White Chocolate Porcupine Balls

INGREDIENTS:

- 1 cup chow mein noodles
- 1 cup Cocoa Pebbles
- 1 cup M&M Minis
- 1 cup marshmallows
- 10 ounces melted chocolate
- 1 cup pretzels
- 1 cup of Bugles

DIRECTIONS:

- Melt white chocolate, mix all ingredients together.
- Cup into a poky ball.
- Let harden.
- Enjoy!

Special Thanks

Event Judges

Shaunna Ballas
Snohomish School District School Board

Dr. Sarah Fagerlie
Snohomish School District School Board

Jay Hagen
Snohomish School District School Board President

Brandy Hekker
Snohomish School District School Board

Dr. Kent Kultgen
Snohomish School District Superintendent

Tom Laufmann
Executive Director of Business Services

Josh Seek
Snohomish School District School Board

Chartwells Food Service
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