



Future Chefs Challenge 2014-2015 Recipe Book

Snohomish School District Food Service Department



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Making every day a better day

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Revy Roberts

5th Grade – Janice Craig

2 Fruit Smoothie

Ingredients

- 1 cup milk
- ½ banana
- 1 cup frozen blueberries/strawberry mix
- 1 tablespoon Nutella

Directions

1. Put milk in.
2. Put the ½ banana in.
3. Put the frozen berries mix in blender.
4. Add the Nutella in the blender.
5. Put ice in the blender.
6. Blend it and pour in cup.
7. Enjoy!

Anna McPherson

4th Grade – Linda Varner/Becky Bruscas

Anna's Salami Snacks

Ingredients

- ½ teaspoon garlic powder
- ½ teaspoon Italian seasoning
- ½ teaspoon steak seasoning
- ½ teaspoon chili powder
- 20 salami or pepperoni slices
- 1 cup mozzarella cheese
- 20 toothpicks

Directions

1. Mix all the spices listed above in a bowl.
2. Lay 1 flat piece of salami down.
3. Scoop some mozzarella cheese and place it on top of the salami.
4. Sprinkle a pinch of the seasoning mix on top of the salami, roll it up then add a tooth pick.
5. Repeat steps 2 – 4 until you have the desired amount.



Alexis George

5th Grade – Sadie Brumley

Ants On A Log

Ingredients

- Celery or long pretzel logs
- Peanut butter (creamy or chunky)
- Dried raisins or raisins

Directions

1. Take your celery or pretzel log and cover the top in peanut butter with your spreading knife. You can use as much or as little peanut butter on this as you would like.
2. Put your raisins or raisins on top of the peanut butter like ants crawling on a log.
3. Enjoy!

Libby Schneider

5th Grade – Amy Fox-Bailey

Ants On Log

Ingredients

- 1 celery stick
- 2 teaspoons peanut butter
- 2 raisins

Directions

1. Cut leaves off the celery stick.
2. Put peanut butter in it.
3. Put raisins on it.
4. Eat it.



Athena Munguia

5th Grade – Linda Varner/Becky Bruscas

Apple and Blackberry Skillet Cake (Gluten Free and Dairy Free)

Ingredients

- 3 sweet apples
- 100 grams blackberries
- 1 tablespoons coconut sugar
- 1 knob of coconut oil
- ½ teaspoon cinnamon
- ¼ teaspoon cardamom
- ⅛ teaspoon cloves
- ⅛ teaspoon ground ginger

Batter

- ¾ cup almond flour
- 2 tablespoons coconut sugar
- ½ teaspoons ground vanilla
- ½ teaspoons vanilla
- ½ teaspoons baking powder
- Pinch of salt
- 1 tablespoons melted coconut oil
- 1 egg (whisked)
- ⅓ cup full fat coconut milk

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Cut apples into bite size chunks.
3. Melt butter and coconut sugar on high heat add apples and spices, sauté for 5 minutes.
4. Mix almond flour with vanilla, coconut sugar and baking powder.
5. Stir in egg, coconut oil and coconut milk.
6. Place the blackberries among the apples in the skillet pour the batter on top of the fruit. Bake for 15 – 20 minutes.

Parker Lastala

4th Grade – Breannon Dormaier

Apple Coleslaw

Ingredients

- 4 green apples
- ½ cup mayonnaise
- 1 teaspoon cinnamon

Directions

1. Chop up your apples in strips.
2. Put them in a bowl.
3. Put ½ of cup mayonnaise in mix.
4. Put 1 teaspoon of cinnamon in the mix.





Marlee Boggan

4th Grade – Kathryn Dallas

Apple Critters

Ingredients

- 2 apples
- Honey
- Raisins

Directions

1. Cut the 2 apples in half.
2. Spread the honey on the apples.
3. Then put the raisins on the shape of a smiley face.

Anne Niemela

6th grade – Tracie Martin

Apple Dip with Fruit

Ingredients

- 4 ounces cream cheese
- $\frac{1}{4}$ cup brown sugar
- 1 teaspoon vanilla
- 1 large honey crisp apple

Directions

1. Warm cream cheese and brown sugar in the microwave for 30 seconds. Add vanilla and stir.
2. Serve dip with apple slices.



Jordyn Gribble

4th Grade – Carlene Vaule

Apple Slices with Homemade Peanut Butter

Ingredients

- 2 cups shelled salted peanuts
- 2 tablespoons cooking oil
- Apple
- ½ teaspoon salt

Directions

1. Put the peanuts in the food processor with the oil and salt.
2. Turn the machine on and let it run, until you have peanut butter. Scrape the peanut butter out of the processor and put it in a small bowl.
3. On the cutting board, with a sharp knife, cut the apples in to thick slices.



Avery Brumley

4th Grade – Sadie Brumley

Arroz Con Leche

Ingredients

- 1 ½ cups water
- ½ cup uncooked long grain rice
- 1 cinnamon stick (3 inches)
- 1 cup sweetened condensed milk
- 3 tablespoons raisins

Directions

1. In a small saucepan, combine the water, rice and cinnamon. Bring to a boil. Reduce heat; simmer, uncovered, for 15 – 20 minutes or until water is absorbed.
2. Stir in milk, and raisins. Bring to a boil. Reduce; simmer, uncovered, for 10 – 15 minutes or until thick and creamy, stirring frequently. Discard cinnamon.
3. Serve warm or cold.





Megan Robinson

4th Grade – Katie Wilson

Asian Style Wonton Cups

Ingredients

- 24 square wonton wrappers
- 1 can (5 ounces) chunk white chicken, drained and flaked
- ½ cup fat free mayo
- 1 8-ounce can sliced water chestnuts, drained and chopped
- ¼ cup grated carrot
- 1 green onion, sliced thin, green and white parts
- 1 tablespoon fresh snipped parsley
- Teriyaki sauce – bottled

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Press one wonton wrapper into each muffin cup and lightly spray with vegetable oil.
3. Bake 8 – 10 minutes or until edges are light and golden brown, remove from pan and let cool.
4. In a bowl combine chicken, mayo, carrot, water chestnuts, green onion and parsley. Mix well.
5. Using a spoon or small scoop, fill each wonton cup with chicken mixture.
6. Garnish with a drizzle of teriyaki sauce and additional sprinkle of parsley if desired.
7. Eat and enjoy!

Madelyn Pings

6th Grade – Matt Lawson

Baked Apple Pie Egg Rolls

Ingredients

Apple Filling

- $\frac{1}{8}$ teaspoon cloves
- 2 teaspoon cornstarch
- $\frac{1}{4}$ teaspoon vanilla extract
- 2 cups apples, peeled and diced
- $\frac{1}{2}$ cup water
- 2 teaspoon lemon juice
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg

Egg Rolls

- 8 egg roll wrappers
- $\frac{1}{2}$ tablespoons butter, melted
- 1 tablespoons granulated sugar
- $\frac{1}{4}$ teaspoon cinnamon

Cinnamon Whip Cream

- $\frac{1}{2}$ cup whipping cream
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon vanilla extract
- 1 tablespoons powdered sugar



Directions

1. Preheat oven to 375 degrees Fahrenheit line a baking sheet with parchment paper and spray it with cooking spray.
2. In a medium sized saucepan over medium high heat add all of the apple filling ingredients except the vanilla and stir together.
3. Cook the apples for 3 – 4 minutes until the mixture has thickened.
4. Once the apple filling has thickened turn the heat down to medium low, cover with a lid and cook for another 6 – 8 minutes until the apples have softened slightly.
5. Remove the filling from the heat and stir in the vanilla extract.
6. Take one egg roll wrapper, lay it out on a clean, dry cutting board and brush water around each edge. Spoon about 1 ½ to 2 tablespoons of the apple filling into the upper half of the wrapper, leaving a border.
7. Fold in the sides and roll up the egg roll tightly.
8. Place the egg rolls on the prepared baking sheet, seam side down and repeat until all the filling is gone.
9. Bake for 12 – 15 minutes then brush each egg roll with melted butter and sprinkle with cinnamon sugar. Bake for 5 more minutes then remove from the oven
10. Cool for 5 – 10 minutes before serving with the cinnamon whipped cream

Cinnamon Whipped Cream

11. In the bowl of a stand mixer with the whisk attachment, whisk the ½ cup of whipping cream on high until soft peaks form.
12. Turn the mixer off and add in the cinnamon, vanilla, and powdered sugar.
13. Continue to whisk the whipped cream on high speed until stiff peaks form.

Notes:

When assembling the egg rolls be sure to keep the wrappers covered with a damp paper towel as they dry out quickly. Don't overfill the egg rolls or they will split in the oven.

Athena Munguia

5th Grade – Linda Varner/Becky Bruscus

Baked Chocolate Donuts (Gluten free and Dairy Free)

Ingredients

- $\frac{3}{4}$ cup almond flour
- $\frac{1}{4}$ cup unsweetened dark cocoa powder
- Pinch of salt
- 3 eggs (separated)
- 3 tablespoons coconut oil
- 3 tablespoons honey
- $\frac{1}{4}$ teaspoons vanilla extract

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl combine almond flour, cocoa powder, baking powder and salt.
3. Separate eggs and combine yolks with remaining wet ingredients.
4. Add wet ingredients to dry ingredients and stir until combined.
5. Beat egg whites with a hand held mixer until light and fluffy.
6. Fold egg whites into batter until just combined.
7. Pour batter in to donut pans.
8. Bake for 12 – 15 minutes.





Olivia Smith

6th Grade – Joe Vaule

Balsamic Veggies

Ingredients

- 1 egg scrambled
- ½ onion
- ½ cup peppers
- ½ cup ham
- ½ cup potato
- 3 teaspoons balsamic vinegar

Directions

1. Grab a pan and put pan spray in it.
2. Then turn the stove on high. While it is heating up cut the onions, peppers, ham, and potato into tiny square pieces.
3. Then put them in the pan and let it simmer.
4. Then grab another pan and spray it. Then put the egg in and make them scrambled. It should be medium.
5. Last, put in the other ingredients together and put on the balsamic vinegar.

Olivia Lewis

4th Grade – Cheryl Hastings

Banana Peanut Butter Roll Up

Ingredients

- Small banana
- $\frac{1}{3}$ cup peanut butter
- 7 inch tortilla
- 1 cut-up apple

Directions

1. Put peeled banana into a bowl mash it with a fork.
2. Add peanut butter to banana and spread mixture over tortilla.
3. Chop apple into bite size pieces sprinkle over peanut butter on tortilla.
4. Roll up cut into half and enjoy.





Jonah Urie

4th Grade – Dawn Cort

Bananas Pancake Sammies

Ingredients

- 1 banana
- Pancake mix (just add water type)
- Peanut butter
- Cooking spray oil

Directions

1. Prepare small recipe of pancake mix.
2. Spray griddle or frying pan with the nonstick cooking spray oil.
3. Heat pan to medium.
4. Slice bananas (not too thin) and place 3 slices in a small triangle in pan (repeat 3 more slices) not too close to the other grouping.
5. Spoon a little batter over each group of bananas to make 2 pancakes about 3 inches in diameter with bananas in them.
6. Flip pancakes when nicely set and golden brown.
7. When both sides are cooked, place pancakes on a plate.
8. Cool slightly before spreading a layer of peanut butter on one pancake and cover it with the other.

Libby Schneider

5th Grade – Amy Fox-Bailey

Beef Stroganoff

Ingredients

- 1 ½ cups of rice
- 1 pound lean ground beef
- 1 16-ounce container of sour cream
- 1 can cream of mushroom soup

Directions

1. Cook rice.
2. Cook ground beef.
3. Add sour cream and soup to beef.
4. Mix it all together.
5. Serve beef and sauce over rice.
6. Option, add soy sauce.



Naomi Fifita

6th Grade – Sandra Krause-Ayers

“Berry” Yummy Smoothie

Ingredients

- 1 medium banana (peeled)
- ½ cup Greek yogurt
- 1 cup of mixed, frozen berries
- ¾ cup pineapple juice

Directions

1. Place all ingredients into the blender. Secure lid, and blend till smooth.
2. Divide drink into glasses, enjoy with a straw!

Brendan Cross

4th Grade – Peggy Panko

The Big Bang Wrap

Ingredients

- 1 soft tortilla – taco sized
- 2 tablespoons light cream cheese
- 1 teaspoons raspberry fruit spread
- 3 slices turkey breast
- 10 – 11 leaves baby spinach

Directions

1. Place tortilla on a cutting board.
2. Spread cream cheese evenly on tortilla.
3. Spread raspberry fruit spread on cream cheese evenly.
4. Fold turkey slices in half (lengthwise) and place on tortilla, covering tortilla and the spread.
5. Place spinach evenly on top of turkey.
6. Roll, as tight as possible.
7. Cut in half and enjoy.



Cyrus Nelson

4th Grade – Dawn Cort

Blueberry Breakfast Cookies

Ingredients

- 1 package muffin mix
- $\frac{3}{4}$ cup quick cooking oats
- $\frac{1}{2}$ cup chopped almonds
- $\frac{1}{4}$ cup dried cranberries
- $\frac{1}{2}$ cup (1 stick) unsalted butter, softened
- 1 egg
- 1 can blueberries (or fresh)

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Stir ingredients together form cookies.
3. Place 2 inches apart.
4. Bake 9 to 11 minutes.

Lucy Kelso

5th Grade – Mildred Wolf

Blueberry Fruit Smoothie

Ingredients

- ½ cup vanilla yogurt
- ½ cup fresh or frozen blueberries
- ½ cup chopped, peeled fresh peaches or frozen unsweetened sliced peaches
- ½ cup pineapple juice

Directions

1. In a blender, combine all ingredients, cover and process until smooth. Pour into chilled glasses, serve immediately
2. Makes 3 servings.



Marcus Rodriguez

6th Grade – Molly Ahrens

Buffalo Chicken Pizza

Ingredients

- 6 inch pita bread
- 2 tablespoons ranch dressing
- 2 tablespoons Frank's Red Hot Sauce
- ¼ cup chicken strips
- 1 cup mozzarella cheese

Directions

1. Pre-heat oven to 425 degrees Fahrenheit.
2. Spread ranch dressing over pita bread evenly.
3. Place chicken strips over it.
4. 1 tbsp. of hot sauce over the chicken.
5. Sprinkle the cheese.
6. Use rest of hot sauce over everything.
7. Bake for 20 minutes.

Ella Fleming-Byrne

4th Grade – Julie Winter

Cheese and Black Beans Quesadilla

Ingredients

- One eight inch flour tortilla
- ½ cup shredded cheese
- 3 tablespoons of canned seasoned black beans
- Salsa, guacamole or sour cream garnish (optional)

Directions

1. Preheat a large pan over medium heat.
2. Take tortilla fold it in half, crease it, than unfold it. Now you know where to stop spreading cheese and black beans.
3. Spread the shredded cheese evenly across one-half of the tortilla.
4. Now do the same with the black beans.
5. Place the filled tortilla gently in the dry heated pan and toast each side of the tortilla until light brown.
6. Serve with salsa, guacamole or sour cream if you would like.



Caitlyn Robbins

4th Grade – Jamie Roesler

Cheesy Roll Up

Ingredients

- Flour tortilla – soft taco size
- $\frac{2}{3}$ cups of colby jack cheese

Directions

1. Put tortilla on microwave-safe plate.
2. Put $\frac{2}{3}$ cup of cheese on tortilla and spread out.
3. Microwave the tortilla for 45 seconds.
4. Allow it to cool for a couple of seconds then gently roll, then enjoy.
5. Tip: Add your favorite lunch meat.

Tula Nicholson

4th Grade – Sadie Brumley

Cherry Bomb Smoothie

Ingredients

- 1 ½ cups frozen cherries
- 1 cup packed organic deep green blends
(includes kale, chard and spinach)
- 1 banana
- ½ cups frozen blueberries
- ½ cups frozen raspberries
- 1 heaping tablespoon of orange juice concentrate
- 4 cups water

Directions

1. Put all ingredients in a blender.
2. Blend together.
3. Pour into cups.
4. Drink slowly so you don't get a brain freeze!



Nathan Pings

4th Grade – David Martinson

Chewy Oatmeal Coconut Brown Sugar Cookies

Ingredients

- ½ cup unsalted butter, melted
- 1 cup light brown sugar
- 2 tablespoons honey
- 2 tablespoons maple syrup
- 1 cup all-purpose flour
- 1 cup old fashioned whole rolled oats
- Heaping ¾ cup sweetened shredded coconut
- Pinch of salt
- 2 tablespoons boiling water
- 1 teaspoon baking soda

Directions

1. In large microwave-safe bowl melt the butter, about 1 minute.
2. Add the brown sugar, honey, maple syrup and stir to combine.
3. Add the flour, oats, coconut, salt and stir to combine, set aside.
4. In a small microwave-safe bowl add the water and heat on high to boil, about 1 minute.
5. Slowly and very carefully add the baking soda to the water. Use caution because it will bubble up vigorously. Stir to dissolve the baking soda.
6. Pour water, baking soda mixture over dough and stir to combine. Dough will look like streusel topping, fluffy and loose but when squeezed together, compacts to form dough.
7. Using a medium 2-inch cookie scoop, form heaping two tablespoon mounds. Place mounds on a cookie sheet that has been lined or sprayed. Flatten mounds about halfway with your palm, cover with plastic wrap and refrigerate till chilled.
8. Preheat oven to 350 degrees Fahrenheit. Bake for about 9 minutes or until edges have set and will be just brown. Do not bake any longer than 9 – 10 minutes or cookies will get hard.
9. Store cookies in airtight container at room temperature.

Eat right!

Alex Davis

6th Grade – Sandra Krause-Ayers

Chicken Avocado Salad

Ingredients

- 1 avocado
- ½ lime
- Pinch salt
- Can chicken broth
- 1 boneless skinless chicken breast
- 1 ½ tablespoons sour cream
- 1 tablespoon finely chopped red onion

Directions

1. Poach chicken in small saucepan with lid in chicken broth
2. Cut avocado in half long way. Remove pit.
3. Shred cooked chicken in bowl and add onions, lime, salt, sour cream
4. Put in avocado and enjoy!



Rafaele Squadrito

5th Grade – Nick Movius

Chicken Pita Pockets

Ingredients

- 1 small cucumber
- 2 chopped spring onions
- 3 tomatoes
- 1 cucumber
- 2 tablespoons olive oil
- Small bunch of parsley, finely chopped
- Small bunch of mint, finely chopped
- ½ lemon rinsed and finely chopped
- 3 – 4 tablespoons tahini
- Juice of one lemon
- Garlic cloves, crushed
- 6 pita breads
- Salt and ground pepper
- 2 roast chicken breast filet

Directions

1. Peel away the cucumber skin, cut the tomatoes into quarters and scoop out the seeds with a teaspoon. Chop the tomato flesh into chunks and put in a large mixing bowl.
2. Add the cucumbers and the spring onions, stir in the oil, parsley, mint and lemon. Season with salt and pepper.
3. In a second bowl, mix tahini with the lemon juice. Beat in garlic with a fork and season to taste. Ask an adult to preheat the grill to hot.
4. Lightly toast the pita breads well away from the heat until they puff up.
5. Open the breads and stuff them lightly with the chicken and salad. Drizzle a generous amount of tahini sauce into each one. Serve with any extra salad.

Tim Scheldt

5th Grade – Janice Craig

Chocolate Filled Donuts

Ingredients

- ½ cup melted chocolate
- ½ cup flour
- ½ cup yeast
- 2 cups sugar

Directions

1. Put the yeast and flour and mix them.
2. Mix with sugar get the dough poke a hole in it then squirt the chocolate.
3. Put in the fryer.
4. Then it's ready.



Sarah Campfield

6th Grade – Tracy Wolfington

Cinnamon Sticks

Ingredients

- 1 tablespoon melted butter
- ½ cup softened cream cheese
- 1 tablespoon cinnamon
- 2 tablespoons sugar
- Refrigerated breadstick dough

Directions

1. Beat ½ cup of softened cream cheese with a mixture of 1 tablespoon cinnamon and 2 tablespoons sugar until smooth. Spread onto sticks of refrigerated bread stick dough. Twist and stretch into 12 inch sticks and bake as the dough label directs (350 degrees Fahrenheit).
2. Brush with melted butter.
3. Yum!

Rafaele Squadrito

5th Grade – Nick Movius

Colorful Chicken Kabobs

Ingredients

- Easy cook long grain rice
- Ground turmeric 5 ml
- ½ green bell pepper
- ½ orange bell pepper
- 4 button white mushrooms
- 4 baby corn
- 4 cherry tomatoes
- Chicken breast fillet cut in to thin strips
- Salad dressing 64 ml

Directions

1. Put the wooden skewers in a dish of cold water for 30 minutes so they won't burn.
2. Put the rice and turmeric in a large pan covered with boiling water and bring to a boil. Reduce the heat slightly and simmer for 15 minutes until tender.
3. Ask an adult to preheat the grill .
4. Drain the rice and return to pan, cover.
5. Place the peppers on a chopping board and cut in half, cut out the seeds and membranes, then cut in chunks. Do the same with the mushrooms.
6. Thread a tomato on each skewer, then a piece of chicken, some of the peppers, mushrooms and corn. Continue until all the skewers are full.
7. Spoon a little dressing over the skewers and grill for 5 minutes, then turn and grill another 5 minutes until the chicken is cooked.
8. Divide the rice on the serving plates and place the skewers on top.



Avery Brumley

4th Grade – Sadie Brumley

Cupid Clusters

Ingredients

- 3 cups yogurt-burst Cheerios or similar whole-grain cereal
- ½ cup chopped dried strawberries
- 1 ½ cups white chocolate chips

Directions

1. Place paper liners in 24 mini muffin cups. Toss the whole grain cereal and chopped dried strawberries in a medium bowl. Melt the white chocolate in a microwave on high for a minute, stirring it frequently. Combine with the cereal and strawberry mixture.
2. Spoon into prepared cups and refrigerate until the clusters are firm, about 5 minutes.

Kadynce Long

5th Grade – Jennifer Morrell

Dads Famous Chili

Ingredients

- 2 pounds ground beef
- 12 ounces tomato paste
- 2 29-ounce tomato sauce
- 1 29-ounce kidney beans
- 1 29-ounce pinto beans
- 1 cup diced onion
- ¼ cup celery chopped
- ½ cup diced chilies
- 1 29-ounce diced tomato
- 2 teaspoons cumin powder
- 3 tablespoons chili powder
- ½ teaspoon black pepper
- 2 cups water

Directions

1. Brown ground beef-drain.
2. Sauté celery and onions in beef fat remaining in pan.
3. Combine all ingredients in a pot.
4. Cook for two hours-minimum!
5. Or pressure cook for 20 minutes!



Dimitrius Smith

5th Grade – Kelly Smiley

Dimitri's Awesome Cookies

*I have been on a Gluten Free and Casein Free diet for nine years. That means I cannot eat any foods containing wheat (gluten) or milk (casein) products. These cookies cover major products people are allergic too. They are gluten free, dairy-free, egg-free, soy-free, vegan and vegetarian.

Ingredients

- ½ cup coconut oil
- 2 cups sugar
- ½ cup So Delicious Dairy Free Original Almond Plus Almond Milk
- ½ cup cocoa powder
- ½ cup creamy peanut butter(can substitute sunflower seed butter for peanut butter for peanut allergy)
- 3 ½ cups quick-cooking oats(use certified gluten free, if needed)
- 2 teaspoons vanilla

Directions

1. Add the first four ingredients into a 4-quart saucepan.
2. Bring to a rolling boil and hold for 1 minute.
3. Remove from heat.
4. Stir in the next 3 ingredients and drop by tablespoons on to wax paper.
5. Let cool until set.
6. Enjoy!

Ethan Hasiak

6th Grade – Stephanie Sanchez

Ethan's Meaty Pasta

Ingredients

- 1 can tomato sauce
- 1 can tomato soup
- 1 pound ground Italian sausage
- ½ package pepperoni
- 1 teaspoon basil, thyme, rosemary, oregano, cinnamon
- 3 tablespoons garlic powder
- 1 package bowtie noodles

Directions

1. Medium heat, brown meat-add sauce and spices.
2. Simmer at least 1 hour.
3. Boil water in a pot, add noodles and boil till tender then drain.
4. Put sauce in noodles.





Olivia Coleman

4th Grade – Kathryn Dallas

French Toast Rollups

Ingredients

- 8 slices white sandwich bread (the soft fluffy type)
- 2 eggs
- 3 tablespoons milk
- $\frac{1}{3}$ cup granulated sugar
- 1 heaping teaspoon ground cinnamon
- Butter for greasing the pan
- Maple syrup for serving

Directions

1. Trim the crust from the bread and flatten it out with a rolling pin.
2. Place about a teaspoon or 2 of your chosen filling an inch from one end of the bread spread out in a strip. Roll the bread up and repeat until they're all filled.
3. In a shallow bowl whisk the eggs and milk until well combined.
4. In a separate bowl mix the sugar with the cinnamon.
5. In a skillet set over medium heat melt a tablespoon of butter.
6. Add the rolls to the egg turning to coat on all sides then place them in the pan seam side down. Cook in batches until golden brown, turning them to cook and brown on all sides. Add butter to the pan as needed. Add the hot rolls from the pan to the cinnamon sugar and roll until completely covered in sugar.
7. Serve with maple syrup for dunking.



Jules Braile

5th Grade – Heather Lee

Frozen Fruit and Yogurt Roll Ups

Ingredients

- 10 flour tortillas
- 1 ½ cups vanilla yogurt
- Frozen berries
- ½ cup of sugar
- 1 tablespoon cinnamon
- Spray butter

Directions

1. Mix cinnamon and sugar on large plate. Spray one side of flour tortilla with butter, covering the entire surface, then place butter side down with cinnamon and sugar. Press down and move around, coating one side of tortilla in cinnamon and sugar.
2. Next, place tortilla, sugar side down on another plate, spread about ⅛ of yogurt in a strip left of the center. Add frozen berries (blueberries, strawberries, cut up and blackberries)
3. Roll tortilla tight and place on a large cookie sheet.
4. Repeat steps 1 and 2 until all 10 are done.



Hunter Flores

6th Grade – Cory Rogers

Fruit and Yogurt Cups

Ingredients

- 12 egg roll wraps
- 3 tablespoons melted butter (may not use all)
- $\frac{1}{4}$ cup sugar mixed with cinnamon to taste
- 1 $\frac{1}{2}$ cup Tillamook vanilla bean (or other favorite yogurt)
- 1 $\frac{1}{2}$ cup chopped strawberries and blueberries
(may substitute other fruits)

Directions

1. Brush melted butter on one side of egg roll wrap.
2. Sprinkle with cinnamon sugar mixture. Press in.
3. Press wrap (buttered side up) into ungreased regular sized muffin pan.
4. Bake at 350 degrees Fahrenheit for 10 – 12 minutes.
Until golden brown. Cool Completely
5. Fill each cup with 2 tablespoons yogurt and top with 2 tablespoons fruit.

Alana Flores

5th Grade – Sue Koch

Fruit Spring Rolls w/Vanilla Lime Honey Dipping Sauce

Ingredients

- 12 rice paper wraps
- 1 – 2 mangos, cut into matchsticks
- 2 firm bananas, chopped
- 1 ½ cup strawberries, chopped
- 1 ½ cup blueberries
- Bunch of fresh mint

Dipping sauce

- ⅓ cup honey
- ¼ tablespoon vanilla extract
- Zest of one lime
- Combine in bowl and mix

Directions

1. Fill a large bowl with warm water.
2. Dip one end of rice paper in and spin like a steering wheel to wet quickly.
3. Place wrap on plate.
4. Place mango matchsticks in middle of paper.
5. Place about 1 tablespoon each of remaining fruit.
6. Add mint.
7. Fold one end over fruit.
8. Tuck in sides and roll closed.
9. Leave whole or cut in half on diagonal to serve.
10. Serve with dipping sauce.



Sarah Campfield

6th Grade – Tracy Wolfington

Fruitie Smoothie

Ingredients

- 1 cup vanilla yogurt
- 1 tablespoon ground flaxseed
- ¼ cup crushed ice
- ¼ cup water
- ½ banana
- 1 cup frozen blueberries
- 1 cup fresh spinach
- ¼ cup orange juice

Directions

5. Puree all ingredients in blender until smooth.
6. Make 1 large smoothie.
7. Yum!

Sierra Novy

5th Grade – Janice Craig

Garlic Pretzels

Ingredients

- 27-ounce bag of bite sized pretzels
- 2 tablespoons Worcestershire sauce
- 1 cup melted butter
- 1 ½ teaspoons garlic powder(more may be added for more garlicky flavor)

Directions

1. Preheat oven to 250 degrees Fahrenheit.
2. Mix Worcestershire sauce, butter and garlic powder.
3. Pour over pretzels and mix well.
4. Spread on a baking sheet in a single layer.
5. Bake for 1 hour, stirring every 15 minutes.



Adie Stratton

5th Grade – Lori Cordova

Golden Apple Delight

Ingredients

- 2 granny smith apples, cut into thin slices
- 2 pink lady or Rome apples cut into thin slices
- ½ cup orange juice
- ¼ cup honey
- 2 tablespoons apricot preserves
- ¼ teaspoon cinnamon

Directions

1. Combine apple slices and orange juice in a large skillet; bring to a boil over high heat.
2. Stir honey and apricot preserves into apple mixture; reduce heat, and simmer uncovered, 4 to 5 minutes until apple is tender.
3. Sprinkle with cinnamon.
4. Enjoy!

Avery Brumley

4th Grade – Sadie Brumley

Golden Honey Banana Sandwich

Ingredients

- 2 tablespoons of peanut butter
- 2 teaspoons of honey
- 1 slice of whole grain bread
- 1 banana

Directions

1. Toast 1 slice of whole grain bread.
2. Put 2 tablespoons of peanut butter on the toasted bread.
3. Put 2 teaspoons of honey on the peanut butter, cut banana in to 12 slices and place them on the toast.
4. Enjoy!



Nate Franklin

6th Grade – Katherine Moore

Grandma's Banana Bread

Ingredients

- 1 cup sour cream
- 1 ½ cup sugar
- 2 eggs
- ½ teaspoon salt
- 1 teaspoon baking soda
- 2 cups flour
- 2 – 3 ripe bananas – mashed
- 1 teaspoon vanilla extract, canola cooking oil spray

Directions

1. Mix all ingredients in a bowl.
2. Pre heat oven to 350 degrees Fahrenheit.
3. Spray a 9 x 5 inch pan with cooking spray.
4. Add all ingredients to pan.
5. Bake at 350 degrees for 50 to 60 minutes.
6. Check bread's doneness with a toothpick. If it does not come out clean, bake an additional 5 minutes.

Jaymeson Nelson

4th Grade – Jamie Roesler

Grandma's Go Green Smoothie

Ingredients

- 2 cups spinach
- 1 Banana
- 1 cup Pineapple chunks
- ½ cup apple juice
- 2 cups ice
- Drizzle agave
- 1 teaspoon chia seeds

Directions

1. Place items in the blender in this order:
 - Spinach
 - Chia seeds
 - Apple juice
 - Pineapple
 - Banana
 - Agave
 - Ice
2. Blend on high for 30 – 40 seconds.
3. Pour into a cup and garnish with pineapple chunks.





Sam Doney

4th Grade – Sadie Brumley

Granola Bites

Ingredients

- 1 cup oats
- $\frac{1}{3}$ cup honey
- $\frac{2}{3}$ cup of toasted shredded coconut
- 1 teaspoon vanilla
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup of mini chocolate chips

Directions

1. Combine all ingredients in a large bowl.
2. Roll the mixture into 1-inch balls.
3. Refrigerate a few minutes then transfer to an air tight container.

Ethan Hasiak

6th Grade – Stephanie Sanchez

Greek Pizza

Ingredients

- 2 slices naan bread
- ½ cup shredded Italian cheese
- 2 tablespoons olive oil

Toppings optional

- 1 tomato
- 1 avocado
- 2 tablespoons cilantro
- 8 ounces Italian sausage
- 2 large mushrooms
- 2 tablespoons finely chopped onion

Directions

1. Spread olive oil on bread then add cheese and toppings.
2. Then bake at 400 degrees Fahrenheit for 9 minutes.



Rafaele Squadrito

5th Grade – Nick Movius

Ham and Pineapple Pizza

Ingredients

- 2 small baguettes
- 75 grams sliced cooked ham
- Canned pineapple, rinsed and drained
- ½ small green bell pepper, seeded
- 75 gram sharp cheddar cheese
- 4 or 5 fresh tomatoes, chopped
- Small can tomato puree
- Olive oil
- 1 onion finely chopped
- 2 Garlic cloves, finely chopped
- 15 ml fresh chopped mixed herbs
- Pinch of sugar
- Salt and ground pepper

Directions

1. Heat the oil in a pan. Add the onion and garlic and fry 5 minutes until softened.
2. Add the tomatoes, tomato puree, herbs, sugar and seasoning, stir.
3. Bring the mixture up to boil, reduce heat slightly and simmer uncovered, stirring often for 10 minutes until tomatoes have reduced to a thick pulp. Remove from heat.
4. Preheat oven to 350 degrees Fahrenheit.
5. Cut the baguettes in half lengths with a serrated knife.
6. Place on a baking sheet, bake in the oven for 5 minutes until they begin to crisp.
7. Ask an adult to remove them from the oven and spread the cooled tomato mixture over the baguettes.
8. With adult supervision cut the ham into strips, chop the pineapple, and peppers on the baguettes.
9. Grate the cheddar and spoon on top.
10. Bake for 10 minutes until they are crisp and golden.



Lilly Shelton

5th Grade – Julie Blue

Healthy Gluten Free Zucchini Muffins

Ingredients

- 3 ¼ cups grated zucchini.
- ½ cup gluten free flour
- ¾ teaspoon xanthan gum
- ⅔ cup gluten free oat flour
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 2 teaspoon cinnamon
- ½ teaspoon kosher salt
- ½ cup brown sugar
- ½ cup virgin coconut oil, heated and cooled
- 4 eggs room temperature
- ½ cup buttermilk

Directions

1. Preheat oven 350 degrees Fahrenheit.
2. 24 cup muffin tin (set aside).
3. Grate zucchini, set aside. In a large bowl place all purpose flour, xanthan gum, oat flour baking soda, baking powder, salt and cinnamon, and combine well. Add brown sugar and combine again. Add grated zucchini and combine break up any clumps. Create a well in the center, add the coconut oil, eggs, and buttermilk.
4. Combine after each addition. The batter will be thick and stiff.
5. Fill muffin tins about ⅔ of the way full.
6. Place on center rack of oven and bake for 20 minutes until a toothpick inserted in to center comes out clean.
7. Remove from oven and allow to cool at least 5 minutes before transferring to wire rack to cool completely.
8. Enjoy!



Susan Sorn

6th Grade – Kathy McDonald

Homeade Strawberry Parfait

Ingredients

- ½ cup plain yogurt
- Blender
- Strawberries
- Couple of blueberries
- Couple of raspberries
- Handful granola
- Toppings

Directions

1. First grab all your ingredients.
2. Next, cut stem off of washed strawberry and smash with fork till it forms a paste consistency.
3. Then put yogurt and smashed strawberries in a blender, and blend.
4. Finally, put your yogurt into a glass cup in a pattern such as yogurt, granola, and fruit.
5. Enjoy!

Sierra Novy

5th Grade – Janice Craig

Honey Roasted Nuts and Fruit

Ingredients

- Cooking spray
- 1 teaspoon butter
- ¼ cup honey
- ¼ cup slivered almonds
- ¼ cup chopped hazelnuts
- ¼ cup chopped pecans
- ¼ cup sunflower
- Dash of ground cinnamon
- 1 cup of raisins

Directions

1. Line a baking sheet with parchment paper or foil: coat with cooking spray
2. Heat butter in a large nonstick skillet over medium high heat 8 minutes. Stir in raisins. Immediately spread onto a prepared baking sheet and cool completely.
3. Note: lining the baking sheet with parchment paper or foil and then coating it with cook fruit from sticking to the pan. It also makes cleanup a cinch.





Sierra Novy

5th Grade – Janice Craig

Hot Pink Smoothie

Ingredients

- 1 cup frozen unsweetened raspberries
- 1 cup frozen unsweetened strawberries
- 1 cup orange juice
- ½ cup plain 2% greek yogurt
- 2 tablespoons syrup
-

Directions

1. Place all ingredients in blender and process until smooth.



Kelly Robinson

4th Grade – Mary Smith

Hummus and Veggie Rounds

Ingredients

- 1 can refrigerated dinner rolls
- 1 lemon-zest
- Black olives slice or chopped – small can
- 1 container (7 – 8 ounces) original hummus spread
- Cucumber, seeded and chopped
- ¼ cup sour cream (fat free)
- 1 garlic clove pressed
- Diced red onion
- Plum tomatoes seed and chopped
- ¼ cup crumbled feta cheese
- Salt and pepper to taste

Directions

1. Heat oven to 350 degrees Fahrenheit.
2. Lightly grease cookie sheet with cooking spray.
3. Separate dough – press rolls into to 4 ½-inch rounds. Place on cookie sheet. Bake for 13 – 15 minutes until baked. Let cool slightly.
4. In a small bowl, combine hummus, sour cream, garlic, sprinkle of salt and pepper (to taste), ½ teaspoon lemon zest. Mix until smooth and combined.
5. Slice or chop olives, seed and chop cucumber, dice red onion, seed and chop tomatoes, crumble feta cheese.
6. Mix veggies together.
7. Spread Hummus mixture on to roll.
8. Top roll with hummus spread with veggies.
9. Sprinkle feta over each.
10. Enjoy!





Nate Franklin

6th Grade – Katherine Moore

Italian Pizza Roll

Ingredients

- $\frac{1}{4}$ pound of sliced genoa sliced salami
- Pillsbury pizza crust (thin crust)
- 6 ounces Italian sausage
- 5 basil leaves
- 1 cup shredded mozzarella
- $\frac{1}{4}$ sweet onion
- 7 ounces Classico pizza sauce
- Olive oil spray

Directions

1. Chop onions, in squares, put in fry pan with sausage. Cook until sausage is brown and onions are cooked.
2. Roll out pizza dough then add pizza sauce.
3. Add salami and sausage with onions, then add basil, then mozzarella.
4. Then in to burrito shape, then cut in to circles.
5. Cook at 400 degrees Fahrenheit for 15 minutes, add additional time if dough is not fully cooked.

Kirya Reither

5th grade – Janice Craig

Kirya's Cheesecake Parfaits

Ingredients

- 6 graham crackers
- 3 tablespoons melted butter
- $\frac{1}{4}$ teaspoon ground cinnamon
- 1 package light cream cheese
- 1 package sugar free instant cheese pudding mix
- 1 $\frac{1}{2}$ cups milk
- 1 – 2 cups fresh sliced strawberries
- 1 cup fresh blueberries

Directions

1. In a food processor, combine graham crackers, melted butter and cinnamon. Process until crumbly.
2. In a mixing bowl, beat cream cheese with an electric mixer on medium speed until softened. Reduce the speed to low, and gradually add in the milk, a little at a time. (Mixture will be watery.) Beat in pudding mix until the filling is thick and smooth.
3. In glasses, layer graham crackers crumbs blueberries, cheesecake filling, strawberries, cheesecake filling and top with more graham cracker crumbs. Serve with spoons and enjoy!





Libby Schneider

5th Grade – Amy Fox-Bailey

Lady Bug

Ingredients

- 1 strawberry
- 1 toothpick
- 4 mini chocolate chips
- 1 grape
- Butter knife

Directions

1. Cut leaves off of strawberry.
2. Place the grape in front of strawberry where the leaves were.
3. Poke toothpick through grape and strawberry.
4. Poke mini chocolate chips in strawberry so it looks like a lady bug.

Natalie Massman

4th Grade – Katie Wilson

Massman's M & M Cookies

Ingredients

- 1 egg
- ½ cup brown sugar
- ¼ cup white sugar
- 1 stick butter
- 2 tablespoons applesauce
- 1 teaspoon vanilla
- 1 ½ cup white flour
- ½ cup wheat flour
- ½ teaspoon baking soda
- ½ cup M & Ms

Directions

1. Mix Ingredients.
2. Add M & Ms.
3. Mix again.
4. Put dough on tray.
5. Preheat oven to 350 degrees Fahrenheit. Place cookies in oven when preheated and then wait 13 minutes.
6. Take the M & M cookies out of the oven.
7. Pour a glass of milk and serve with M & M cookies.





Dylan Piatt

5th Grade – Carrie Henderson

Meatball Mash Up

Ingredients:

- 1 medium carrot, diced small
- 3 – 4 frozen prepared meatballs, unfrozen
- 1/3 cup mozzarella cheese, shredded
- 1 tube Pillsbury crescent rolls (8 count)
- 1 tablespoon olive oil

Directions

1. Preheat oven to 350 degrees Fahrenheit using center rack.
2. Heat oil in saucepan on medium/high heat.
3. Add meatballs to pan and mash up and break into pieces with spatula.
4. Add diced carrots and cook 6 – 9 minutes until meat and carrots are cooked.
5. Drain meat/carrots on plate with paper towels.
6. Open and roll out crescents on a non-stick cookie sheet.
(I also used parchment paper to avoid sticking to pan.)
7. Put 2 teaspoons of meat/carrot mixture onto each section of crescents.
8. Sprinkle with cheese.
9. Roll up crescents tucking in edges to prevent cheese from melting out.
10. Arrange evenly on pan and sprinkle with remaining cheese.
11. Bake at 350 degrees Fahrenheit for 10 – 12 minutes until golden brown.
12. Remove from oven wait 2 minutes to cool then transfer to serving plate.
13. Enjoy!

Brooke Williams

5th Grade – Janice Craig

Meringues

Ingredients

- 4 egg whites
- ½ teaspoon cream of tartar
- 1 cup sugar
- ½ teaspoon pure vanilla extract

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Line 2 cookie sheets with wax paper spray with nonstick spray.
3. Beat egg whites in electric mixer on medium speed until frothy. Add cream of tartar beat until soft peaks form. Add the extract. Use spoon to put the meringue batter on the trays 1 inch apart.
4. Put both cookie sheets in the oven at the same time for 45 minutes, when done, turn off the oven and let meringues stand for 1 hour in the oven
5. Spoon mixture into foil-lined baking pan.
6. Bake 20 minutes.
7. Cool for 5 minutes and cut into 16 bars.



Calvin Cunningham

4th Grade – Breannon Dormaier

Mini Pizza

Ingredients

- English muffin
- 2 tablespoons
- ½ teaspoon oregano
- ½ cup finely shredded cheese (any kind)
- Optional: Pepperoni, olives, anything you like

Directions

1. Slice and toast one English muffin on medium.
2. Spread tablespoon of ketchup on each half of English muffin.
3. Sprinkle ¼ teaspoon of oregano over English muffin.
4. Sprinkle ¼ cup of the finely shredded cheese over the English muffin.
5. Microwave for 45 seconds.

Brendan Cross

4th Grade – Peggy Panko

Mr. Protein

Ingredients

- 1 soft tortilla-taco sized
- 1 egg, hardboiled
- 1 ½ teaspoon mayonnaise
- ⅛ cup shredded cheddar cheese
- 3 slices turkey breast
- 10– 11 leaves baby spinach

Directions

1. Hard boil an egg in boiling water for 11 minutes. Cool in a cup of ice water for 5 minutes. Peel egg, rinse off any small pieces of shell and place in a bowl. Mix well with mayonnaise-should be small chunks but mostly creamy.
2. Place tortilla on a cutting board. Spread egg mixture on tortilla evenly. Fold turkey slices in half, lengthwise and place on tortilla, covering egg spread.
3. Sprinkle cheddar cheese on turkey, evenly.
4. Place spinach evenly on top. Roll as tight as possible. Cut in half and enjoy.



Tyler Gordon

4th Grade – Katie Wilson

Organic Cinnamon Apple Chips

Ingredients

- 2 apples any variety
- About $\frac{1}{4}$ teaspoon ground cinnamon
- Butter for greasing the pan
- All organic ingredients

Directions

1. Preheat the oven to 250 degrees Fahrenheit.
2. Grease the baking sheet with butter.
3. Slice the apples $\frac{1}{8}$ of an inch to $\frac{1}{4}$ of an inch.
4. Spread the apples out on a pan and cook it for 30 minutes on one side and flip them over and cook it for 30 to 50 minutes, and then they are all done.

Faith Davis

6th Grade – Cathy Hayes

Peanut Butter Protein Bars

Ingredients

- 5 cups (450 grams) uncooked oatmeal (quick oats)
- 1 $\frac{1}{3}$ (340 grams) peanut butter
- 1 cup coconut cream or milk
- 3 tablespoons honey

Directions

1. Open a pack or can of coconut cream whisk until the mixture is smooth.
2. Add honey and mix well.
3. Add peanut butter and mix everything with a spoon.
4. Add uncooked oatmeal and mix well. You may need to use your hands at this point (use disposable gloves).
5. Flatten the mix in a dish.
6. Chill in the fridge overnight (or minimum 2 hours).
7. Then cut into 12 or 16 bars.



Revy Roberts

5th grade – Janice Craig

Peanut Butter Yogurt Dip

Ingredients

- 1 container French vanilla yogurt dip
- 2 tablespoons peanut butter
- 1 apple, seeded and cored

Directions

1. Mix with yogurt.
2. Put apples in bowl.
3. Dip apples in dip and enjoy!

Zackary Francis

5th Grade – Tygre Andersen

Pepperoni Snails

Ingredients

- 11 ounces pizza dough
- 4 ounces whole milk mozzarella cheese
- 30 pepperoni slices
- 4 ounces olive oil
- 1 tablespoon olive oil
- 1 tablespoon oregano, garlic powder, Romano cheese, seasoning
- 1 circle baking dish

Directions

1. Roll out the dough with a rolling pin to 1 inch thick.
2. Cut 6 strips (long way).
3. Sprinkle mozzarella cheese all over.
4. Add pepperoni.
5. Roll tight as a snail shell.
6. Place in a circle baking dish that is oiled.
7. Brush olive oil on top and sides.
8. Sprinkle seasoning on top.
9. Bake at 400 degrees 10 to 15 minutes until golden brown.
10. Remove, cool down and eat.



Stephanie Kennedy

5th Grade – Janice Craig

Pink Salad

Ingredients

- Small cool whip
- Small curd cottage cheese
- Small box red jello (cherry)
- 1 can mandarin oranges
- 1 small can tidbit pineapple
- 1 cup walnuts, chopped

Directions

1. Drain oranges and pineapple juice. Add all ingredients in a large bowl and mix. Let set for 1 hour.

Tim Scheldt

5th Grade – Janice Craig

Pizza

Ingredients

- 2 cups flour
- 1 cup oil
- ½ cup pizza sauce
- 2 cups pizza yeast
- 1 cup pizza cheese

Directions

First you put the yeast with water and mix then put flour and mix then pick it up and squish it in your hands and then let it set for five minutes then put it in a ball in a fryer and put pizza sauce on it. Put cheese on it then put it in the oven and take it out and you are done.



Griffin Godines

4th Grade – Sue Koch

Pizza Pockets

Ingredients

- 2 packs of Pillsbury crescent rolls
- 1 cup mozzarella cheese
- One pack of pepperoni
- Egg white
- $\frac{1}{4}$ cup of cornmeal
- Pizza sauce

Directions

1. First, preheat oven to 375 degrees Fahrenheit.
2. Then sprinkle some cornmeal on a cutting board.
3. Take two triangles and pinch to make a rectangle.
4. Add tablespoon sauce in middle.
5. Sprinkle 1 tablespoon of cheese on.
6. Add 3 – 5 pepperonis.
7. Cover with another rectangle on top and seal edge with fork.
8. Then brush on the egg white and bake until golden brown.



Andrew Seminara

4th Grade – Therese Evans

Pizza Sticks

Ingredients

- 2 soft bread sticks
- 2 tablespoons pizza sauce
- 10 thin slices of pepperoni
- 1 stick of string cheese

Directions

1. Place the breadsticks on their sides on the cutting board. Cut each breadstick lengthwise, almost in half using a sharp knife.
2. Open the breadstick (The top and bottom half should be connected on 1 long side)
3. Spread pizza sauce.
4. Put pepperoni on breadstick. Make the pepperoni overlap.
5. Tear string cheese in breadstick. Close breadstick.
6. Microwave for 15 – 45 seconds until warm.



Bridgette McDougall

4th Grade – Corie Reed

Poppin Power Balls

Ingredients

- 6 cups air-popped popcorn
- ½ cup almond butter
- ½ cup organic clove honey
- ¼ cup chopped cashews
- ¼ cup unsweetened coconut flakes ¼ cup

Directions

1. Line a baking sheet with parchment paper and place popcorn in a large bowl.
2. Combining honey and peanut butter (or almond butter) in a small saucepan and cook over medium heat, stirring constantly. As soon as the mixture starts to lightly bubble continue cooking for approximately another 30 seconds or less.
3. Immediately pour the mixture evenly over the popcorn and gently mix with a wooden spoon or spatula until well and evenly coated.
4. Stir in cashews.
5. Once the popcorn has cooled, run hands under ice cold water for 10 seconds. Press small handfuls of the popcorn mixture firmly in to 2 inch balls. Place balls on baking sheet and sprinkle with coconut.
6. Let cool completely before storing. To store, individually wrap in plastic wrap.
7. Then enjoy!



Tori Sausman

6th Grade – Melinda Bonner

Quinoa Salsa

Ingredients

- ½ cup olive oil
- 2 hot house tomatoes
- 1 can yellow corn
- 1 teaspoon ground cumin
- ¼ white onion (optional)
- 1 can black beans
- ¼ teaspoon salt
- 2 tbsps. chopped jalapenos (optional)
- Juice of 1 lime
- ½ cup cilantro
- Half of a green bell pepper
- 2 cups of quinoa

Directions

1. Add all your green bell pepper, tomatoes, onion, chopped jalapeño and cilantro in a large bowl.
2. Cook your quinoa. For 2 cups of quinoa use 4 cups of water.
3. While your quinoa is cooking, put your dressing together. Add olive oil, ground cumin, salt, and lime juice together.
4. Next, open the corn and beans.
5. Add quinoa, corn, beans, and dressing in to your vegetables.
6. You are done! You can eat this with chips, tortillas or on its own!



Adie Stratton

5th Grade – Lori Cordova

Rainbow Fruity Cheesecake

Ingredients

- $\frac{1}{3}$ cup amaretti cookie crumbs
- 8 ounces reduced fat cream cheese, softened
- 1 cup reduced fat ricotta cheese
- $\frac{1}{4}$ cup honey
- 3 tablespoons cornstarch
- 2 eggs, separated
- 1 tablespoon grated orange rind

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Coat a 9-inch pie plate with no stick spray. Press the cookie crumbs evenly over the bottom and up the sides.
3. In a large bowl, beat together the cream cheese and ricotta until smooth. Stir in the honey, corn starch, and orange rind and egg yolks.
4. In a medium bowl, whip the egg whites with clean beaters until soft peaks form. Fold into the cream cheese mixture. Pour into the pie plate.
5. Bake for 30 minutes until a knife inserted in the center comes out clean.
6. Garnish with sliced strawberries, kiwis and blueberries.
7. Enjoy! Finalist

Karsyn Reimund

5th Grade – Gale Brandstetter

Real Apple Fruit Cup

Ingredients

- Apple
- Cookie cutter
- Spoon/knife
- Yogurt/your favorite kind (I use strawberry)
- Your favorite fruit (I used blueberries and bananas)

Directions

1. Cut the top of the apple off.
2. You use the cookie cutter to core out the apple core.
3. Take spoon/knife and get the rest of the core (leave the bottom of the apple).
4. Spread the yogurt on the inside of that apple (the part you cored out).
5. Take your fruit and cut it up and put the fruit in the apple.
6. Put the top (or lid) of the apple back on the apple.
7. Take a bite!





Elli Austin

5th Grade – Carrie Henderson

Red Pepper Hummus

Ingredients

- 2 red peppers
- 1 15-ounce can chickpeas (drained and rinsed)
- 1 clove garlic (peeled)
- 2 tablespoons tahini paste (sesame seed paste)
- Juice of $\frac{1}{2}$ lemon
- 3 tablespoons olive oil
- A little paprika
- Pita chips
- Baby carrots

Directions

1. Cut red peppers into 4 pieces and remove seeds.
2. Place red peppers under a hot broiler. Broil until skins have blackened.
3. Place peppers in a plastic bag and when cool peel off the blackened skins. Place the skinless peppers in with the remaining ingredients in a food processor until smooth and creamy.
4. Transfer the hummus to a bowl and sprinkle with a little paprika.
5. Serve with baby carrots or pita chips.

Molly Gray

6th Grade – Cory Rogers

Salami Snails

Ingredients

- Refrigerated bread stick dough
- Provolone cheese
- Salami
- Olive oil
- Dried oregano

Directions

1. Cover bread sticks with 1 strip each of provolone and salami.
2. Roll into a snail shell shape.
3. Brush with olive oil and sprinkle dried oregano on top.
4. Bake until dough is cooked completely.



Aislyn Goss

4th Grade – Tracie Martin

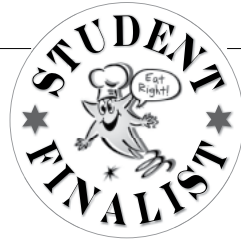
Sautéed Shrimp

Ingredients

- 4 to 10 peeled shrimp, non tailed
- 1 tablespoon garlic spread
- ½ tablespoon garlic salt
- ⅛ cup butter

Directions

1. Heat a pan with butter on top, put shrimp, wait for it to heat up or unhardened. Then put garlic spread, mix for 2 to 3 minutes, add kosher salt.
2. Serve



Kaitlyn Ipsen

5th Grade – Sadie Brumley

Seaweed Surprise

Ingredients:

- 12 pieces of seaweed
- 3 carrots
- 6 pieces of lunchmeat (ham, turkey, chicken)
- 6 cups of rice

Directions:

1. Take the 12 pieces of seaweed and lay them out on a table. Then take 1/2 cup of rice per each and spread it on each piece of seaweed.
2. Next take 3 carrots and split them into quarters, then cut them in to smaller pieces about.
3. Then sprinkle them on to the seaweed and rice.
4. Next cut each piece of lunchmeat in to half. Place half on each piece of seaweed.
5. Last roll up the seaweed with everything inside of it and enjoy!





Faith Davis

6th Grade – Cathy Hayes

Sour Cream and Onion Chicken Salad

Ingredients

- 2 cups shredded or diced cooked chicken
- ½ cup sour cream
- 2 tablespoons dried minced onion (sold in spice aisle)
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ¼ teaspoon salt

Directions

1. In a medium bowl, mix all ingredients together thoroughly.
2. Serve with whole grain crackers or fresh veggies. This chicken salad would also be great with bits of celery mixed in!

Payton Green

5th Grade – Janice Craig

Snack Mix

Ingredients

- 1 bag corn chips
- 1 box Golden Grahams cereal
- 1 bag microwave butter popcorn (popped)
- 1 bag pretzels
- 1 box white chocolate almond bark
- 1 box chocolate almond bark

Directions

1. Put all dry ingredients in a large bowl or roasting pan.
2. Melt white chocolate in microwave according to box instructions.
3. When fully melted pour over dry ingredients and mix well.
4. Pour onto waxed paper.
5. Melt 3 blocks chocolate almond bark in microwave, drizzle over top of mixture on wax paper allow to dry (approximately 15 – 30 minutes)



Faith Davis

6th Grade – Cathy Hayes

Spinach Bacon Wrap

Ingredients

- Spinach tortilla shell
- Shredded cheese
- Bacon
- Onion
- Lettuce

Directions

1. Put bacon on tortilla shell first before the shredded cheese.
2. After done cooking put onion and lettuce on.

Sarah Campfield

6th Grade – Tracy Wolfington

Strawberries and Cream

Ingredients

- Strawberries
- Sour cream
- Brown sugar

Directions

1. Clean strawberries and dry off.
2. Dip each berry in sour cream, then roll in brown sugar.
3. Yum!



Tristan Kean

4th Grade – Corie Reed

Tristan's Berry Tasties – #TBT

Ingredients

- 4 cups chopped strawberries
- $\frac{1}{4}$ cup sugar
- 1 tablespoon strawberry preserves
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon lemon zest
- $\frac{1}{2}$ teaspoon lemon juice
- 2 packages pre-made pie crusts (room temp)

Directions

1. Mix berries, sugar, salt, lemon zest, lemon juice in a medium bowl.
2. Cut pie crusts in to 8 – 10 inch diameter circles.
3. Brush edges of circles with egg wash. Cut a small slit in the top of each pastry to vent.
4. Bake on a non-stick cookie sheet for 15-20 minutes at 350 degrees Fahrenheit until golden.
5. Cook 10 – 15 minutes before eating.
6. Yield 16 pastries at 8 cm.

Mikala Milburn

5th Grade – Janice Craig

The Tropical Paradise

Ingredients

- 1 mango
- 1 banana
- 1 cup pineapple
- 1 cup milk
- 1 cup ice
- 1 cup papaya

Directions

1. Put banana in the blender first then the mango. After that then the pineapple then the papaya. After all of that put the milk and ice in the blender.
2. Push the power button.



Faith Davis

6th Grade – Cathy Hayes

Tuna Wrap

Ingredients

- 1 can tuna fish
- 2 tablespoons mustard
- ¼ Miracle Whip or mayonnaise
- 2 teaspoons paprika
- 2 teaspoons mild curry powder
- 2 teaspoons lemon pepper
- 1 crunchy dill pickle cut into small pieces

Directions

1. Mix all together, season to taste. Put on either big leaf lettuce or Hawaiian rolls.

Xavier Graziano

4th Grade – Corie Mitchell-Reed

Turkey Bread

Ingredients

- 1 spoon of yeast
- $\frac{1}{2}$ cup of water
- 1 cup of milk
- 1 cup of all-purpose flour
- 6 tablespoons of butter
- 1 teaspoon salt
- $3 \frac{1}{2}$ spoons of sugar
- 3 eggs
- Large ham and turkey bacon
- $\frac{3}{4}$ cups raisins
- $\frac{1}{2}$ cups olives
- 2 egg yolks

Directions

1. Mix the yeast, flour, butter, salt, water, milk, sugar, eggs and create a loaf.
2. Spread out the dough and put the ham/turkey raisin and olive.
3. Roll it all together.
4. Bake it for 35 minutes.



Feenix Lien

5th Grade – Becky Shipman

Veggie Pizza Delight

Ingredients

- 1 ranch packet
- ½ cup cheese
- ½ cup carrots
- ½ cup cauliflower
- 2 rolls of croissants
- 1 cup of sour cream

Directions

1. Pre-heat oven to 375 degrees Fahrenheit.
2. Take croissants lay them flat on cookie sheet and bake till golden brown.
3. Chop up all your veggies.
4. Make the ranch dip with the sour cream.
5. After the croissants have cooled.
6. Spread the ranch dressing, cheese and veggies on croissants.
7. Cut and enjoy!



Kellen McClure

6th Grade – Tracie Martin

Yogurt Bites

Ingredients

- 1 cup of Greek yogurt
- 1 carton of raspberries
- 1 carton of blueberries
- 1 bag of raisins
- 1 carton of strawberries
- 1 bag of dark chocolate chips

Directions

1. Put blueberries on toothpick and dip them in the yogurt for a thin coat of yogurt.
2. Repeat these steps for the strawberries and raisins.
3. For the raspberries, stick a dark chocolate chip in the middle of the raspberry and proceed to dip into the yogurt.
4. You can also melt some of the dark chocolate and dip some of the fruits in there too!
5. Place yogurt caked fruits (and chocolate covered fruits) onto a piece of wax paper and put into a freezer until yogurt (or chocolate) had hardened.



Mercy Andersen

5th Grade – Sadie Brumley

Yogurt Drizzled Grapes

Ingredients

- Yogurt without fruit chunks (2 cups)
- 4 cups of washed grapes (green or purple)
- Toothpicks

Directions

1. Wash and dry all grapes. Place grapes in a single layer on a cookie sheet lined with parchment paper.
2. Place in freezer overnight.
3. Remove grapes from freezer.
4. Immediately dip the grapes into yogurt using a toothpick.
5. Place yogurt covered grapes on same cookie sheet not touching.
6. Freeze for 3 more hours until firm.
7. Remove and enjoy!

Avery Anderson

5th Grade – Sandra Krause-Ayers

Yummy Yogurt Parfait

Ingredients

- ½ cup of non-fat vanilla yogurt
- 4 strawberries in halves
- ¼ cup of blueberries
- One cup or bowl
- 2 tablespoons of honey

Directions

1. First, get your bowl/cup and put half of the amount of yogurt in.
2. Next add one tablespoon of honey in evenly, two of the strawberries in halves, and half the amount of blueberries.
3. Add the rest of your ingredients into your bowl/cup, by repeating the previous step
4. Enjoy!



Kari Schroeder

5th Grade – Melinda Bonner

Zucchini Applesauce Oatmeal Cookies

Ingredients

- 1 cup whole wheat Gold Medal flour
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ⅛ teaspoon ground nutmeg
- ¼ cup applesauce
- ¾ cup dark brown sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup shredded zucchini
- 2 cups old fashioned oats
- ½ cup raisins
- ¾ cup semisweet chocolate chips

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Line a baking sheet with parchment paper or silpat sheet.
3. In a medium bowl, whisk together flour, baking soda, salt, cinnamon, cloves, and nutmeg. Set aside.
4. In a large mixing bowl, combine applesauce, brown sugar. Mix until smooth.
5. Add egg and vanilla extract. Next add the shredded zucchini. Mix until combined.
6. Slowly add flour mixture until just combined. Stir in oats, raisins, and chocolate chips.
7. Drop cookie dough by heaping teaspoonful's 2 inches apart onto prepared baking sheet. Bake for 10 – 12 minutes until cookies are golden around the edges and set.
8. Remove cookies from the pan, cool completely on wire racks.

Eat right!

Special Thanks

Event Judges

Shaunna Ballas

Snohomish School District School Board

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Snohomish School District School Board President

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Sodexo Food Service Department Event Staff

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