

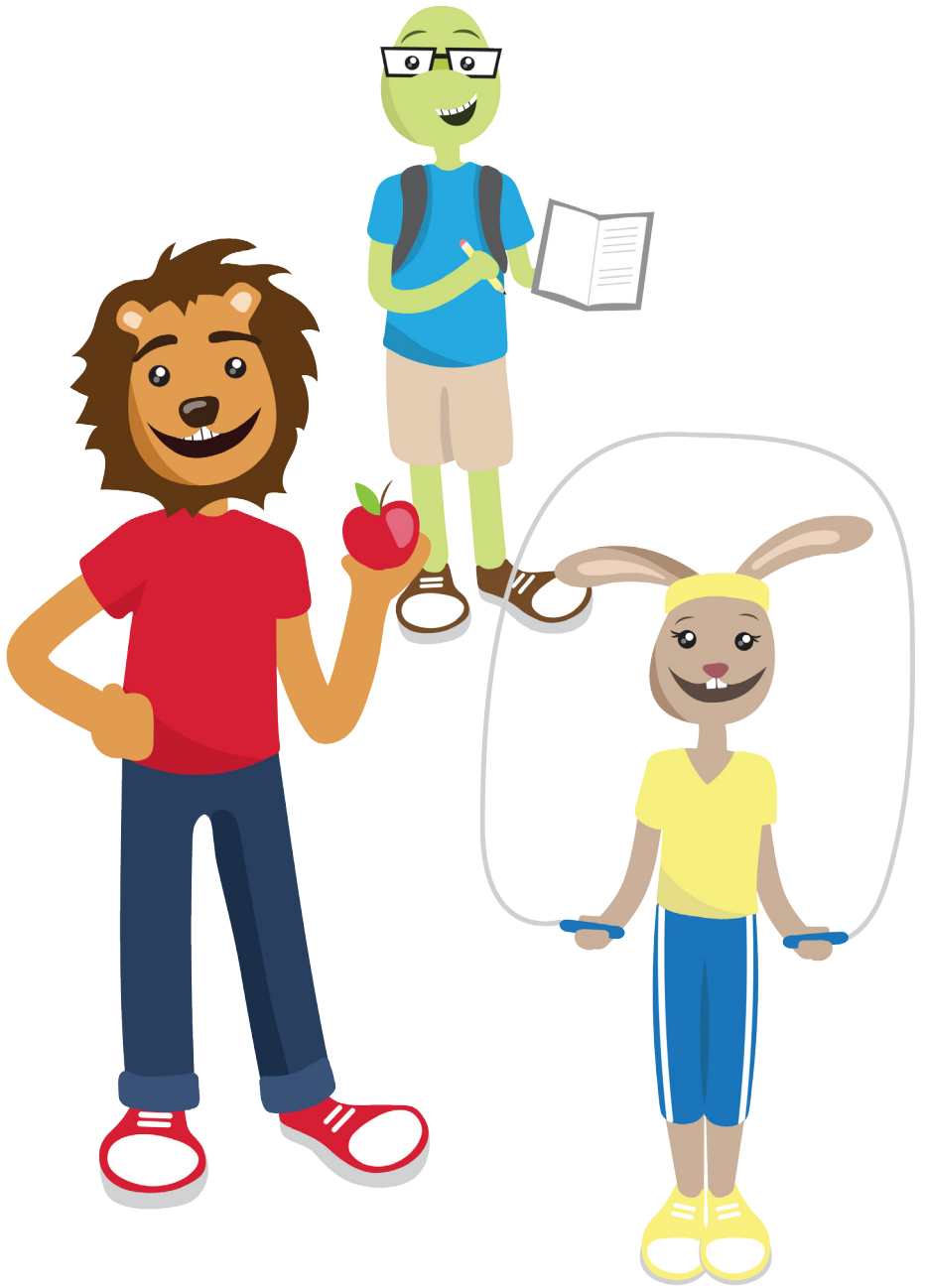


KIDS **IN**
THE
KITCHEN

Junior Chef Competition

2016/17





eat. learn. live.

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★ Student Finalists

Heba Abu-Halaweh

Nancy Hasler – 4th grade

Ants on a Log

Ingredients:

1. Celery
2. Peanut butter or cream cheese
3. Raisins

Directions:

1. Get a cutting board and cut the celery into eight pieces.
When you are done, put the celery on a plate.
2. Scoop some peanut butter until the celery is full.
3. Put five or six raisins on the top of the peanut butter or cream cheese.

Olivia Monsaas

Diane Armstrong – 5th grade



Apple Bran Muffins

Ingredients:

1. $\frac{1}{2}$ cup flour
2. 2 $\frac{1}{2}$ teaspoons baking powder
3. $\frac{1}{4}$ teaspoon salt
4. $\frac{1}{2}$ teaspoon ground cinnamon
5. 1 egg + 1 egg white, beaten
6. $\frac{1}{2}$ cup milk
7. $\frac{3}{4}$ cup oat bran
8. $\frac{1}{2}$ cup applesauce
9. $\frac{1}{2}$ cup packed brown sugar
10. $\frac{1}{4}$ cup oil
11. 3 tablespoons molasses
12. 1 cup diced peeled apple
13. $\frac{1}{2}$ cup raisins

Directions:

1. Set oven to 375 degrees.
2. Line muffin tins with muffin liners.
3. Put raisins in a small bowl and cover with hot water (set aside).
4. Whisk flour, baking powder, salt, cinnamon, and bran in a bowl.
5. Whisk eggs, milk, applesauce, brown sugar, oil and molasses.
6. Add dry ingredients to wet ingredients. Add drained raisins and diced apple, stir until just combined.
7. Scoop into muffin liners and bake for 20 – 23 minutes.
Test with a toothpick.
8. Muffins are done when a toothpick inserted comes out clean.



Mia Pantoja

Heather Lee's 5th grade class

Apple Empanadas

Ingredients:

1. Sheet puff pastry
2. 6 granny smith apples, peeled and diced
3. 1 stick butter
4. $\frac{1}{4}$ cup brown sugar
5. 1 teaspoon cinnamon
6. $\frac{1}{4}$ teaspoon allspice
7. Pinch of salt
8. 1 tablespoon powdered sugar
9. 2 eggs

Directions:

1. Roll out puff pastry and poke with a fork.
2. With a circle cookie cutter cut 12 circles out of the dough.
3. Melt butter in pan.
4. Sauté apples and add brown sugar and butter until it turns bubbly caramel.
5. Lower heat to medium.
6. Cook until caramelized sauce has thickened.
7. Remove from the heat.
8. Spoon the mixture into one half of the dough circle.
9. Egg wash the edges of the pastry and fold over.
10. Crimp the edges of the dough with a fork.
11. Deep fry at 350 degrees until golden brown.
12. Plate and cover with powdered sugar.

Ruby Hendershot

Tony Cervantes – 5th grade

Apple Pie in a Dish

Ingredients:

1. $\frac{1}{2}$ cup Greek yogurt, honey or vanilla flavored
2. $\frac{1}{2}$ teaspoon or dollop of low sugar apple-butter (homemade is the best)
3. 1 tablespoon to 2 tablespoons of granola
4. Sprinkle of cinnamon

Directions:

1. Place $\frac{1}{2}$ cup of Greek yogurt in a dish.
2. Top with desired amount of apple butter.
3. Stir until lightly combined.
4. Add desired amount of granola.
5. Sprinkle cinnamon.
6. Enjoy!



Sophia Andrews

Larisa Hurtado – 6th grade

Apple Strudel Muffins

Ingredients:

1. 2 cups all-purpose flour
2. 1 teaspoon baking powder
3. $\frac{1}{2}$ teaspoon baking soda
4. $\frac{1}{2}$ teaspoon salt
5. $\frac{1}{2}$ cup butter
6. 1 cup white sugar
7. 2 eggs
8. 1- $\frac{1}{4}$ teaspoons vanilla
9. 1 $\frac{1}{2}$ cups chopped apples
10. $\frac{1}{3}$ cup packed brown sugar
11. 1 tablespoon all-purpose flour
12. $\frac{1}{8}$ teaspoon ground cinnamon
13. 1 tablespoon butter

Directions:

1. Preheat oven to 375 degrees, grease or line 12 muffin pans with muffin liners.
2. In a medium bowl, mix flour, baking powder, soda and salt.
3. In a large bowl, beat together butter, sugar and eggs until smooth. Mix in vanilla, stir in apples and gradually blend in flour mixture. Spoon the mixture into muffin pan.
4. In a small bowl, mix brown sugar, flour and cinnamon. Cut butter until mixture is coarse crumbs. Sprinkle over the uncooked muffins.
5. Bake 18 to 20 minutes



Marley Macris

Kathy Moore – 5th grade

Asian Lettuce Wraps

Ingredients:

1. 16 butter lettuce leaves
2. 1 lb. lean ground beef
3. 1 tablespoon cooking oil
4. 1 large onion, chopped
5. $\frac{1}{4}$ cup hoisin sauce
6. 2 cloves fresh garlic, smashed
7. 1 tablespoon soy sauce
8. 1 tablespoon rice wine vinegar
9. 1 dash Asian chile pepper sauce
10. 2 teaspoons minced pickled ginger
11. 1 8-ounce can water chestnuts
12. 1 bunch green onions
13. 2 teaspoons Asian sesame oil

Directions:

1. Rinse whole lettuce leaves and pat dry, set aside.
2. Heat a large skillet over medium high heat, and brown ground beef until brown and crumbly.
3. Drain and discard grease, transfer ground beef to a bowl.
4. Cook onions using the same skillet until tender.
5. Stir in hoisin sauce, garlic, soy sauce, vinegar, ginger, chili pepper sauce and sesame oil.
6. Add in cooked beef and combine all ingredients.
7. Arrange lettuce leaves and put the hamburger mix in the lettuce leaves.
8. Enjoy.



Shay Russon

Lori Cordova – 4th grade

Banana Chocolate Chip Muffins

Ingredients:

1. 3 ripe bananas
2. $\frac{1}{2}$ cup vegetable oil
3. 1 large egg
4. $\frac{1}{4}$ cup milk
5. 1 teaspoon vanilla extract
6. $\frac{1}{2}$ cup sugar
7. 1 $\frac{3}{4}$ cups all-purpose flour
8. 1 tablespoon baking powder
9. $\frac{1}{4}$ teaspoon salt
10. $\frac{3}{4}$ cup chocolate chips

Directions:

1. Preheat oven to 350 degrees.
2. Mash the banana in a large bowl using a fork.
3. Add the vegetable oil, egg, milk, vanilla, and sugar, whisk together.
4. Add the flour, baking powder and salt. Stir until combined. Do not over mix.
5. Stir in the chocolate chips.
6. Divide the mixture into a lined muffin tray.
7. Fill each slot about $\frac{3}{4}$ full.
8. Bake for 20 – 25 minutes. Check muffins with a toothpick.
9. Transfer muffin onto rack and cool.
10. Enjoy.

Nicole Rodland

Matt Lawson – 6th grade

Banana Cupcake

Ingredients:

1. Spoonful peanut butter
2. 1 banana
3. 1 blueberry
4. Coconut sprinkles

Directions:

1. First cut a banana in half.
2. Spread the peanut butter on top of the cut banana.
3. Put the blueberry on top and then sprinkle with coconut sprinkles.
4. Enjoy!



Nathan Spang

Matt Lawson – 6th grade

Banana Lifeboats

Ingredients:

1. 1 banana
2. 4 scoops of peanut butter
3. 1 pack or bag of raisins

Directions:

1. Slice the banana into 2 equal slices.
2. Apply half a scoop of peanut butter.
3. Put on 4 or more raisins on top of the peanut butter.
4. Enjoy!



Sophia Andrews

Larisa Hurtado – 6th grade

Banana Oat Muffins

Ingredients:

1. 1 ½ cups unbleached all-purpose flour
2. 1 cup rolled oats
3. ½ cup white sugar
4. 2 teaspoons baking powder
5. 1 teaspoon baking soda
6. ½ teaspoon salt
7. ¾ cup milk
8. 1 egg
9. ⅓ cup vegetable oil
10. ½ teaspoon vanilla extract
11. 1 cup mashed bananas

Directions:

1. Combine flour, oats, sugar, baking powder, soda and salt.
2. In a large bowl, beat the egg lightly. Stir in the milk, oil and vanilla. Add the mashed banana and combine thoroughly.
3. Stir the flour mixture into the banana until just combined.
4. Line a muffin tin (12-cup) with paper baking cups and divide batter among them.
5. Bake at 400 degrees for 18 to 20 minutes.





Kaiya Agag

Matt Lawson – 6th grade

Bibingka

Ingredients:

1. 1 box Mochiko
2. 2 ½ cups sugar
3. 2 teaspoons baking powder
4. 3 eggs
5. 2 teaspoons vanilla extract
6. 1 can coconut milk
7. 1 can evaporated milk
8. 1 stick butter

Directions:

1. Mix all dry ingredients in one bowl.
2. Mix all wet ingredients in a separate bowl.
3. Melt butter separately.
4. Pour wet ingredients into dry ingredients. Stir well.
5. Add the melted butter, mix well.
6. Pour into a 9 x 13 inch, greased baking dish and bake at 350 degrees for one hour.

Elisha Pacheco

Wendy Stegall – 4th grade

Blueberry Pancakes

Ingredients:

1. 1 ½ cups whole wheat flour
2. ½ teaspoon baking soda
3. ½ teaspoon salt
4. 1 teaspoon sugar
5. 1 egg, slightly beaten
6. 3 tablespoons cooking oil
7. 1 ½ cups butter milk
8. ½ cup blueberries

Directions:

1. Blend all ingredients except blueberries until smooth.
2. Fold blueberries into the batter.
3. Cook on a hot griddle or skillet.





Madyson Andrist

Allison Cummings – 5th grade

Breakfast Cookies

Ingredients:

1. 2 bananas
2. 1 $\frac{3}{4}$ cup quick cooking oats
3. $\frac{1}{2}$ cup raisins or chocolate chips

Directions:

1. Mash the bananas in a medium bowl.
2. Add quick cooking oats and raisins or chocolate chips and mix.
3. Preheat oven to 350 degrees.
4. Scoop out small handfuls and form into balls.
5. Bake for 25 – 30 minutes.
6. Enjoy for a healthy breakfast or snack.

Parker Lastala

Matt Lawson – 6th grade

Brown Sugar Carrots

Ingredients:

1. Peeled carrots
2. $\frac{1}{4}$ cup brown sugar
3. 2 teaspoons honey

Directions:

1. First you need to peel the carrots, then rinse them.
2. Put the brown sugar in a small bowl and add honey to it, stir.
3. Dip the carrots in the bowl of sauce and eat.



Lucas Martinez

Tygre Anderson – 6th grade

Cheesecake

Ingredients:

1. 2 packages (20 sheets) graham crackers
2. 11 tablespoons (1 $\frac{3}{8}$ sticks) unsalted butter, melted
3. 2 tablespoons sugar
4. 2 8-ounce packages cream cheese, room temperature
5. 1 14-ounce can (1 $\frac{1}{4}$ cups) sweetened condensed milk
6. $\frac{1}{4}$ cup fresh lemon juice
7. 1 teaspoon vanilla extract

Directions:

1. Put graham crackers in a large resealable plastic bag, and crush them with a rolling pin until very fine crumbs form.
2. Pour crumbs into a medium bowl; stir in sugar. Add butter, and stir until well combined.
3. Press the crumb mixture into a 9-inch spring form pan, spreading it 1 $\frac{1}{2}$ to 2 inches up the side; press flat. Chill crust in freezer at least 10 minutes.
4. Meanwhile, make the filling: Using an electric mixer set at medium-high speed, beat the cream cheese in a large bowl until smooth. Beat in the condensed milk a little at a time, scraping the sides of the bowl, as necessary. Beat in the lemon juice and vanilla.
5. Pour the filling into the crust; smooth the top with a rubber spatula. Cover with plastic wrap, and refrigerate until firm, 2 $\frac{1}{2}$ to 3 hours.
6. Unclasp sides of pan, and remove cheesecake.

Olivia Apostolos

Mary Claire Smith – 4th grade

Chewy Granola Bars

Ingredients:

1. 4 tablespoons unsalted butter
2. $\frac{1}{2}$ cup light brown sugar
3. $\frac{1}{4}$ cup honey
4. 2 cups granola
5. 1 cup Rice Krispies cereal
6. $\frac{1}{2}$ cup raisins
7. $\frac{1}{2}$ cup semi-sweet chocolate morsels

Directions:

1. Combine the brown sugar with honey and butter.
2. Bring the mixture to a boil over medium high heat.
3. Lower to medium low heat and simmer until sugar dissolves, about two minutes.
4. Remove saucepan from heat add granola, rice cereal, and raisins to sauce pan.
5. Fold ingredients to evenly coat with the sauce.
6. Transfer granola mixture on to a 9 x 13 inch ungreased baking pan.
7. Press firmly to fill evenly. Gently press chocolate chips onto the top of the granola.
8. Let granola mixture set in the refrigerator until firm, about 15 minutes.
9. Cut into 2 $\frac{1}{4}$ -inch by 3-inch bars.



Brody Robinson

Tracy Wolfington – 5th grade

Chicken in a Biscuit

Ingredients:

1. 2 cups all-purpose flour
2. 2 ½ teaspoons baking powder
3. ½ teaspoon salt
4. 5 tablespoons salted butter
5. ¾ cup milk
6. 8 chicken tenders
7. 2 tablespoons olive oil

Directions:

1. Preheat oven to 400 degrees.
2. Cook and shred chicken tenders.
3. Combine dry ingredients.
4. Cut in butter using a pastry blender.
5. Use fork to stir in milk.
6. Mix in chicken.
7. Divide into 12 biscuits with hands.
8. Place on cookie sheet.
9. Bake for 10 minutes.

Gage Campbell

Allison Cummings – 5th grade

Chili

Ingredients:

1. 1 pound hamburger
2. ½ onion, chopped
3. 1 – 2 cloves of garlic
4. 2 stalks of celery
5. 1 teaspoon chili powder
6. 2 cans chili beans(not drained)
7. 1 can kidney beans (drained)
8. 1 can Mexican-style stewed tomatoes (not drained but chop tomatoes)

Directions:

1. Brown hamburger with onion, garlic, celery and chili powder.
2. Once hamburger is cooked thoroughly drain grease.
3. Add hamburger and remaining ingredients to a large pot.
4. Heat it on medium high until boiling.
5. Once boiling reduce heat to low and simmer for 20 minutes, stirring occasionally.
6. Serve with grated cheddar cheese and chopped onions, if desired.



Jadyn Koffler

Donna Petruzzi-Benson – 4th grade

Chocolate Banana Smoothie

Ingredients:

1. 1 banana
2. 1 cup of loose spinach
3. 1 heaping tablespoon of peanut butter*
4. 1 heaping tablespoon of unsweetened cocoa powder
5. ½ cup vanilla almond milk**
6. 2 pitted dates***

*or substitute any nut butter

**or substitute 1% milk or unsweetened almond milk

***or substitute 1 – 2 tablespoons honey or maple syrup

Directions:

1. Place ingredients in blender in order.
2. Blend until smooth.
3. Enjoy!

Makes one serving. Great healthy snack for after school, or a quick breakfast



Benjerman Marzolf

Lauren Williamson – 4th grade

Chow Mein

Ingredients:

1. ½ cup soy sauce
2. 2 tablespoons garlic powder
3. 2 tablespoons ginger powder
4. 2 tablespoons brown sugar
5. 2 tablespoons olive oil
6. 1 small onion diced
7. 3 stalks celery sliced diagonally
8. 2 cups shredded cabbage
9. 1 cup shredded carrot
10. 8 ounces of angel hair pasta

Directions:

1. In a small bowl, whisk together soy sauce, garlic, ginger, and brown sugar.
2. In a large pot of boiling water add pasta noodles and cook as directed on package.
3. Heat olive oil in large skillet over medium heat. Add onion, celery, cabbage and carrots.
4. Cook for about 5 minutes stirring often until tender.
5. Mix together soy sauce mixture, noodles and vegetables.
6. Serve immediately.



Braden Wallace

Matt Lawson – 6th grade

Cinnamon Apple Slices

Ingredients:

1. 1 apple
2. $\frac{1}{2}$ teaspoon cinnamon each apple slice
3. $\frac{1}{2}$ teaspoon sugar each apple slice
4. Cookie sheet

Directions:

1. Preheat oven to 400 degrees.
2. Cut up apples into slices.
3. Put apples onto a metal cookie pan.
4. Then sprinkle a little bit of cinnamon and sugar on top.
5. Put in oven until apples turn golden brown or very soft.
6. Take out and let cool.
7. Have a great treat! Yummy!

Cayleigh Watson

Nancy Hasler – 4th grade

Cold Veggie Pizza

Ingredients:

1. 2 packages Pillsbury crescent dough sheets
2. 2 packages (8-ounce) cream cheese – softened
3. ½ cup mayonnaise
4. 1 ounce package dry ranch dressing mix
5. 4 cups assorted chopped vegetables

Directions:

1. Preheat oven to 375 degrees.
2. Unroll crescent dough sheets and place on a half sheet pan. Press to seal the edges to form one large crust.
3. Bake for 10 minutes or until lightly golden. Cool completely.
4. Add the cream cheese, mayonnaise, and ranch dressing mix to a mixing bowl and stir well until combined.
5. Use an off-set spatula to spread the mix over the cooled crust.
6. Chop the veggies into small pieces and sprinkle over the top of the cream cheese mix.
7. Cut into small squares and serve.





Tommy Gillaspy

Matt Lawson – 6th grade

Creamy Berry Smoothie

Ingredients:

1. 10 ounces of strawberry yogurt
2. $\frac{1}{4}$ cup of ice cubes
3. $\frac{1}{2}$ cup of milk
4. $\frac{1}{2}$ cup frozen berries

Directions:

1. Put 10 ounces of strawberry yogurt in a blender.
2. Add $\frac{1}{2}$ cup of frozen berries to blender.
3. Add $\frac{1}{2}$ cup milk to blender.
4. Add $\frac{1}{4}$ cup of ice cubes to blender.
5. Blend for three minutes then enjoy!

Audrey Arnold

Sadie Brumley – 6th grade

Date & Gorgonzola Bites

Ingredients:

1. 4 dates cut in half and pitted
2. About three small pieces of crumbled gorgonzola per date
3. 1 serving = 4 bites

Directions:

1. Take the dates and lay the halves out in a row.
2. Select one whole date and three small chunks of gorgonzola, place the gorgonzola chunks in the hole where the pit would be in the date.
3. Put the two date halves together and enjoy.



Elise Nilsen

Breannon Dormaier – 4th grade

Double Mint Chocolate Chip Cookies

Ingredients:

1. 1 medium zucchini, grated and squeezed out
2. 1 15-ounce can of black beans, drained, rinsed and patted dry
3. 2 tablespoons almond butter
4. 4 Medjool dates, pitted
5. $\frac{1}{4}$ cup cacao powder
6. $\frac{1}{4}$ cup old fashioned oats
7. $\frac{1}{2}$ cup coconut sugar
8. 2 teaspoons vanilla extract
9. 1 teaspoon baking powder
10. $\frac{1}{4}$ teaspoon salt
11. $\frac{1}{3}$ cup chocolate chips + more for topping
12. $\frac{1}{3}$ cup mint chocolate chips for topping

Directions:

1. Preheat oven to 350 degrees.
2. Line a baking sheet with parchment paper.
3. Chop ends off and grate zucchini. Place in a strainer or sieve to drain.
4. Add black beans, almond butter, dates, cacao, oats, coconut sugar, vanilla, baking powder and salt to a food processor. Process until well combined.
5. Add zucchini and process for another 30 seconds, until well combined.
6. Stir in chocolate chips.
7. Drop spoonfuls of batter onto a baking sheet.
8. On each cookie add 4 – 5 mint chocolate chips on top — the batter will be wet and sticky — that's ok.
9. Wetting your hands may help.
10. Bake for 15 minutes.
11. Store in an airtight container in the refrigerator.
12. You should have about 14 – 15 cookies.

Sophia Red Elk

Amy Fox-Bailey – 5th grade

Earth Cake

Ingredients:

1. 2 cups all-purpose flour
2. 2 teaspoons baking powder
3. $\frac{1}{8}$ teaspoon salt
4. 1 stick salted butter at room temperature
5. $\frac{1}{4}$ cup solid vegetable shortening
6. 1 $\frac{1}{2}$ cups sugar
7. 2 teaspoons almond extract
8. 5 large egg whites
9. $\frac{3}{4}$ cup whole milk

Directions:

1. Preheat oven to 350 degrees.
2. Prepare the white cake batter and use the batter to make six cake balls in an electric cake pop baker.
3. Prepare two batches of butter cake batter and divide it between two bowls. Tint one bowl yellow and one bowl red.
4. Grease the five silicon mold cavities and fill it with the yellow cake batter. Please a cake ball in the center of each cavity. (You only need two, but make a few extras for back up.)
5. Bake until the wooden pick inserted in the center of the yellow key comes out clean - 25 to 30 minutes. Let cool completely in the silicon mold.
6. Pop the half sphere cakes out and trim the edges with a knife to make them completely round and smooth.
7. Grease the 6-inch 3D cake pans with shortening and fill three quarters full with the red batter. Scoop the batter out of the



center of one of the red cakes and quickly place a yellow half-sphere cake in the center. Lightly push the yellow cake down and cover with about 1/8 inch of red batter. Repeat with the second red cake and yellow half-sphere.

8. Bake the cakes until a wooden pick inserted in the center of the red batter comes out clean, 45 minutes to 1 hour. Let the cakes cool in the pans.
9. Remove the cakes from the pans and level with a large knife. Flip one cake flat side down and catch a small slice off the rounded side. This will be the bottom of the "Earth" and it needs to stand securely.
10. Flip the bottom of the Earth leveled side up and top it with a thin layer of white frosting. Place the second leveled cake on top to form a sphere.

Time to decorate!

1. Tint one tub of butter cream frosting sky blue. Tint the second tub leaf green. Save a little white frosting for cloud details.
2. Place the cake on a cake plate. Spread the blue frosting over the entire cake using a spatula. For extra detail, use the spatula to dab the blue frosting to make wave effects in the oceans.
3. Scoop the green frosting into a decorating bag fitted with the #1 tip. Pipe the continents of the world onto your globe. Use a spatula to dab little spots of white frosting all over the globe to look like clouds.

Ada Banken

Sadie Brumley – 5th grade

Easy Raspberry Yogurt Muffins

Ingredients:

1. 1 $\frac{3}{4}$ cups all-purpose flour
2. $\frac{1}{3}$ cup sugar
3. 1 teaspoon baking powder
4. $\frac{1}{2}$ teaspoon baking soda
5. $\frac{1}{2}$ teaspoon salt
6. 1 6-ounce carton raspberry yogurt
7. $\frac{1}{3}$ cup canola oil
8. 1 egg
9. 1 cup fresh raspberries

Directions:

1. Preheat oven to 400 degrees.
2. Spray, grease or put paper liners in 12 2 $\frac{3}{4}$ inch muffin cups.
3. In a medium mixing bowl, stir together dry ingredients.
4. In a small bowl, beat together yogurt, oil and egg.
5. Stir yogurt mixture into dry mixture until almost blended.
6. Add raspberries and stir until batter is just blended, do not over mix.
7. Spoon into prepared muffin cups.
8. Bake until nicely browned about 16 – 20 minutes until a toothpick inserted comes out clean.



Brady Proctor-Long

Mary Clarie Smith – 4th grade

Eggs and Cheese

Ingredients:

1. 2 – 3 eggs
2. ½ cup shredded Mexican cheese
3. 1 tablespoon of salted butter

Directions:

1. Crack the eggs into a bowl and mix them with a fork.
2. Put butter in frying pan and turn stove on medium.
3. Pour eggs in pan and stir constantly.
4. When eggs are fluffy turn stove off.
5. Put eggs on plate and put cheese on top.
6. Eat them!

Brandon Hillery

Tracie Martin – 5th grade

French Toast

Ingredients:

1. 6 eggs
2. ½ cup milk
3. 8 slices bread
4. Butter
5. Syrup/Jam

Directions:

1. Preheat an electric skillet to 325 degrees.
2. Mix eggs and milk to combine.
3. Melt 1 tablespoon butter in the skillet.
4. Dip bread into the egg/milk mixture (both sides).
5. Then cook the soaked bread slices in the electric skillet flipping when one side is brown.
6. Add another tablespoon of butter to the skillet and repeat with the other side.
7. Serve with butter, syrup or jam.





Jackson Schell

Amy Fox-Bailey – 5th grade

Fresh Fruit Pizza

Ingredients:

1. 1 package multigrain waffles
2. 1 package (8-ounce) cream cheese, softened
3. $\frac{1}{4}$ banana, mashed
4. $\frac{1}{2}$ teaspoon pure vanilla extract
5. Assorted fresh fruits and berries
6. Honey (optional)

Directions:

1. Cook waffles in a toaster according to the instructions on the package, and allow them to cool.
2. Beat cream cheese, sugar and vanilla together with a hand mixer until light and fluffy.
3. Spread a thin layer of the cream cheese mixture on the cooked waffles.
4. Top with your favorite sliced fresh fruit and berries.
5. Drizzle with a bit of honey if desired.
6. Refrigerate any remaining cream cheese mixture for future use.

Hannah Ament

Matt Lawson – 6th grade

Fried Eggs on Toast with a Spicy Twist

Ingredients:

1. Unsalted butter
2. Butter
3. 1 piece of toast
4. 2 eggs
5. Salt crushed red pepper flakes

Directions:

1. Put unsalted butter in frying pan. Turn stove to low heat. Wait until unsalted butter has melted and spread evenly through the pan. Put piece of bread into toaster.
2. Crack eggs over plastic bag, then open them over frying pan. Salt eggs, wait until the white is visible: solid and separate with a spatula (liquid whites will break if you try to separate them).
3. Optional: sprinkle red pepper flakes on eggs.
4. Flip eggs after separated, and wait about 10 seconds and turn off the stove.
5. Do not take eggs out of the pan – they will continue to cook.
6. While eggs are still cooking, butter toast.
7. When you are done put eggs on toast. Sprinkle with crushed red pepper flakes on eggs and toast.
8. Enjoy!





Mirna Vazquez Perez

Debbie Edgbert – 5th grade

Frozen Yogurt Berry Bites

Ingredients:

1. 1 cup of blueberries
2. 1 cup of cut strawberries
3. 2 cups of vanilla yogurt

Directions:

1. Put blueberries and strawberries in an ice cube tray, but not completely full.
2. After that cover the berries in the ice cube squares with the vanilla yogurt.
3. Put the ice cube mold in the freezer until the yogurt berry mix is completely frozen.
4. At the end you have to eat and enjoy!



Juliana Hernandez-Torres

Kathryn Oswood – 6th grade class

Frozen Yogurt Grapes

Ingredients:

1. Grapes
2. Yogurt

Directions:

1. Pick grapes off of stems, rinse them and place in a single layer on a cookie sheet.
2. Put the grapes in the freezer for a couple of hours to freeze.
3. Pull the grapes out of the freezer for a few minutes to thaw slightly, then dip them in yogurt and put them back on the cookie sheet.
4. You may add toppings right after dipping.
5. Put the grapes in the freezer for a few more minutes.
6. Then take them out and enjoy.



Lila Shea

Matt Lawson – 6th grade

Fruit Feti

Ingredients:

1. 15 strawberries
2. 30 raspberries
3. 2 – 3 cups of pre-picked pomegranate seeds
4. 2 cups blueberries
5. ½ tablespoon sugar

Directions:

1. Wash strawberries and cut vertically on a cutting board, put them in a medium bowl.
2. Wash and add raspberries to the bowl of strawberries.
3. Add 2 cups of blueberries, scatter them in the bowl.
4. Add 2 – 3 cups of pomegranate seeds and add to the bowl.
5. Add sugar.
6. Mix all ingredients.
7. Serve and enjoy!

Jill Schonhard

Sadie Brumley – 6th grade

Fruit Ninja

Ingredients:

1. 1 cup of strawberries
2. 1 banana
3. 1 cup of ice
4. 1 cup of spinach

Directions:

1. Gather your materials listed above.
2. Cut the stems off of your strawberries and wash them.
3. Put 1 cup of strawberries into your blender.
4. Peel your banana.
5. Put your banana into your blender.
6. Get 1 cup of ice and put it into the blender.
7. Wash your spinach.
8. Put your spinach into your blender.
9. Blend your ingredients until smooth (if it is too thick you can add water or juice).
10. Enjoy!





Aiden Read

Julie Blue – 5th grade

Fruit Pizza

Ingredients:

1. 1 roll Pillsbury refrigerated cookies
2. 1 package cream cheese softened
3. $\frac{1}{3}$ cup sugar
4. $\frac{1}{2}$ teaspoon vanilla
5. 2 kiwi peeled, halved lengthwise and sliced
6. 1 cup fresh strawberries, halved
7. 2 cups fresh blueberries
8. $\frac{1}{2}$ cup apple jelly

Directions:

1. Preheat oven to 350 degrees.
2. Spray a 12-inch pizza pan with cooking spray. In the pan, break up cookie dough; press down evenly to bottom of pan to form the crust.
3. Bake 16 – 20 minutes or until browned.
4. Cool completely about 30 minutes.
5. In a small bowl, beat cream cheese sugar, vanilla, on medium until fluffy.
6. Spread over cooled crust.
7. Arrange fruit over cream cheese spread.
8. Stir jelly until smooth, spoon over fruit.
9. Refrigerate for at least an hour.
10. Serve in wedges or squares.
11. Cover and refrigerate leftovers.

Kaitlyn Merritt

Chrissy Helmke – 4th grade

Fruit Pizza

Ingredients:

Cookie:

1. ½ cup softened butter
2. ¾ cup white sugar
3. 1 egg
4. 1 ¼ cups flour
5. 1 tablespoon cream of tartar
6. 1 pinch baking soda
7. 1 pinch of salt
8. Add water if needed

Topping:

1. 1 package cream cheese, softened
2. ¾ cup powdered sugar
3. 2 teaspoons Vanilla
4. Add water or milk if consistency is too thick
5. ½ cup strawberries
6. ½ cup blueberries
7. ½ cup kiwi
8. ½ cup blackberries
9. ½ cup raspberries

Directions:

Preheat oven to 350 degrees.

Cookie:

1. Mix first three ingredients, add flour and mix.
2. Add rest of cookie ingredients and mix well.
3. Press dough into ungreased pizza pan.
4. Bake in preheated oven for 8 – 10 minutes or until lightly brown. Let cool.

Frosting:

1. In a large bowl mix cream cheese, powdered sugar and vanilla. Add milk or water for desired consistency.
2. Spread frosting evenly over cooled cookie.
3. Add fruit to the top.
4. Serve.
5. Refrigerate any leftovers.



Francisco Flores

Matt Lawson – 6th grade

Fruit Salad

Ingredients:

1. Condensed milk
2. Mini marshmallows
3. Sliced green apples
4. Sliced squared pineapple
5. Pecans, halved

Directions:

1. Big bowl.
2. Cut fruit into squares.
3. Put fruit into the bowl.
4. Add 1 can condensed milk.
5. Add marshmallows and pecans.
6. Cover the bowl with plastic wrap.
7. Place in the refrigerator for two hours.

Haleah Thanheiser

Megan Ritchie – 4th grade

Fruit Salad in a Jar

Ingredients:

1. Hand full of blueberries
2. Yogurt of your choice
3. 2 kiwi
4. 1 mandarin orange

Directions:

1. First get a jar.
2. Next put blueberries in the jar.
3. After that put yogurt onto the blueberries — then put strawberries on the yogurt.
4. Put yogurt on the strawberries.
5. Next put kiwi on top of that.
6. Then put mandarin oranges on the kiwi.
7. Finally put yogurt on top of the oranges then blueberries.
8. Then put granola on top and that's it!



Kiaya Nurse

Cory Rogers – 6th grade

Fruit Smoothie

Ingredients:

1. 2 cups yogurt
2. 1 teaspoon honey (optional)
3. 1 ripe banana
4. ½ cup of ice

Directions:

1. Get a blender and add all ingredients into blender.
2. Blend until thickness liking.
3. Bon appetit!

Ada Banken

Sadie Brumley's 5th grade class

Gluten Free Blueberry Yogurt Muffins

Ingredients:

1. 1 $\frac{3}{4}$ cups all-purpose gluten free flour
2. 1 tablespoon baking powder
3. 1 egg at room temperature
4. 1 cup white sugar
5. $\frac{1}{4}$ cup vegetable oil
6. 1 teaspoon vanilla extract
7. 2 teaspoons lemon juice
8. 1 $\frac{1}{4}$ cups vanilla Greek yogurt
9. 1 $\frac{1}{2}$ cups frozen blueberries

Directions:

1. Preheat oven to 375 degrees.
2. Grease or line a standard muffin tin.
3. In a large bowl, whisk together gluten free flour and baking powder.



4. In a smaller bowl, whisk the egg until well combined.
5. Add in the white sugar and whisk together well until thick.
6. Add the oil, vanilla and lemon juice and whisk to combine.
7. Add in the Greek yogurt and whisk very well until fully combined.
8. Mixture will be thick!
9. Set aside for a moment.
10. Add the frozen blueberries into the gluten free mixture.
11. Toss the blueberries in the flour to coat them—this will keep them from sinking to the bottom of the muffin tin.
12. Pour the yogurt mixture into the gluten free flour bowl. Stir until combined using spoon or spatula—batter will be very thick.
13. Fill muffin cups $\frac{2}{3}$ full.
14. Bake for 25 – 30 minutes or until tops are springy to the touch and edges are starting to turn golden. Cool in a pan for 10 minutes before removing and cooling on a wire rack.

Isabella Davis

Sherry Loth – 4th grade

Graham Cracker Toffee Bars

Ingredients:

1. 1 package honey graham crackers
2. 2 7-ounce almond Hershey's bars broken into pieces
3. 1 cup butter (two sticks)
4. 1 cup brown sugar
5. 1 cup chopped pecans

Directions:

1. Preheat oven to 350 degrees.
2. Lightly grease a 9 x 13 baking dish.
3. Place graham cracker sheets evenly in a single layer along the bottom of the pan.
4. Add butter to a saucepan over medium heat—cook until melted.
5. Add brown sugar, and pecans to pan and bring mixture to a boil.
6. Boil for 5 minutes stirring constantly.
7. Pour mixture over graham crackers and spread into an even layer.
8. Bake for 7 – 8 minutes or until the edges are bubbling.
9. While the bars are baking, unwrap the chocolate bars and break them into pieces.
10. Remove the bars from the oven and lay chocolate pieces into a single layer over the top.
11. Cover with a lid or aluminum foil to allow the chocolate to melt.
12. After 10 minutes, remove the lid and use a spatula to spread the melted chocolate evenly over the bars.
13. Allow to cool completely and then refrigerate for about 30 minutes before cutting into bars.



Solstice Johnsen

Carmen Marchel – 6th grade

Grandma's Banana Bread

Ingredients:

1. 1 egg
2. 1 cup sugar
3. $\frac{1}{3}$ cup oil
4. 1 teaspoon vanilla
5. 3 ripe mashed bananas
6. 2 cups flour
7. $\frac{1}{2}$ teaspoon baking soda
8. $\frac{1}{2}$ teaspoon salt
9. 1 teaspoon baking powder
10. $\frac{1}{3}$ cup mini chocolate chips

Directions:

1. Preheat oven to 375 degrees.
2. Grease a 9 x 9 inch pan or muffin tin.
3. Beat oil, sugar, and egg together—add vanilla, then mashed bananas.
4. Mix together flour, baking soda, baking powder and salt.
5. Add to wet ingredients mixing until combined.
6. Add chocolate chips and bake for 20 minutes or until toothpick inserted comes out clean.

Marlee Boggan

Sarah Wilson – 6th grade

Granola Bars

Ingredients:

1. 2 cups quick cooking oats
2. 1 cup old fashioned oats
3. ½ cup hulled pumpkin seeds
4. ½ cup slivered almonds
5. 1 cup mixed nuts
6. 1 14-ounce can sweetened condensed milk
7. 1 cup dried cranberries

Directions:

1. Preheat an oven to 350 degrees.
2. Line a 13-inch pan with lightly greased parchment paper, should stick up on two sides to form lifting handles.
3. Mix the quick cooking oats, old fashioned oats, pumpkin seeds, almonds, mixed nuts, cranberries, and sweetened condensed milk together in a bowl; spread into prepared pan, evenly pressing into the corners and out to the sides.
4. Bake in the preheated oven until edges are golden brown, about 20 – 25 minutes, less time if chewier bars are wanted, more for crunchier bars.
5. Allow the bars to cool for five minutes in the pan before using the parchment paper to lift them from the pan.
6. Use a sharp knife to cut the bars. Let them cool completely and store them in an airtight container.



Amelia Brumley

Corie Reed – 4th grade

Greek Deli Kabobs

Ingredients:

1. 1 pound part skim mozzarella cheese, cut into 48 cubes
2. 24 fresh broccoli florets (about 10 ounces)
3. ½ cup Greek vinaigrette
4. 24 slices hard salami
5. 15 ounces roasted sweet red peppers, drained and cut into 24 strips

Directions:

1. In a large resealable plastic bag, combine cheese, broccoli and vinaigrette. Seal bag and turn to coat; refrigerate four hours or overnight.
2. Drain cheese and broccoli, reserving vinaigrette. On 24 appetizer skewers, alternately thread cheese, salami, broccoli and peppers. Brush with reserved vinaigrette.



Landon Whitaker

Sue Koch – 4th grade

Green Monster Quesadillas

Ingredients:

1. 2 – 4 corn tortillas
2. 2 cups grated cheddar cheese
3. 1 container store bought guacamole
4. Small can of olives
5. 1 bell pepper
6. 1 small cucumber

Directions:

1. Place cheese in between two tortillas and microwave for 20 – 30 seconds.
2. When done, let cool for a minute and then spread guacamole on top of the quesadilla.
3. Use vegetables to decorate a green monster face!



Ashleigh Wojcik

Matt Lawson – 6th grade

Guacamole

Ingredients:

1. $\frac{3}{4}$ of an avocado
2. Pinch of salt
3. Pinch of Mexican cheese
4. Tortilla Chips

Directions:

1. Open an avocado.
2. Scoop $\frac{3}{4}$ of the avocado out.
3. Put your $\frac{3}{4}$ avocado into a bowl and mix until almost smooth.
4. Add salt and mix a little.
5. Then sprinkle Mexican cheese.
6. Dip your tortilla chips.

Jack Babak

Matt Lawson – 6th grade

Health Shake

Ingredients:

1. 1 large banana
2. 1 sliced apple
3. 1 tomato
4. Mango slices
5. 5 strawberries
6. 4 ice cubes

Directions:

1. Put ice in a blender to make shaved ice and put back in freezer.
2. Blend all fruits to make juice.
3. Blend with the shaved ice.
4. Drink it!





Hailey Kenyon

Julie Winter – 5th grade

Healthy After School Sundae

Ingredients:

1. 1 ½ teaspoon fat free, sugar free hot fudge
2. 1 small (6-inch) banana, peeled and halved lengthwise
3. ¼ cup fat free sugar free vanilla yogurt
4. ⅓ cup chopped fresh strawberries
5. 1 tablespoon crunchy Grape Nuts

Directions:

1. Heat the fudge in a microwave or in the top of a double boiler over simmering water until melted.
2. Arrange the banana halves in a small banana split dish or shallow bowl with cut sides facing inward.
3. Spoon the yogurt in the middle.
4. Top the strawberry on next, then the Grape Nuts.
5. Drizzle the fudge evenly over the top and serve.
6. Enjoy!

Ada Banken

Sadie Brumley – 5th grade

Healthy Apple Cookies

Ingredients:

1. 1 apple
2. $\frac{1}{4}$ cup peanut butter
3. $\frac{1}{4}$ cup almonds, sliced
4. $\frac{1}{4}$ cup walnuts, chopped
5. $\frac{1}{4}$ cup pretzels
6. $\frac{1}{4}$ cup chocolate chips

Directions:

1. Slice apple into thin rings and remove core.
2. Spread peanut butter over one side of ring.
3. Top with almonds, walnuts, broken pretzels and chocolate chips.



Keira Beverford

Chrissy Helmke – 4th grade

Healthy Monster Cookie Bites

Ingredients:

1. 3 cups old fashioned oats
2. 1 cup peanut creamy butter, slightly runny
3. $\frac{1}{2}$ cup pure maple syrup
4. $\frac{1}{3}$ cup mini M & Ms
5. $\frac{1}{4}$ teaspoon salt

Directions:

1. Combine all ingredients in a large bowl and stir until well mixed.
2. Scoop 1 $\frac{1}{2}$ to 2 tablespoons of cookie mixture at a time.
3. Press mixture between hands multiple times to get it to stick together.
4. Roll into a ball and place on a cookie sheet.
5. Repeat with remaining mixture.
6. Refrigerate for at least 30 minutes before serving.
7. Serve at room temperature and enjoy!

Anna McPherson

Tanya Hastings – 6th grade

Homemade Crackers & Dill Dip

Ingredients:

1. Crackers
2. $\frac{2}{3}$ cup flour
3. $\frac{1}{2}$ cup whole spelt flour
4. $\frac{1}{2}$ teaspoon salt
5. $\frac{1}{2}$ teaspoon baking powder
6. 2 tablespoons olive oil
7. $\frac{1}{4}$ cup water

Dip:

1. $\frac{1}{2}$ cup sour cream
2. $\frac{1}{4}$ cup cottage cheese
3. $\frac{3}{4}$ teaspoon dill
4. $\frac{3}{4}$ teaspoon spike seasoning
5. $\frac{3}{4}$ teaspoon parsley
6. $\frac{3}{4}$ teaspoon dried onion

Directions:

1. Combine dry ingredients. Add liquid until it forms a ball. Turn dough on a floured surface, roll, cut into 2-inch squares and bake 10 – 15 minutes at 375 degrees.
2. Mix all dip ingredients and chill before serving.





Tate Swetman

Sadie Brumley – 4th grade

Kale Chips

Ingredients:

1. 1 teaspoon olive oil
2. 1 teaspoon seasoning salt
3. 1 bunch kale
4. Parchment paper
5. Cookie pan

Directions:

1. Put the parchment paper and put it in the cookie pan.
2. Heat oven to 350 degrees.
3. Take the bunch of kale and use a knife to cut the leaves from the stem.
4. Put the leaves on the parchment paper.
5. Toss the kale leaves with the olives oil, then take the seasoning salt, and sprinkle it on.
6. Then take your hands and push around until there is olive and seasoning salt on all of the kale.
7. Put in the oven for 15 minutes.
8. Pull out of the oven and enjoy.

Katelin Corgnati

Cory Rogers – 6th grade

Keebler Cookie Salad

Ingredients:

1. 1 package Keebler fudge striped cookies, crumbled
2. 1 large instant vanilla pudding—dry
3. 1 large can pineapple tidbits drained
4. 1 cup buttermilk
5. 12 ounces Cool Whip

Directions:

1. Mix pudding and buttermilk until all lumps are gone.
2. Add Cool Whip and then blend until smooth.
3. Add fruit.
4. Add crumbled cookies.
5. Cool and serve.



Ada Banken

Sadie Brumley – 5th grade

Kid-Friendly Breakfast Sushi

Ingredients:

1. Banana
2. Greek yogurt
3. Fruity Pebbles cereal
4. Blackberries

Directions:

1. Begin by peeling the banana.
2. Using a butter knife spread a layer of Greek yogurt on the outside surface of the banana.
3. Place Fruity Pebbles in a shallow dish—roll your banana in the fruity pebbles until fully coated.
4. Place the banana on a plate slice into sushi-sized pieces.
5. Arrange and top with blackberries.

Jill Schonhard

Sadie Brumley – 6th grade

Little Swimmers

Ingredients:

1. 1 cup of goldfish
2. 2 tablespoons of cream cheese

Directions:

1. Lay out your goldfish.
2. Take your cream cheese and spread it evenly on your goldfish or dip your goldfish in to the cream cheese.
3. Enjoy!



Lienhoa Hollenback

Kris Johnson – 4th grade

Mango Lassi

Ingredients:

1. 1 mango
 2. ½ cup plain yogurt
 3. 1 tablespoon honey or sugar
 4. 1 cup ice
- ***Optional: milk, cardamom

Directions:

1. Peel mango and remove the pit.
2. Cut up the mango and put in a blender.
3. Add honey or sugar.
4. Add yogurt and ice and blend until smooth.
5. Add milk in if you would like it thin.
6. Add cardamom if you like spice.

Note: Mango Lassi is high in vitamin C. Mango Lassi has antioxidants to protect cells and fight cancer.

Emma Fontenot

Zan Peterson-Moens – 5th grade



Mini Deep Dish Pizzas

Ingredients:

1. 6 tortilla wraps
2. 1 small can pizza sauce or squeeze bottle
3. $\frac{3}{4}$ cup shredded mozzarella cheese
4. 32 mini pepperonis (or 8 whole pepperonis, cut into pieces)

Note: Put your own spin on these by adding anything that you would normally like on a pizza!

Directions:

1. Preheat oven to 400 degrees.
2. Spray a 12 count muffin tin with nonstick cooking spray.
3. Start by laying each tortilla out individually on a flat surface, and use an empty can, cup, or cookie cutter to cut 3 – 4 medium circles out of each wrap.
4. Press firmly enough, using a rocking motion, until it cuts through the wrap.
5. Press each wrap circle into muffin tin using your fingers.
Note: it does not have to cover the entire side of the tin, it should just fit snugly!
6. Drop about one to two teaspoons of sauce in each wrap, this really varies according to how much sauce you like!
7. Divide mozzarella cheese evenly over each mini pizza.
8. Place 4 mini pepperonis on top of each pizza.
9. Bake in preheated oven for 12 minutes, or until cheese is melted and lightly browned.
10. Wait for pizzas to cook and remove from muffin tin using a fork or knife. Pizzas should pop out with ease.
11. Serves 4.
12. Enjoy!



Mackenzie Jensen

Janet Huntington – 5th grade

Mini Strawberry Swirl Cheesecake

Ingredients:**Filling:**

1. 3 (8-ounce) packages cream cheese
2. 1 cup sugar
3. 3 eggs
4. $\frac{3}{4}$ cup sour cream
5. 1 teaspoon vanilla

Crust:

1. 1 $\frac{1}{2}$ cups crushed Oreos
2. $\frac{1}{4}$ cup sugar
3. 5 tablespoons butter

Strawberry Curd:

1. 1 cup sliced fresh strawberries
2. Juice of half a lemon
3. 2 tablespoons cold water
4. 2 tablespoons sugar
5. 2 tablespoons corn starch

Directions:**Strawberry Filling:**

1. Blend the strawberries, water and sugar until smooth in a blender in a small bowl, whisk together lemon juice and cornstarch for one minute.
2. Add to strawberry mixture and continue whisking for 30 seconds.
3. Strain the mixture into a medium sauce pan.
4. Simmer over medium heat until mixture starts to boil.
5. Stir frequently for a few more minutes or until thickened.
6. Strain again and let cool at room temperature.

Crust:

1. Crush Oreos in a Ziploc bag. Mix with melted butter and sugar. Spoon about 1 tablespoon into a lined cupcake pan. Be sure to line pan with cupcake liners or lightly grease the pans.
2. Press gently with bottom of a spoon to form the layers.
3. This layer should occupy less than $\frac{1}{4}$ of the cupcake mold.



Alex Wied

Colleen DeLorenzo – 4th grade

Monkey Salad

Ingredients:

1. 1 banana
2. Almond butter (1 scoop)
3. Almonds (1 handful)
4. Fruit of some sort (1 handful)

Directions:

1. Cut banana to banana slices.
2. Put blueberries on plate (and banana slices).
3. Put almonds on blueberries.
4. Put almond butter on plate.

Ada Banken

Sadie Brumley – 5th grade

Mozzarella and Tortellini Snack Recipe

Ingredients:

1. Toothpicks
2. 1 package of fresh mozzarella pearls
3. $\frac{1}{2}$ cup extra virgin olive oil
4. $\frac{1}{2}$ teaspoon salt
5. 1 teaspoon Instantly Fresh garlic
6. 1 teaspoon Instantly Fresh basil
7. $\frac{1}{2}$ teaspoon pepper
8. 1 bay leaf
9. 8 ounces hard salami slices
10. 1 pound flour-cheese tortellini (use green ones for color)

Directions:

1. Place mozzarella pearls, olive oil, salt, garlic, basil, pepper, and bay leaf in a bowl and gently toss to coat.
2. Allow the mozzarella to marinate 1 hour to overnight.
3. Meanwhile prepare tortellini according to package directions, then cool.
4. Layer a tortellini, a mozzarella pearl, and a slice of salami onto a toothpick and arrange neatly on a serving platter.



David Dennis

Bob Beach – 4th grade

No Bake Almond Joy Energy Bites

Ingredients:

1. 2 cups of pitted dates
2. $\frac{1}{2}$ cup of almonds plus 15 – 16 extra almonds

Filling:

1. 1 cup shredded coconut
2. 2 $\frac{1}{2}$ tablespoons unsweetened cocoa powder
3. $\frac{1}{4}$ teaspoon vanilla extract

Topping:

1. $\frac{1}{2}$ cup of toasted unsweetened coconut
2. $\frac{1}{4}$ cup unsweetened coconut

Directions:

1. Pour the almonds to the bowl of a food processor. Pulse until they are finely chopped. Do not over process, or they will become a paste.
2. Add dates, cocoa powder, coconut and vanilla extract. Continue to pulse the mixture for about 2 – 3 minutes, scraping down the sides of the bowl as needed or until the mixture easily holds together and sticks to the bowl.
3. Using a measuring spoon scoop out $\frac{1}{2}$ tablespoon of mixture roll into a ball and flatten.
4. Place almond in the middle.
5. Scoop another $\frac{1}{2}$ tablespoon and roll into a ball.
6. Then when all mixture is rolled into balls—roll them in shredded coconut.
7. Store the energy bites in an airtight container in the refrigerator for up to 2 weeks.

Ester Biryuk

Matt Lawson – 6th grade

Nutella and Banana Sushi

Ingredients:

1. 1 tortilla
2. 4 tablespoons Nutella
3. 1 banana
4. 4 strawberries
5. Whipping cream

Directions:

1. Spread Nutella on tortilla, peel banana and place it on the edge of the tortilla, wrap it up then cut it.
2. Swirl whipping cream on top, then slice the strawberries in thin pieces or cubes then place on top.
3. Enjoy!



Jaymeson Nelson

Molly Ahrens – 6th grade

Nuttin' Better Fruit Roll Ups

Ingredients:

1. 10 whole wheat tortillas
2. 1 – 4 ounce container Nutella spread
3. 3 cups diced strawberries (or other fruit like bananas)

Directions:

1. Gently spread Nutella on each tortilla.
2. Add chopped fruit.
3. Roll the tortilla into a tube-like shape.
4. Cut into bite-sized pieces.
5. *Note:* This is an easy snack for kids to make and a great way to get fruits and grains.

Samantha Jadrny

Bob Beach – 4th grade

Organic German Pancakes

Ingredients:

Pancake Batter:

1. 6 brown eggs
2. 1 cup milk
3. 1 cup unbleached or gluten free flour
4. $\frac{1}{2}$ salt
5. 3 tablespoons melted butter

Buttermilk Syrup:

1. 1 $\frac{1}{4}$ cups granulated sugar
2. $\frac{1}{4}$ cup brown sugar
3. $\frac{3}{4}$ cup buttermilk
4. $\frac{1}{2}$ cup butter
5. 2 tablespoons corn syrup
6. 1 teaspoon baking soda
7. 2 teaspoons vanilla extract

Directions:

Pancakes

1. Place the eggs, milk, flour and salt in a blender; cover and process until smooth. Evenly spread melted butter in a 13 x 9 x 2 inch glass baking dish. Add the pancake batter to the pan. Bake uncovered at 400 degrees for 20 minutes.

Buttermilk Syrup

1. Meanwhile in a saucepan combine the first five ingredients, bring to a boil. Boil for seven minutes. Remove from heat; stir in vanilla. Cut pancake into portions and place onto serving plates. Pour syrup over pancakes.
2. Enjoy your meal.
3. Serve immediately.



Avery Brumley

Sadie Brumley – 6th grade

Parmesan Pita Crisps with Roasted Vegetable Dip

Ingredients:

1. 3 tablespoons olive oil
2. $\frac{3}{4}$ teaspoon ground cumin
3. $\frac{1}{4}$ teaspoon ground red pepper
4. 5 whole wheat pitas or white pitas with pockets
5. $\frac{1}{2}$ cup coarsely grated parmesan cheese salt

Directions:

1. Preheat oven to 350 degrees.
2. In a cup, with fork, mix oil, cumin and ground red pepper.
3. With knife or kitchen shears, carefully split each pita in half.
4. Brush 1 side of pita halves with oil mixture.
5. Cut each in half in to eight wedges. Arrange wedges, oiled side up in two ungreased $15\frac{1}{2} \times 10\frac{1}{2}$ jelly roll pans.
6. Sprinkle with parmesan, and add salt if you like.
7. Place pans on two oven racks and bake crisps 12 to 15 minutes until golden, rotating pans from upper to lower racks halfway through baking for even browning. Cool crisps in pans on wire racks. Store crisps in tightly covered container or self-sealing plastic bag up to one week.

Ingredients for Roasted Vegetable Dip:

1. 2 large sweet red peppers
2. 1 large zucchini
3. 1 medium onion
4. 1 tablespoon olive oil
5. ½ teaspoon salt
6. ⅓ teaspoon pepper
7. 1 package (8-ounce) reduced fat cream cheese

Directions for Vegetable Dip:

1. Preheat oven to 425 degrees.
2. Cut the vegetables into 1-inch pieces. Place in a 15 x 10 x 1 inch baking pan coated with cooking spray; toss with oil, salt and pepper.
3. Roast 25 – 30 minutes or until tender, stirring occasionally. Cool.
4. Place vegetables and cream cheese in a food processor; process. Refrigerate in a covered bowl until serving. Serve with pita crisps.



Reese Mathers

Kris Johnson – 4th grade

PBJ Crackers and Garlic Bread with Spaghetti

Ingredients:

1. Pepper
2. Peanut butter
3. Jelly
4. Ritz crackers
5. Angel hair noodles
6. Tomato sauce
7. Butter
8. Basil
9. Rosemary
10. Garlic
11. Bread

Directions:

1. Make crackers in PBJ.
2. Make red sauce and garlic bread.
3. Make sauce combine with cooked noodles.



Ada Banken

Sadie Brumley – 5th grade

Peanut Butter Fruit Dip

Ingredients:

1. 2 (5.3-ounce) containers vanilla Greek yogurt
2. $\frac{1}{3}$ cup creamy peanut butter
3. Bananas, apples, raspberries and strawberries
4. 1 tablespoon honey, or to taste

Directions:

1. Add vanilla Greek yogurt, creamy peanut butter, and honey. Whisk to blend until smooth.
2. Cut fruit into bite size pieces, and arrange on a platter.
3. Put dip in a bowl, and then put it on a platter with fruit.



Madeline Wardlow

Kathy Moore – 6th grade

Peanut Butter Oatmeal Bars

Ingredients:

1. 2 cups oatmeal
2. $\frac{1}{2}$ cup chocolate chips
3. $\frac{1}{2}$ cup peanut butter
4. $\frac{1}{3}$ cup honey
5. 1 banana
6. 1 teaspoon vanilla extract
7. 1 teaspoon salt

Directions:

1. Combine oatmeal peanut butter, chocolate chips and salt in a large bowl.
2. Add banana and mash into the dry mix with a fork.
3. Add vanilla, peanut butter, and honey, mix well.
4. Refrigerate mixture for 30 minutes.
5. Roll into balls and place in freezer to set.

Ada Banken

Sadie Brumley – 5th grade

Peanut Butter Snails

Ingredients:

1. 2 medium celery sticks
2. ½ cup Peter Pan creamy peanut butter
3. 3 apple rings, cut in half
4. 4 pretzel sticks broken into thirds
5. 12 mini semi-sweet chocolate morsels

Directions:

1. Cut the celery sticks into thirds.
2. Fill the celery with peanut butter.
3. Put apple slice onto peanut butter, straight side down.
4. Stick in two pretzel pieces for antennae.
5. Put two chocolate morsels on for eyes.
6. Decorate apple with peanut butter as you wish.



Ashley Watson-Boyer

Matt Lawson – 6th grade

Pickle and Peanut Butter Toast

Ingredients:

1. You need two scoops of peanut butter
2. One pickle
3. 2 slices of bread

Directions:

1. 1 pickle; cut the pickle up.
2. Bread slices—toast them.
3. Put Jif peanut butter on the toast.
4. Combine.

Justin Lehtinen

Kris Johnson – 5th grade

Pizza in a Blanket

Ingredients:

1. Gyoza wrap
2. Marinara pizza sauce
3. Shredded cheese (any kind)
4. Water
5. Pepperoni for pepperoni eaters

Directions:

1. Get one gyoza wrap.
2. Put pizza sauce in the middle of the gyoza wrap.
3. Put bits of pepperoni and shredded cheese on top of the sauce.
4. Rub water on the outside of the gyoza wrap.
5. Fold gyoza wrap in half and it should stick together.
6. Toast in toaster oven for 5 – 10 minutes—time depends on how many you are cooking at once.
7. Let it cool down until fine to eat.



Danielle Henderson

Dana Oppelt – 4th grade

Pop Stars

Ingredients:

1. 3 cups of sugar
2. ½ cup of water
3. 10 segments of grapefruit
4. Bamboo skewers

Directions:

1. Remove skin from grapefruit, making sure you take of as much of the white stuff as possible (pith).
2. Separate the grape fruit segments and push bamboo skewers half way into each.
3. Pour the sugar then water into a heavy bottomed pot.
4. Cover and with a grown up's help heat it for about 20 minutes until the pot is steaming and the sugar forms a clear syrup – caution do not touch!
5. With a grown up's help carefully dunk the grapefruit into the syrup and then lay it on a wax paper covered tray.
6. After it is cool and a hard shell has formed, bite into it like a lollypop.



Alexandra Strobel

Carmen Marchel – 6th grade

Pro-Bean Cookies

Ingredients:

1. 1 can black beans, rinsed and drained
2. 3 tablespoons cocoa powder
3. 7 tablespoons chocolate protein powder
4. 2 tablespoons sugar
5. 3 tablespoons coconut flour
6. ½ teaspoon baking powder
7. ¼ teaspoon salt
8. 3 ½ tablespoons coconut oil
9. 1 teaspoon vanilla extract
10. ⅓ cup honey
11. 1 cup oatmeal
12. 1 cup chocolate chips

Directions:

1. Mix black beans, coconut oil, vanilla and honey in food processor until smooth.
2. Mix cocoa powder, protein powder, sugar, baking powder and salt—whisk together in a bowl until smooth.
3. Add dry ingredients to the wet ingredients in the processor and blend.
4. Mix in oats and chocolate chips with a spatula.
5. For dough into cookies and bake at 350 degrees for 16 – 18 minutes.



Jayce Nelson

Christina Ibarra – 4th grade

Pumpkin Fruit Dip

Ingredients:

1. $\frac{3}{4}$ cup low fat cream cheese
2. $\frac{1}{2}$ cup packed brown sugar
3. $\frac{1}{2}$ cup canned pumpkin
4. 2 teaspoons maple syrup
5. $\frac{1}{2}$ teaspoon ground cinnamon
6. 24 apple slices

Directions:

1. Place first four ingredients in a medium bowl, and beat with a mixer at medium speed until well blended.
2. Add syrup and cinnamon, and beat until smooth.
3. Cover and chill for 30 minutes.
4. Serve with apple slices.

Ada Banken

Sadie Brumley – 5th grade

Rainbow Pinwheels

Ingredients:

1. 4 large spinach tortillas
2. 2/3 cup whipped cream cheese
3. 1 tablespoon dry ranch powder
4. ½ cup thinly sliced red bell pepper
5. ½ cup thinly sliced yellow bell pepper
6. ½ cup thinly sliced carrot strips
7. ½ cup baby spinach leaves
8. ½ cup shredded purple cabbage
9. 1 cup cooked shredded chicken (optional)

Directions:

1. Mix together cream cheese and ranch powder until thoroughly combined.
2. Spread the cream cheese mixture evenly over the four tortillas.
3. Leaving a 1-inch border on all sides, lay out two tablespoons of each vegetable in rows across the tortillas: top with shredded chicken.
4. Roll up each tortilla tightly; if the ends don't stay shut you can add a bit more cream cheese to seal.
5. Cut crosswise into pinwheels and serve.



Emery Brown

Tygre Andersen – 6th grade

Raspberry Cup

Ingredients:

1. 2 sticks softened butter
2. $\frac{3}{4}$ cup brown sugar
3. 1 cup white sugar
4. 2 teaspoons vanilla
5. 1 egg
6. 1 teaspoon baking soda
7. $\frac{1}{2}$ teaspoon salt
8. $2\frac{1}{4}$ cups white flour
9. Nutella
10. Raspberries
11. Powdered sugar
12. Cupcake pans (mini)

Directions:

1. Set oven to 350 degrees.
2. Get a bowl.
3. Put 1 cup of softened butter in bowl.
4. Add in $\frac{3}{4}$ cup of brown sugar.
5. Add in $\frac{1}{2}$ cup of white sugar.
6. Add in 2 teaspoons vanilla.
7. Add in 1 egg.
8. Add in 1 teaspoon baking soda.
9. Add in $\frac{1}{2}$ teaspoon salt.
10. Stir in wet ingredients.
11. Add in $2\frac{1}{4}$ cups flour.
12. Stir.
13. Put in oven for five minutes—then take the bottom of a whisk and push the dough down.
14. Repeat step 13 then cool.
15. Fill with Nutella.
16. Put raspberries on top.
17. Sprinkle on powdered sugar.
18. Eat.

Jack Craber

Judy Lawless – 5th grade

Raspberry Smile Toast

Ingredients:

1. Approximately 9 raspberries
2. 1 wheat bread slice
3. 2 tablespoons peanut butter, creamy or crunchy

Directions:

1. Toast bread.
2. Spread peanut butter on toast.
3. Arrange raspberries in smiley face form.
4. Enjoy your healthy snack!



Julia Hall

Matt Lawson – 6th grade

Razzberry Delight

Ingredients:

1. Frozen or unfrozen raspberries
2. 1 cup applesauce
3. Cinnamon
4. Granola

Extras you can add

- Frozen blueberries
- Frozen strawberries
- Raisins

Directions:

1. Add 1 cup of applesauce to a large bowl.
2. Add $\frac{1}{4}$ cup of fresh or frozen raspberries to the applesauce.
3. Add granola.
4. Eat.
5. *Note:* instead of granola you can crush a granola bar to add to top of mixture.

Jillian Carroll

Kathryn Dallas – 4th grade

Rice Krispy Bars

Ingredients:

1. 6 cups Kellogg's Rice Krispies cereal
2. 3 tablespoons butter
3. 1 package Jet Puffed marshmallows or 4 cups Jet Puffed mini marshmallows

Directions:

1. In a microwave safe bowl heat butter and marshmallows on high for three minutes, stirring until smooth.
2. Add Rice Krispies and stir until well coated.
3. Using a buttered spatula or wax paper evenly press mixture into a 13 x 9 x 12 inch pan.
4. Cut into squares when cool.
5. Best if served the day they are made!



Waylon Butler

Megan Ritchie – 4th grade

Saler's Salmon Spread

Ingredients:

1. 8-ounce package cream cheese
2. $\frac{1}{2}$ cup sour cream
3. 1 can of salmon (14 ounce)
4. $\frac{1}{2}$ teaspoon liquid smoke
5. 2 cloves garlic
6. $\frac{1}{2}$ teaspoon dill
7. $\frac{1}{8}$ teaspoon cayenne pepper
8. 1 lemon

Directions:

1. Soften cream cheese, put in a bowl with salmon, add $\frac{1}{2}$ cup sour cream, mix 2 teaspoons of the dill, $\frac{1}{8}$ teaspoon cayenne pepper.
2. Mix with juice of 1 lemon. Blend well and enjoy.

Enzo Porletto

Peggy Pankow – 4th grade

Salmon Delight

Ingredients:

1. Canned 3-ounce salmon
2. $\frac{1}{8}$ teaspoon garlic powder
3. $\frac{1}{8}$ teaspoon onion powder
4. $\frac{1}{8}$ teaspoon salt
5. $\frac{1}{2}$ teaspoon chili powder
6. $\frac{1}{4}$ teaspoon Italian seasoning
7. Pinch pepper
8. 1 egg
9. 1 teaspoon avocado oil (for cooking)

Directions:

1. Mix all ingredients together in a bowl except oil.
2. Put oil in a pan and heat on medium.
3. Take a handful of salmon mixture and form into a patty.
4. Brown on each side.



Jackson Weeks

Tracie Martin – 6th grade

Salsa Verde

Ingredients:

1. 2 large white onions
2. 3 pounds tomatillos
3. 1 bunch cilantro
4. 6 whole jalapenos
5. 2 large tomatoes
6. 1 large lime
7. 4 cloves garlic
8. 4 serrano peppers
9. 4 habanero peppers
10. 1 large can of Herdez jalapenos whole in escabeche
11. 1 tablespoon dried parsley
12. 1 tablespoon dried oregano
13. 2 tablespoons dried cumin
14. 1 small can Herdez salsa verde
15. Juanita's tortilla chips

Directions:

1. Place onions, tomatillos, tomatoes and peppers on a smoker.
2. Smoke at 220 degrees for 1 – 2 hours.
3. While still hot, blend all ingredients together, and eat with Juanita's chips.



Lucas Trayler

Tony Cervantes – 5th grade

Smoked Salmon Dip with Veggies

Ingredients:

1. 4 ounces smoked salmon
2. 8-ounce whipped cream cheese
3. 1 tablespoon dill
4. 1 tablespoon onion powder
5. 1 teaspoon garlic powder
6. Salt and pepper to taste
7. Veggies for dipping, such as jicama, carrots, celery, etc.

Directions:

1. Clean and prep jicama, baby carrots, celery sticks.
2. In a medium bowl combine salmon, cream cheese and seasonings.
3. Chill dip at least 15 minutes.
4. Arrange vegetables nicely on serving platter.
5. Transfer dip to a serving bowl.
6. Serve and enjoy!



Skye Brady-Whitney

Dana Oppelt – 4th grade class

Smoothie

Ingredients:

1. 2 cups mixed berries (bananas, strawberries, raspberries, blueberries, pomegranate, blackberries, apple slices and spinach)
2. 1 cup vanilla yogurt
3. 1 cup fresh fruit
4. 1 cup orange juice

Directions:

1. Blend ingredients in a blender with fresh ice, until completely blended.

Carlos Valadez

Matt Lawson – 6th grade

Spinach Soup

Ingredients:

1. Spinach
2. Garlic
3. Blender
4. Stove
5. $\frac{1}{4}$ cup hot water
6. Butter
7. Onions

Directions:

1. Put garlic and spinach (more if you want more flour) in pot.
2. Cook, stir constantly until spinach is wilted, 2 – 3 minutes.
3. Add it into a blender, pour $\frac{1}{4}$ cup of hot water—blend until pureed.
4. Set mixture aside—back into a pot. Ready to serve.

For a side:

1. Cook onions in butter over medium heat until they get soft.



Amelia Pucek

Matt Lawson – 6th grade

Sriracha Delight

Ingredients:

1. 2 slices wheat bread
2. 1 tablespoon mayonnaise
3. 4 squirts sriracha
4. 3 slices chicken sandwich meat
5. 5 baby spinach leaves
6. 2 slices tomato
7. 1 slice pepper jack cheese
8. 1 tablespoon French fried onions

Directions:

1. First take out one bowl, one plate, a toaster, two spoons and one knife.
2. Take your spinach and tomato and wash them, dry them, and cut two slices of the tomato.
3. Once you are done, take the mayonnaise and sriracha, put them in the bowl, and mix them.
4. Then take both slices of bread, put them in the toaster, and set the heat to number two.
5. When bread is toasted, take one slice of the bread and spread the sauce over it.
6. Next, take your chicken slices and spread them out on the bread with the Sriracha mayo.
7. Then, take your spinach and spread it over your chicken.
8. Next, take your slices of tomato and lay them on the spinach.
9. Once you are done, take the cheese and put it over the tomato.
10. Take the French fried onions and sprinkle it over the cheese.
11. Take the other slice of bread put it over the onions and cut in half.
12. Enjoy!

Teya Thompson

Kimberlee Spaetig Peterson – 6th grade

Statella Panini

Ingredients:

1. 1 ½ tablespoons Nutella
2. 2 strawberries
3. 1 large butter croissant

Directions:

1. Heat a Panini maker.
2. Cut the croissant in half.
3. Cut strawberries into thin slices.
4. Butter one side of the croissant with Nutella and then layer with strawberries slices.
5. Cover with the other side of the croissant and place in the hot Panini maker.
6. Be careful.
7. Then eat your Panini!



Allyson Jeffery

Matt Lawson – 6th grade

Strawberry Banana Bits Smoothie

Ingredients:

1. One banana broken into chunks
2. 1 teaspoon banana extract optional
3. $\frac{3}{4}$ cup of milk
4. 1 8-ounce container strawberry yogurt
5. 2 teaspoons white sugar

Directions:

1. Get a blender out and take off the lid.
2. Place the broken banana bits, banana extract, $\frac{3}{4}$ cup milk, yogurt and the white sugar in.
3. Blend until nice and smooth (about five minutes).
4. (P.S. the banana extract does not have to be in it and it tastes better)

Wynter Anderson –

Tony Cervantes – 5th grade

Sweet Crepes

Ingredients:

1. 1 cup all-purpose flour
2. 1 $\frac{1}{3}$ cups milk
3. 2 tablespoons melted butter
4. $\frac{1}{2}$ cup white sugar
5. 2 teaspoons vanilla
6. $\frac{1}{2}$ teaspoon salt
7. 4 eggs, lightly beaten

Directions:

1. In a large bowl, whisk eggs, milk, butter, flour, sugar, salt and vanilla.
2. Let stand 15 minutes and stir again.
3. Heat a medium size skillet over medium heat and spray skillet with non-stick cooking spray.
4. Using a ladle or small measuring cup, Spoon about 3 tablespoons batter onto the hot pan, tilting it to evenly cover the bottom with a thin coat.
5. Cook evenly until edges turn up and then flip.
6. Serve immediately. Can be served plain, with fresh fruit, preserves or Nutella spread.



Lilly Germer

Matt Lawson – 6th grade

Sweet Meat Bagel

Ingredients:

1. Blueberry bagel
2. 1 ½ tablespoons cream cheese
3. 1 teaspoon honey
4. Sliced turkey

Directions:

1. Open blueberry bagel with a knife.
2. Spread the cream cheese on one side.
3. Drizzle honey on top of the cream cheese.
4. Place 1 or 2 pieces of sliced turkey.
5. Put the top on the bagel.
6. Eat like a sandwich!
7. Yum!

Kasey Landis

Chrissy Helmke – 4th grade class

Tasty Turkey and Cheese

Ingredients:

1. Package of turkey
2. Package of shredded cheese
3. Package of crescent rolls
4. Bottle of poppyseed salad dressing

Directions:

1. Get out all of my ingredients.
2. Unroll my crescent rolls.
3. Put two slices of turkey on my crescent rolls.
4. I put two pinches of cheese on my crescent rolls.
5. Then I roll up my crescent rolls.
6. Then I preheat the oven to 375 degrees.
7. I bake them for 13 – 15 minutes until golden brown.



Isaac Baughman

Matt Lawson – 6th grade

The Fried Egg Sandwich

Ingredients:

1. 1 egg
2. ½ tablespoon butter
3. 2 slices wheat bread
4. 1 slice cheddar cheese, optional
5. 1 slice Canadian bacon, optional
6. Prep time – 5 minutes
7. Cook time – 5 minutes
8. Ready in 10 minutes

Directions:

1. Melt the butter in a skillet and then add one egg. When the egg has just started to cook, break the yolk so that it runs into the white.
2. Salt and pepper to taste.
3. When the egg starts to brown, flip over and cook until firm and starting to brown.
4. Lightly butter the toast and then place the egg on one slice.
5. If desired, add cheese and Canadian bacon. Top with the second slice of bread.
6. Cut sandwich in two halves and serve.

Tula Nicholson

Sadie Brumley – 6th grade

The Great Guacamole

Ingredients:

1. 2 – 3 avocados
2. 1 tablespoon lime juice
3. 3 tablespoons chopped cilantro
4. 3 tablespoons chopped tomato
5. 2 tablespoons diced red onion
6. ½ teaspoon salt
7. Dash of pepper
8. 1 teaspoon cumin

Directions:

1. Chop up avocado, cilantro, tomatoes and mix together in a bowl.
2. Mince red onion and add to bowl.
3. Stir in salt, pepper, cumin and lime juice to mixture.



Shelby Elzea-Flores

Amy Fox-Bailey – 5th grade

Three Ingredient Ice Cream

Ingredients:

1. 2 tablespoons peanut butter
2. 1 teaspoon cocoa powder
3. 2 bananas

Directions:

1. Freeze bananas.
2. Place all ingredients in a blender.
3. Blend.
4. Eat!

Tula Nicholson

Sadie Brumley – 4th grade

Tortilla Pizza

Ingredients:

1. $\frac{1}{2}$ to 1 cup shredded cheddar cheese
2. 1 whole wheat tortilla
3. 1 tablespoon of all natural organic pizza sauce
4. Optional toppings: Olives, mushrooms, pepperoni slices

Directions:

1. Put tortilla on a flat clean surface.
2. Spread pizza sauce equally on tortilla, leaving about $\frac{1}{2}$ – 1 centimeter worth of room around the edge.
3. Sprinkle cheese along the entire surface of the tortilla equally.
4. Put pizza in toaster oven for 3 – 5 minutes at 400 degrees.
5. Optional – Add additional toppings and put in toaster oven for 3 – 5 minutes at 400 degrees.
6. Microwave for 30 seconds for 1 minute or until the cheese is melted.



Tula Nicholson

Sadie Brumley – 6th grade class

Tula's Chicken Taquitos

Ingredients:

1. 4 cooked tortillas
2. 1 can chicken
3. $\frac{1}{2}$ cup sour cream
4. $\frac{1}{2}$ cup softened cream cheese
5. $\frac{1}{2}$ cup chopped cilantro
6. $\frac{1}{3}$ cup salsa
7. 1 $\frac{1}{2}$ teaspoons cumin

Directions:

1. Shred chicken and add to bowl.
2. Add sour cream, cilantro, salsa, and cumin into the bowl with chicken.
3. Soften the cream cheese.
4. Add cream cheese to the bowl.
5. Stir thoroughly.
6. Spread the mixture over the whole cooked tortillas.
7. Put in the oven for 20 minutes and 375 degrees.

Mackenzie Cziske

Debbie Edgbert – 5th grade

Turkey Pinwheels

Ingredients:

1. 1 8-ounce package cream cheese, softened
2. ¼ cup jarred cranberry chutney
3. 6 burrito size flour tortillas
4. 12 red leaf lettuce leaves
5. 1 pound thin sliced smoked turkey
6. 1 seedless cucumber, thinly sliced
7. 3 – 4 tomatoes, thinly sliced
8. Black pepper to taste

Directions:

1. Mix cream cheese and chutney in a food processor until smooth.
2. Add pepper to taste.
3. Spread a thin layer of cream cheese to the edge of each tortilla.
4. Top each with two lettuce leaves.
5. Divide sliced turkey among the tortillas: layer each tortilla equally with cucumber and tomato.
6. Tightly roll up: wrap in damp paper towels and refrigerate several hours.
7. To serve, cut each roll-up into five pieces.





Avery Clark

Kelly Smiley – 5th grade

Turkey Sliders

Ingredients:

Aioli:

1. ½ cup mayonnaise
2. 2 cloves minced garlic
3. ¼ teaspoon coarse sea salt
4. 8 slider buns or dinner rolls
5. 8 thin slices of tomatoes
6. 8 thin slices of red onion
7. 8 small lettuce leaves

Sliders:

1. 1 pound ground turkey
2. 1 tablespoon ketchup
3. 2 teaspoons Dijon mustard
4. ¼ teaspoon salt
5. ¼ teaspoon ground black pepper
6. 8 slices cheddar cheese

Directions:

1. To make the aioli, in a small bowl, whisk together mayonnaise, garlic, and salt until blended.
2. Cover with plastic wrap and refrigerate until you are ready to assemble.
3. To make the sliders, combine the ground turkey, ketchup, mustard, salt and pepper.
4. Using clean hands mix well until combined and then divide the mixture into eight equal pieces. Shape each piece into a patty.
5. Grease a large grill pan with cooking spray. Set the pan over medium high heat. Let the pan heat for three minutes, and then carefully add the patties in a single layer.

6. Cook until browned on the bottoms, about five minutes. Using a wide metal spatula, flip the patties.
7. Place a slice of cheese on each patty and cook until the cheese melts and the patties are cooked to your liking, about five minutes longer.
8. Using the spatula, transfer the patties to a plate. Place the rolls cut side down in the pan and toast until lightly browned, 1 – 4 minutes.
9. Spread the toasted sides of the bottom halves of the rolls with aioli. Top each with a lettuce leaf and slice of tomato. Then top with a patty, cheese side up. Top with the other half of the roll and serve immediately.



Tristan Kean

Carrie Henderson – 6th grade

Twice-Baked Cheese Soufflés

Ingredients:

- | | |
|----------------------------|--|
| 1. 4 ounces cheddar cheese | 5. 1 cup plus 2 tablespoons whole milk |
| 2. 4 eggs, separated | 6. Granulated sugar |
| 3. 4 tablespoon butter | 7. Sage leaf for garnish |
| 4. ½ cup all-purpose flour | |

Directions:

1. Butter 5 5-ounces ramekins. Dust each with sugar and shake out the excess. Clean the top edge of each with your finger. Set aside.
2. In a medium saucepan, melt the butter over medium heat. Add flour to make a roux, cooking while stirring about 3 minutes. Mixture should coat the bottom of the pan.
3. Whisk in the milk a little at a time, bring it back to a boil for three minutes. Remove pan from heat and whisk in the egg yolks and cheese.
4. In a medium bowl, whip the egg whites to medium stiff peaks. Gently fold ½ of them into the cheese mixture. Fold the remainder until just combined and no streaks of whites are visible. Do not over fold the batter or it will deflate the soufflés.
5. Fill the ramekins with the egg mixture to ½ inch from the top, keeping the edges of the ramekins clean.
6. Bake the soufflés at 325 degrees in a water bath for 20 – 25 minutes until golden brown. Try not to open the oven while they are baking.
7. Remove soufflés from the oven and remove from the water bath. Serve immediately in the ramekins.
8. If you would like to hold them for later let them sit 30 minutes to cool. Release them from the ramekins and chill until you are ready to re-heat.
9. Reheat the soufflés in a 350 degrees oven for eight minutes. Serve warm topped with a sage leaf or side salad of greens. You can also serve with roasted pears or apples as a dessert.

Emma Rice & Eva Lambert

Esther Bak – 4th grade

Valentines Special

Ingredients:

1. Any cup
2. $\frac{3}{4}$ cup of granola
3. $\frac{3}{4}$ cup of any type of berry
4. $\frac{3}{4}$ cup of yogurt

Directions:

1. Grab a cup, any size.
2. Use the $\frac{3}{4}$ cup of all ingredients.
3. Layer it, granola, yogurt, and strawberries.
4. Give it to someone.
5. Enjoy!



Maile DeVine

Judy Lawless – 5th grade class

Zucchini Bread

Ingredients:

1. 3 cups all-purpose flour
2. 1 teaspoon salt
3. 1 teaspoon baking soda
4. 1 teaspoon baking powder
5. 3 teaspoons ground cinnamon
6. 3 eggs
7. 1 cup vegetable oil
8. 2 ¼ cups white sugar
9. 3 teaspoons vanilla extract
10. 2 cups grated zucchini

Directions:

1. Line cupcake tray with cupcake liners.
2. Preheat oven to 325 degrees.
3. Sift flour, salt, baking powder, soda, and cinnamon into a bowl.
4. Beat eggs, oil, vanilla and sugar in a separate bowl.
5. Add dry ingredients to the egg mixture and combine well.
6. Stir in grated zucchini until well combined with batter.
7. Pour batter into cupcake tray.
8. Bake for 20 – 27 minutes or until a toothpick inserted in the center comes out clean.
9. Let cool completely.

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

Tom Laufmann
Executive Director of Business Services

David Johnston
Snohomish School District School Board

Dr. Kent Kultgen
Snohomish School District Superintendent

Josh Seek
Snohomish School District School Board

Chartwells Food Service
Department Event Staff

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