



# Future Chefs Challenge



# 2013-2014 Recipe Book

**Snohomish School District Food Service Department**



**SNOHOMISH  
SCHOOL  
DISTRICT**



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**Rebecca Benedict**

6th Grade – Tracie Martin

# Amazing Alphabet Pretzels

- 1 ½ cups water (separated from 1 teaspoon of water)
  - 1 package yeast
  - 4 cups flour
  - 1 tablespoons sugar
  - 1 egg
1. Beat in a small bowl and set aside: eggs, 1 teaspoon water.
  2. Mix yeast and 1 ½ cup water, flour, and sugar.
  3. Knead the mixture and work in 1 cup flour.
  4. Divide dough into 20 – 30 pieces.
  5. Shape into whatever letters, shapes, or numbers you desire.
  6. Paint with egg mixture.
  7. Bake 25 minutes at 450 degrees F.
  8. Enjoy with friends.

**Aidan Fox-Bailey**

5th Grade – Anjeannette Hammer



# Bean Dip with Chips & Veggie Dippers

- 1 can of nonfat refried beans
  - 1 cup grated cheddar cheese
  - ½ cup nonfat sour cream
  - A few dashes of hot sauce
  - Corn chips
  - Your favorite veggie dippers (such as carrot sticks or sliced bell pepper)
1. Put beans and cheese in a microwavable-safe bowl.
  2. Microwave for 60 seconds.
  3. Stir in sour cream and hot sauce to taste.
  4. Serve with corn chips and veggie dippers.



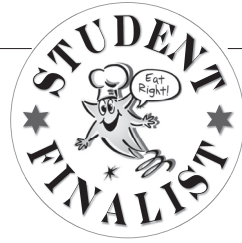
**Rebecca Benedict**

6th Grade – Tracie Martin

# Becky's Banana Bread

- 3 very ripe bananas (this is a great way to get rid of the mushy forgotten, but still useful bananas)
  - 1 ½ cup sugar
  - ½ butter flavored shortening or butter
  - 2 whole eggs
  - 4 tablespoons sour cream
  - ¼ to ½ teaspoon salt
  - 1 teaspoon vanilla
  - 1 ¾ cups sifted flour
  - 1 teaspoon baking powder
  - 1 teaspoon baking soda
  - 1 cup coarsely chopped nuts (optional)
1. Preheat oven to 350 degrees F.
  2. Beat bananas and sugar until soft.
  3. Add softened (not melted) butter or Crisco.
  4. Add eggs, sour cream (surprisingly not sour), salt, and vanilla.
  5. Beat 5 minutes (I know your arm hurts if you don't use a mixer, but power through it for all 5 minutes. You can do it).
  6. Mix together flour, baking powder, and baking soda.
  7. Reduce mixer speed to low and gradually add flour, nuts (optional).
  8. Don't mix too long, no more than 1 minute.
  9. To make muffins: pour batter in to greased muffin tin for about 20 minutes or until toothpick comes out clean when inserted in center of muffins.
  10. To make bread: Bake in a greased and lightly floured loaf pan for 45-60 minutes or till toothpick inserted in center comes out clean.
  11. Wait for it to cool, Enjoy!
  12. Makes 1 loaf.

*Eat right!*



## Adisen Stratton

4th Grade – Rebecca Marks

# Black Bean Rainbow Salad

### Salad

- 1 cups sliced celery
- 1 15 oz can black beans, rinsed and drained
- 4 roma tomatoes, cut into 1/4 inch slices
- 1 medium yellow and green pepper, cut into 1 inch pieces

### Dressing

- $\frac{2}{3}$  cup salsa
- $\frac{1}{3}$  cup sour cream
- 1 tablespoon lime juice
- 4 lettuce leaves (large)
- 1 cup of large croutons

1. Combine celery, beans, tomatoes, and pepper in large bowl.
2. Combine salsa, sour cream and lime juice in medium bowl with wire whisk; mix well.
3. To serve, place 1 lettuce leaf on each individual salad plate.
4. Top with  $\frac{1}{4}$  cups garnish with lime wedge, if desired. Enjoy!





**Cameron Penrod**

6th Grade – Larisa Hurtado

# Camichongas

- 1 package whole wheat tortillas, soft taco size
  - 1 pound grown bison or extra lean ground beef
  - 1 15 oz can reduced salt black beans
  - 1 cup grated cheese (cheddar)
  - 1 large clove garlic, pressed
  - ½ teaspoon sea salt
  - ¼ teaspoon black pepper
  - Dash hot pepper flakes
  - 1 bunch green onions
  - 5 – 6 leaves romaine lettuce
  - 1 small container grape tomatoes
  - 1 yellow or orange pepper
  - 1 cup nonfat plain Greek yogurt
  - Salsa
1. Rinse and dry fruits and vegetables. Clean pepper and chop into small pieces. Finely slice lettuce and green onions. Slice tomatoes in half. Set all aside.
  2. Brown meat, drain grease. Season with salt, pepper, and pepper flakes. Add garlic; cook thoroughly.
  3. Pour beans into colander. Rinse then add to meat and stir.
  4. Warm each tortilla in a skillet.
  5. Fill each tortilla with meat and bean mixture, add about 1tbsp cheddar cheese. Roll each tortilla and place in a baking dish or on a cookie sheet. Bake 10 minutes in 350F degree oven, Camichongas should be golden and crispy.
  6. Place each Camichonga on a plate. Top with lettuce, tomatoes, peppers and salsa.
  7. Add 1 tablespoon yogurt and sprinkle with green onions.
  8. Make more Camichongas with remaining ingredients.

*Eat right!*

**Rafaele Squadrito**

4th Grade – Megan Hammer



# Cheesy Treats (Croque Monsieur)

- 3 ounces gruyere or cheddar cheese
  - Butter (for spreading)
  - 4 slices country style bread
  - 2 slices lean honey roast ham
  - Ground black pepper
  - Flat leaf parsley (optional garnish)
1. To make the croque monsieur, ask an adult to preheat the grill (broiler) or a sandwich toaster to high.
  2. With adult supervision, slice the cheese on a chopping board. Butter the bread. Place the cheese and ham on two slices. Top with the other slices of bread and press together.
  3. Cook under the grill or in a sandwich toaster until browned on both sides. Adult supervision is required. Service garnished with parsley, if using.

Recipe is from 300 Step by Step Cooking and Gardening Projects for Kids by Nancy McDougall and Jenny Hendy





**Katie Robinson**

6th Grade – Karen Hickenbottom

## Chicken Ranch Mini Pizza

- ½ cup ranch dressing
  - ¼ teaspoon garlic powder
  - 2 cups shredded deli rotisserie chicken
  - 1 can refrigerated dinner rolls
  - ⅓ cup diced tomato
  - ½ cup shredded parmesan cheese
  - Shredded lettuce
  - 2 tablespoon mayonnaise
1. Heat oven to 350 degrees F. Lightly grease large cookie sheet with cooking spray.
  2. In a medium bowl, mix ranch, garlic powder, and stir in chicken; add mayonnaise.
  3. Separate dough into 8 rolls. Press rolls into 4 ½-inch rounds; place on cookie sheet. Divide chicken mixture evenly amongst rounds. Top with tomato and parmesan cheese.
  4. Bake 15 to 18 minutes or until cheese is melted and edges are lightly browned. Sprinkle tops of the pizza with shredded lettuce.

## Jacob T. Anderson

6th Grade – Katherine Moore

# Chip, Dip & Cheese

### Salsa

- 5 red tomatoes
- 3 green tomatoes
- 1 bunch of scallions
- 4 bunches of garlic
- 2 red peppers

### Dip

- Salsa
- 1 ounce cream cheese

### Cheese

- Sharp cheddar

### **Need 5 small bowls, corn chips (Fritos, tortilla chips)**

1. Mix salsa ingredients in food processor on pulse.
2. Take left over salsa and add to cream cheese, stir until ready.
3. Pour dip, salsa, chips, and cheese in the 5 small bowls.



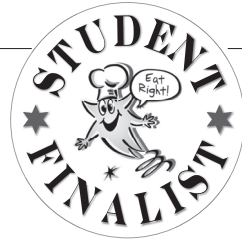


## Camila Bohuta

5th Grade – Mickey Wolf

# Chocolate-Dipped Fruit Kabobs

- 1 cup semi-sweet chocolate morsels
  - 18 pieces bite-size fresh organic fruit, (strawberries, apple, banana, kiwi fruit)
  - 6- or 4-inch wooden skewers
1. Line baking sheet with wax paper, then microwave morsels in small uncovered microwave safe bowl on high (100%) power for 1 minute (stir). Morsels may retain some of their original shape; if necessary microwave at additional 10 – 15 seconds intervals, stirring just until morsels are melted.
  2. Last dip fruit about half way into chocolate, shake off excess or place melted chocolate in small, heavy-duty plastic bag. Cut tiny corner from bag, squeeze to drizzle over fruit.
  3. Place fruit on prepared baking sheet and refrigerate for 5 to 10 minutes or until chocolate is set.
  4. Thread 3 pieces of fruit on each skewer.



## Madyson Devore

5th Grade – Julie Blue

# Cinnamon – Apple Chex Mix

- 5 cups wheat Chex cereal
  - $\frac{1}{4}$  cup butter or margarine
  - $\frac{1}{3}$  cup packed brown sugar
  - 2 tablespoons light corn syrup
  - 1 teaspoon ground cinnamon
  - 1 cup dried apples
  - 1 cup lightly salted almonds
  - $\frac{1}{2}$  cup raisins
1. Put in a large microwavable bowl, mix cereal and almonds.
  2. In 2 cup microwavable measuring cup , microwave butter, brown sugar, corn syrup, and cinnamon uncovered on high about 2 minutes. Stirring after 1 minute until mixture is boiling; stir and pour over cereal mixture, stirring until coated.
  3. Microwave on high 3 minutes; stirring and scraping bowl after every minute.
  4. Stir in apples; microwave uncovered on high about 2 minutes or until apples start to brown on edges.
  5. Spread on wax paper or foil to cool about 5 minute. Stir raisins in. Enjoy!



**Rebecca Benedict**

6th Grade – Tracie Martin

# Country Corn Fritters

- ½ cup flour
  - 1 egg
  - 2 teaspoon baking soda
  - ¾ teaspoon salt
  - Milk (less than 1 cup)
  - 1 can of corn
1. Lightly beat your egg.
  2. Combine your egg with 1 can of corn.
  3. To this add flour, baking soda, salt. Stir well.
  4. Add the liquid from the corn to milk to make 1 cup, add this in the rest of the ingredients.
  5. Cook in deep pan with oil.
  6. Drop batter into pan 1 teaspoon at a time.
  7. Cook for 2 – 3 minutes or until golden brown.
  8. Wait to cool. Enjoy!

## Rebecca Benedict

6th Grade – Tracie Martin

# Crazy Cool Giant Chocolate Chip Cookie

- 1 ½ sticks butter
  - 1 cup brown sugar (firmly packed)
  - ½ cup white sugar
  - 2 eggs, lightly beaten
  - 2 ¼ cup sifted flour
  - ½ teaspoon salt
  - 1 teaspoon baking soda
- 
1. Preheat oven to 375 degrees F.
  2. Cream butter and sugars, add eggs.
  3. Sift flour and measure out 2 ¼ cups.
  4. Sift the flour together with the remaining dry ingredients.
  5. Add this mixture to the creamed butter and sugar.
  6. Stir in chips and vanilla.
  7. Drop batter by tablespoonful onto parchment lined baking sheet.
  8. Bake for 8 minutes. Do not allow cookies to brown.
  9. Wait for them to cool and enjoy!



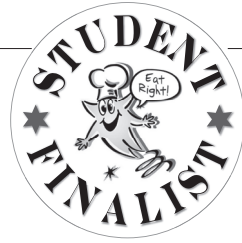


**Nate Franklin**

5th Grade – Lori Cordova

## Cucumber Salad

- 2 large cucumbers
  - 1 ½ cups red wine vinegar
  - 1 roma tomato
  - ⅓ red onion, finely chopped
  - 1 tablespoon Johnny's seasoning salt
1. Wash and peel cucumbers, then dice them.
  2. Wash and dice tomatoes and then chop red onion.
  3. Add layers of cucumbers at a time; in between the layers add the diced tomatoes, red onion, Johnny's seasoning salt, and red wine vinegar.
  4. Mix ingredients when done.
  5. Then add to bowl and enjoy!



## Faith Davis

5th Grade – Janice Craig

# Faith's Pita Pizza

- 2 pieces of pita bread (or French bread, English muffins or bagels)
  - ½ cup bottled spaghetti sauce
  - A few chopped veggies, such as broccoli, green pepper, mushroom, tomato
  - ½ cup grated soy cheese or dairy cheese (optional)
1. Preheat oven or toaster oven to 350 degrees F.
  2. Spread bread with spaghetti sauce and top veggies and cheese, if using. If omitting cheese, top veggies with a little sauce to keep them from drying out.
  3. Place in oven or toaster oven and bake for 6 – 8 minutes.
  4. Serves 1 or 2.



**Geneva Paje-Smith**

5th Grade – Janice Craig

# Fried Bananas

- 6 ripe bananas
  - Sugar on a platter for coating bananas
  - 3 tbsp or more of vegetable oil
  - Sugar for topping (optional)
1. Peel the bananas, and then slice lengthwise into 3 pieces.
  2. Roll in sugar on a platter.
  3. In a non-stick skillet over medium heat, fry bananas pieces in oil until cooked and golden brown on both sides.
  4. Arrange on a platter, sprinkle sugar on top if you want to.

## Gracie Noreen Aiello

5th Grade – Mickey Wolf

# Fruit Crackers

- 1 whole granny smith apple
  - ½ orange
  - 1 whole banana
  - 10 Ritz crackers
- 
1. First, mash up the banana.
  2. Cut the apple into rectangles.
  3. Then take a cracker and spread the mashed banana on one side of it with a butter knife. After that put a rectangle piece of apple on the part of the cracker with banana on it.
  4. Finally, put mashed banana on one side of another cracker and stick that cracker on top of the cracker you previously made.





## Annaliese Ropka

5th Grade – Tygre Andersen

# Fruity Quesadilla

- Tortillas
  - Peanut butter
  - Sliced strawberries
  - Sliced banana
  - Chocolate chips
1. Butter two tortillas, slice  $\frac{1}{2}$  of a banana and four strawberries.
  2. Heat your cooking pan to medium high, spread 2 tablespoons of peanut butter on none buttered side.
  3. Place your sliced fruit on top of the peanut butter, sprinkle with 2 tablespoons of chocolate chips.
  4. Top with another tortilla butter side up.
  5. Place in your preheated pan grill for 1 minute on each side or until golden brown.

## Leslie Partida

5th Grade – Mickey Wolf

# Fun Fruit

- Cookie cutter
  - You will need big fruit like watermelon, grapes, and also other small fruits.
1. Cut the big fruit, get the cookie cutter and put it on the big fruit then push down.
  2. Finally, decorate it with the small fruit.





**Layla Youssef**

6th Grade – Sandra Krause

## Grandma Jan's Mushroom Rice

- 2 cups uncooked rice
  - 2 small 6 ounces cans of mushrooms (drained)
  - 4 tablespoons butter
  - 1 10 ounce can of Campbell's French Onion Soup
  - 20 ounces of beef stock
1. Grease large Pyrex glass baking dish.
  2. Pour in uncooked rice, French onion soup, beef stock, and mushrooms into pan.
  3. Stir together.
  4. Cut butter into small pieces and layer over rice mixture.
  5. Cover in tinfoil and bake for 60 minutes at 375 degrees F.
  6. Remove cover after 60 minutes and bake for 20 minutes more.
  7. Enjoy the happiness!

## Katie Robinson

6th Grade - Karen Hickenbottom

# Katie's Krab Kakes

- 1 cup seasoned bread crumbs
  - 2 green onions, finely chopped
  - ¼ cup finely chopped sweet peppers
  - 2 eggs, lightly beaten
  - ¼ cup reduced fat mayonnaise
  - 1 tablespoon lemon juice
  - ½ teaspoon garlic powder
  - ⅛ teaspoon cayenne pepper
  - 2 cans (6 ounces each) crabmeat (drained, flaked, and cartilage removed)
  - 1 tablespoon butter
1. In a large bowl, combine ⅓ cup bread crumbs, green onions, red pepper, egg, mayonnaise, lemon juice, garlic powder, and cayenne. Fold in crab.
  2. Place remaining bread crumbs in a shallow bowl.
  3. Divide mixture into balls with a melon baller. Gently coat the balls in bread crumbs and shape into ½ in thick patties.
  4. In a large nonstick skillet, melt butter over a medium-high heat. Add crab cakes; cook 3 – 4 minutes on each side or until golden brown.





**Laleh Lonteen**

5th Grade – Jodi Jones

# Laleh's Pita Pizza

- 1 whole pita bread
  - 1 small can tomato paste
  - 1 teaspoon olive oil
  - ¼ teaspoon fennel seeds
  - 1 small clove garlic, minced
  - 1 teaspoon Italian seasoning or basil, oregano and rosemary
  - Pinch of sugar, salt and pepper to taste
  - Shredded mozzarella cheese
  - ¼ teaspoon balsamic vinegar
  - Toppings of your choice.
1. Preheat oven to 425 degrees F.
  2. Combine tomato paste with olive oil, balsamic vinegar, fennel seeds, garlic, Italian seasoning (oregano, basil and rosemary), a pinch of sugar, salt and pepper to taste. Set aside.
  3. Brush whole pita pocket with olive oil, spread tomato paste mixture on top of olive oil.
  4. Add shredded cheese.
  5. Add favorite toppings.
  6. Place in oven and bake 8 – 10 minutes.
  7. Note: For crispy crust place directly on oven rack. For softer crust place on baking sheet.
  8. Enjoy! Yum!



## Thandi Venema

4th Grade – Megan Hammer

# Lemon Raspberry Muffins

### Filling:

- ¼ cup frozen raspberries, thawed
- 2 tablespoon beet puree
- 2 tablespoon powdered sugar
- 1 tablespoon margarine

### Batter:

- 1 cup granulated sugar
- ½ cup non-fat (skim) milk
- ½ cup yellow squash puree
- ⅓ cup canola oil
- 2 large egg whites
- 2 tablespoon lemon juice
- 1 teaspoon pure lemon extract
- 2 cups all-purpose flour
- 2 teaspoon baking powder
- ¼ teaspoon salt

### Oven Prep:

- Preheat oven to 350 degrees F. and coat a 12 cup muffin tin with paper baking cups.

### For the filling:

- Puree the raspberries, beet puree, sugar and margarine in a blender. Set aside.

### For the batter:

1. Beat sugar, milk, squash, oil, egg whites, lemon juice and extract until smooth.
2. Add flour, baking powder and salt.
3. Fill each muffin cup ⅓ full. Dot each with filling then cover with rest of batter.
4. Bake 20 – 25 minutes.



**Avery Carpenter**

5th Grade – Nicole Bourland

# Leprechaun Banana Bread

- ½ cup butter, melted
  - 1 cup sugar
  - 2 cups flour
  - ½ teaspoon baking soda
  - 4 ripe bananas
  - 2 eggs
  - 1 cup chocolate chips
  - 1 cup spinach (secret)
1. Grease bottom and sides of bread pans. Preheat 325 degrees F.
  2. Mash bananas with potato masher.
  3. Put into blender with 1 cup of fresh spinach.
  4. Blend until spinach is mostly blended. (Turning bananas green.) Set aside.
  5. In a large mixing bowl, add flour, sugar and baking soda. Mix well.
  6. In second bowl, beat eggs lightly with a fork. Add melted butter and banana/spinach mixture. Stir until blended. Add to dry ingredients.
  7. Mix all together until well blended.
  8. Pour into bread pan, scraping sides of bowl to get all batter into pan.
  9. Bake at 325 degrees F. 1 hour – 1 hours and 15 minutes.



## Rebecca Benedict

6th Grade – Tracie Martin

# Lovely Loaded Chicken & Potatoes

- 1 pound boneless skinless chicken breast
- 6 – 8 medium skin-on red potatoes, cut into ½ inch cubes
- ⅓ cup olive oil
- 1 tablespoon garlic powder
- 1 ½ teaspoon salt
- 1 teaspoon black pepper
- 1 tablespoon paprika

### **Topping:**

- 1 cup, or more, crumbled bacon, raw
  - 2 cups fiesta blend cheese
1. Preheat oven to 400 degrees F. Spray 9x13 baking dish with non-stick cooking spray.
  2. In a large bowl, mix together olive oil, salt, pepper, paprika, garlic powder, cubed potatoes and chicken. Stir to coat the potatoes and chicken completely.
  3. Carefully scoop the potatoes and chicken into the dish.
  4. Bake for 55 – 60 minutes, stirring every 20 minutes until cooked through. They should be crispy and browned on the outside.
  5. While this is cooking, fry your chopped bacon.
  6. When fully cooked, top chicken and potatoes with cheese and bacon.
  7. Return to oven for 5 more minutes until cheese is melted.
  8. Serve with hot sauce, ranch dressing or sour cream.
  9. Enjoy!





## Hunter Flores

5th Grade – Rose Sudmeier

# M & M Granola Bars

- ¼ cup butter, softened
  - ½ cup brown sugar
  - 1 egg
  - 2 tablespoon ground flax seed
  - 2 tablespoon honey
  - 2 cups old-fashioned rolled oats
  - 1 cup white wheat flour
  - 1 teaspoon ground cinnamon
  - ½ teaspoon baking soda
  - ½ cup mini M&Ms
1. In mixer, beat butter and brown sugar until crumbly.
  2. Add egg, beat well. Stir in flax and honey.
  3. In small bowl, combine oats, flour, cinnamon and baking soda.
  4. Stir into creamed mixture just until blended.
  5. Press into an 11x7 inch baking dish, coated with cooking spray.
  6. Bake at 350 degrees F for 14 – 18 minutes or until set and edges are lightly browned.
  7. Cool on wire rack. Cut into bars.

## Madelyn Pings

5th Grade – Andrea Hackler

# Mini Taco Pockets

- Makes 32 pockets
  - 1 pound ground beef
  - 1 medium onion, minced
  - 3 tablespoon taco seasoning
  - ½ cup water
  - 8 slices of your favorite cheese (I use cheddar)
  - 2 cans 8-count crescent rolls
  - 3 plum tomatoes, chopped
  - 2 tablespoon chopped fresh cilantro
1. Preheat oven to 350 degrees F.
  2. Prepare 2 baking sheets by lining them with parchment paper.
  3. In a skillet over medium-high heat, cook ground beef until now longer pink, crumbling while cooking.
  4. Drain the fat and return to pan.
  5. Add onion and cook until soft.
  6. Add taco seasoning and water and stir thoroughly to combine.
  7. Reduce to low, cover and simmer while preparing crescent rolls.
  8. On a piece of parchment paper, un-roll 1 package of crescents.
  9. Cut each triangle in half to make smaller ones.
  10. Gently separate them and arrange on parchment so they are easy access.
  11. Stack the slices of cheese and cut them diagonally so that they form four stacks of smaller triangles.
  12. Place a piece of cheese onto each crescent triangle.



13. Place 1 ½ – 2 teaspoon of ground beef mixture on top of cheese (I like to use my fingers to measure).
14. Add some diced tomatoes on top of ground beef.
15. Sprinkle with cilantro.
16. Fold the points of dough over, securing them together so the result resembles a diaper.
17. Bake 13 – 15 minutes or until golden.
18. Repeat with remaining ingredients.
19. Note: We love this recipe, we always have these ingredients in our pantry, its quick, easy and delish! Enjoy!

## Rebecca Benedict

6th Grade – Tracie Martin

# Momma's Country Coffee Cake

- Makes 1 cake
  - ½ cup shortening
  - ¾ cup sugar
  - 1 teaspoon vanilla
  - 3 eggs
  - 2 cups sifted flour
  - 1 teaspoon baking soda
  - 1 teaspoon baking powder
  - ½ pint sour cream
  - 6 tablespoon butter
  - 1 cup brown sugar
  - 2 teaspoon cinnamon
  - 1 cup walnuts, optional (prefer without)
1. Cream together, white sugar, shortening and vanilla.
  2. Add 1 egg at a time to the mixture.
  3. Sift together your flour, baking soda and baking powder.
  4. Alternate mixing
  5. Add flour and sour cream into wet ingredient mix.
  6. Add walnuts (if wanted). Also add brown sugar and cinnamon.
  7. Spray Bundt pan with pam cooking spray or alternative non-stick spray.
  8. Layer batter and nut mix until pans are full.
  9. Bake at 350 degrees F for 50 – 55 minutes. Wait until cool then slice and enjoy!





**Rebecca Benedict**

6th Grade – Tracie Martin

# Nana's Super Sugar Cookies

- 3 sticks butter
  - 2 eggs
  - $\frac{2}{3}$  cup sour cream
  - 2 teaspoon vanilla
  - 6 cups flour
  - 2 teaspoon baking soda
  - 1  $\frac{1}{2}$  teaspoon salt
  - 2 (or more) cups sugar
1. Mix the first 4 ingredients in a bowl.
  2. Add rest of ingredients. \*Chill for 2 hours (optional)
  3. Roll out dough on counter covered with sugar.
  4. Cut to whatever shapes you please.
  5. Bake at 375 degrees F for 8 minutes. (That's the trick to get them chewy.)
  6. Set out to cool 15 minutes.
  7. Enjoy with friends!



## Noah Stingily

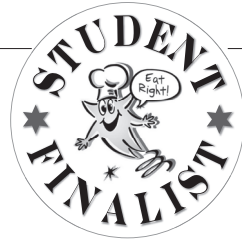
6th Grade – Brandy Schroeder

# Noah's Marvelous Mini Mac N Cheese Muffins

- ½ pound elbow macaroni
  - 1 ½ tablespoon unsalted butter
  - ¼ cup freshly grated Parmigiano-Reggiano cheese
  - 2 tablespoon all-purpose flour
  - ¾ cup milk
  - ½ stick salted butter
  - 1 packed cup medium cheddar cheese, shredded
  - 1 packed cup sharp cheddar cheese, shredded
  - 1 large egg yolk
  - ½ cup panko bread crumbs
  - ½ teaspoon salt
  - ¼ teaspoon pepper
  - ⅛ teaspoon nutmeg
  - ¼ teaspoon smoked Spanish paprika
  - Salt (for boiling water)
  - Makes about 24 mini muffins
1. Preheat oven to 425 degrees F.
  2. Spray nonstick mini muffin pans with cooking spray.



3. In a large saucepan of boiling salted water, cook the macaroni for 7 – 8 minutes.
4. Drain, shaking off the excess water. Do not rinse.
5. Using half of the parmesan cheese, sprinkle in the bottom of each muffin pan.
6. Prepare topping by combining the remaining parmesan cheese and panko bread crumbs. Set aside.
7. In a large saucepan, melt the butter over medium heat.
8. Whisk in the flour and cook for about 1 minute.
9. Whisk in the milk and bring to a boil.
10. Cook, whisking occasionally for about 2 – 3 minutes until thickened.
11. Take off heat and add cheddar cheese. Stir together to melt.
12. Whisk in the egg yolk, salt, pepper, paprika and nutmeg.
13. Stir in the cooked macaroni.
14. Spoon the macaroni and cheese into the prepared muffin pan(s), filling each cup to the top.
15. Pack each one down gently. Sprinkle with topping mixture.
16. Bake for about 5 – 10 minutes, until golden and sizzling. Let cool for 10 minutes. Use a butter knife to carefully loosen the mini mac n cheese bites, and remove from pan.
17. Transfer to platter and serve warm.



## Abigail Schaefer

5th Grade – Brandy Schroeder

# Out of this World Oatmeal

- 3 cups quick-cooking oats
  - 1 cup packed brown sugar
  - 2 teaspoon baking powder
  - 1 teaspoon salt
  - 1 teaspoon ground cinnamon
  - 2 eggs
  - 1 cup milk + additional milk
  - ½ cup butter, melted
  - 1 cup sliced strawberries and blueberries
1. Preheat oven to 350 degrees F.
  2. In a large bowl, combine oats, brown sugar, baking powder and cinnamon.
  3. In another bowl, whisk eggs, milk and butter.
  4. Stir into oat mixture until well blended.
  5. Spoon into a greased 9-inch square baking pan.
  6. Bake 40 – 45 minutes or until set.
  7. Serve warm with milk and berries on top.
  8. Yield 9 servings.
  9. Tip: you can also add chopped nuts of your choice.



**Faith Davis**

5th Grade – Janice Craig

## Peanut Butter Balls

- $\frac{1}{4}$  cup low-fat granola
  - 2 tablespoon brown sugar
  - $\frac{1}{4}$  cup raisins
  - $\frac{3}{4}$  cup peanut butter
1. Combine all ingredients, except peanut butter, in a bowl. Set aside.
  2. Heat peanut butter in the microwave for 45 seconds to soften, or heat in a small sauce pan on the stove top.
  3. Add peanut butter to granola mixture and stir to combine.
  4. Let the mixture cool, and roll into small balls.
  5. Makes about 12 balls.

## Aviry Stratton

6th Grade – Katherine Moore

# Perfect Parmesan Potatoes

- $\frac{1}{4}$  cup butter or margarine
  - $\frac{1}{2}$  cup grated parmesan cheese
  - $\frac{1}{2}$  cup chopped green pepper
  - $\frac{1}{3}$  cup chopped onion
  - $\frac{1}{2}$  teaspoon seasoning salt
  - $\frac{1}{2}$  teaspoon seasoning pepper
  - $\frac{1}{4}$  teaspoon garlic powder
  - 3 large baking potatoes (about 2 pounds),  
peeled and cut into  $\frac{1}{4}$  inch thick slices
1. Place butter in a 2 quart baking dish. Microwave on high 30 seconds or until butter melts. Stir in parmesan cheese and next 5 ingredients. Add sliced potato and toss gently to coat.
  2. Cover baking dish tightly with heavy duty plastic wrap; fold back a small edge of wrap to allow steam to escape. Microwave potato at high 13 – 15 minutes or until potato is tender, stirring at 5-minute intervals. Yield 4 servings.



**Rebecca Benedict**

6th Grade – Tracie Martin

## Perfect Pasta Salad

- 1 pound rainbow corkscrew pasta
  - 1 pound penne pasta
  - 1 pound shell pasta
  - 2 pounds hard salami
  - 1 pound cheddar cheese
  - ¼ pound pine nuts
  - 12 ounce basil pesto sauce
1. Cook pasta to al dente, drain and rinse with cool water.
  2. Cut cheese and salami into ¼ inch cubes.
  3. Lightly crush pine nuts.
  4. Mix all ingredients in large bowl.
  5. Chill until ready to serve.

## Ryan Austin

6th Grade – Larisa Hurtado

# Pesto Poppers

- 8 ounces cream cheese, softened
  - 4 tablespoon pesto
  - 2 (8 count cans) refrigerator crescent rolls
1. Mix cream cheese (room temperature) and pesto.
  2. Unroll crescent rolls and cut each triangle into 2 triangles.
  3. Place 1 teaspoon of cream cheese and pesto mixture in the center of each triangle and fold the corners over the mixture.
  4. Place on cookie sheet lined with aluminum foil and sprayed with nonstick spray.
  5. Bake at 375 degrees F for 11 – 14 minutes.





**Nate Franklin**

5th Grade – Lori Cordova

# Pico De Gallo

- 6 roma tomatoes, diced
  - ½ sweet onion, diced
  - ½ red onion, diced
  - 2 ½ green onions, chopped
  - 2 jalapeno peppers, diced and seeded
  - 1 ½ handfuls of cilantro
  - 2 ½ limes, juiced
  - A few sprinkles of salt and pepper
  - A bag of Juanita tortilla chips, optional
1. Cut and mix ingredients in large bowl.
  2. Eat with bag of chips.

Serves 5 – 6 people

## Gracie Noreen Aiello

5th Grade – Mickey Wolf

# Pineapple and Carrot Jello

- 1 large box orange jello (sugar-free)
  - 2 cups very hot water
  - 2 cups very cold water
  - Juice from pineapple can and water to make 2 cups
  - 1-20 ounce can pineapple tidbits
  - 1 cup grated carrots
1. Empty jello pack into a bowl.
  2. Then add 2 cups hot water, stir until dissolved.
  3. Then add cold water.
  4. Add a cup of carrots.
  5. Then stir and put into fridge for 3 – 4 hours.



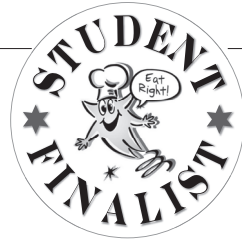


**Briar Whitman**

5th Grade – Rose Sudmeier

## Popping Banana Bites

- 1 banana
  - $\frac{1}{4}$  cup peanut butter
  - $\frac{1}{2}$  cup rice krispies
  - Toothpicks
1. Peel and cut banana into 1 inch pieces.
  2. Put peanut butter in bowl and microwave for 30 seconds.
  3. Put rice krispies in separate bowl.
  4. Take a spoon and drop banana piece in peanut butter. Roll to cover.
  5. Drop the banana piece into rice krispies. Roll to cover.
  6. Use a toothpick to pick up banana piece and place on plate.
  7. Repeat with all pieces.
  8. Leave toothpick in each piece for easy serving.
  9. Variation: For those with peanut allergies use vanilla yogurt in place of peanut butter. (Do not warm yogurt).



## Libby Anne Schneider

4th Grade – Kim Moritz

# Sandoodle

- 1 apple
  - 2 spoonfuls of peanut butter
  - 6 raisins
  - A shake of cinnamon
  - A knife
  - An apple corer
1. First, get out all the ingredients.
  2. Then use the apple corer to take the core out of the apple.
  3. Use a sharp knife to neatly slice the apple to look like a bagel.
  4. Shake a little cinnamon on the first slice. When you get that done.
  5. Spread the peanut butter on the apple and add raisins.



**Rebecca Benedict**

6th Grade – Tracie Martin

## S'mores on a Stick

- ½ pound chocolate melties
  - 12 marshmallows
  - 12 skewer sticks
  - 1 package graham crackers
1. Crush your graham crackers by hitting them with a rolling pin while they (crackers) are in a plastic bag.
  2. Get a small pot and a bigger pot.
  3. In the bigger pot boil water, put the smaller pot in the bigger pot of boiling water.
  4. Add your chocolate melties to the small pot and keep mixing frequently so they don't burn.
  5. Place a marshmallow on the end of a skewer, roll it around in the chocolate until it is completely covered with melted chocolate.
  6. Waste no time rolling your chocolaty marshmallow in your crushed graham crackers (good idea to put the graham crackers on a plate for easy rolling) until covered.
  7. Place your s'more on a stick on a parchment paper to dry.
  8. Wait for the chocolate to cool before moving, eating or touching.
  9. Do not eat the stick! I assure you the s'more part tastes better!
  10. Enjoy!

Makes 12

## Katie Robinson

Totem Falls Elementary  
6th Grade – Karen Hickenbottom

# Southwestern Salsa

- 2 cups frozen corn kernels, thawed
  - 2 cups black beans, canned, drained and rinsed
  - ½ cup finely chopped red bell pepper
  - 2 chopped green scallions
  - ¼ cup finely chopped fresh cilantro
  - 1 finely chopped jalapeno, seeded, ribs removed
  - 1 lime, fresh squeezed w/zest
  - ¼ cup diced red onion
  - 1 ½ cups seeded, diced tomatoes
  - Salt and pepper to taste
  - 1 bag tortilla chips
1. Combine all ingredients in a large bowl.
  2. Toss gently.
  3. Season with salt and pepper to taste.
  4. Serve chilled or at room temperature.
  5. Yields about 7 or 8 cups.
  6. Serve with tortilla chips.
  7. Yum!



**Jamison Clark**

Totem Falls Elementary  
5th Grade - Grace Lee

## Stacked California Roll

- 2 cups short grain rice
  - 2 cups water
  - ½ cup rice (seasoned) vinegar
  - ¼ cup sugar
  - 1 teaspoon salt
1. Cooking rice – We use a rice cooker, that is water, rice and start. or
  2. Sauce pan – Boil rice & water 10 minutes. Covered, reduce heat, cook 10 more minutes. Remove from heat and let stand 15 minutes.
  3. In a microwavable dish, combine vinegar, sugar, salt. Cook until sugar is melted (2 minutes).
  4. Let rice cool while prepping other ingredients.
  5. When rice is cool, add wet ingredients.
- 2 pieces of toasted nori
  - 1-8 ounce tub of soft light cream cheese
  - 1-8 ounce package of flake imitation crab meat
  - 1 English cucumber
  - 1 avocado
  - ½ of a lime, juiced
  - 1 teaspoon soy sauce
  - ¼ teaspoon sesame oil
  - 4 drops sriracha (optional)
  - 8x8in pan
  - Plastic wrap (to overlap & line sides and bottom)

Continued from previous page

1. Line pan with plastic wrap.
2. Place 1 slice of nori in bottom of pan.
3. Place 2 cups of rice mix on that evenly (we use a plastic bag to cover our hand to do this).
4. In a bowl mix cream cheese, soy sauce, sesame oil, hot sauce.
5. Place  $\frac{1}{2}$  of this mix on rice evenly.
6. Cut cucumber (peeled or not) in  $\frac{1}{2}$ , remove seeds. Cut in long thin strips.
7. Cut avocado in slices (we use an egg slicer).
8. Add lime juice (keeps avocado green).
9. Place cucumber, avocado across rice until covered (may have leftovers).
10. With remaining cream cheese mix, add to imitation crab mix well.
11. Layer over vegetables.
12. Place 2 cups rice mix over crab, with plastic bag on hand.
13. Place 1 piece of nori over rice.
14. Fold plastic wrap over the whole thing.
15. Place in fridge and let set for 12 – 24 hours.
16. Remove plastic wrap from top, cut like brownies and serve.



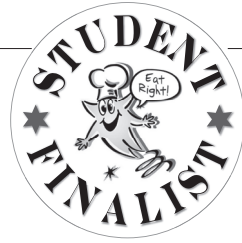


**Maggie Borland**

6th Grade – Sandra Krause

# Strawberry Oatmeal Bars

- 1  $\frac{3}{4}$  sticks salted butter, cut into pieces, plus more for greasing pan
  - 1  $\frac{1}{2}$  cup all-purpose flour
  - 1 cup packed brown sugar
  - 1 teaspoon baking powder
  - $\frac{1}{2}$  teaspoon salt
  - 1-10/12 ounce jar strawberry preserves
  - 1  $\frac{1}{2}$  cup oats
1. Preheat oven to 350 degrees F.
  2. Butter a 9x13 inch rectangular pan.
  3. Mix together butter, flour, oats, brown sugar, baking powder and salt.
  4. Press half the oat mixture into the prepared pan.
  5. Spread with the strawberry preserves.
  6. Sprinkle the other the half of the oat mixture over the top and pat lightly.
  7. Bake until light brown 30 – 40 minutes.
  8. Let cool completely and then cut into squares.



## Elli Austin

4th Grade – Corie Reed

# Super Star Energy Bars

- $\frac{1}{3}$  cup sliced almonds
- 1  $\frac{1}{2}$  cups rolled oats
- 1 egg
- 1 banana
- $\frac{1}{4}$  cup peanut butter
- $\frac{1}{4}$  cup honey
- $\frac{1}{4}$  cup oat flour
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$  teaspoon vanilla
- $\frac{1}{4}$  teaspoon salt
- 1  $\frac{1}{2}$  cups rice krispies
- $\frac{3}{4}$  cup mixed dried fruit

1. Preheat oven to 350 degrees F.
2. Line a 9x9x12 inch baking pan with foil. Set aside.
3. Put almonds in a plastic bag and use a rolling pin to crush them into small pieces.
4. Spread almonds and oats on a cookie sheet. Bake 8 minutes or until lightly toasted.
5. Remove from oven and set on hot mat to cool.
6. Put egg into large bowl and beat with wire whisk.
7. Mash banana in medium bowl with a fork.
8. Add mashed banana, peanut butter, honey, flour, baking powder, cinnamon, vanilla and salt to the egg. Whisk until well mixed.
9. Add cereal, dried fruit and cooled oats and almonds to the bowl.
10. Stir until combined.
11. Spoon mixture into foil-lined baking pan.
12. Bake 20 minutes.
13. Cool for 5 minutes and cut into 16 bars.



**Rebecca Benedict**

6th Grade – Tracie Martin

# Superbowl Bacon Ranch Dip

- 1 packet ranch dip mix
  - 1-16 ounce daisy sour cream
  - 1 pound thick bacon
  - ½ pound cheddar cheese, shredded
  - 1 large bag tortilla chips ( or your preferred chips)
1. Bake bacon in single layer on broiler pan at 425 degrees F until crispy.
  2. Mix ranch mix with sour cream thoroughly.
  3. Chop bacon into small pieces.
  4. Thoroughly mix shredded cheese and chopped bacon into the ranch mix.
  5. Serve with chips.

## Norah Coughran

4th Grade – Christina Pettit

# Sweet Butter Toast

- 1 toaster
  - 1 stick butter
  - 4 pieces of bread
  - 10 knifefuls of Chris Coughran's jam
1. Take the toast, put the toast in the toaster and set the toaster for 3. Push down. Wait until the toast pops up.
  2. Take the toast out and put the butter on. Smear – don't cut.





**Sarah Campfield**

5th Grade – Nick Movius

## Sweet Crepes

- 1 ½ cups all-purpose flour
  - 1 tablespoon granulated sugar
  - ½ teaspoon baking powder
  - ½ teaspoon salt
  - 2 cups milk
  - 2 tablespoon melted butter
  - ½ teaspoon vanilla extract
  - 2 eggs
1. Stir together flour, sugar, baking powder and salt in medium bowl.
  2. Stir in remaining ingredients.
  3. Beat with hand-mixer until smooth.
  4. Lightly butter skillet; heat over medium heat until bubbly.
  5. For each crepe, pour slightly less than a ¼ cup batter into skillet; immediately rotate skillet until batter covers bottom.
  6. Cook until light brown, turn over and cook other side.
  7. Serve with a variety of toppings: blueberries, strawberries, bananas, jam, peanut butter, whipping cream-whatever you like.
  8. Yum!

## Mackenzie White

5th Grade – Brenda Wolf

# Sweet Treat

- Whole wheat bread
  - 1 tablespoon Nutella
  - Sliced fruit such as banana or strawberry
1. Cut crust from the bread.
  2. Roll bread thinly using a rolling pin or clean hands.
  3. Spread each slice of bread with Nutella.
  4. Layer on sliced fruit down the center of the slice of bread.
  5. From the top corner to the bottom fold the opposite two corners of bread to the center.
  6. Then eat!





**Rebecca Benedict**

6th Grade – Tracie Martin

## Terrific Twice Baked Potatoes

- 6 large baking potatoes
  - 2 cubes butter
  - 8 ounces sour cream
  - 16 ounces shredded cheddar cheese
  - 1 pound thick bacon, baked & diced
  - 4 ounces milk
1. Wash, pierce, wrap potatoes in foil and bake at 425 degrees F, 1 hour or until tender.
  2. Slice baked potatoes lengthwise. Scoop out insides and place shells on baking sheet and insides into large bowl.
  3. Add remaining ingredients (except half the bacon and half the cheese), to potato insides mash all together.
  4. Fill zip-lock bag with potato stuffing and cut off tip of corner to use as a pastry bag.
  5. Fill potato shells with the potato stuffing, sprinkle remaining bacon and cheese on top of stuffed shells.
  6. Bake at 425 degrees F for 10 minutes or until cheese is melted on top.
  7. Serve hot and enjoy!



## Jocelyn Wright

5th Grade – Kelly Smiley

# Ty Ty Quesadilla

- 2 tortilla, medium
  - ½ cup of shredded Mexican cheese
  - 2 teaspoon butter
  - Chipotle tabasco (optional)
1. Heat skillet on medium heat.
  2. Spread butter on one side of each tortilla.
  3. Put 1 tortilla, butter side down in skillet.
  4. Add cheese evenly to tortilla in skillet.
  5. Option: to add a few dashes of hot sauce to spice it up!
  6. Place 2nd tortilla butter facing up.
  7. Flip using spatula or tongs when golden brown, allow other side to brown and serve immediately for gooeyness.
  8. Enjoy!





**Faith Davis**

5th Grade – Janice Craig

## Vegan Banana Berry Muffin

- 2 cups unbleached white flour
  - 1 teaspoon baking powder
  - 1 ½ teaspoon baking soda
  - ¼ teaspoon salt
  - 1 cup mashed ripe banana
  - ½ cup maple syrup, honey or barley malt
  - 6 tablespoon vegetable oil
  - 1 teaspoon extract
  - ½ cup water
  - ½ cup fresh or frozen blueberries, raspberries or cranberries
9. Heat oven to 375 degrees F.
  10. In a large bowl, combine flour, baking powder, baking soda and salt.
  11. In a medium bowl, combine remaining ingredients except berries.
  12. Pour flour mixture and stir until just combined (Do not stir any longer or muffins might be tuff).
  13. Add berries and stir to distribute them throughout the batter.
  14. Spoon the batter into the greased muffin tins to  $\frac{2}{3}$  full (you can line the muffin tin with paper or foil liners, instead of greasing).
  15. Bake for about 20 minutes or until muffins are risen firm and slightly golden on top.
  16. Makes about 8 – 10 muffins.

*Eat right!*

## Camila Ruiz

5th Grade – Mickey Wolf

# Wrap

- A big flour tortilla
  - 5 chicken strips
  - Grated cheese
  - ½ avocado
  - 2 big pieces of lettuce
  - 3 pieces of green bell peppers
  - 3 pieces of tomato
  - A little bit of onion
  - Note: If you want you can put sour cream
1. First you cut the chicken into 5 strips then you cook it.
  2. After that you grate the cheese.
  3. Then you get your big flour tortilla and put it on the stove on a pan and you let it heat up.
  4. After you get out all the things listed above, after you cut the avocado in half.
  5. By now your chicken should be ready, be sure to drain out all the grease.
  6. Then you heat up your tortilla.
  7. After that you put all the ingredients on the tortilla and wrap it like a burrito and you're done!



# Special Thanks

## **Event Judges**

Shaunna Ballas

Snohomish School District School Board

Jay Hagen

Snohomish School District School Board President

Leah Hughes-Anderson

Snohomish School District School Board Vice President

Tom Laufmann

Executive Director of Business Services

David Johnston

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Nita Lea

Leisa Manning

Bridget Mitchell

Dustin Olson

Lora Pearson

Michael Piekarski

Kelly Triplet

Carol Troupe

Brad Wall

Chef Dave Williams

Kindle Young

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