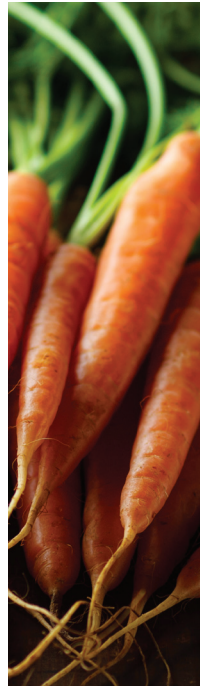




Future Chefs Challenge



2011-2012 Recipe Book

Snohomish School District Food Service Department



Snohomish
School District



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★ Student Finalists

Nicole Adler

5th Grade – Janice Craig

A Smoothie

Ingredients:

- ½ container frozen strawberries
- ½ container frozen blueberries
- Frozen yogurt
- Frozen blackberries
- 1 cup apple juice

Directions:

- Get out a blender
- Put the frozen fruit into the blender
- Put the frozen yogurt in
- Add in apple juice
- Blend

Serves 2



George Angelos

5th Grade – Janice Craig

Tiropetakia

Ingredients:

- 5 eggs
- 1 pint cottage cheese (small curd)
- ½ lb feta cheese, crumbled (2 cups)
- 1 lb butter – melted and desalted
- 1 lb phyllo pastry

Directions:

- Beat eggs until very, very stiff (about 4 to 5 minutes)
- Add cottage cheese and crumbled feta cheese
- Cut all of the phyllo in half lengthwise
- Butter each phyllo half sheet and fold it in half lengthwise
- Place a tablespoon of the cheese mixture in one corner
- Carefully start folding in a triangle shape and continue until the complete length is folded
- Brush with butter again on both sides
- Bake or freeze for later

- Bake at 350 degrees for about 20 minutes until golden brown
- Freeze (before cooking) by layering between wax paper. Take them right from the freezer and pop into hot oven.

Note – “My YiaYia taught me to make this traditional Greek treat. It is an old family recipe. I like to freeze some to have later. I also like to keep some in the refrigerator to eat cold or put in the microwave for a quick after-school snack.”

Serves 24



Zach Bridgman

5th Grade – Janice Craig

Zach's Walking Tacos

Ingredients:

- 1 lb ground beef
- 1 packet taco seasoning
- 2 bags fresh express shredded lettuce
- 1 lb grated cheddar cheese
- 2 tomatoes – diced
- 16 oz jar of salsa
- 16 oz bottle of ranch dressing
- 15 small bags of Doritos (nacho or cool ranch flavor)
or Fritos – whatever mix you like

Directions:

- Brown and season ground beef
- Dice tomatoes, grate cheese, and shred lettuce (if needed)
- Open small chip bags and crunch up the chips
- Add lettuce, beef, cheese, tomatoes, salsa and dressing to create a self contained taco salad that you eat right out of the bag.
- For a larger crowd, you could use a large bag of chips and serve out of the bag onto plates or into cups.

Great use for last night's left over taco fixings 😊

Serves 15

Eat right!

Haley Campbell

6th Grade – Dan Guthrie

Rainbow Milk

Ingredients:

- 1 cup reduced-fat milk or chocolate milk
- ½ cup fresh or frozen fruit
(peaches, bananas, strawberries, blueberries, or raspberries)
- ½ tsp vanilla
- ½ tsp sugar
- Dash of cinnamon or nutmeg

Directions:

- Combine milk, fruit and vanilla in blender
- Add sugar and cinnamon or nutmeg to taste
- Blend
- Pour into a glass, add a straw and drink it up!!

Serves 2

Rosalyn Hallmark

5th Grade – Janice Craig

A Berry Good Banana Smoothie

Ingredients:

- 2 bananas
- 2 cups of strawberries
- 1 cup plain yogurt
- 1 cup of milk

Directions:

- Peel and slice the bananas
- Wash and cut off the tops of the strawberries
- Put into the blender with the milk and yogurt and whirl away

Apple Advantage Option

- Instead of yogurt and milk, add ½ cup of apple juice, one cup of crushed ice and 1 tbsp of honey

M&M Powered Option

- Use only ½ cup of milk and substitute ½ cup vanilla ice cream
- Replace the yogurt with a hand full of crushed ice and a small bag of M&M's

Serves 2

Aleka Hanlon

5th Grade – Janice Craig

Scrambled Egg Sandwich

Ingredients:

- 2 large eggs
- 2 shots of red hot sauce
- 1 squirt of mustard
- Pinch of salt
- 2 tbsp milk
- 2 dashes of pepper
- 2 dashes of garlic
- 1 tbsp butter
- 1 stick of string cheese
- 2 slices of bread

Directions:

- Crack eggs in bowl and stir with fork
- Put all other ingredients except butter, bread and cheese in the bowl with the eggs
- Put bread in toaster
- Set stove to 7 to 9
- Melt butter in pan
- Pour in eggs, then wait 10 seconds
- Scramble with spatula
- Add cheese

ENJOY!!

Serves 1



Max Henderson

5th Grade – Tracie Martin

Double Chocolate Biscotti

Ingredients:

3 eggs
1 cup sugar
1 tsp vanilla
¼ tsp almond extract
2 ½ cups flour
¼ cup cocoa powder
¾ tsp baking powder
⅛ tsp salt
½ cup sliced almonds
1 ½ cup chocolate chips
Powdered sugar for kneading

Directions:

- Set oven to 350 degrees
- Mix eggs, sugar, vanilla and almond extract in a blender, about 3 minutes
- Add in dry ingredients and blend to make dough sticky
- Add almonds and chocolate chips by hand and stir
- Sprinkle powdered sugar on work surface and knead dough until no longer sticky
- Form into a log about 12 inches by 2 inches and place on a cookie sheet
- Bake 30 minutes, then cool for 30 minutes
- Cut log into ½ inch thick slices, turn those on their sides and put on cookie sheet, flat side down
- Reduce heat to 325 and bake for 10 minutes, flip over and bake for 10 more minutes

Eat when still warm or cool for a crispy snack later

Serves 8*Eat right!*

Chyanne Kienitz

5th Grade – Mickey Wolf

Deviled Eggs

Ingredients:

- 1 dozen eggs
- Spoonful or two of mayo
- 1 tsp mustard
- Dash or two of seasoning salt

Directions:

- Boil eggs for about 7 to 9 minutes. Let them sit until cool
- After boiled and cooled, cut eggs in half and set aside yolks
- Mix mayo, mustard and salt with yolks
- Put about a spoonful of yolk mixture back into each halved egg

Serve and enjoy!!

Serves 8



Cole McCalmon

5th Grade – Janice Craig

German Pancakes

Ingredients:

- 4 eggs
- 1 tbsp sugar
- ½ tsp salt
- ⅔ cup flour
- ⅔ cup milk
- 2 tbsp soft butter

Directions:

- Grease 2 9-inch pans
- Put eggs in blender on stir until light color
- Mix in all remaining ingredients (faster) until smooth
- Split mixture between the two greased pans
- Bake 20 minutes at 400 degrees
- Reduce heat to 350 degrees and bake 10 more minutes

Serves 2

Gabriella Norris

5th Grade – Janice Craig

Strawberry Kiwi Smoothie Yum

Ingredients:

- 2 cups vanilla yogurt
- 1 cup strawberries
- ½ cup kiwi
- 1 cup ice

Directions:

- All the ingredients go inside a blender for 35 seconds and then you have your smoothie

Serves 2





Laurel Peterson

6th Grade – Cathy Hayes

PB and Berry Pockets

Ingredients:

- 2 large whole wheat pita bread rounds, halved
- ½ cup chunky peanut butter
- 2 tbsp dry roasted sunflower kernels
- 2 tbsp raisins
- 1 cup sliced or chopped strawberries

Directions:

- Use fingers to carefully split each pita bread open to form pocket – being careful not to break it apart into two pieces
- Use a knife to spread peanut butter inside the pita pockets
- Use a spoon to divide raisins, strawberries, and sunflower kernels among pockets
- Cut into segments

Enjoy a healthy after school snack

Serves 4

Jaxon Roberts

4th Grade – Tracie Martin

Breakfast Burrito

Ingredients:

- 1 tortilla – burrito size
- 2 eggs
- 4 slices of cheese
- 3 strips of bacon
- 2 sausages
- Seasoning salt

Directions:

- Step 1 – cook bacon
- Step 2 – cook sausages
- Step 3 – put tortilla in microwave for 5 seconds
- Step 4 – cook eggs
- Step 5 – put eggs, sausage, cheese and bacon on burrito
- Last step – put seasoning salt on the burrito, then you're done

Serves 1



Destiny Yates

5th Grade – Janice Craig

Strawberry Smoothies

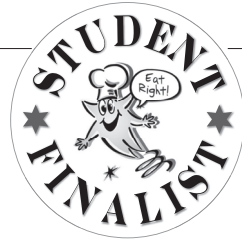
Ingredients:

- 1 tsp low fat whipped cream
- 8 ½ strawberries
- ½ cup skim milk
- ½ cup plain yogurt
- 3 tsp sugar
- 2 tsp vanilla
- 6 cubes of ice (crushed)

Directions:

- Put all ingredients into blender
- Blend until smooth, blended, or creamy

Serves 1



Carlena Carter

6th Grade – Ty Andersen

Pizza Paradise

Ingredients:

- 8 oz uncooked spiral pasta
- 1 ½ lb ground beef
- ½ cup diced onion
- 1 can spaghetti sauce
- ½ tsp sugar
- ½ tsp garlic salt
- ½ tsp dried oregano
- 2 cups shredded mozzarella
- 15 slices pepperoni

Directions:

- Preheat oven to 350 degrees
- Cook pasta according to directions
- Brown beef, onion, stirring to break up the meat
- Combine pasta, spaghetti sauce, sugar, garlic salt, and oregano in large bowl
- Add meat to sauce mix and stir well
- Place ½ of the mixture in an ovenproof baking dish, layer with ½ of the cheese, then add the other half of mixture, then the rest of the cheese, then the pepperoni
- Bake at 350 degrees until hot – about a half hour

Serves 6



Taylor Erickson

4th Grade – Corie Reed

Mudsticks

Ingredients:

- 1 bag pretzel rods
- 1 bag semi-sweet chocolate chips
- Optional – colored sugar sprinkles

Directions:

- Melt semi-sweet chocolate chips in microwave for 30 seconds on half power
- Stir
- Put back in microwave for another 30 seconds on half power
- Cool slightly
- Place melted chocolate chips into a Ziploc bag
- Cut a small tip off the bag
- Place pretzel rods on a cookie sheet
- Drizzle chocolate over tops of pretzels
- Sprinkle with colored sugar sprinkles (optional)
- Serve

Enjoy

Serves 8

Chase M. Gardner

5th Grade – Marj Taylor

Pizza Puffs Delights

Ingredients:

- ¾ cup flour
- ¾ tsp baking powder
- ½ tsp garlic powder
- ¾ cup whole milk
- 1 egg, lightly beaten
- 4 oz mozzarella cheese, shredded (about 1 cup)
- 2 oz mini turkey pepperoni (about ½ cup)
- 4 oz low fat sausage, cooked and crumbled
- ½ cup pizza sauce

Directions:

- Preheat oven to 375 degrees
- Grease a 24 cup mini muffin pan
- In a large bowl, whisk together the flour, baking powder, garlic powder
- Whisk milk and egg into flour mixture
- Stir in cheese, pepperoni and sausage then let stand for 10 minutes
- Stir again and then divide evenly amongst muffin cups
- Bake 20 to 25 minutes, until puffed and golden
- Meanwhile, microwave the pizza sauce to warm through
- Serve the puffs with pizza sauce for dipping

ENJOY! 😊

Serves 6



Ally Gorbunov

5th Grade – Carrie Henderson

Popcorn Crisps

Ingredients:

- 1 12 oz box of regular rice krispies cereal
- 1 12 oz box of cocoa rice krispies cereal
- 4 10 oz bags of mini marshmallows
- 3 cubes of unsalted butter
- 1 bag of powdered sugar
- 1 large Ziploc bag

Directions:

- Melt butter in a skillet
- Add marshmallows
- Mix marshmallows until they melt then add cereal a little at a time until all is mixed well
- Take a small amount in hand and roll into a ball until all the mix is made into balls
- Let them cool
- Place them into Ziploc bag with powdered sugar and shake or you can sprinkle the powdered sugar on the balls

Enjoy and eat

Serves 8

Eat right!

Vlad Gorbunov

4th Grade – Corie Reed

Vlad's Mystery Shake

Ingredients:

1 banana
6 strawberries
1 cup ice
1 cup cascade valley blend (non fat yogurt) beverage base
1 tbsp honey
Whipping cream
Cherry
Straw

Directions:

- Blend everything together
- Top with whipping cream and cherry

Serves 2



Brynja Olgeirsson

4th Grade – Corie Reed

Cheerio Popcorn

Ingredients:

- 1 bag of microwave popcorn
- 1 cup of Cheerios
- 2-3 tbsp of butter or margarine
- Salt to taste

Directions:

- Microwave popcorn as the directions indicate
- Melt butter
- In a large bowl, combine popcorn and Cheerios
- Drizzle the melted butter over the top and toss the ingredients so that all the pieces get a little butter
- Salt if desired
- You can also add popcorn flavorings and that tastes yummy too!!

Serves 2

David Schmitt

4th Grade – Corie Reed

Cheese Tortilla

Ingredients:

2 flour tortillas

$\frac{1}{3}$ to $\frac{1}{2}$ cup of grated cheddar cheese

2-3 tbsp of refried beans

Cooking spray

Optional – $\frac{1}{4}$ cup of chopped chicken or turkey

Directions:

- Spray medium fry pan with cooking spray
- Place one tortilla in pan
- Spread refried beans on tortilla
- Sprinkle grated cheese over refried beans
- Add chicken or turkey (optional)
- Place second tortilla on top
- Cook on medium heat until light brown
- Turn over and brown the other side
- Remove from pan
- Cut into 4-8 pieces

Serves 1





Cameron Thoreson

4th Grade – Corie Reed

The Easiest Apple Dumplings

Ingredients:

- 2 granny smith apples, cut into wedges
- 1 can crescent rolls
- ½ cup butter
- ½ cup sugar
- ½ cup brown sugar
- 1 can apple juice concentrate
- ½ teaspoon cinnamon

Directions:

- Preheat oven to 350 degrees
- Put butter, sugar, cinnamon and apple juice concentrate into glass pyrex baking dish
- Microwave until melted
- Mix well
- Unroll each roll and place a slice of apple in each roll starting with the largest end, roll up
- Place rolls into baking dish
- Put extra apples along side the dumplings
- Spoon juice over top of dumplings
- Bake 20 to 25 minutes
- Spoon sauce over dumplings occasionally as they bake
- Serve warm

Serves 8

Rachel Brill

4th Grade – Dawn Cort

Yummy Chicken Rice

Ingredients:

- 2 tbsp olive oil
- 1 package Spanish Rice-A-Roni
- 1 14 oz can petite diced tomatoes
- 1 12 oz can of chicken breast (drained)
- 2 cups water

Directions:

- Heat frying pan or electric skillet on 9
- Add oil
- Add rice mix to oil and stir constantly until browned
- Add 2 cups water and be careful of the steam
- Add seasoning packet, tomatoes and drained chicken breast
- Stir together, breaking up the chicken
- Bring to a boil
- Reduce heat to low and cover
- Simmer for 15 to 20 minutes

Serves 4





Alexis DeFord

4th Grade – Zan Peterson-Moens

Green Smoothie

Ingredients:

- ¾ cup white grape juice concentrate
- ¼ of a lime (including peel)
- 1 small Jell-o instant pistachio pudding
- 2 small handfuls of spinach
- 2 ½ – 3 cups of ice
- ¾ cup of water

Directions:

- Pour grape juice concentrate into blender
- Add instant pudding, lime and spinach
- Add ice cubes to blender last
- Blend until smooth, adding water as necessary for desired consistency
- Pour into individual glasses and enjoy!

Serves 2



Kevin DeFord

4th Grade – Zan Peterson-Moens

Apple Squares

Ingredients:

- 1 cup sifted all-purpose flour
- 1 tsp baking powder
- ¼ tsp salt
- ¼ tsp ground cinnamon
- ¼ cup butter or margarine, melted
- ½ cup packed brown sugar
- ½ cup white sugar
- 1 egg
- 1 tsp vanilla extract
- ½ cup chopped apple
- ½ cup finely chopped walnuts
- 2 tbsp white sugar
- 2 tsp ground cinnamon

Directions:

- Preheat oven to 350 degrees
- Grease a 9 x 9 pan
- Sift together flour, baking powder, salt, and ¼ tsp of cinnamon – set aside
- In a large bowl, mix together melted butter, brown sugar and ½ cup of white sugar with a wooden spoon until smooth.
- Stir eggs and vanilla into sugar mixture
- Add flour mixture to sugar mixture and blend until just combined.
- Stir in apples and walnuts
- Spread the mixture evenly into the prepared pan
- In a cup or small bowl, stir together the remaining sugar and cinnamon – sprinkle over the top
- Bake for 25 to 30 minutes in a preheated oven – finished bars should spring back

Makes 36 bars





Alexis Cabana

4th Grade – Andrea Rossall

Aunt Brittney's Fruit Salad

Ingredients:

- 1 cup grapes
- 3 kiwi, peeled and diced
- 2 apples, peeled and diced
- 1 cup mandarin oranges
- 2 tbsp honey
- ½ cup blue berries
- 1 cup strawberries, diced
- 2 bananas, peeled and sliced
- ¼ cup cream

Directions:

- Mix ingredients and enjoy!

Serves 6

Matthew Corbin

4th Grade – Elaisa Navarro

Cocoa-Peanut Waffle

Ingredients:

- 1 frozen waffle
- 1 tbsp low fat peanut butter
- 1 tsp Nutella (chocolate flavor)
- 1 small banana

Directions:

- Toast the waffle of your choice to taste
- Then spread the peanut butter
- Then the Nutella
- Then slice the banana as you prefer and put it right on top
- Then enjoy

Serves 1



**Joshua Fenelus**

4th Grade – Andrea Rossall

Rainbow Ratatouille

Ingredients:

- 2 tbsp olive oil
- 1 small onion, diced
- 3 cloves of garlic, finely chopped
- 2 cups sliced fresh mushrooms
- 4 cups broccoli
- 2 cups sliced zucchini
- 2 cups sliced eggplant
- 1 28 oz can of crushed tomatoes
- 2 medium tomatoes, chopped
- 4 cups fresh spinach, chopped
- 1 tsp oregano
- ½ tsp red pepper flakes (optional)
- Salt and Pepper to taste

Directions:

- Heat oil on medium heat in a large pot
- Add onions, garlic, mushrooms, and other spices and sauté for 3 minutes
- Add broccoli, zucchini, and eggplant
- Cover and cook for 8 minutes, stirring occasionally
- Add crushed tomatoes, fresh tomatoes and spinach
- Cook an additional 5 to 10 minutes, stirring occasionally
- Serve

Serves 6*Eat right!*

Tai Garrett

4th Grade – Andrea Rossall

Mini Veggie Pizzas on a Whole Wheat English Muffin

Ingredients:

- 1 small onion
- 1 green bell pepper
- 1 red bell pepper
- 1 tomato
- Small handful of olives
- Garlic – chopped or minced
- $\frac{1}{3}$ cup shredded cheese (pepper jack or cheddar) per muffin
- Whole Wheat English Muffins

Directions:

- Open your English muffin
- Spread $\frac{1}{3}$ cup shredded cheese on top
- Spread on some garlic to taste
- Add some of each veggie to your muffin
- Add an extra handful of shredded cheese on top
- Put pizza in toaster oven at 450 degrees until cheese is completely melted

Serves (as many muffins as you make)



Taylor Odom

6th Grade – Linda Varner/Mackenzie Speare

Zucchini Bread

Ingredients:

- 3 cup flour
- 2 cup sugar
- 1 tsp baking soda
- 1 tsp salt
- 1 tbsp cinnamon
- 1 cup oil
- 1 tsp vanilla
- 2 cups peeled and grated zucchini
- 3 eggs

Directions:

- Sift dry ingredients together in a bowl
- Add remaining ingredients
- Stir until mixed
- Place into 2 greased bread loaf pans
- Bake at 325 for 1 hour

Serves 8

Malia Petrick

5th Grade – Jean Hunter

Apple Cupcakes

Ingredients:

- 2 apples
- 2 tbsp peanut butter, yogurt, or cream cheese
- 1 tbsp raisins, granola, or chopped nuts
- 4 cupcake liners

Directions:

- Remove apple stem, cut in quarters and scoop out the core
- Cover halves with peanut butter, cream cheese, or yogurt
- Top with raisins, granola or chopped nuts
- Serve in cupcake liners

Serves 2



Eric Rivera

4th Grade – Andrea Rossall

Veggie Wrap

Ingredients:

- 20 pieces of spinach
- 1 piece of cabbage
- 1 tortilla

Directions:

- Put veggies on tortilla
- Cook for 2 minutes

Enjoy!!

Serves 1

Eat right!

Zoie Sado

4th Grade – Andrea Rossall

Zoie's Power Bar

Ingredients:

- ¼ cup crisp rice cereal
- 1 cup uncooked quick-cooking oats
- 2 tbsp flaxseed meal
- ½ tsp ground cinnamon
- ¼ cup chopped dried cranberries
- ¼ cup chopped nuts or seeds
- ⅓ cup brown rice syrup
- ½ cup peanut butter
- 1 tsp vanilla

Directions:

- Mix cereal, oats, flax, cinnamon, cranberries and nuts in a bowl
- Mix syrup and peanut butter in small microwave bowl and melt in microwave for 30 to 60 seconds. Stir in vanilla
- Pour syrup mixture over the cereal mixture and stir, then switch to your hands and mix well
- Push mix into an 8-inch square pan that has been sprayed with cooking spray
- Refrigerate 30 minutes, cut into bars and wrap them tight
- Keep them in the refrigerator

Enjoy!!

Serves 8



Tia Watson

6th Grade – Linda Varner/Mackenzie Speare

Safari Dip

Ingredients:

- 4 oz cream cheese
- ½ cup creamy peanut butter
- 2-3 tbsp milk
- 2 tsp honey
- 3 to 4 small cut up pieces of strawberry per celery stick
- 1 animal cracker per celery stick
- 2 inch pieces of celery

Directions:

- Beat cream cheese on medium speed with electric mixer until smooth
- Beat in peanut butter, milk and honey until nicely combined and smooth
- Spread the dip on the celery sticks
- Place the front legs of an animal cracker into the dip of each celery stick
- Place 3 to 4 pieces of strawberry onto the top of the dip for the animal to enjoy
- Now you have a healthy snack that covers all the food groups!

Serves 2

Holly Allmon

4th Grade – Nancy Hassler

Chocolate Chip Oatmeal Cookies

(this recipe came without a name)

Ingredients:

- 1 ¼ cups (2 ½ sticks) butter or margarine, softened
- ¾ cup firmly packed brown sugar
- ½ cup sugar
- 1 egg
- 1 tsp vanilla
- 1 ½ cups all-purpose flour
- 1 cup chocolate chips
- 1 tsp baking soda
- 1 ¼ tsp ground cinnamon
- ½ tsp salt
- 3 cups Quaker oats (old fashioned uncooked)

Directions:

- Heat oven to 375 degrees
- Combine flour, baking soda, cinnamon and salt – set aside
- In large bowl, beat margarine and sugars until creamy
- Add egg and vanilla and beat well
- Add flour mixture and mix well
- Add oats and chocolate chips and mix well
- Drop by rounded tablespoonful onto ungreased cookie sheets
- Bake 8 to 9 minutes for a chewy cookie or 10 to 11 minutes for a crisp cookie
- Cool 1 minute on cookie sheets
- Remove to wire rack and cool completely
- Store tightly covered

Makes 4 dozen cookies



Brittany Brunhaver

6th Grade – Rose Sudmeier

Dad's Salsa

Ingredients:

- 2 roma tomatoes (chopped)
- ¼ cup cilantro (chopped)
- ¼ cup onion (chopped)
- 1 tsp lemon juice
- 1 tsp salt

Directions:

- Combine all ingredients
- Serve with corn chips

Serves 4

Paula Cortes

4th Grade – Nancy Hasler

Rice with Milk

Ingredients:

- 2 cups rice
- 2 cans evaporated milk
- 1 can sweetened condensed milk
- Sugar to taste
- Milk if needed

Directions:

- Combine all ingredients in a saucepan
- Stir over low heat until rice has softened
- Add a little milk if needed to thin
- Pour into serving bowls

Serves 4



Tamia DeSchmidt

5th Grade – David Bricker

Harvest Loaf

Ingredients:

- 1 $\frac{3}{4}$ cup flour
- 1 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 1 tsp cinnamon
- $\frac{1}{2}$ tsp nutmeg
- $\frac{1}{4}$ tsp ginger
- $\frac{1}{4}$ tsp ground cloves
- 2 eggs
- $\frac{1}{2}$ cup butter
- 1 cup sugar
- $\frac{3}{4}$ cup canned pumpkin
- $\frac{3}{4}$ cup chocolate chips and walnuts (optional)

Directions:

- Grease bottom of a 9 x 5 pan
- Combine flour, soda, salt, and spices and set aside
- Cream butter in mixing bowl
- Gradually add sugar and cream at high speed
- Add eggs and beat well
- Add pumpkin and beat on low
- Add dry ingredients
- Stir in optional chocolate chips and walnuts
- Bake at 350 degrees for 65 minutes

Serves 8*Eat right!*



Emily Foley

5th Grade – Ann Wilkins

Apricot Glazed Chicken Bites

Ingredients:

- 4-6 boneless skinless chicken breasts
- 1 jar apricot preserves
- 1 bottle Russian salad dressing
- 1 envelope onion soup mix

Directions:

- Mix preserves, salad dressing and soup mix
- Place chicken in a baking dish sprayed with Pam
- Pour mixture over chicken
- Bake at 350 degrees for one hour
- After cooked, cut into bits and serve on toothpicks

Serves 8





Gracia MacMillan

5th Grade – Rachael Leck

Apple-Pear Delight

Ingredients:

- 4 gala apples (or apples of your choice)
- 2 bartlett pears
- 1 tsp cinnamon
- ¼ cup brown sugar
- 1 tbsp butter or butter substitute (like Earth's Balance)
- ¼ cup pecans or walnuts (optional) chopped or whole
- ½ gallon Dreyers Vanilla Bean Ice Cream

Directions:

- Get sauté pan and large wooden/plastic spoon
- Wash apples and pears
- Peel, core, and slice apples into wedges
- Pre-heat pan with butter until melted (stirring to avoid burning) on medium-high heat
- Add sliced apples and pears to pan
- Sprinkle cinnamon over apples
- Add brown sugar
- Stir ingredients in pan until well mixed and coated
- Cover with lid and allow to cook for 5 to 8 minutes, stirring occasionally so they do not burn or stick to bottom of pan – apples will be done when they appear a little translucent and mixture has reduced
- Remove lid for last 2 – 3 minutes of cooking
- Delicious alone or served with a small scoop of vanilla ice cream and chopped walnuts

Serves 4

Eat right!

Maegan Mitchell

5th Grade – Stacey Coad

Pizza Wheels

Ingredients:

- English muffins
- Marinara sauce
- Grated mozzarella cheese
- Pepperoni (optional)

Directions:

- Preheat oven to 400 degrees
- Slice English muffins
- Spread sauce onto muffins
- Sprinkle cheese on top of muffins
- Add pepperoni (optional)
- Bake pizza for 15 minutes or until cheese is melted
- Remove from oven, let cool for a few minutes

Enjoy!

Serves (as many muffins as you make)





Charlotte Offin

5th Grade – Stacey Coad

Pepperoni Pizza Puffs

Ingredients:

- ¾ cup flour
- ¾ tsp baking powder
- ½ tsp dried oregano
- ¾ cup milk
- 1 egg
- 4 oz shredded mozzarella cheese
- 4 oz mini pepperoni
- ½ cup pizza sauce
- 2 tbsp fresh basil

Directions:

- Preheat oven to 375 degrees
- Grease a 24 cup mini muffin pan
- In a large bowl, whisk together the flour, baking powder and oregano
- Whisk in the milk and eggs
- Stir in the mozzarella and pepperoni
- Let stand for 10 minutes
- Stir the batter and divide among the muffin cups
- Bake until puffed and golden (20 to 25 minutes)
- Warm pizza sauce, then stir in 1 tbsp of basil
- Sprinkle the puffs with the remaining 1 tbsp of basil
- Serve the puffs with the pizza sauce for dipping

Serves 6

Eat right!

Cassie Williams

4th Grade – Nancy Hasler

Crackerpillers

Ingredients:

- 2 jars peanut butter
- 56 Ritz crackers
- 1 small bag chocolate chips
- 1 package black string licorice
- 1 bag M&M's
- 1 tube red decorating frosting gel
- 1 package chocolate wafer cookies
- 2 apples
- 1 bag coconut
- Green food coloring

Directions:

- Use 7 crackers for each crackerpillar
- Put 5 tbsp of peanut butter in a bowl and use a butter knife to spread peanut butter on the crackers
- Stick them together to make an S shape
- Attach two chocolate chip eyes with a dab of peanut butter
- Stick 2 1 inch long pieces of licorice on the top
- Attach M&M's to make legs
- Squeeze on a red smile with frosting gel
- Crush the cookies on a serving tray to make dirt
- Put the coconut in a Ziploc bag and drop in some green food coloring and shake
- Put green coconut on the tray to make grass
- Place two apples on the tray then put the crackerpillers on and now you're done!!

Serves 4



Layla Youssef

4th Grade – Sue Koch

Very Berry Smoothie

Ingredients:

- 4 pineapple chunks
- 1 strawberry
- 10 blueberries
- 6 ice cubes
- 2 tsp plain yogurt
- 4 tsp peach/orange/mango juice

Directions:

- Combine all ingredients in blender
- Blend for 30 seconds or until fully blended
- Pour into glass

Serves 1

Lydia Anderson

4th Grade – Michelle Lee

It's Really A Smoothie!

Ingredients:

- 2 to 3 cups fresh spinach
- 2 cups frozen fruit (we like berries and bananas)
- 1 tbsp honey (optional)
- ¼ cup milk

Directions:

- Put spinach in blender
- Add fruit and honey
- Start blending on high
- Blend until mixture is smooth, adding milk a little at a time until it looks the way you want it to
- Pour and drink

YUM!

Serves 2



Kayla Dunham

5th Grade – Gale Brandstetter

Fruit Freakout

Ingredients:

- 1 cup yogurt
- 3 cups strawberries, bananas, blueberries, apples
- 1 cup granola

Directions:

- First get a large cup or bowl
- Add half a cup of yogurt into the glass
- Layer it with fruit
- Add another ½ cup of yogurt on the fruit
- Add granola on top

Serves 1

Kennedy Duran

5th Grade – Julie Blue

Raspberry-Lemon Muffins

Ingredients:

- 1 cup butter milk
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ cup canola oil
- 1 egg
- 1 tsp vanilla extract
- 1 lemon
- 2 cups flour
- 2 tsp baking powder
- Pinch salt
- 2 cups frozen raspberries (do not thaw)

Directions:

- Preheat oven to 400 degrees
- Line the cups of a 12 cup muffin tin with paper liners
- In a large mixing bowl, stir together butter milk, sugar, oil egg and vanilla until smooth
- Zest and juice the lemon into the buttermilk mixture – stir again until combined
- In a separate bowl, stir together flour, baking powder and salt
- Add dry ingredients to wet ingredients and fold until almost combined
- Gently fold in the still frozen raspberries, being careful not to break them up
- Spoon batter into prepared muffin cups
- Bake for 20 to 25 minutes or until a toothpick inserted into the center of each muffin comes out clean
- Let cool in pan for 5 to 10 minutes, then turn out onto a wire rack to cool completely

Serves 6



Kinslee Gallatin

4th Grade – Michelle Lee

Berrylicious Smoothie

Ingredients:

- 12 oz strawberry yogurt
- ½ cup milk
- ½ cup strawberries
- 1 banana – sliced

Directions:

- In a blender mix yogurt, milk, strawberries and banana
- Pour into a cup and enjoy

Serves 2

Jacob Harvey

5th Grade – Gale Brandstetter

Homemade Soup

Ingredients:

- 5 chicken thighs
- 4 cups chicken broth
- 1 cup carrots
- $\frac{3}{4}$ cup celery, onions
- $\frac{1}{2}$ lb spaghetti noodles
- 1 tbsp poultry seasoning
- 1 tsp parsley
- Salt and Pepper

Directions:

- Place 5 chicken thighs in soup pot with 1 cup water
- Boil chicken until it falls off the bones
- Pull out the 5 leg bones
- Add chicken broth, carrots, celery, onions
- Boil 20 minutes
- Add seasoning, parsley and spaghetti noodles
- Cook 10 to 12 minutes longer until spaghetti is done

Jacob made this on a Saturday night and served it for dinner to guests to score. He also made homemade pizza – but Jacob's Chicken Soup won!!

Serves 4



Gizelle Hurley

4th Grade – Michelle Lee

Chicken Soup

Ingredients:

2 quarts chicken broth

1 cup of fresh celery and carrots, cut into thin slices –
microwave for one minute each

½ cup of red and orange sweet peppers

May add ¼ cup of onion

1 can chicken meat

Directions:

- Combine ingredients and simmer for 30 minutes
- May add 1 cup of cooked pasta

Serves 4

Gizelle Hurley

4th Grade – Michelle Lee

Fruit Plate

Ingredients:

- 1 cup watermelon
- 1 cup strawberries
- 1 cup orange slices
- 1 cup apple slices
- 1 8 oz package cream cheese
- 1 10 oz tub of cool whip

Directions:

- Cut up fruit into bite size pieces
- Mix cream cheese and cool whip together with mixer for 3 minutes
- Serve fruit on plate with dip

Serves 4



Gizelle Hurley

4th Grade – Michelle Lee

Fruit Salad

Ingredients:

- 1 13 oz can sliced peaches
- 1 13 oz can apricots
- ½ cup maraschino cherries
- 2 large bananas, sliced
- ¼ cup lemon juice

Directions:

- Mix all of the ingredients in a 2 quart container
- Chill for 2 hours
- Serve

Serves 4

Gizelle Hurley

4th Grade – Michelle Lee

Tater Tot Casserole

Ingredients:

- 1 lb ground beef or chicken
- ½ cup chopped onions
- ½ cup chopped celery
- 1 can cream of mushroom soup or cream of chicken soup
- ½ cup milk
- ½ lb tater tots

Directions:

- Brown beef and vegetables until tender, drain
- Cover bottom of a 9 x 9 baking pan with beef mixture
- Mix condensed soup and milk, pour over meat
- Place tater tots on top
- Bake at 350 degrees for 35 minutes

Serves 4





Sara Minogue

5th Grade – Julie Blue

Fiesta Tortilla Roll Ups

Ingredients:

- 2 packages (8 oz each) cream cheese
- 1 package ranch fiesta dry mix
- 1 yellow pepper
- 1 red pepper
- 1 small (6 oz) can black olives
- 1 bunch green onions
- Flour tortillas

Directions:

- Mix the softened cream cheese and package of ranch fiesta mix in a bowl until blended
- Add remainder of ingredients
- Spread mixture on flour tortillas
- Roll and chill in refrigerator for an hour
- Cut and eat

Serves 12

Conner Jace Moore

4th Grade – Michelle Lee

Apple Sauce

Ingredients:

- 4 apples, peeled, cored and chopped
- $\frac{3}{4}$ cup filtered water
- 2 stevia packets
- $\frac{1}{2}$ tsp ground cinnamon

Directions:

- In a saucepan or small pot, combine apples, water, stevia and cinnamon
- Cover and cook over medium heat for 15 to 20 minutes, or until apples are soft
- Allow to cool slightly then smash with a potato masher (for chunky sauce) or blend with a handheld wand mixer (for a smooth texture)
- Can be stored in air tight containers in the fridge or frozen

Enjoy!





John Pray

4th Grade – Michelle Lee

Artichoke Dip

Ingredients:

- 1 fresh whole artichoke
- 2 ½ tbsp light mayonnaise
- 2 ½ tbsp plain fat free yogurt
- Curry powder (to taste)

Directions:

- Cook artichoke
- Mix together yogurt, mayonnaise and curry powder together
- Dip artichoke leaves into mayonnaise and enjoy

Serves 1

Katie Turner

5th Grade – Gale Brandstetter

Carmel Cookies

Ingredients:

- ½ cup unsalted butter (softened)
- 1 cup packed dark brown sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 cup all-purpose flour
- ¾ cup whole wheat flour
- ¼ tsp salt
- ½ tsp baking soda

Directions:

- Preheat oven to 400 degrees
- In a large bowl, using electric mixer, cream butter, sugar, eggs and vanilla extract
- Add remaining ingredients and beat thoroughly
- Scrape dough out of bowl and onto a large piece of plastic wrap
- Roll dough into a log about 2 ½ inches wide
- Wrap in the plastic and refrigerate until firm (20 minutes to overnight)
- Cut dough into ⅛ inch thick slices and arrange on ungreased cookie sheets at least 1 inch apart
- Bake until lightly browned around edges, about 8 to 10 minutes
- Allow cookies to cool on cookie sheet for about 1 minute
- Remove to wire rack and cool completely

Makes 5 dozen cookies



Hailee Wallace

4th Grade – Lynda Jackson

Healthy Quesadilla

Ingredients:

- 1 whole grain tortilla
- ¼ cup shredded cheese
- ½ cup fresh spinach
- A little mild salsa
- Carrots

Directions:

- Put 1 tortilla on a plate
- Put cheese, spinach and salsa on half of the tortilla
- Fold it in half
- Put in microwave for 40 seconds
- Enjoy with carrots on the side

Serves 1



Conner Watt

4th Grade – Michelle Lee

Graham Cracker Delight

Ingredients:

- 1 graham cracker
- 1 banana
- Honey roasted peanut butter
- Chocolate chips

Directions:

- First you take the graham cracker and split it in half so you have two pieces
- You then take the peanut butter and spread it on top
- Then you cut the banana in half the short and long ways
- You put two of the pieces on the graham cracker
- Put chocolate chips on top

Serves 1



**Finn Baker**

6th Grade – Laura Cross

Reese's Marzipan Cookies

Ingredients:

- 1 cup unsalted butter
- 1 cup light brown sugar
- 1 egg
- 3 tbsp peanut butter
- 2 ½ cups all-purpose flour
- 4 tbsp cocoa powder
- 7 oz white almond paste
- 4 oz white chocolate, chopped

Directions:

- Preheat oven to 375 degrees
- Lightly grease two large baking sheets
- Cream butter and sugar together until pale and fluffy
- Add peanut butter and egg, beat well
- Sift flour and cocoa over the mixture
- Stir in, first with a wooden spoon, then with clean hands, pressing mixture together to make a soft dough
- Roll out half the dough on a lightly floured surface to a thickness of ¼ inch
- Using a 2-inch round cookie cutter, cut out rounds, re-rolling dough as required until you have about 36 rounds
- Cut almond paste into about 36 equal pieces and roll into balls and slightly flatten
- Place one on each round of dough
- Roll out enough more dough circles to cover the cookies
- Press dough edges together and pinch to seal
- Bake for 10 to 12 minutes or until cookies have risen well
- Cool completely
- Melt white chocolate and spoon into piping bag, pipe onto cookies

Makes 3 dozen cookies*Eat right!*

Nadia Burch

4th Grade – Peggy Panko

Nadia's Quesadilla

Ingredients:

- 2 tortillas
- 1 cup shredded cheese
- ½ cup sour cream
- ½ cup salsa

Directions:

- Place 1 tortilla on plate and sprinkle with cheese then put other tortilla on top
- Microwave for 45 seconds
- Put little salsa and sour cream in the middle and cut in wedges

Serves 1



Jaeden Byerly

4th Grade – Debbie Edgbert

Pizza Minis

Ingredients:

English muffin or gluten-free Udis bread
Pizza sauce
Shredded white cheese
Favorite toppings

Directions:

- Toast bread
- Microwave cheese and sauce
- Put together
- Add toppings like pepperoni and eat!

Serves 1

Kiana Campbell

4th Grade – Debbie Edgbert

Fruit Smoothie

Ingredients:

- 1 cup yogurt
- ½ cup orange juice
- ½ cup fresh or canned fruit
- ½ cup ice cubes
- Whip cream

Directions:

- Get blender
- Put in yogurt and orange juice (or juice of your choice)
- Put in fruit
- Put in ice cubes
- Blend until smooth
- Pour into cup and top with whip cream!

Enjoy!

Serves 2



Celia Forster

4th Grade – Anjeannette Hammer

Monkey Muffins

Ingredients:

- ¾ cup whole wheat flour
- ½ cup sugar
- ½ tsp baking soda
- 2 ripe bananas
- 1 egg
- ½ stick butter (melted)

Directions:

- Combine dry ingredients
- Mash bananas and add to dry ingredients
- Beat egg
- Add butter and egg to banana mixture
- Spoon into muffin pans
- Bake at 400 degrees for 10 to 13 minutes

Makes 30 muffins

Braden Hammond

6th Grade – Anjeannette Hammer

Chocolate Chip Banana Bread

Ingredients:

- $\frac{2}{3}$ cup sugar
- 2 eggs
- 1 cup mashed bananas (2 to 3 bananas)
- $\frac{1}{3}$ cup shortening, margarine or butter
- 2 tbsp milk
- Dash of vanilla extract
- 2 cups all-purpose flour
- 2 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- 1 tsp nutmeg
- Chocolate chips
- $\frac{1}{2}$ tsp cinnamon

Directions:

- Preheat oven to 350 degrees
- In a large mixer bowl combine sugar, eggs, bananas, butter and milk
- Add vanilla
- Combine flour, baking powder, baking soda, nutmeg and cinnamon
- Add dry ingredients to wet ingredients and mix
- Add chocolate chips
- Pour batter into a greased breadpan (8 x 4 x 2)
- Bake at 350 degrees for 1 hour
- Cool 2 hours before slicing
- Serve with or without butter

Yum...

Serves 8



Kimmy Kier

4th Grade – Bob Beach

Fluffy Fruit Dip

Ingredients:

1 jar marshmallow cream

1 block cream cheese

Any fruit (strawberries, grapes, bananas, apples, oranges)

Directions:

- Mix marshmallow cream and cream cheese together in a bowl
- Get fruit
- Dip and enjoy

Serves 8



Ethan de Soto

6th Grade – Laura Cross

Healthy Homemade Granola Bars

Ingredients:

- ¼ tsp cinnamon
- 3 ½ tbsp margarine
- ½ cup packed brown sugar
- 1 ½ cup quick oats
- 3 tbsp ground flax seed
- 1 tsp vanilla extract
- 1 pinch salt
- 2 tbsp honey

Directions:

- Preheat oven to 375 degrees
- Put all ingredients into a large mixing bowl
- Mix with fingers until all ingredients are fully mixed together (about 5 minutes)
- On a greased cookie sheet, form mixture into a 6" x 12" rectangle – you can use bare hands or a piece of wax paper to form the mixture into a rectangle
- Bake for 15 to 17 minutes (no longer)
- Remove from oven and let it cool for 10 minutes
- Slice into 1" x 6" bars

Makes 12 bars



Chanel Cain

6th Grade – Brandy Schroeder

Pizza Quesadilla

Ingredients:

- 1 flour tortilla
- ½ cup rice cheese alternative
- 9 pepperoni

Directions:

- Heat a griddle to 300 degrees
- Place flour tortilla on griddle
- When tortilla is warm, place **most**, not all of rice cheese alternative on **half** the tortilla
- Place pepperoni in two rows on partially melted cheese
- When pepperoni are bright red, place the remaining cheese on top, fold in half and grill to your liking

Enjoy!

Serves 1

Eat right!

Morgan B. Chew

6th Grade – Latisha Travis

Plentiful Parfait Masterpiece

Ingredients:

Strawberry yogurt
Crushed almonds
Strawberries

Directions:

- Scoop strawberry yogurt into a small bowl or cup!
- Crush the almonds or place pre-crushed almonds on the yogurt
- Place 1 strawberry on either side of the almonds

Serves 1



Madi Harasek

5th Grade – Brandy Schroeder

Fruit Parfait

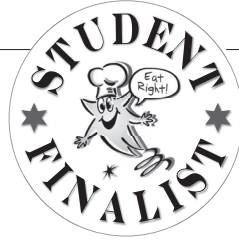
Ingredients:

- 1 $\frac{1}{4}$ cup vanilla yogurt
- 1 sliced peach
- $\frac{1}{4}$ cup pomegranate seeds
- $\frac{1}{2}$ cup grape nuts cereal

Directions:

- Spare 7 grape nuts clusters
- Mix the rest of the grape nuts in with the yogurt
- Skin the peach slices
- Place the yogurt and grape nuts mixture in a bowl
- Nicely place the peach slices like flower petals
- Put the pomegranate seeds in the middle of the peach slices and around them
- Use the seven spare grape nut clusters on the pomegranate seeds

Serves 1



Lauren Johnson

5th Grade – Lindsay Wells

Pumpkin Cranberry Muffins

Ingredients:

- 3 cups all purpose flour
- 1 tbsp plus 2 tsp pumpkin spice
- 2 tsp baking soda
- 1 ½ tsp salt
- 3 cups granulated sugar
- 1 can (15 oz) pumpkin puree
- 4 large eggs
- 1 cup vegetable oil
- ½ cup orange juice or water
- 1 cup frozen cranberries

Directions:

- Preheat oven to 350 degrees
- Put muffin cups in a 12 cup muffin pan
- Combine flour, pumpkin pie spice, baking soda and salt in a bowl
- Combine sugar, pumpkin, eggs, oil and juice in a large mixing bowl
- Add flour mixture to pumpkin mixture and combine until just moistened
- Fold in cranberries
- Fill muffin cups $\frac{2}{3}$ full
- Bake 20 to 25 minutes or until wooden pick inserted in center comes out clean
- Cool in pan on wire racks for 10 minutes
- Remove to wire racks to cool completely

Makes 12 muffins



Freja Jorgensen

6th Grade – Brandy Schroeder

Ecka's Muffins

Ingredients:

- 1/3 cup oil
- 2 eggs
- 1/3 cup milk
- 1/4 cup brown sugar
- 1/3 cup white sugar
- 2 ripe bananas, mashed
- 1 large carrot, shredded
- 2 cups whole wheat flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 cup raisins
- 1 cup pecans

Directions:

- Preheat oven to 350 degrees
- Mix oil, eggs and milk in a mixing bowl
- Add brown and white sugars, mix
- Add bananas and carrots, mix
- Mix together flour, baking soda and salt
- Add flour mixture to wet mixture and stir until just combined
- Mix in raisins and pecans
- Fill greased muffin tins with batter and bake for 30 to 40 minutes
- Serve warm, plain or with butter

Serves 6*Eat right!*

Calvin Kremer

4th Grade – Brandy Schroeder

Homemade Granola Bars

Ingredients:

- 3 cups quick cooking oats
- 1 can sweetened condensed milk
- 2 tbsp melted butter
- 1 cup chopped almonds
- 1 cup mini chocolate chips
- 1 cup raisins

Directions:

- Preheat oven to 350 degrees
- Grease a 9 x 13 pan
- In a large bowl, mix together oats, condensed milk, butter, almonds, chocolate chips and raisins with hands until well blended
- Press flat into the prepared pan
- Bake for 20 to 25 minutes – depending on how crunchy you want them – lightly browned, just around the edges, will give you moist chewy bars
- Let cool for 5 minutes
- Cut into squares
- Let cool completely before serving

Makes about 16 bars





Emily Morgan

5th Grade – Andrea Hackler

Muddy Buddies

Ingredients:

- 3 cups wheat Chex
- 3 cup rice Chex
- 3 cups corn Chex
- 1 cup semi-sweet chocolate chips
- ½ cup peanut butter
- ¼ cup butter
- 1 ½ cups powdered sugar
- 1 tsp vanilla

Directions:

- Mix together the Chex cereals and put in a baking sheet with deep sides or a large roasting pan
- In a microwaveable bowl, melt chocolate chips, peanut butter and butter on high for one minute
- Stir and microwave for thirty seconds longer until mixture is smooth
- Pour melted mixture over the cereal and stir until evenly coated
- Put in a 2 gallon resealable plastic bag with the powdered sugar and vanilla
- Shake until evenly coated
- Store in fridge

Serves 12

Insherah Neizer-Ashun

6th Grade – Brandy Schroeder

Easy-Peasy Granola Cereal

Ingredients:

- 1 cup variety of nuts (peanuts, almonds, etc)
- ¼ cup honey
- ½ cup shredded coconut (optional)
- 2 cups granola (can be store bought)

Directions:

- Mix the granola, nuts and coconut into a mixing bowl
- Add fresh fruit if you like too!
- Add the honey
- Mix, then spread on a cookie sheet and bake at 350 degrees for 10 minutes
- When cooled, put in a bowl and serve with almond milk or non-fat milk

Enjoy! 😊

Serves 4



Avery Pommee

4th Grade – Brandy Schroeder

Tuna Melt

Ingredients:

- ½ pickle finely chopped (optional)
- 1 can tuna in water (drained)
- 1 pat low-fat margarine
- 2 slices wheat bread
- 1 tbsp low fat mayonnaise

Directions:

- Mix the tuna with the pickles and the mayonnaise
- Put the margarine on the bread and put it on a griddle until golden brown
- Put the tuna on the bread
- Slice and serve

Serves 1

Alia Ricker

4th Grade – Brandy Schroeder

Christmas Kabobs

Ingredients:

1 kiwi

½ banana

2 strawberries

1 small container flavored yogurt

(Note: yogurt without chunks of fruit will work best. I prefer Key Lime Pie!)

Toothpicks

Directions:

- Peel the kiwi
- Rinse kiwi and strawberries, set aside
- Peel banana
- Use butter knife to slice kiwi, strawberries and banana into 1 cm thick round slices
- Cut the kiwi slices into tree-shaped triangles (you can snack on the extra pieces of kiwi as you work!) set aside
- Cut the banana slices into star shaped pieces (you can snack on the extra pieces of banana as you work!) set aside
- Hold one end of the toothpick and begin building your kabob starting with a strawberry slice – this will be your Christmas tree skirt
- Add a triangle/tree shaped kiwi slice, poking it onto the toothpick long-ways – this is your Christmas tree



- Add a star shaped banana slice to the kabob, creating the star on the top of your tree
- Set completed kabob on a plate and continue building more kabobs until you run out of sliced fruit
- Open yogurt
- Scoop 2 or 3 large spoonfuls of yogurt into a sandwich baggie so that the yogurt is in one corner of the baggie – twist the top of the baggie closed
- Cut a very small hole in the yogurt-filled corner of the baggie – you want the hole to be slightly smaller than a sunflower seed kernel
- Gently squeeze the baggy so that the yogurt gets pushed out of the cut corner of the baggie and drizzle the yogurt over the top of your kabobs in a squiggly pattern

*Yummy! Your Christmas Kabobs are complete and ready to enjoy.
Use any excess yogurt as a delicious dip for your kabobs!*

Serves 4

Eat right!

Amanda Riedlinger

4th Grade – Brandy Schroeder

Strawberry Mice

Ingredients:

- 6 fresh strawberries
- 6 mini chocolate chips
- 3 tsp icing (black)
- 12 almond slivers
- 3 red lace licorice pieces – cut to size
- 6 wedges of laughing cow swiss cheese
- Toothpicks

Directions:

- Slice off one side of each strawberry
- Press in a mini chocolate chip for a nose and secure with icing if needed
- Add icing eyes and put almond slivers on head for ears
- With a toothpick, carve a small hole for the licorice to go in (for the tail)
- Serve with wedges of cheese

Serves 2





Baily Schaefer

5th Grade – Brandy Schroeder

Aunt Lisa's Cheesy Chicken

Ingredients:

- 1 lb package of chicken breast tenders
- ½ cup bottle Low fat ranch dressing
- ¼ cup Parmesan cheese
- ¾ cup bread crumbs
- Baking spray
- Apples (optional)

Directions:

- Preheat oven to 350 degrees
- Take out chicken pieces – rinse and pat dry
- Put dressing in a small bowl
- Mix together bread crumbs and Parmesan cheese- put in a small bowl
- Lightly spray baking dish with baking spray
- Dip chicken pieces in dressing, then dip in bread crumbs until chicken is evenly coated
- Place chicken in prepared baking dish and bake for 30 minutes or until chicken is nicely crisp
- Remove chicken and serve with apple slices
- Ta-da!

Serves 4

Noah Stingily

4th Grade – Brandy Schroeder

Nutty Monkey Smoothie

Ingredients:

- ½ cup 2% milk
- 2 tbsp chocolate syrup
- 2 tbsp creamy peanut butter
- 1 frozen sliced banana
- 1 cup vanilla yogurt

Directions:

- Place all ingredients in a blender
- Process until smooth
- Pour into a tall glass and ENJOY!

Notes:

Protein from the peanut butter, potassium from the banana, protein and calcium from the yogurt and the milk.

Try this thick and creamy peanut butter smoothie as a nutritious after school snack!

Perfect for a homework brain boost or on-the-go soccer, basketball, Tae Kwan Do practice!

YUM!

Serves 1



Jaxsen Sweum

6th Grade – Brandy Schroeder

Crazy Caterpillars

Ingredients:

- 1 bagel
- 1 hot dog
- 2 tbsp ketchup
- ¼ cup shredded mozzarella cheese
- 1 tbsp mustard
- 2 pimiento-stuffed green olives
- 4 thin pretzel sticks

Directions:

- Preheat oven to 425 degrees
- Split the bagel in half then use a spreader to cut it into fourths
- You should have 4 ‘C-shaped’ bagels
- Cut the hotdog into 12 pieces
- Place 2 bagel halves opposite of each other so they look like an “S”
- Make another one with the other bagels
- Spread 1 tbsp of ketchup over each bagel shape
- Sprinkle with cheese
- Place six hot dog pieces on top of each bagel shape
- Bake the ‘caterpillars’ for 10 to 12 minutes or until the cheese is melted
- Take out caterpillars
- Top the hot dogs with mustard and cut each olive in half
- Decorate with the olive halves for ‘eyes’ and pretzel sticks for ‘antennae’

Enjoy!

Serves 2

Eat right!

Kaylee Sweum

4th Grade – Brandy Schroeder

Tutti Frutti Smoothies

Ingredients:

- 1 medium ripe banana, peeled
- 1 container (6-8 ounces) strawberry yogurt
- 1 cup orange juice
- Strawberries if you would like

Directions:

- Peel the banana and place it on the cutting board
- Cut the banana into small chunks then place it in a blender
- Add strawberries if you'd like
- Add the yogurt and juice to the blender
- Make sure the blender lid is closed, turn on the blender and blend it up
- When it looks like a smoothie pour it into some cups
- You can serve it with strawberries if you'd like!
- And there is your Tutti Frutti Smoothie

Serves 2



Charles Henry Tilden

5th Grade – Brandy Schroeder

Tuna Salad

Ingredients:

- 2 7 oz cans white albacore tuna
- 3 tbsp mayo
- 1 tbsp chopped green onion
- 2 kosher dill spears (chopped)

Directions:

- Empty cans of tuna into bowl
- Add half the mayo
- Add green onions and pickles
- Stir
- Add mayo to taste
- Serve cold

Serves 2



Fletcher Douglas

5th Grade – Kathy Moore

Peanut Butter Rolls

Ingredients:

- 1 whole wheat tortilla
- 2 tbsp peanut butter
- 1 chopped apple or 1 sliced banana
- 1 tsp honey
- 1/8 tsp cinnamon

Directions:

- Spread peanut butter on 1 side of tortilla
- Put fruit choice on top of peanut butter
- Drizzle honey over fruit
- Sprinkle with cinnamon
- Roll tortilla and toppings up tightly
- Eat whole or slice into rounds

Serves 1



Nicole Jensen

6th Grade – Kathy Moore

Orange Julius

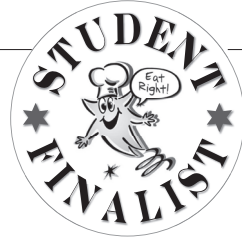
Ingredients:

- $\frac{2}{3}$ cup frozen orange juice concentrate
- 1 cup milk
- 1 cup water
- $\frac{1}{2}$ cup sugar (you can use less)
- 1 tsp vanilla
- 3 to 4 handfuls ice cubes

Directions:

- Put all ingredients together in blender
- Blend until smooth
- It will make 1 blender full!!

Serves 6



Aleah Stratton

6th Grade – Kathy Moore

Million Dollar Cheesy Potatoes

Ingredients:

- 4 medium russet potatoes
- 2 tbsp minced onions
- 3 tbsp fat free sour cream
- 1 tbsp chopped fresh parsley
- Pinch of ground black pepper
- 1 tbsp shredded reduced fat cheddar cheese
- ¼ tsp paprika

Directions:

- Pierce the potatoes in several places with a fork and microwave on high for 7 to 10 minutes, turning once, or until the potatoes are tender
- Let stand for 5 minutes or until cool enough to handle
- Coat a small no-stick frying pan with no-stick spray and warm over medium heat
- Add onions and sauté for 3 to 4 minutes or until lightly browned
- Slice ¼ inch off the top of each potato (while it is lying on its side) and scoop out the center with a spoon, leaving a ¼ inch thick shell.
- Place the scooped out centers in a mixing bowl and mash with a fork
- Add the onions, sour cream, parsley and pepper to the mashed potato centers
- Spoon the filling into the potato shells
- Top with cheddar cheese
- Sprinkle with paprika
- Bake at 375 degrees for 5 to 15 minutes or until the filling is hot and the cheddar has melted

Serves 4



Aviry Stratton

4th Grade – Mary Claire Smith

Numkin-Pumpkin Pancakes

Ingredients:

- 1 ½ cup milk
- 1 cup pumpkin puree
- 1 egg
- 2 tbsp vegetable oil
- 2 tbsp vinegar
- 2 cups all-purpose flour
- 2 tbsp brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 2 tsp pumpkin spice
- ½ tsp salt
- 1 container blueberries
- 1 pint strawberries
- 1 can whipped cream
- Pancake syrup

Directions:

- In a bowl, mix together the milk, pumpkin puree, egg, oil and vinegar
- In a separate bowl, combine flour, brown sugar, baking powder, baking soda, pumpkin pie spice and salt.
- Stir dry mixture into wet mixture – just enough to combine
- Heat a lightly oiled griddle or frying pan over medium high heat
- Pour or scoop the batter onto the griddle using approximately ¼ cup for each pancake
- Brown on both sides
- Drizzle with syrup
- Top with sliced strawberries and blueberries and a squirt of whip cream

Serves 4*Eat right!*

Olivia Weaver

5th Grade – Lori Cordova

Healthy Cake Cookies

Ingredients:

- 1 white cake mix
- ½ cup applesauce
- 2 eggs
- ½ cup carob chips

Directions:

- Preheat oven to 350 degrees
- Mix all ingredients together
- Drop onto greased cookie sheet
- Bake for 8 minutes

Makes about 4 dozen cookies



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 and Operations

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A special thanks to the students, parents, staff and community for their support of this program!

This program also would not be possible without the support of the Glacier Peak High School teacher Jamie Mesman -Davis and her culinary arts high school students who provided support with food preparation and service.

