

F R E S H C H E F S

Recipes from 4-H youth, celebrity alumni and supporters, featuring Celebrity Chef, Author,
4-H Healthy Habits Program Ambassador and Tennessee 4-H Alumna, Carla Hall





Carla Hall, Celebrity Chef, Author, and 4-H Healthy Habits Program Ambassador



For me, healthy eating habits begin with mindfulness and a thoughtful attitude towards food. Mindful eating means being honest with yourself and serving as your own advocate when it comes to what you're eating, how you're eating and why you're eating. It's about paying attention to your body and developing an awareness of how you feel when you eat certain foods – what works for you might be different from what works for others.

Living a healthy lifestyle is all about finding the right balance for you. The truth is, it may be unsustainable for some (like me) to cut out indulgent foods completely. For example, I like to eat health conscious, everyday meals during the week and a celebratory dish over the weekend. In fact, I have what I call “hamburger time” which usually happens at around 1pm for Saturday lunch – it's a special ritual to enjoy food that I love but can't eat as much as I used to.

This cookbook is a reflection of that idea of balance, featuring a compilation of simple, everyday recipes as well as treats for celebratory moments, from weekend brunches to holidays. These recipes were thoughtfully selected and submitted by 4-H'ers across the country as well as 4-H alumni and supporters, to share with you. As a 4-H Healthy Habits Program Ambassador, it's inspiring to work with such incredible 4-H youth, who encourage young people and their communities to develop a lifetime of healthy living skills.

So play your favorite feel-good songs, relax and have some fun in the kitchen! Hope you enjoy!

The 4-H *Fresh Chefs* digital cookbook is part of the National 4-H Council's 4-H Healthy Habits program funded by the Walmart Foundation. Launched in 2012, the 4-H Healthy Habits program has reached over one million youth from across the country with nutrition education and physical activity, with an intentional focus on populations who face challenges in achieving positive health outcomes.

Walmart  **org**



TABLE OF CONTENTS

EVERYDAY DISHES

OVEN SMOTHERED CHICKEN.....	7
GROUND PORK ASIAN LETTUCE WRAPS.....	9
WATERMELON SLUSH.....	11
BEEF STEW.....	13
CHEESY CAULIFLOWER PIZZA.....	15
FARM FRIED RICE.....	17
WHITE CHICKEN CHILI.....	19
EASY ALMOST SOUTHERN COLLARD GREENS.....	21
CUCUMBER SALAD.....	23
CHICKEN CURRY PASTA.....	25
TY'S THAI SALAD.....	27
GREEN MONSTER SMOOTHIE.....	29
MALFOUF.....	31
SHREDDED CHICKEN BBQ SANDWICHES.....	33
CAULIFLOWER STEAKS.....	35
CHUNKY BLACK BEAN DIP.....	37
FRUIT SMOOTHIE.....	39
CHICKEN STIR FRY.....	41
CREOLE-SPICED BLACK-EYED PEA SALAD ON CRUSTY TOAST	43
CRISPY SMASHED POTATOES.....	45
PEACH & CARROT SMOOTHIE.....	47

CELEBRATORY DISHES

MINI BLUEBERRY PIES.....	51	CHOCOLATE ZUCCHINI MUFFINS.....	81
SWEET & YUKON GOLD POTATO SALAD.....	53	CHICKEN POT PIE.....	83
FRITO PIE.....	55	SOCK-IT-TO-ME CAKE.....	85
JOANN'S LOUISIANA BLUE CRAB DIP.....	57	EASY CAULIFLOWER AND BROCCOLI.....	87
KEY LIME CAKE.....	59	CHEESY CHILI CORNBREAD COMBUSTION.....	89
EASY EGG & SAUSAGE CASSEROLE.....	61	GINGERBREAD DOUGHNUTS.....	91
FUNFETTI COOKIES.....	63	CRAWFISH CAKES OVER LOUISIANA STRAWBERRY TOASTED PECAN SALAD.....	93
TUCSON VILLAGE FARM FAMOUS ZUCCHINI BREAD.....	65	CHEWY CHARLIES.....	95
PALACIOS TOSTADAS.....	67	SAUSAGE & ROSEMARY STRATA.....	97
RAINBOW GRILLED CHEESE.....	69	SPRINKLE CAKE POPS WITH WHITE CAKE.....	99
CURVEBALL CRUNCH.....	71	CHICKPEA CHOCOLATE CAKE.....	101
CHOCOLATE PECAN WAFFLES.....	73	FLOUNDER WITH TENNESSEE SEAFOOD DRESSING.....	103
BBQ WINGS WITH ALABAMA WHITE SAUCE.....	75	CHOCOLATE CHIP BANANA BREAD.....	105
PUMPKIN JUICE.....	77	SPINACH MACARONI AND CHEESE.....	107
HONEY MILK BALLS.....	79		





EVERYDAY DISHES

Nearly every day we all face the same question, “Just what am I going to eat for [insert meal here]?”

In the 4-H *Fresh Chefs* digital cookbook, 4-H’ers from across the country, as well as 4-H alumni and supporters, share some of their favorite options for delicious, everyday dishes. These recipes include nutrient-dense ingredients that help support good health – perfect options to enjoy every day. From Fruit Smoothies to Crispy Smashed Potatoes and Chicken Stir Fry, there are lots of great options to suit every palate. Enjoy!



OVEN SMOTHERED CHICKEN

SERVINGS: 4-6

PREPARATION TIME: 15 MINUTES

INACTIVE TIME: 1 - 4 HOURS

COOK TIME: 90 MINUTES

2 tsp onion powder
2 tsp garlic powder
2 tsp sweet paprika
1 tsp cayenne pepper
6 chicken legs, excess fat trimmed
Kosher salt
2 onions, very thinly sliced
6 garlic cloves, lightly smashed and peeled
¼ cup unsalted chicken stock

Smothered chicken is a time-honored tradition in the South. A lot of versions call for shallow-frying the chicken and making the sauce with lard or butter, or even both, but my Granny always did this dish with oil. Decades before everyone became more aware of health and nutrition, Granny was at the forefront. She spent her days as a hospital dietitian, but her life's work was as a loving wife, mother, and grandmother. When my grandfather began to suffer from heart problems, she immediately took her family's classic Southern recipes and made them more nutritious. And those are the recipes she passed down to me. This updated version is not only cooked completely in the oven for a perfect weeknight meal, but it's fall-off-the-bone delicious. All you have to do before serving is smash the garlic and onion to make a light pan sauce to spoon over the chicken – the onion gravy tastes plenty rich and is all the more satisfying without the extra saturated fat.

DIRECTIONS:

1. Preheat the oven to 350°F.
2. Mix the onion powder, garlic powder, paprika, and cayenne in a small bowl. Season the chicken generously with salt, then sprinkle with the spice mixture. If you have time, cover and refrigerate for at least 4 hours and up to overnight.
3. Toss the onions and garlic in a 3-quart shallow glass or ceramic baking dish. Spread in an even layer and put the chicken skin side up on top. Pour the stock all around. Cover the dish tightly with foil.
4. Bake until the chicken is cooked through – about 1 hour. Uncover and turn the chicken in the pan juices. Arrange them skin side up again. Bake until the meat is fork tender and the skin is lightly browned – about 30 minutes longer.
5. Transfer the chicken to a serving platter. Use a fork to smash the garlic and onions into the pan juices and stir well to form a light pan gravy. Season to taste with salt and spoon all over the chicken.

Note: Chicken thighs may be substituted for legs. Dark meat works better than white meat, because white meat will dry out.



Submitted By:

Carla Hall

Celebrity Chef, Author, and 4-H Healthy Habits Program Ambassador



GROUND PORK ASIAN LETTUCE WRAPS

SERVINGS: 6-8

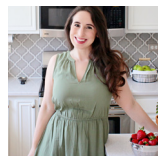
1 head of bibb lettuce
1.5-2 lbs. of ground pork
½ yellow onion
½ cup shredded carrots
2 tbsp fresh ginger, grated
2 tbsp fresh garlic, minced
2 tbsp olive oil
3 green onions, chopped with the white bottoms separated from the green tops
½ cup of hoisin sauce
2 tbsp soy sauce
1 tbsp rice wine vinegar
1 tbsp sriracha
1 tbsp sesame oil
Additional: Chopped cilantro and extra raw, shredded carrots for topping

When I was a child, I would turn up my nose at any food that looked a bit different. My grandmother would say, “How do you know you don’t like it if you never tried it?” Her words stayed with me and this simple question led me to try all different kinds of cuisines and dishes from other cultures throughout my life. Realizing food is different in different places helped me, and now my children, understand the creativity and talent in the culinary world and the kitchens of grandmothers everywhere.

This Ground Pork Asian Lettuce Wrap recipe will let your family tiptoe into some flavors that might be new for them. Or maybe these delicious tastes are already something your family loves – like my family does. With fresh ingredients and influences from Asian cultures, Ground Pork Asian Lettuce Wraps are a light, nutritious and fast meal that can be prepared in 30 minutes and work as a delicious meal year-round.

DIRECTIONS:

1. In a pan, heat olive oil and then add garlic and yellow onion until they’re translucent. Continue stirring so they don’t burn.
2. Add the ginger and cook for an additional 2 minutes.
3. Add the pork and brown.
4. While the pork cooks, in a separate bowl combine the hoisin sauce, sesame oil, rice wine vinegar, sriracha, soy sauce and the white bottoms from the green onions. Whisk it all to combine.
5. Wash and dry your lettuce leaves.
6. Once the pork has cooked through, drain the excess grease and add the carrots.
7. Add the sauce and cook for another five minutes.
8. Top with additional raw carrots, green onions, and cilantro.
9. Serve immediately.



Submitted By:

Rachel Quenzer

Founder of The Everyday Mom Life and Sugar Maple Farmhouse





WATERMELON SLUSH

SERVINGS: 6

PREPARATION TIME: 10-15 MINUTES

1 pint strawberries, crowns removed and sliced
2 cups seedless watermelon, cubed
½ cup sugar
2 cups ice
½ cup lemon juice

Watermelon is so refreshing and packed with hydrating water. In fact, watermelon is 98% water, which makes it a great snack to replenish your body during the hot months. Sometimes I like to pour a glass of this slush and top it off with seltzer or sparkling water to give a little fizz to my beverage. Make sure to purchase a seedless watermelon to make prep super fast!

DIRECTIONS:

Combine all ingredients in a blender and blend until smooth. Serve immediately.



Submitted By: Elisabeth, 19, Linden, California. 2019 4-H Youth in Action Healthy Living Pillar Winner. Linden-Peters 4-H Club.



BEEF STEW

SERVINGS: 6

PREPARATION TIME: 30 MINUTES

COOK TIME: 90 MINUTES

3 ½ cups water
1 lb beef, 1-inch cubes
1 qt reduced-sodium beef stock
1-2 tsp salt (to taste)
1 tsp pepper
1 small onion, cubed
5 carrots, sliced or cubed
6 celery stalks, diced
2 tbsp canola oil
2 medium potatoes, peeled and cubed
¼ cup and 1 tbsp all-purpose flour
1 cup peas
2 tbsp Worcestershire sauce
2 tsp garlic powder
1 tsp onion powder

DIRECTIONS:

1. Brown beef in a kettle or oven.
2. Add beef stock and seasoning to meat. Cover and let simmer until brown.
3. Sauté onions, carrots and celery in oil for about 10 minutes.
4. Add potatoes to meat and beef stock.
5. Mix flour and ½ cup of water until smooth and add to beef and potatoes, cook until thickened.
6. Add sautéed vegetables, peas and 3 cups of water to beef and potatoes.
7. Add Worcestershire sauce, garlic powder and onion powder.
8. Cook until potatoes and vegetables are soft.



Submitted By: South Carolina 4-H Youth Development



CHEESY CAULIFLOWER PIZZA

SERVINGS: 3 (12" PIZZA)

PIZZA CRUST

1 large cauliflower head
(about 2¼ lbs)
broken into florets and
stems chopped
1 large egg
½ cup shredded
mozzarella cheese (2 oz)
¼ cup grated Parmesan
cheese
1 tsp garlic powder
1 tsp sea salt

SECRET RED SAUCE

2 tbsp extra virgin olive oil
1 medium yellow onion,
chopped
1 medium red bell pepper,
chopped
2 garlic cloves, chopped
1 tsp dried oregano
1 tsp Italian seasoning
1 ½ tsp sea salt, or to taste
1 large carrot, finely
chopped
1 medium zucchini, finely
chopped
2 x 28 oz cans diced
tomatoes
Up to 1 tbsp unrefined
brown sugar (optional)

Let's be honest – it's hard to top a real New York-style cheese pizza! But I think we can all agree that pizza is notoriously on top of the "cheat meal" list. That's what makes cauliflower cheese pizza so appealing to me – it's a great fill-in for the real thing that you can enjoy much more often, even regularly if you go easy on the cheese. Note that you'll want to brown this crust really well; the extra baking time is what firms it up. Any toppings you'll find on a traditional pizza will be at home on your cauliflower pizza; just go lightly with them, as this crust is more delicate than a flour-based pizza crust. My kids love spaghetti for breakfast and they flip for pizza, so when it's cauliflower pizza night I'll often roll out an extra crust to bake for them in the morning. A breakfast of champions!

DIRECTIONS:

Red Sauce

1. In a large saucepan, heat the oil over medium heat. Add the onion and bell pepper and cook, stirring, for about 7 minutes until softened. Add the garlic and stir for about 2 minutes until softened. Add the oregano, Italian seasoning and salt and cook for about 30 seconds until aromatic.
2. Stir in the carrot and zucchini and cook for 2 minutes to coat them in the spices and start to soften them. Add the tomatoes and bring to a simmer, stirring to release any of the delicious browned bits stuck to the bottom of the pan. Reduce the heat to low, cover and simmer for 20 minutes, stirring occasionally.
3. Uncover the pan and taste the sauce. Add a little salt if needed and some brown sugar if the sauce calls for a little sweetness.
4. Use an immersion blender to blend the sauce directly in the pan until smooth, or transfer batches of sauce into a blender and blend until smooth. Then, return all sauce back into the pan. Cook for up to 20 minutes more. Set aside some sauce for the pizza, and place remaining sauce in jars.

Chef's Tip: For a silky-smooth sauce, especially for kids who would otherwise veto the veggies, transfer the sauce in batches to a standing blender and blend until smooth, then return the sauce to the pan



Submitted By:

Laila Ali

Cookbook Author, TV Host, Former Boxing Champion
and Creator of Laila Ali Lifestyle

Pizza Crust

1. Preheat oven to 350°F degrees. Pulse half of the cauliflower in a food processor until the pieces are the size of grains of rice. Spread cauliflower over a baking sheet in an even layer.
2. Pulse the remaining cauliflower and spread it out over a second baking sheet in an even layer. Bake for about 30 minutes, stirring a few times, until the cauliflower is completely dried and lightly browned in some areas. Remove from the oven and let cool completely.
3. Increase the oven temperature to 450°F. Place an empty baking sheet turned upside down (so the pizza slides off easily after it comes out of the oven) in it to heat up like you would a pizza stone (or use a pizza stone if you happen to have one).
4. Return the cauliflower to the food processor and pulse for about 10 seconds to further break it down. Add the egg, mozzarella, Parmesan, garlic powder and salt. Process again for about 20 seconds, scraping down the sides of the bowl once or twice, until the dough is formed.
5. Remove the dough from the processor and place on parchment paper. Form the dough into a round about 12 inches in diameter and ¼ inch thick, with a rim around the sides to contain the toppings.
6. Slide the parchment paper onto the preheated baking sheet and bake for 10-12 minutes until well browned.
7. Remove from oven, add sauce and sprinkle cheese on top. Bake until the toppings are heated through and the sauce is bubbling, about 5 minutes depending on the oven.
8. Remove from the oven, cut into slices and serve.



FARM FRIED RICE

SERVINGS: 4

COOK TIME: 40-60 MINUTES

1 cup brown rice
2 eggs, scrambled
½ onion, diced
1 bell pepper, diced
1 tsp ginger, grated
1 clove garlic
Minced peas
Frozen greens/lettuce,
sliced
Soy sauce
Sesame oil

Fried Rice was the first dish I learned to make at First Farmers Camp! We harvested eggs from the chickens and peppers from the garden and then learned about scrambling eggs, how yummy eating the rainbow is and how to flip rice in the pan.

DIRECTIONS:

1. Cook the rice according to package directions. It's best if it's made the day before.
2. Heat a large sauté pan over medium-high heat and add some oil to coat the bottom of the pan.
3. Add your scrambled eggs in a thin film and quickly cook.
4. Slide eggs out of the pan, onto a cutting board, and slice them into ribbons.
5. Heat pan again and add onion. Cook until translucent, then add pepper and cook until soft. Add ginger and garlic. Cook until fragrant.
6. Now add the peas and greens, which must be cooked until defrosted and wilted.
7. Add rice and eggs into pan and season with soy sauce and sesame oil. Adjust seasonings as necessary.



Submitted By: Lilly, 16, Tucson, Arizona. 4-H Healthy Living Ambassador



WHITE CHICKEN CHILI

SERVINGS: 4-6

PREPARATION TIME: 15 MINUTES

COOK TIME: 30 MINUTES

1 full shredded cooked chicken OR 4 shredded cooked chicken breasts
2 cups chicken stock or broth
2 cups shredded cheddar cheese (optional)
1 tsp cumin
½ jar salsa (however spicy you prefer)
3 cans Bush's Great Northern Beans (drained)
1 can cream corn (optional)
Separate into ½ cup green peppers; ½ cup red peppers
½ cup chopped sautéed onion
Salt and pepper to taste

It is exciting to see 4-H continuing to promote Healthy Living. Exercise, eating wisely, and being surrounded by positive people are at the core of being a healthy person. These recipes are from my creative, fiery Mama. So many memories have been made around our table. Thanks, Mom. Thanks, 4-H.

DIRECTIONS:

1. Shred chicken. Add all ingredients to large pot. Stir and add lid.
2. Bring mixture to a boil, then lower heat to simmer for 30 minutes or until well heated.
3. May serve with added shredded cheese, sour cream and crackers. This is great for cold winter days and an easy quick fix for guests.



 Submitted By:

Jennifer Nettles

Grammy Award-winning Singer and Songwriter, Georgia 4-H Alumna





EASY ALMOST SOUTHERN COLLARD GREENS

PREPARATION TIME: 10 MINUTES

COOK TIME: 35-40 MINUTES

1 tsp unsalted butter
2 bunches shredded
collard greens
1 ½ cups chicken broth
(low sodium)
¼ tsp crushed red pepper
flakes (optional)
¼ tsp onion powder
¼ tsp garlic powder
¼ tsp seasoned salt
(optional)
¼ tsp brown sugar

This recipe is special because it was prepared using the collard greens we grew in our community garden.

DIRECTIONS:

1. Melt the butter in a large pot (such as a Dutch oven) over medium heat.
2. Add the collard greens and crushed red pepper flakes (if using).
3. Stir vigorously to coat the greens evenly. They will fry slightly and begin to wilt.
4. Add the broth and continue stirring to coat the greens. Cover the pot and reduce heat to low, just hot enough to keep the liquid bubbling gently. Simmer for 30 to 60 minutes, stirring occasionally. Add two tablespoons of water as needed to prevent the pot from simmering dry.
5. You can stop cooking the collard greens at your preferred doneness. If you like more chewiness, cook them for about 30 minutes; if you like softness, keep cooking them for 60 minutes (or longer, if desired). Older, tougher greens take longer to cook.
6. When the collard greens are done, remove from heat. Evenly sprinkle on the seasoning salt and the brown sugar, then stir vigorously. Taste and adjust seasonings as needed, adding more salt to taste.



Submitted By: Sydnee, 16, Utica, Mississippi. 4-H InSpire Club



CUCUMBER SALAD

SERVINGS: 10

PREPARATION TIME: 10 MINUTES

COOK TIME: 5 MINUTES

REST TIME: 40 MINUTES

DRESSING

¼ cup water

½ cup vinegar

⅓ cup sugar

1 ¼ tsp salt

½ tsp black pepper

SALAD

2 English cucumbers
large

1 red onion small

¼ cup dill fresh

3 tbsp mint

This refreshing, crunchy cucumber salad with pickled onions and fresh dill has just the right hint of sweetness and tang to make it the perfect side dish!

It's full of fresh flavor, lots of crunch and won't leave you feeling weighed down after a big portion.

DIRECTIONS:

1. Add water and vinegar to a medium pot.
2. Add sugar.
3. Place pot on medium high heat and stir until sugar is dissolved, then remove from heat.
4. Halve and thinly slice one small red onion.
5. Place sliced onion in the vinegar solution, mix and set aside.
6. Remove some skin from the cucumbers. This is optional but I like the added visual interest of the striped side.
7. Thinly slice the cucumbers.
8. Place cucumbers in a large bowl, sprinkle with salt and toss then cover and chill for 30-40 minutes.
9. Drain excess juice from cucumbers.
10. Chop the fresh dill and mint.
11. Pour dressing and onions on cucumbers.
12. Sprinkle with dill and mint. Toss and serve.

Pro Tips

- Sweat your cucumbers out! This will reduce the amount of water in them and yield a tastier, less watered down salad that keeps longer.
- English cucumbers are a bit more delicate and have a thinner skin. If you can't find them or don't want to pay the surcharge, then use regular cucumbers and peel off all that waxy skin.
- Try serving the salad with nice croutons for added crunch, carbs and general loveliness.
- If you ever want to season some plain rice try tossing it with the dressing from this recipe, it's really delicious.
- This recipe lends itself really to fresh garden flavors so feel free to experiment with favorite herbs like thyme, oregano and tarragon.



 Submitted By:

John Kanell

Founder of Preppy Kitchen



CHICKEN CURRY PASTA

SERVINGS: 4

PREPARATION TIME: 20 MINUTES

COOK TIME: 40 MINUTES

1 lb boneless chicken, diced
2 cups diced yellow squash
1 cup medium shell pasta
½ cup red lentils
2 cups tomato juice
1 diced tomato
4 tbsp fried onions
4 tsp garlic
½ tsp turmeric
2 tsp salt
½ tsp red chili
½ tsp cumin
½ cup olive oil
Parsley for garnish

Chicken Curry Pasta is a concoction of Indian, Italian and American cuisines. It brings a touch of each flavor and is special to me because of the ingredients used in it. These ingredients, such as turmeric and red lentils, have been used in my family's cooking for years, and not only are they traditional, but they also have health benefits. This recipe is also very special to me as I placed first with it while competing in the Healthy Commodity Competition at the Georgia National Fair. It's a great dish for lunch or dinner!

DIRECTIONS:

1. In a skillet, sauté chicken with garlic and olive oil until brown.
2. Boil pasta in water until al dente.
3. Boil red lentils with squash in water and stir until soft.
4. In a skillet, mix fried onions, garlic, turmeric, cumin, salt, red chili and olive oil. Add fresh tomatoes, chicken and tomato juice. Cook, then add the red lentils, squash and pasta to the skillet. Mix together and garnish with fried onions and parsley. Enjoy!



Submitted By: Shazia, 17, Americus, Georgia. Sumter County 4-H



TY'S THAI SALAD

SERVINGS: 12

SALAD

1 head napa cabbage,
shredded

1 head red cabbage,
shredded

2 boneless, skinless
chicken breasts, cooked,
chilled, and thinly sliced

1 large cucumber,
julienned

1 x 10 oz bag shelled
edamame, cooked

2 carrots, peeled and
grated

4 green onions, finely
diced

1 avocado, peeled and
finely sliced

SWEET LIME-CILANTRO DRESSING (makes 2 cups)

2 cups olive oil

Juice of 2 limes

2 garlic cloves, minced

1 ½ cups finely chopped
fresh cilantro

1 cup sugar

½ teaspoon salt

½ teaspoon pepper

I love how versatile this recipe is (add any veggies you like!) and it's full of nutrients and very filling. It's my summer staple.

DIRECTIONS:

Salad

1. In a large serving bowl, toss the cabbages, chicken, cucumber, edamame, carrots, and green onions.
2. Top each serving with 2 tablespoons of Sweet Lime-Cilantro dressing and 2 slices of avocado, for garnish.

Dressing

Put the oil, lime juice, garlic, cilantro, sugar, salt, and pepper in a large blender and blend until smooth.



Submitted By:

Trisha Yearwood

Award-Winning Singer, Cookbook Author, Executive Producer and Host of Food Network's *Trisha's Southern Kitchen*, Georgia 4-H Alumna





GREEN MONSTER SMOOTHIE

SERVINGS: 2

PREPARATION TIME: 5 MINUTES

1 ½ cup strawberries
2 cups spinach
½ banana, peeled
1 tbsp orange juice
concentrate
½ single serving low-fat
yogurt, any flavor
¼ cup to ½ cup milk,
water or juice

This is one of the recipes I made during the Kids Cooking School. It's a smoothie with both fruits and vegetables!

DIRECTIONS:

1. Place all ingredients into the blender, add ice (optional) and blend until smooth.
2. You can prepare it and drink it immediately, or freeze the ingredients for later use.
3. To freeze: Place prepared ingredients in freezer bag. Push out air and lay flat in freezer. When ready to prepare, thaw slightly and place ingredients in blender with ¼ cup to ½ cup milk, water or juice.



Submitted By: Josie, 15, Jamestown, North Dakota.



MALFOUF

SERVINGS: 4

PREPARATION TIME: 45 MINUTES

COOK TIME: 90 MINUTES

2 medium size heads of cabbage
1 lb ground beef
1 cup short grain rice (rinsed)
4 tbsp grapeseed oil
2 tbsp dried mint
2 tbsp olive oil
6 Lemons (4 for juice and 2 for serving)
1 tsp chopped garlic
4 whole heads of garlic
½ tsp seven spice
Fleur de Sel
Black Pepper

Malfouf was something that was introduced to me through my wife and her family, and was one of the first dishes her Mom cooked for me. I had never had anything like it before and immediately loved the flavor and how homey and comforting of a dish it was.

DIRECTIONS:

Cabbage

1. Peel cabbage leaves. Bring a pot of water to boil.
2. Blanch cabbage leaves until soft and set aside.

Filling

1. Place rice in a bowl and cover with water. Let sit for 15 minutes and drain.
2. Mix the meat, rice, spice, seasonings and 2 tbsp of grapeseed oil.
3. Place a few of the cooked cabbage leaves in the bottom of the pot to be used for cooking.
4. Take a small amount of filling and place in a cabbage leaf. Roll into a cigar shape and place in the pot.
5. Stack Malfouf.
6. Add whole heads of garlic.
7. Pour 2 cups water and juice of 2 lemons over your Malfouf.
8. Place a plate on top of the Malfouf in the pot, so that they don't float.
9. Bring to a boil and then turn down to a simmer.
10. Cover loosely with lid so that steam can escape easily.
11. Cook Malfouf until done, about an hour and a half, until liquid is almost evaporated
12. Add Dried Mint Lemon Vinaigrette.
13. Remove lid and plate. Place a serving dish over the pot and flip. Remove the pot and any loose cabbage leaves that were placed on the bottom of the pot and serve with Greek yogurt and lemon wedges.

*I like to add a little bit of hot sauce.

Dried Mint Lemon Vinaigrette

1. 10 minutes before the Malfouf has finished cooking, add 2 tbsp grapeseed oil, olive oil and garlic to a small pot.
2. Sweat your garlic and before it starts to brown, add juice of 2 lemons and dried mint
3. Add to Malfouf after water has almost evaporated



Submitted By:

Timothy Hollingsworth

Owner and Chef of Otium, CJ Boyd's and Free Play,
Winner of Netflix's *The Final Table*



SHREDDED CHICKEN BBQ SANDWICHES

SERVINGS: 8

PREPARATION TIME: 15 MINUTES

COOK TIME: 45 MINUTES

2 lb (6-8) chicken breasts
½ large green bell pepper
(diced)
½ large red bell pepper
(diced)
1 tbsp Mrs. Dash
seasoning salt (original)
1 tbsp dried onion
½ tbsp powdered garlic
½ tbsp poultry seasoning
1 cup BBQ sauce (your
choice)
1 tbsp of olive oil

With school out my Mom didn't want us eating junk, so we tried creating different recipes. My Mom is always talking about "eat your colors", so that is how the bell peppers were added. This meal is served on wheat buns because that is a whole grain. You can add tomato and lettuce or coleslaw to your sandwich to make the meal at least half fruits and vegetables.

DIRECTIONS:

1. In a big pot, boil the chicken with the seasonings in enough water to cover fully.
2. In a large skillet, sauté the diced bell peppers on medium-low until soft, then turn off.
3. Once the chicken is done, remove from the pot (do not throw out the broth) and shred with a fork (it will look stringy).
4. Add a cup of broth to the skillet of bell pepper and add the chicken and the BBQ sauce. Stir and let simmer on medium until it cooks down and is saucy but not soupy.
5. Serve on whole wheat buns with your favorite fries (baked or air fried) and a pickle.



Submitted By: Naomi, 14, Pine Bluff, Arkansas. 4-H Healthy Living Ambassador



CAULIFLOWER “STEAKS” WITH SAUTÉED PORCINI AND A POACHED EGG

SERVINGS: 4

PREPARATION & COOK TIME: 60 MINUTES

CAULIFLOWER

1 head of cauliflower, trimmed and cut into four ½-inch cross-section slices from the middle, rounded outside edges removed and cut into bite-size florets

Extra virgin olive oil

Kosher salt

PORCINI

½ pound pancetta, cut into ¼-inch dice

Extra virgin olive oil

2 cloves garlic, smashed

1 lb porcini or portobello mushrooms, cleaned and cut into ½-inch dice

2 sprigs of fresh rosemary, leaves finely chopped

Salt

Pinch of crushed red pepper

EGGS

3 tbsp white vinegar

4 large eggs

Salt

1 bunch of fresh chives, finely chopped

This is a winning dish...literally. In the finals of *Worst Cooks in America* against Bobby Flay, this was part of the entrée – which included a steak and roasted kale chips – that led us to victory. During the practice round, when Bobby saw this, he said, “Ah, man, this is gonna put you over the edge!” Then when we won, all the judges kept saying, “We’re totally gonna steal this idea!” And they can – but it’s mine first, and I want to share it with you. It’s a simple but cool and innovative way to cut and roast cauliflower so it has the textural feel of a steak. This dish is so good that my recruit Kelly brought home a lot of money because of it!

DIRECTIONS:

Cauliflower

1. Preheat the oven to 375°F.
2. On a baking sheet, toss the cauliflower florets with olive oil and salt. Add the “steaks” to the baking sheet, coat with olive oil, and season with salt. Bake for 20 minutes, then flip the steaks and stir the florets. Bake for another 15 to 20 minutes or until the cauliflower is soft and brown. Remove from the oven and reserve.

Porcini

1. Toss the pancetta in a large sauté pan with a few drops of olive oil and bring the pan to medium-low heat. Cook the pancetta, stirring occasionally until it is brown and crispy and has rendered some fat, for 8 to 10 minutes.
2. Toss in the garlic and cook until golden and aromatic, 2 to 3 minutes. Remove the garlic and ditch it – it has fulfilled its garlic destiny.
3. Crank up the heat to medium-high. When the fat starts to sizzle, toss in the mushrooms and rosemary and stir to combine. Season with salt and crushed red pepper. If the pan seems dry, add a few more drops of olive oil. Cook the mushrooms, stirring occasionally, until they start to soften, 3 to 4 minutes.
4. Using a wooden spoon, scrape any brown deliciousness off the bottom of the pan.
5. Remove from the heat, taste, and reseason if needed. Toss in the reserved cauliflower and keep warm over low heat.

Poached Eggs

1. Fill a medium saucepan two-thirds of the way with water and add the vinegar. Bring the water to a boil (BTB), then reduce the heat until no bubbles break the surface of the water. You are creating a very gentle cooking environment – like an egg jacuzzi.
2. Break the eggs very close to the surface of the water and cook for 4 minutes or until the whites are cooked through and the yolks are warm and runny.

Assembly

1. Place a cauliflower “steak” on each serving plate and top each with a spoonful of the porcini hash.
2. Using a slotted spoon, carefully remove each egg from the poaching liquid and make a pit stop on a paper towel to blot any excess water. Nestle an egg on top of the porcini and cauliflower. Sprinkle the eggs with a few grains of salt and some chives and serve immediately.



Submitted By:

Anne Burrell

Host of Food Network's *Worst Cooks in America: Celebrity Edition*, New York 4-H Alumna





CHUNKY BLACK BEAN DIP

PREPARATION TIME: 15 MINUTES

1 can (15 oz) black beans,
rinsed and drained
½ cup onion, diced
1 small bell pepper, diced
1 medium tomato, diced
1 clove garlic, minced, or
¼ teaspoon garlic powder
1 tsp cumin
1 tsp chili powder
1 tbs apple cider vinegar

The food demos and sampling during our Eat Smart NY program was where we really saw a positive change in our students. Students were more likely to appreciate the food that was being made and more likely to try it when they were a part of the cooking process. Students were eager to bring this black bean dip recipe home so they could make it with their families.

DIRECTIONS:

1. For a SMOOTH DIP, place ingredients in a food processor or blender and process until smooth. For a CHUNKY DIP, mash beans well with a fork or potato masher and stir in remaining ingredients. Add additional liquid as needed for desired consistency.
2. Add salt and pepper to taste. Serve with fresh vegetables.
3. Refrigerate leftovers within 2 hours.



Submitted By: Lawrence County 4-H, New York



FRUIT SMOOTHIE

SERVINGS: 1

PREPARATION TIME: 5 MINUTES

1 banana, peeled
2 oranges, peeled
1 apple, cored and roughly
chopped
5 strawberries, halved
½ cup blueberries
1 ½ cups blackberries
2 cups water
2 cups ice

I always love dishes that I can make collaboratively with my kids. Fruit smoothies are a healthy food option that my daughter has enjoyed making with me since she was younger. She loves sorting the fruit and helping me work the blender; it is a nice activity for both of us to do together.

DIRECTIONS:

1. Pre-rinse all fruit.
2. Add all fruit to the blender.
3. Add water to the blender.
4. Add ice to the blender.
5. Pulse all ingredients together on a low speed for a few seconds.
6. Blend the ingredients, gradually increasing the speed until smooth.
7. Pour into a glass and enjoy!



 Submitted By:

Ed McFarland

Chef and Owner of Ed's Lobster Bar



CHICKEN STIR FRY

SERVINGS: 4

PREPARATION TIME: 30 MINUTES

COOK TIME: 30 MINUTES

1 tbsp oil
2 cloves garlic, minced
1 tsp ginger, minced
4 cups assorted vegetables, cut into julienne or thin slices and placed in separate bowls
½ lb chicken, julienned
2 tbsp corn starch
6 tbsp water
1 tbsp low sodium soy sauce

I put my knowledge and skills into practice weekly. I grocery shop with my family and prepare dinner 3-5 times a week. My family enjoy the flair that I've added to our meals! I hope to have a career as a chef.

DIRECTIONS:

1. Prepare every ingredient before proceeding with the cooking.
2. Heat a 10-inch skillet and add the oil.
3. Add the chicken and sauté until fully cooked. Remove and set aside.
4. Add the garlic and ginger to the pan you just removed the chicken from and cook just until you can begin to smell it.
5. Add the vegetables one at a time, starting with the ones that need the most cooking time.
6. Combine the starch and water and stir the slurry until smooth.
7. Add the soy sauce and stir to combine.
8. Pour the mixture on top of the vegetables and toss to combine.
9. Place a lid on the skillet and allow the vegetables to steam in the sauce until tender.
10. Bring the mixture back up to a boil and then reduce and add the chicken to coat with the sauce.
11. Serve over brown rice.



Submitted By: Wyatt, 15, Marion, South Carolina. 4-H Culinary Arts Club.



CREOLE-SPICED BLACK-EYED PEA SALAD ON CRUSTY TOAST

SERVINGS: 4-6

PREPARATION TIME: 15 MINUTES

COOK TIME: 15 MINUTES

2 (15 oz) cans organic black-eyed peas, rinsed and drained

1 Gala apple, cored and cut into ¼-inch pieces

½ medium green bell pepper, seeded and cut into ¼-inch pieces

½ medium red onion, finely chopped

1 stalk celery, finely chopped

2 tbsp freshly chopped parsley

2 tsp creole seasoning

Juice from ½ lemon, freshly squeezed

2 tsp red wine vinegar

Good quality olive oil

1 large loaf sourdough bread, cut into 3 ½-inch thick slices, then halved (you will end up with 6 pieces total, each about 3-4 inches wide)

1 small clove of garlic

This recipe is a celebration on toast. Black-eyed peas, along with tomatoes and bell peppers, are traditional southern ingredients that are often paired together during celebrations. In black culture, black-eyed peas represent survival, the ability to thrive, fertility and prosperity. Each new year, eating black-eyed peas is considered good luck. I like cooking beans from scratch, except with this dish. You can use a good quality canned peas, whip this up for an impromptu crowd, and save yourself some time.

DIRECTIONS:

1. Preheat oven to 400°F.
2. In a large bowl, combine the black-eyed peas, apple, green bell pepper, red onion, celery, parsley, creole seasoning, lemon juice, red wine vinegar and ¼ cup olive oil.
3. Lightly brush each slice of the bread with olive oil. Place the bread on a baking sheet and bake until lightly browned on top, about 7 to 10 minutes. Remove the bread from the oven and immediately (but carefully) rub the top surface of each slice of bread with the garlic clove. (Use tongs to hold the bread if your hands cannot handle the heat.) Top each piece of toast with a few tablespoons of the black-eyed pea mixture, top with more olive oil, and sprinkle with creole seasoning.

Cooking Method for Fresh Black-Eyed Peas

Add 1 lb dried black-eyed peas to a large sauce pot. Wash and cover the peas with water and ½ teaspoon kosher salt. Cook over medium heat for 45 minutes to 1 hour, or until peas are tender.



 Submitted By:

Lazarus Lynch

Chef, Author, Activist, New York 4-H Alumnus



CRISPY SMASHED POTATOES

SERVINGS: 6

2 lb baby potatoes
Olive oil
Kosher salt

What's the one food that you love no matter how it's prepared? For our family, it's potatoes! No matter the season (and especially in fall and winter) you can find potatoes in all the farmers' markets and grocery stores. Baby potatoes cook fast, are creamy inside, and when pan seared become a side dish you want to devour 7 nights a week.

DIRECTIONS:

1. Place baby potatoes in a pot of water, bring to a boil and cook for 20 minutes or until fork tender.
2. Drain the potatoes and let cool. (Potatoes can be refrigerated overnight at this point.)
3. Place the potatoes on a cutting board or work surface, and using the palm of your hand, press down firmly to smash the potato making sure it doesn't come apart.
4. Heat a large saucepan over medium-high heat and cover the bottom of the pan with a thin layer of oil.
5. Place the potatoes in the sauté pan, sprinkle with salt and allow to cook for 5-6 minutes on each side (add more oil to the pan as you go) or until crispy and golden.



Submitted By:

Catherine McCord

Co-Founder of One Potato, Founder of Weelicious and author of three cookbooks





PEACH & CARROT SMOOTHIE

SERVINGS: 1

PREPARATION TIME: 5 MINUTES

1 medium fresh or frozen
banana, peeled
1 cup frozen carrots
1 can (15 oz) peaches,
undrained
1 cup of ice

Many of the students at our Eat Smart NY program were hesitant to try this smoothie at first... none of them had ever thought of putting a carrot in a smoothie! Many weren't shy to voice how "yucky" it looked in the blender, but when they tried it, they couldn't even taste the carrot and thought it was really good.

DIRECTIONS:

1. Combine all ingredients in a blender or food processor, including the juice from the canned peaches.
2. Blend until smooth.
3. Serve immediately.
4. Refrigerate or freeze leftovers within 2 hours.



Submitted By: Lawrence County 4-H, New York

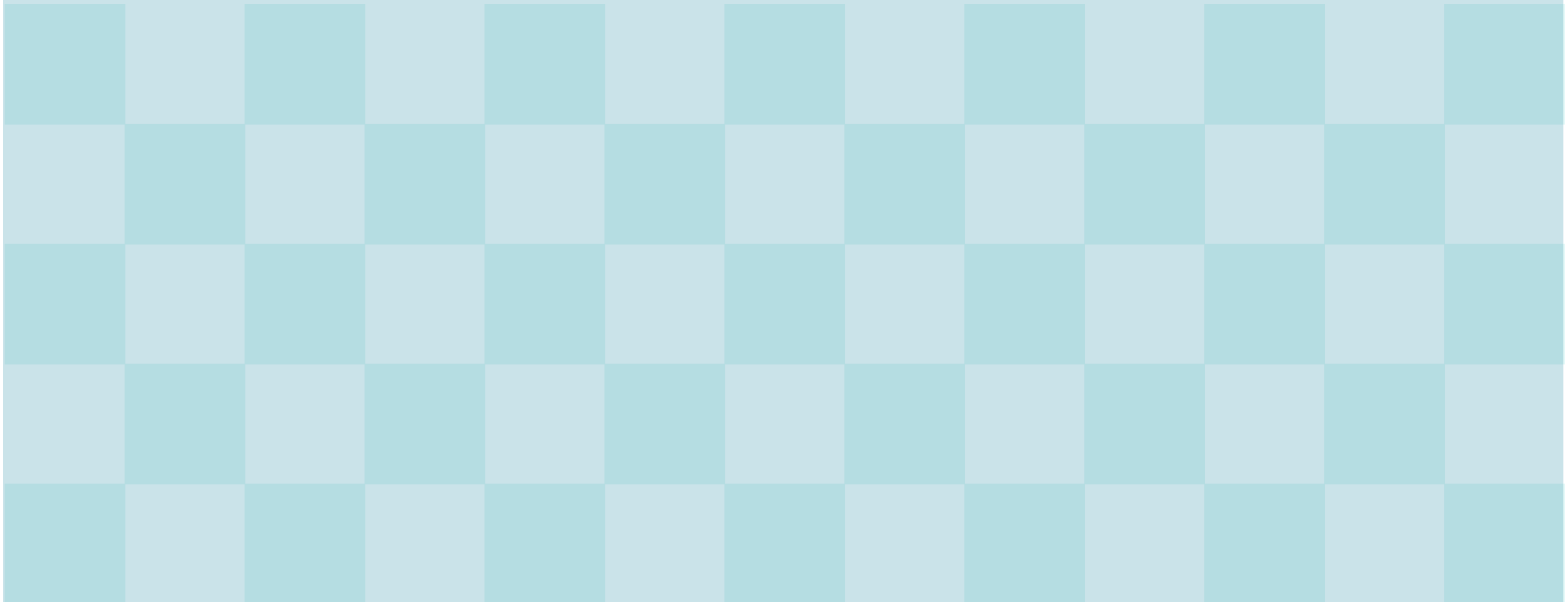




CELEBRATORY DISHES

Mindful eating can mean finding a good balance of simple, everyday foods with celebratory dishes on special occasions. Whether it's a holiday party, family gathering or even just a Friday night after a long week, we all look forward to enjoying a special meal. 4-H'ers, 4-H alumni and supporters put together a few of their most popular recipes they like to prepare when looking for a delicious meal or treat.

Looking for a savory, Sunday brunch dish? Try the Sausage & Rosemary Strata! Or, if you have a bit of a sweet tooth, the Funfetti Cookies are a fun and colorful treat. The Celebratory Dishes in the *Fresh Chefs* digital cookbook are great recipe options to enjoy once in a while when you're looking for a special treat.







MINI BLUEBERRY PIES

SERVINGS: 8

PREPARATION TIME: 60 MINUTES

COOK TIME: 25-30 MINUTES

¼ cup of sugar
3 tsp cornstarch
⅛ tsp salt
¼ cup cold water
5 cups fresh blueberries
1 tbsp butter
1 tbsp lemon juice
1 package refrigerated
pie crust

DIRECTIONS:

1. Preheat oven to 425°F.
2. Combine sugar, cornstarch, salt and water in a saucepan over medium heat.
3. Stir until smooth.
4. Add 3 cups of blueberries and bring to a boil. Stir until thick and bubbly. Remove from heat.
5. Add butter, lemon juice and the remaining two cups of blueberries. Stir until butter is melted.
6. Place pieces of pie shell into cupcake pan.
7. Put ⅓ cup of filling into each pie shell.
8. Place in oven for 25-30 minutes.



Submitted By: Cady and Madison, 16, Avoyelles Parish, Louisiana. Avoyelles Parish Jr. Leaders



SWEET & YUKON GOLD POTATO SALAD

COOK TIME: 25 MINUTES

1 lb Yukon Gold potatoes,
peeled and cut in 3/4-inch
cubes

1 lb red sweet potatoes,
peeled and cut in 3/4-inch
cubes

Kosher salt and freshly
ground black pepper

4 large eggs

½ cup reduced-fat
mayonnaise

½ cup sour cream

½ cup sweet relish

1 tbsp Dijon mustard

½ tsp cayenne pepper

2 celery ribs with leaves,
minced (¾ cup)

3 scallions, finely chopped

¼ cup chopped mixed
fresh herbs, preferably a
combination of parsley,
thyme, tarragon and basil

Many folks think of potato salad as an everyday dish – and maybe even rather pedestrian. Growing up in Tennessee, I have memories of our largest pot sitting on the stove full of potatoes boiling and, right when they were almost done, the eggs tucked in between. It was a labor of love, because everything had to be diced, cut and/or peeled, and it was never a small amount. The time spent and the creamy richness made it a celebration dish. It was always homemade and taken to special occasion picnics in the summer, like our family reunion.

My version of this potato salad is made extra special with the addition of sweet potatoes, while the fresh celery, scallions and herbs bring a bright note to this celebratory homey dish. Even with the emphasis on fresh ingredients, there are still some jarred products that just rock, and sweet relish is one of them. It saves you the hassle of finely dicing pickles and figuring out just how much sugar to add to balance out the creaminess of the potato salad.

DIRECTIONS:

1. Place the potatoes in a large pot and add enough cold water to cover by 2 inches. Generously salt the water and bring to a boil over high heat. Reduce heat to simmer until just tender, about 15 minutes. Drain well, then spread in a single layer on a half-sheet pan to cool.
2. Meanwhile, put the eggs in a small saucepan and add enough cold water to cover the eggs by 1 inch. Bring the water to a boil. Cover the saucepan and remove from the heat. Let stand, covered, for 10 minutes. Don't overcook! Peel, then coarsely chop the eggs.
3. In a large bowl, stir the mayonnaise, sour cream, relish, mustard, cayenne, and salt and pepper to taste until well mixed. Add the celery, scallions, herbs, potatoes and eggs, and gently toss to combine. Season to taste with salt and pepper. Serve room temperature or chilled.



 Submitted By:

Carla Hall

Celebrity Chef, Author, and 4-H Healthy Habits
Program Ambassador



FRITO PIE

COOK TIME: 60 MINUTES

***For each individual serving**

2.5 oz bag of Fritos
¾ cup of *chili con carne
½ cup cheddar cheese, grated
½ cup sour cream
1 green onion, sliced
Fresno chile, sliced, (optional)

***CHILI CON CARNE**

2 lbs ground beef
1 can white beans
½ can crushed tomatoes
3 each onions, diced
½ cup garlic, chopped
1 ½ tbsp paprika
1 tbsp garlic powder
1 tbsp onion powder
1 tbsp chili powder

DIRECTIONS:

1. With scissors, cut Fritos bag open along the back crease.
2. Fold sides of the bag down without tearing.
3. Ladle chili (instructions below) over Fritos, top with sour cream, grated cheddar, green onion and Fresno chile slices if desired.
4. Serve right out of the bag.

Chili Con Carne

1. Brown the ground beef in a stockpot and set the beef aside.
2. Sweat the onions and garlic in the same stockpot.
3. Add browned beef, crushed tomatoes and spices.
4. Simmer on low heat for 30 minutes.
5. Add white beans and continue to cook the chili for another 30 minutes.



 Submitted By:

Timothy Hollingsworth

Owner and Chef of Otium, CJ Boyd's and Free Play,
Winner of Netflix's *The Final Table*



JOANN'S LOUISIANA BLUE CRAB DIP

SERVINGS: **16**

PREPARATION TIME: **10 MINUTES**

COOK TIME: **20 MINUTES**

¼ cup low-fat margarine
1 cup yellow onion, finely chopped
¼ cup red bell pepper, finely chopped
¼ cup yellow bell pepper, finely chopped
8 oz fat-free cream cheese, softened
1 lb lump crab meat, freshly frozen, picked over for shells

My Louisiana Chef demo partner, Audreanna, and I made my Great Great Grandma JoAnn's recipe for her Louisiana Blue Crab Dip last summer for 4-H University 2019 and placed first in the state! We had a blast catching local crabs and using fresh ingredients from our area to use for our demonstration. While the dip tastes great warm or cold, we like it best served warm!

DIRECTIONS:

1. Melt butter in a skillet on medium heat.
2. Sauté onions and bell peppers until onions are tender and transparent. Add softened cream cheese and stir constantly until melted.
3. Gently fold in crab meat until mixture is consistent throughout. Continue to cook on low heat for about 10 minutes.
4. Serve with pastry shells or crackers.



Submitted By: Aubrie, 16, Cameron Parish 4-H, Creole, Louisiana.



KEY LIME CAKE

SERVINGS: 12

CAKE

3 oz package of lime-flavored gelatin
1 ½ cups granulated sugar
2 cups sifted all-purpose flour
½ tsp salt
1 tsp baking powder
1 tsp baking soda
5 large eggs, slightly beaten
1 ½ cups vegetable oil
¾ cup orange juice
1 tbs lemon juice
½ tsp vanilla extract
½ cup Key lime juice (from about 25 small Key limes or 4 large regular limes)
½ cup confectioners' sugar

CREAM CHEESE ICING

½ cup (1 stick) butter, room temperature
8 oz package cream cheese, room temperature
1 lb box confectioners' sugar

We had a big birthday party for my daddy when he turned 70. He was a pretty humble guy and was embarrassed that so much attention was being focused on him, but he ultimately loved visiting with all of his friends; some he hadn't seen in a long time. Over 200 friends and family signed the guest book that night; that's a testament to the man. I think of him when I make this cake because we served it that night. I miss my daddy, but there are always things to remind me of how much fun we had as a family.

DIRECTIONS:

1. Preheat the oven to 350°F. Grease and flour three 9-inch round cake pans.
2. In a large mixing bowl, mix the gelatin, sugar, flour, salt, baking powder, and baking soda. Stir to mix well.
3. Add the eggs, oil, orange juice, lemon juice, and vanilla.
4. Divide the batter evenly among the 3 pans and bake for 35 to 40 minutes. Test for doneness by lightly touching the tops of the layers or inserting a toothpick.
5. Cool the layers in the pans for 5 minutes, then turn them out onto racks.
6. While the layers are still hot, mix the lime juice and the confectioners' sugar and pour it over the layers on the racks. You can pierce the layers with a fork to allow the glaze to soak in better. Allow the layers to cool completely as you prepare the icing.
7. Cream the butter and the cream cheese.
8. Beat in the confectioners' sugar until the mixture is smooth and easy to spread.
9. Spread the icing between the layers and on the top and sides of the cake.

Notes: The cream cheese icing is optional. This cake is beautiful and tastes great with just the glaze poured over it. Key limes can be hard to find – substitute regular lime juice for Key lime juice without sacrificing flavor.



Submitted By:

Trisha Yearwood

Award-Winning Singer, Cookbook Author, Executive Producer and Host of Food Network's *Trisha's Southern Kitchen*, Georgia 4-H Alumna





EASY EGG & SAUSAGE CASSEROLE

SERVINGS: 6

PREPARATION TIME: 15 MINUTES

COOK TIME: 45 MINUTES

1 lb sausage (chicken or pork)
1 cup cheddar cheese, shredded
2 slices whole wheat bread, cubed
6 eggs
1 cup milk
¼ tsp pepper
¼ tsp salt (optional)

I learned to prepare this recipe at cooking camp. I like it because it has everything I like for breakfast in it, and I can make it for my Mom and Dad.

DIRECTIONS:

1. Brown sausage and drain. Toss with cheese and bread.
2. Pour into a greased shallow baking dish (7"x11").
3. Beat eggs, milk, salt and pepper. Pour over sausage mixture.
4. Refrigerate overnight or for at least 6 hours.
5. Bake at 350°F for about 45 minutes.



Submitted By: Tracey, 13, Fayette, Mississippi



FUNFETTI COOKIES

SERVINGS: 24

PREPARATION TIME: 20 MINUTES

COOK TIME: 12 MINUTES

1 cup butter, room temp
1 cup granulated sugar
2 eggs
4 cups all-purpose flour, sifted
 $\frac{3}{4}$ cup cornstarch, sifted
 $\frac{3}{4}$ tsp kosher salt
1 tsp vanilla extract
Few drops pink food coloring
 $\frac{1}{2}$ cup candy melts
 $\frac{1}{4}$ cup sprinkles

I love trying new things in the kitchen and these striped funfetti cookies were the result of an experiment in laminating different colored cookie dough. The whole process is really fun and they're DELICIOUS! I dip them in candy melt and add a few sprinkles, but they're great plain or with white chocolate instead.

DIRECTIONS:

1. Preheat oven to 375°F.
2. In a standing mixer fitted with a paddle attachment, cream butter, vanilla and granulated sugar together.
3. Sift flour, cornstarch and salt into a bowl. Whisk until incorporated.
4. Using a kitchen scale, split the 620 gram batch of dry mix in half, each at 310 grams.
5. Split the 450 gram sugar/butter mixture in half, each at 225 grams.
6. Add a few drops of pink food coloring to 1 batch of sugar/butter mixture. Mix until a desired color is reached.
7. Add 1 egg to each sugar/butter mixture.
8. On low, mix in dry mixtures to each batch.
9. Add $\frac{1}{4}$ cup sprinkles to each. Mix for a few seconds.
10. Transfer both to plastic board. Give a gentle roll to incorporate sprinkles into the dough.
11. Roll into a disk and chill for about 1 hour.
12. Roll out to a $\frac{1}{4}$ inch thickness.
13. Using a ruler and a sharp knife, cut $\frac{1}{2}$ inch strips.
14. Layer pink and white stripes so that they are touching.
15. Roll to create a seal. Transfer to the fridge to chill.
16. Cut circles with a cookie cutter.
17. Place cookies on a baking sheet lined with parchment paper.
18. Bake for 12 minutes.
19. Let cool.
20. Melt about $\frac{1}{2}$ cup candy melts.
21. Dip the cookie and add sprinkles.
22. Let the cookies harden.



 Submitted By:

John Kanell
Founder of Preppy Kitchen





TUCSON VILLAGE FARM FAMOUS ZUCCHINI BREAD

COOK TIME: 40-60 MINUTES

2 cups all-purpose flour
1 cup whole wheat flour
1 tsp salt
1 tsp baking soda
1 tbsp baking powder
3 tsp ground cinnamon
3 eggs
1 cup vegetable oil
2 ¼ cup white sugar
1 tbsp vanilla extract
2 cups grated zucchini
1 cup chocolate chips
(optional)
1 cup walnuts (optional)

In the summer we have so many zucchinis they are coming out of our ears!
I love making this bread!

DIRECTIONS:

1. Preheat the oven to 325°F.
2. Grease loaf pans, layer parchment paper over pans, flour parchment paper.
3. Mix all dry ingredients together.
4. Beat eggs, oil, vanilla and sugar together in a large bowl. Add dry ingredients.
5. Stir in zucchini and nuts until well combined. (If adding chocolate chips or walnuts, add them now.)
6. Pour batter into prepared pans. Bake for 40-60 minutes, or until the tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan and cool completely.



Submitted By: Lilly, 16, Tucson, Arizona. 4-H Healthy Living Ambassador



PALACIOS TOSTADAS

SERVINGS: 3

PREPARATION TIME: 15 MINUTES

COOK TIME: 60 MINUTES

1 can black, refried beans
8 oz can or homemade beans
2 chicken breasts
½ cup shredded cheese
1 diced tomato
1 cup shredded cabbage
¼ cup sour cream
½ cup chopped onion
10 oz canned diced tomatoes and green chilies
½ cup cilantro
1 medium jalapeño
Hot sauce (to taste)
3 corn tostadas or taco shells
Cilantro to garnish

My family and I have been making tostadas for as long as I can remember! It's our family favorite meal for dinner. I enjoy making tostadas when guests come over because they customize their dish with their favorite toppings! In this recipe I used chicken, but you can substitute for any meat or make it vegetarian.

DIRECTIONS:

1. Heat beans thoroughly in a saucepan on medium.
2. Sprinkle both sides of the chicken breasts with salt and pepper.
3. Heat skillet over medium-high heat, grease with cooking spray and add chicken to skillet. Grill chicken breasts 5-8 minutes per side.
4. Cube chicken into bite-size pieces.
5. Put onion, cilantro, jalapeño, diced tomatoes and green chilies into a blender. Blend.
6. To assemble tostadas, top each shell with spread with black beans, chicken, cabbage, blended veggies, cheese, sour cream and hot sauce, and garnish with cilantro.



Submitted By: Micah, 18, San Antonio, Texas. Gaveliers 4-H Club.





RAINBOW GRILLED CHEESE

SERVINGS: 1

PREPARATION TIME: 10 MINUTES

COOK TIME: 10 MINUTES

2 ½ cups mozzarella cheese
Green, blue, red and purple food coloring
2 slices of whole wheat bread
1 tbsp butter

This recipe was created during Kids in the Kitchen day camp with Humphreys County youth.

DIRECTIONS:

1. Divide cheese evenly across four different bowls, and tint with a different food coloring.
2. Spread butter on one side of each bread slice and heat up a skillet or griddle pan. Heat pan to medium-high heat.
3. Place a slice of bread into the pan with the butter side facing down. Add cheese on top and grill for 3-4 minutes until the cheese is melted and the bread is toasted.
4. Add the other slice on top with the butter side facing up. Flip over and grill for 3-4 minutes.
5. Remove from pan, slice in half and enjoy!



Submitted By: Humphreys County 4-H & FCS, Waverly, Tennessee





CURVEBALL CRUNCH

SERVINGS: 12

PREPARATION TIME: 15 MINUTES

COOK TIME: 5 MINUTES

8 cups popped popcorn
3 cups mini pretzels
1 cup roasted peanuts
2 tbsp margarine
½ cup brown sugar
1 tbsp maple syrup

Always hungry after summer softball, I'd look for a snack. This was the perfect portion and a fun snack to share with the team! This recipe earned a "grand slam" perfect score at the Crawford County Fair during my first year in 4-H in 2001, and it still holds up!

DIRECTIONS:

1. Measure popcorn, pretzels and peanuts into large mixing bowl.
2. Make a toffee syrup by melting the margarine in a saucepan over low heat. Use a wooden spoon to stir in the brown sugar and continue stirring until the mixture bubbles.
3. Remove from the heat and stir in the maple syrup. The toffee should be smooth.
4. Next, drizzle the toffee onto the dry mixture, tossing to distribute the glaze evenly. Once cool, wrap portions in plastic.



Submitted By: Jillian, Robinson, Illinois. Trailblazers 4-H Club.



CHOCOLATE PECAN WAFFLES

SERVINGS: 4

PREPARATION TIME: 20 MINUTES

COOK TIME: 5 MINUTES

CHOCOLATE WHIPPED CREAM INGREDIENTS

½ cup heavy whipping cream

1 tsp cocoa powder

4 tsp powdered sugar

2 tsp vanilla syrup

WAFFLE INGREDIENTS

½ cup of chocolate chips

½ cup butter cubed

1 ½ cup flour

½ cup sugar

2 tsp baking powder

½ tsp salt

2 eggs

1 cup milk

2 tsp vanilla extract

¼ cup chopped pecans

Breakfast is my favorite meal of the day. I love waffles but needed a change from the traditional buttermilk flavor. I found this chocolate pecan recipe and added a personal touch with my own toppings of whipped cream, strawberries, mint and chopped pecans. Simply delicious and a great start to anyone's day!

DIRECTIONS:

1. Preheat waffle iron.
2. In microwave, melt chocolate chips and butter. Stir until smooth and set aside.
3. In a separate bowl, mix dry ingredients: flour, sugar, baking powder and salt.
4. In a separate bowl, mix wet ingredients: egg, milk and vanilla.
5. Mix together the dry ingredients with the wet ingredients.
6. Add pecans to the chocolate mixture and stir until smooth.
7. Spray waffle iron with cooking spray, scoop batter into waffle iron and close.
8. To make the whipped cream, add cream, cocoa powder, powdered sugar and vanilla syrup to a bowl. Mix well and beat until stiff peaks form. It works best if used when chilled.
9. Plate waffles. Dust with powdered sugar. Add whipped cream, strawberries, mint and a sprinkle of chopped pecans.



Submitted By: Stevie, 10, Palatine, Illinois. 4-H MonstArs.



BBQ WINGS WITH ALABAMA WHITE SAUCE

SERVINGS: 4 to 6

PREPARATION TIME: 20 MINUTES

COOK TIME: 25 MINUTES

DRY RUB BBQ SPICE BLEND (Yields 3 ½ tablespoons)

- 1 tsp smoked paprika
- 2 tsp garlic powder
- 1 tsp onion powder
- 1 tsp mustard powder
- 1 tsp lightly packed brown sugar
- 1 tsp kosher salt
- ½ tsp cayenne pepper

CHICKEN WINGS

- Canola oil or pure vegetable spray
- 2 to 3 lb fresh chicken wings (split at the joints, tips removed)

ALABAMA WHITE SAUCE

- 1 cup full-fat mayonnaise
- ¼ cup apple cider vinegar
- 2 tsp granulated sugar
- 2 tsp kosher salt
- 2 tsp coarsely ground black pepper
- Dash of your favorite hot sauce

My dad's side of the family is from Alabama, yet I never knew about the Alabama White Sauce until I visited Big Bob Gibson's Bar-B-Q in Decatur, Alabama. I fell in love with this sauce and wanted to jar it and take it home. Fortunately, I learned how to make it and now I can have it anytime and anywhere. BBQ is the aroma and language of the south and is often paired (in my mind) with the summertime. In the winter months, though, I can air-fry wings, add smoked seasonings and transport my tastebuds to the warmth of the south. I like making my own blends at home. I can control the flavor and salt, and there are no additives!

DIRECTIONS:

- For the dry rub:** In a small bowl, combine the smoked paprika, garlic, onion and mustard powders, brown sugar, salt and cayenne. Store in an air-tight container or clean jar and keep in the refrigerator for up to 1 month. *Technique Tip:* You can marinate the chicken pieces in the dry rub seasoning for 30 minutes up to 2 hours in the refrigerator for deeper flavor.
- For oven cooking method:** Preheat the oven to 425°F. Place the chicken pieces in a large bowl and coat with 2 teaspoons canola oil and season liberally with the dry rub BBQ spice blend. Rub seasoning into the chicken using clean hands. Arrange the chicken pieces in a single layer on a baking sheet and bake until crisp and golden brown, flipping the chicken halfway through the cooking time, about 40 minutes total.
- For the air fryer cooking method:** Spray the air fryer basket lightly with the canola oil spray (brushing the basket lightly with canola oil also works). Pat the wing pieces (drumsticks, flats and tips) dry with a paper towel and season liberally with the dry rub BBQ spice blend (about 1 tablespoon) in a large bowl or sheet tray. Fill the basket with the wings so that none of the chicken pieces are touching - you may need to work in batches. (Meanwhile, set the uncooked chicken wing pieces in the refrigerator until ready to cook.) Set the air fryer to 360°F and cook for 15 minutes. Flip the wings using tongs and cook for another 10 minutes. Flip again and increase the temperature of the air fryer to 390°F. Cook until wings are super crispy, about 5 minutes. Set wings on a platter.
- For Alabama White Sauce:** Meanwhile, in a medium bowl, whisk together the mayonnaise, vinegar, sugar, salt, black pepper, and hot sauce until well combined. Transfer the white sauce to a serving bowl and serve with wings. Store the Alabama White Sauce in a container in the refrigerator for up to 2 weeks.

Special Equipment: 1500W to 1800W 3.5qt - 4qt air-fryer. Depending on the size of your air-fryer, you may need to make the wings in batches.



Submitted By:

Lazarus Lynch

Chef, Author, Activist, New York 4-H Alumnus





PUMPKIN JUICE

SERVINGS: 6

¾ lb pumpkin, shell and
seeds removed
3 cups water
4 cups apple juice
1 cup apricot nectar
½ tsp vanilla
½ cup brown sugar
substitute

Traditionally, in Puerto Rico, many towns celebrate an agriculture local product thematic festival. Families, with the guidance of Agricultural Extension Service, create and present recipes based on local products. Some agricultural festivals are: Festival of Home Garden at Gurabo; Banana Festival at Lares; Paradisiac Pineapple Festival at Lajas; Sweet Orange Festival at Las Marías; and many others. Adults and children enjoy music, games, family time and healthy fun.

DIRECTIONS:

1. Cut the pumpkin into small pieces, cook in water and let cool.
2. Blend the pumpkin with 3 cups of water.
3. Remove 1 ¼ cup of the contents and pour into a saucepan with the apple juice, apricot nectar, vanilla and sugar.
4. Stir and leave in the saucepan over moderate heat.
5. Chill and enjoy.



Submitted By: Agricultural Extension Service – University of Puerto Rico.





HONEY MILK BALLS

PREPARATION TIME: 30 MINUTES OR LESS

¼ cup peanut butter
¼ cup honey (you can
also try syrup, molasses
or jelly)
½ cup non-fat
powdered milk
½ cup crushed cereal
flakes (of your choice)

DIRECTIONS:

1. Mix peanut butter and honey.
2. Add powdered milk a little at a time, mixing well.
3. Chill.
4. Form into balls and roll in crushed cereal flakes.
5. Serve.



Submitted By: Jennifer, Manassas, Virginia



CHOCOLATE ZUCCHINI MUFFINS

SERVINGS: 12

PREPARATION TIME: 15 MINUTES

COOK TIME: 18-23 MINUTES

1 ½ cups all-purpose flour
¼ tsp salt
½ cup cocoa powder
1 ½ tsp baking soda
1 medium zucchini
¾ cup honey
1 large egg
1 tsp vanilla extract
6 tbsps butter, melted
½ cup milk

Zucchini is really easy to grow in almost any state. It grows so fast that you will have zucchini coming out of your ears! I created these muffins to turn a vegetable sweet instead of the typical savory. Try adding chocolate chips, chopped nuts or a peanut butter swirl to make these muffins your own.

DIRECTIONS:

1. Preheat oven to 350°F. Line 12 muffin or cupcake tins with paper liners or grease well.
2. In a medium bowl, combine flour, salt, cocoa powder and baking soda, whisking to combine. Set aside.
3. Rinse the zucchini and remove the two ends. Using a fork, poke about 5-8 holes in the zucchini. Place on a plate and microwave on high for one minute. Allow to cool before grating on a box grater.
4. In a large bowl, whisk together honey, egg, vanilla extract, melted butter and shredded zucchini. Pour the flour mixture into the bowl and stir gently with a rubber spatula until almost combined. Stir in milk.
5. Divide batter evenly among the muffin tins, about 3 tablespoons of batter in each cup. Bake for 18-23 minutes or until they spring back when pressed lightly. Remove from the oven and allow to cool in the tin for 3 minutes before transferring to a wire rack or enjoying.



Submitted By: Elisabeth, 19, Linden, California. 2019 4-H Youth in Action Healthy Living Pillar Winner. Linden-Peters 4-H Club.



CHICKEN POT PIE

SERVINGS: 6

PREPARATION TIME: 30-40 MINUTES

COOK TIME: 40 MINUTES

1 lb skinless, boneless chicken breasts, cubed
1 ½ cups peeled, sliced carrots
1 cup frozen peas
½ cup sliced celery
1 tbsp olive oil
3 tbsp butter
½ cup chopped onion
½ cup all-purpose flour
½ tsp salt
¼ tsp pepper
1 ¾ cup chicken broth, low sodium
¾ cup fat-free milk
¼ cup chopped Italian parsley
1 box of 2 (9-inch) pre-made pie crusts, refrigerated

I attended the 2020 4-H National Youth Summit on Healthy Living, to which I brought my experience of helping with several 4-H Healthy Habits Culinary camps in my county. Attending this summit helped me learn to prepare new and different recipes.

DIRECTIONS:

1. Preheat oven to 425°F.
2. Combine chicken, carrots, peas and celery in a saucepan with olive oil. Over medium-high heat, cook until chicken is no longer pink in the middle and vegetables are fork tender, about 15 minutes. Add water to the pan if needed. Remove from heat and set aside.
3. To make the roux, melt butter in the saucepan and cook onions over medium heat, until soft and translucent, about 7 minutes. Whisk in flour, salt and pepper until combined. Slowly whisk in chicken broth and milk, and let simmer over medium-low heat until thick, about 5 minutes. Stir in parsley and remove from heat. Set aside.
4. Line a 9-inch pie dish by placing one of the two pie crusts in the bottom of the dish.
5. Place chicken and vegetables in the lined pie dish and pour roux mixture over them. Cover the pie with the remaining pie crust, seal the edges, and cut away excess dough. Make several small slits in the top to allow for steam to escape.
6. Bake until the pie is golden brown and the filling is bubbly, 30 to 35 minutes. Cool for 10 minutes before serving.



Submitted By: Maggie, 16, Dorchester, South Carolina. Healthy Habits Nutrition Club, State 4-H Teen Council.



SOCK-IT-TO-ME CAKE

SERVINGS: MAKES ONE 12-CUP BUNDT CAKE OR 9-INCH TUBE CAKE

FILLING

1 cup pecans, finely chopped
¾ cup raw sugar
¼ cup gluten free flour blend, such as Steve's GF Cake Flour (cup for cup replacement)
1 ½ tsp ground cinnamon
3 tbsp unsalted butter, melted
Pinch of sea salt

CAKE

1 ¾ cups cup-for-cup replacement gluten-free flour blend, such as Steve's GF Cake Flour
2 tsp baking powder
½ tsp baking soda
1 tsp ground chia seeds
1 tsp ground cinnamon
½ tsp ground cardamom
1 tsp sea salt
¾ cup (1 ½ sticks) unsalted butter, at room temperature, plus more for the pan
½ cup honey
¼ cup raw sugar
4 large eggs, at room temperature
2 tsp pure vanilla extract
1 ¼ cups plain yogurt or sour cream
2 tbsp chopped dark chocolate

When I was boxing, I would vow to go for an early knockout just to get back to my dressing room sooner to enjoy a slice of this delicious cake!”

DIRECTIONS:

1. Preheat the oven to 350°F. Lightly butter a 12-cup non-stick Bundt-style pan or 9-inch tube pan.
2. **To make the filling:** In a small bowl, combine the pecans, sugar, gluten-free flour, cinnamon, butter, and salt. Rub the ingredients between your fingers until the mixture is well blended and set aside.
3. **To make the cake:** Sift the gluten-free flour, baking powder, baking soda, ground chia seeds, cinnamon, cardamom and salt into a large bowl.
4. In the bowl of a stand mixer fitted with the paddle attachment, cream the butter, honey and sugar on medium-high speed until the ingredients are lightened in color, about 4 minutes. The raw sugar will break down, but some sugar granules will remain; this is okay. Add 1 egg and beat for 30 seconds, turn the mixer off, and scrape down the bowl and paddle with a rubber spatula. Add the remaining eggs one at a time, beating on medium-high speed for 1 minute after each addition, then add the vanilla and beat briefly to incorporate. Turn off the mixer and thoroughly scrape down the bowl, then beat again for 30 seconds.
5. Turn the mixer off, add ⅓ of the flour mixture, and beat on low speed until just incorporated. Add ⅓ of the yogurt and mix on low speed until combined. Continue to alternately add the dry ingredients and the yogurt, mixing each until well blended before adding the next addition. When the ingredients have all been added, turn the mixer off, scrape down the bowl and paddle, and beat on medium speed for 30 seconds. Remove the bowl from the mixer and finish mixing by hand with a rubber spatula.
6. Scoop half the batter into the prepared cake pan and, using a small metal spatula, evenly distribute the batter to the edges of the pan and smooth the surface. Using a butter knife or metal spoon,

scrape a ½-inch-deep circular indentation into the center of the batter and sprinkle the nut-sugar filling onto the batter. There will be lots of filling, but this is okay. Top the filling with the remaining batter and, using the metal spatula, smooth the top so it's level. Use the spatula to dip into the center of the cake and run a single wavy line through the batter to distribute the filling, then smooth the top so it's level again.

7. Bake for 35 to 45 minutes, until a cake tester inserted into the center of the cake comes out clean. Remove the cake from the oven and let cool in the pan on a wire rack for 15 minutes. Release the cake from the pan by flipping it upside down onto the rack. Set the rack over a baking sheet lined with parchment paper and let the cake cool completely.
8. Put the chopped chocolate in a heatproof bowl and set it over a pan of simmering water, making sure the bottom of the bowl doesn't touch the water. Stir the chocolate often using a rubber spatula until it has fully melted, then use a large spoon to scoop up the chocolate and drizzle it over the cooled cake.
9. Serve the cake immediately or wrap well in plastic wrap and store in the refrigerator for up to 1 week or in the freezer for up to 1 month. Let the cake come to room temperature or wrap in aluminum foil and heat in a preheated 350°F oven for 10 minutes before serving.



Submitted By:

Laila Ali

Cookbook Author, TV Host, Former Boxing Champion and Creator of Laila Ali Lifestyle



EASY CAULIFLOWER AND BROCCOLI

SERVINGS: 8

PREPARATION TIME: 15 MINUTES

COOK TIME: 10 MINUTES

4 cups of cut cauliflower florets
4 cups of broccoli florets
½ cup of water
4 oz fat-free cream cheese, cubed
½ cup of plain low-fat yogurt
¼ cup of skim or 1 percent milk
1 ½ cups shredded, reduced-fat, sharp cheddar cheese
10 crackers, crushed (about ½ cup)
3 tbsp of grated Parmesan cheese

This recipe is part of a program that has taught our local Catholic school student population how to make healthy choices when cooking at home with their families and introduced them to growing vegetables and fruits as well. We used the Learn, Grow, Eat, & Go Junior Master Gardener curriculum, which was very well received by both the students and staff. Each week youth participants brought home a handout corresponding to the lesson with a healthy recipe to be able to cook with their families. The students were so excited to share each week who had prepared the recipe with their family and how they liked it. The students enjoyed feeling like they were contributing to their family meal planning. One student shared that she told her Mom if they didn't have the ingredients on hand then they would have to go to the store because she wanted to make the recipe each week!

DIRECTIONS:

1. Rinse the broccoli and cauliflower. Cut the florets into small 'bite-size' pieces.
2. Place the vegetables and ½ cup of water in a large skillet. Cover the skillet with a lid and allow the vegetables to steam over high heat for 3 minutes or until they are tender.
3. Add milk to the skillet. Reduce the heat to low.
4. Cut the cream cheese into cubes and add them to the skillet. Allow the cream cheese to melt, stirring occasionally.
5. Add the yogurt to the skillet. Stir to coat it.
6. Sprinkle the shredded cheddar cheese over the vegetables and allow it to melt.
7. Mix the cracker crumbs and Parmesan cheese; sprinkle the mixture over the vegetables.



Submitted By: St. Mary's School 4-H Program, Essex County, New York





CHEESY CHILI CORNBREAD COMBUSTION

COOK TIME: 20 MINUTES

2 cups Martha White self-rising buttermilk cornmeal
2 large eggs
1 ½ cup buttermilk
⅓ cup vegetable oil
1 tbsp butter
1 cup sharp cheddar cheese (shredded)
1 cup Colby Jack cheese (shredded)
1 pot of prepared or canned chili
Optional garnishes: sour cream, chives, smoked paprika

DIRECTIONS:

1. Add ½ tablespoon butter to skillet and place in oven for 4 minutes. Prepare cornbread batter while skillet is heating.
2. For cornbread, whisk 2 large eggs in large mixing bowl. Stir in cornmeal, buttermilk and ⅓ cup vegetable oil. After the mixture is smooth, stir in cheeses.
3. Remove skillet from oven and spread butter around skillet with a paper towel.
4. Place 1/2 cup of water in small oven-proof bowl to provide a hole. Place bowl in the center of skillet.
5. Spread cornbread mixture around bowl and bake for 20 minutes.
6. Carefully remove bowl from center of cornbread by using potholder to keep from burning yourself.
7. Spoon prepared chili into the hole.
8. Top entire dish with shredded cheese, sour cream, chives and/or smoked paprika.



Submitted By: Marion County 4-H Club, Tennessee



GINGERBREAD DOUGHNUTS

SERVINGS: MAKES 5 DOUGHNUTS

2 cups all-purpose flour
1 ½ tsp baking powder
½ tsp baking soda
1 tsp cinnamon
1 tsp ground ginger
¼ tsp ground nutmeg
¼ tsp ground cloves
¼ tsp kosher salt
¼ cup unsalted butter,
softened
½ cup brown sugar
1 large egg
2 tbsp molasses
⅓ cup milk

I loved gingerbread as a kid. It turns out my kids do too, so I love coming up with new ways to use it. With a deep molasses flavor, tender texture and the plain ol' fun of having a hole in the middle, these Gingerbread Doughnuts are a truly special holiday treat.

DIRECTIONS:

1. Preheat the oven to 375°F.
2. Combine the first 8 ingredients in a bowl and set aside.
3. In a standing mixer or bowl, using a hand mixer, cream the butter and brown sugar.
4. Add the egg, molasses and milk.
5. Add the flour mixture and mix until just combined.
6. Place the dough in a large zipper bag, seal the bag airtight and then cut off a ½ inch of one corner.
7. Pipe the dough into doughnuts on a Silpat or parchment-lined baking sheet. Bake for 15 minutes.



Submitted By:

Catherine McCord

Co-Founder of One Potato, Founder of Weelicious and author of three cookbooks



CRAWFISH CAKES OVER LOUISIANA STRAWBERRY TOASTED PECAN SALAD

SERVINGS: 4

PREPARATION TIME: 60 MINUTES

COOK TIME: 30 MINUTES

CRAWFISH CAKES

1 cup saltine cracker crumbs
 1 tbsp Dijon mustard
 2 tsp light mayonnaise
 ½ cup green onions, chopped
 ½ cup fresh parsley, chopped
 ½ cup low calorie shredded sharp cheddar cheese
 ¼ cup 2 percent milk
 1 lb Louisiana crawfish tails, rinsed and drained
 1 ½ tbsp of Cajun seasoning
 2 tbsp olive oil
 Flour (for dusting)

CAJUN SEASONING

½ tbsp cayenne pepper
 2 tsp ground black pepper
 2 tsp paprika
 2 tsp onion powder
 2 tsp garlic powder

SALAD

1 lb mixed greens
 2 ½ cups strawberries
 2 tbsp roasted pecans, chopped
 2 tbsp red pepper jelly vinaigrette dressing

PECANS

1 ½ tbsp packed brown sugar
 1 ½ tsp water
 ⅛ tsp vanilla
 ⅛ tsp kosher salt
 1 cup pecan halves

PEPPER JELLY VINAIGRETTE DRESSING

4 tbsp red pepper jelly
 1 tbsp Dijon mustard
 ¼ tsp salt
 ¼ tsp pepper
 1 tsp diced shallot
 4 tbsp red wine vinegar
 1 tbsp extra virgin olive oil

This dish we created combines something a little salty and something to satisfy your sweet tooth. Our Louisiana crawfish along with Louisiana strawberries and pecans make an irresistible taste that you just can't get enough of. Watch out, it has a kick!

DIRECTIONS:

Crawfish Cakes

In a medium bowl, carefully combine all ingredients except oil and flour. Cover and chill 20 minutes. Shape into 5 medium size patties or 10 small patties depending on preference. Heat oil in a large, non-stick skillet. Lightly dust patties with flour and cook over medium heat for 3-5 minutes on each side, or until browned. Serve patties over salad tossed in the vinaigrette dressing.

Pecans

In a small bowl, combine brown sugar, water, vanilla, and kosher salt, stirring to combine (don't worry that the sugar and salt won't all be dissolved). Set this at-the-ready, next to your stove, as this recipe goes really quickly. In a medium-large saucepan over medium heat, toast pecans for 2-3 minutes, stirring occasionally to prevent burning. When you begin to smell a lovely, nutty aroma, they are done. Quickly drizzle the sugar mixture into the pan, on top of the pecans, stirring the nuts as you drizzle. Stir constantly for about 15 seconds, until the pecans are thoroughly coated in the sugar mixture. Immediately remove from heat so they don't burn. Spread the pecans on a piece of parchment to cool. Once cooled, you can break the nuts apart, if needed. Enjoy immediately or store in an airtight container. The pecans will be slightly sticky at first, but the coating hardens further within a few hours.

Pepper Jelly Vinaigrette Dressing

Place red pepper jelly, Dijon mustard, salt, pepper and shallot in a bowl and whisk. Add red wine vinegar, whisk. Slowly whisk in olive oil. Combine all to desired consistency.

Salad

Place 2 cups of mixed greens onto a plate. Top with strawberries, pecans and dressing. Lightly toss with dressing and serve.



Submitted By: Louisiana 4-H Pointe Coupee Parish, New Roads, Louisiana.





CHEWY CHARLIES

SERVINGS: 10

PREPARATION TIME: 20 MINUTES

COOK TIME: 5 MINUTES

2 cups sugar
1 stick butter or margarine
½ cup milk
4 tbsp cocoa
3 cups oatmeal (quick)
2 tsp vanilla
½ cup peanut butter

DIRECTIONS:

1. Boil milk, cocoa and sugar for about 5 minutes, being careful not to burn.
2. Remove from heat and add butter. Stir until butter is melted.
3. Add peanut butter, vanilla and oatmeal.
4. Mix and pour into greased casserole dish or drop the mixture by the heaping tablespoonful onto a greased baking sheet. Let the cookies stand at room temperature for 1 hour to firm up. Store in an airtight container.



Submitted By: Jennifer, Manassas, Virginia





SAUSAGE & ROSEMARY STRATA

SERVINGS: 4

PREPARATION TIME: 15 MINUTES

COOK TIME: 25 MINUTES

½ lb sausage
4 eggs beaten with ½ tsp
of salt, ½ tsp pepper and
½ cup of water
3 cups garlic bread cubed
½ tbsp chopped rosemary
½ cup shredded cheddar
cheese

I enjoy eating eggs for breakfast so I wanted an easy recipe to re-heat on the go. I discovered this recipe and it was excellent.

DIRECTIONS:

1. Spray ramekin dishes with cooking spray.
2. Preheat oven to 350°F.
3. Sauté sausage over medium heat until cooked, breaking up into small pieces, and set aside.
4. Whisk eggs, salt, pepper and water.
5. In a large bowl, combine eggs, cubed bread, sausage, cheddar cheese and chopped rosemary.
6. Pour into prepared dishes.
7. Bake in oven for 25 minutes.
8. Let cool and serve.



Submitted By: Ryan, 9, Palatine, Illinois. 4-H MonstArs.



I believe in treats. We all have them together as a family because let's face it, moms and dads deserve treats too! Taking a step back and having a treat together is a highlight and a connection point in our day.

One of my children's favorite treats is a sweet, colorful cake pop. Making cake pops at home can be an intimidating task for some, but they're really not as hard as you might think. You don't need fancy molds or really even any special equipment to make a cake pop that's even better than the store-bought ones. You just need a good, buttery cake recipe, some free time and some patience.

This Sprinkle Cake Pops recipe will show you how to make fun, bright and delicious cake pops easily at home. They're perfect for birthday parties, or any sort of celebration really. They also make an extra special bedtime treat too – my kids can attest to that.

ITEMS NEEDED

Parchment paper
Cookie sheet
Square, metal cake pan
Stand mixer or hand mixer and mixing bowl
Melon baller
Paper straws
Styrofoam to hold the cake pops while they dry. You make this from a piece of Styrofoam and use scissors to cut slits in it to fit your straws. Make sure the straws will be secure since they will be top heavy.
Microwave safe bowl
Heat safe tall glass

WHITE CAKE

2 $\frac{3}{4}$ cups of cake flour, sifted
1 tbsp of baking powder
 $\frac{1}{2}$ tsp of salt
 $\frac{3}{4}$ cup of unsalted butter, softened to room temperature
2 cups granulated sugar
2 tbsp olive oil
5 egg whites from large eggs, room temperature
1 tbsp vanilla
 $\frac{1}{4}$ - $\frac{1}{2}$ tsp almond extract
1 literally pour the almond extract
 $\frac{1}{3}$ cup sour cream, room temperature
1 cup whole milk

FROSTING

$\frac{1}{2}$ cup of unsalted butter, softened at room temperature (two sticks)
2 $\frac{1}{2}$ cups powdered sugar
 $\frac{1}{2}$ cup heavy whipping cream
 $\frac{1}{2}$ tbsp. vanilla
 $\frac{1}{8}$ tsp. salt

TOPPING

30 oz. melting chocolate
Sprinkles

SPRINKLE CAKE POPS WITH WHITE CAKE

SERVINGS: 35

(CAKE) PREPARATION TIME: 10 MINUTES

DIRECTIONS:

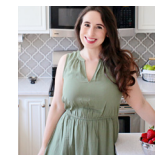
Cake Preparation Time

Make sure to take your butter and sour cream out prior to beginning. It works best if you take the butter out and place it on the counter when you get up in the morning.

1. Preheat your oven to 350°F.
2. In a large bowl mix together your flour (sifted), baking powder and salt. Set aside.
3. In another large bowl use a hand-held mixer and blend together butter and sugar until well combined.
4. Add in your oil, egg whites, almond extract and vanilla until well combined Then add your sour cream and fold it in with a spatula and blend again on low.
5. Add in your milk and mix again on low.
6. Begin combining the flour mixture with the liquid mixture until you've combined everything. Add a little of the flour mixture at a time until that bowl is empty.
7. In a metal baking pan, line the bottom with parchment paper then oil the sides of the pan. I always use olive oil to do this, but you can use any oil or even more butter.
8. Carefully pour the cake batter into the pan and bake for about 35 minutes. Test with a toothpick. When it comes out clean, your cake is done.
9. Remove cake from pan immediately to cool. After 20 minutes, refrigerate cake for at least 2 hours. You can put it in the fridge overnight if you like too.
10. Blend all ingredients together to make the frosting and blend with a hand mixer for 10 minutes. You will only need a spoonful or two of frosting so this will make more than enough.
11. Rip cake into pieces and add them to a large bowl or the bowl of a stand mixer. Mix with the stand mixer or a handheld mixer on low. You want the cake to be crumbly and almost look like sand.
12. Add a spoonful or two of frosting to the blended cake and continue to mix for about 5 minutes. After 5 minutes you should be able to mold the cake in your hands like playdough.
13. Use a melon baller or spoon to make cake balls consistent in size. Work the dough in your hands to make it smoother and then roll into a ball. Place on a cookie sheet.
14. Once you have all your cake balls formed, put them in the refrigerator for at least 4 hours. You can also refrigerate these overnight.
15. Once time is up, melt your chocolate in the microwave in increments of 30 seconds.
16. Add the chocolate to a glass with a wide rim and then remove your cake balls from the refrigerator, six at a time.
17. Dip one end of your straw into your melted chocolate and then push it into the cake ball about halfway down. Let dry for a few minutes.
18. Once the straw is dried in the cake ball, dip your cake ball straight down into your glass and submerge it in chocolate.
19. Pull it out immediately but slowly, and hold it above the glass while the excess chocolate drips back into the glass.
20. Then roll your cake pop on the edge of the glass to remove excess chocolate. Keep rolling it back and forth to get the extra chocolate off. Don't shake it.
21. Before the chocolate dries completely, roll it in your sprinkles or sprinkle them all over the surface with your fingers.
22. Put your cake pop in your Styrofoam holder to let it dry.
23. Once dry, serve. You can also keep them in the fridge for about three days after making.

Quick Tips

- You can use whatever cake you want to make this, including a box cake. HOWEVER, it needs to be a butter-based cake for your cake pops to be the right consistency and to harden correctly. The most important thing is that it includes butter versus a lot of oil because oil won't harden as well as butter. If you use a box cake replace the oil in it with butter.
- You can use any frosting you like as long as it is a butter frosting too.
- Don't take all the cake pops out of the fridge at once. Taking out six at a time allows you to work with them while the others stay cold until they're ready to be dipped in the chocolate.
- Make sure you are using a glass large enough to completely submerge your cake pop. Then dip it straight into the glass and pull it straight out.



Submitted By:

Rachel Quenzer

Founder of The Everyday Mom Life and Sugar Maple Farmhouse



CHICKPEA CHOCOLATE CAKE

SERVINGS: 9

PREPARATION TIME: 10 MINUTES

COOK TIME: 35-40 MINUTES

1 ½ cups semi-sweet
chocolate chips
1 (15 oz) can chickpeas,
rinsed and drained
4 eggs
¾ cup white sugar
½ tsp baking powder
Optional toppings:
powdered sugar and fresh
berries

This recipe is made in the Kids Cooking School and it has a secret ingredient – chickpeas (garbanzo beans)! Most kids think they won't like this cake, but when they taste it, they love it!

DIRECTIONS:

1. Preheat oven to 350°F.
2. Grease 9-inch round cake pan.
3. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth.
4. Combine chickpeas and eggs in a food processor or blender and process until smooth.
5. Add sugar and baking powder; blend.
6. Pour in melted chocolate, then blend until smooth.
7. Transfer batter to prepared cake pan. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean.
8. Cool on wire rack.



Submitted By: Carson, 13, Jamestown, North Dakota.



FLOUNDER WITH TENNESSEE SEAFOOD DRESSING

SERVINGS: 6

PREPARATION TIME: 45 MINUTES

COOK TIME: 45 MINUTES

DRESSING

½ cup unsalted butter
 ¼ cup finely chopped onion
 ¼ cup finely chopped celery
 2 tbsp finely chopped green pepper
 ½ cup shredded crabmeat
 ½ cup cooked shrimp, chopped
 1 cup unsalted chicken broth
 2 tbsp diced pimento
 2 tsp Worcestershire sauce
 2-3 tbsp sage
 2-3 cups cornbread, crumbled
 Salt & pepper to taste

FLOUNDER

6 flounder fillets, 1 ½ lb total
 ½ cup unsalted butter, melted
 2 lemons, juiced
 1-2 tbsp Creole seasoning
 Salt and pepper to taste

SAUCE

¼ cup onion, finely chopped
 ¾ cup white wine
 1 tbsp unsalted butter
 1 tbsp flour
 1 cup unsalted chicken broth
 6 mushrooms, sliced
 1 clove garlic, minced
 ½ cup unsalted butter cut into small pieces
 Creole seasoning to taste
 6 large shrimp, lemons and parsley for garnish

This recipe was made by the Marion County Culinary Arts Team at the 2019 Seafood Cook-Off.

DIRECTIONS:

- 1. Make dressing:** In a large skillet, melt butter. Add the onion, celery and green pepper; sauté until tender. Add crabmeat and shrimp and stir. Cook for a minute or two. Add pimento, Worcestershire sauce and sage. Heat through. Remove from heat. Place crumbled breadcrumbs in a large bowl and pour cooked mixture over crumbs. Gradually add broth and mix until all bread mixture is moist. Add more broth if mixture is too dry. Add salt and pepper to taste.
- 2. Prepare fish:** Sprinkle each flounder fillet with salt, pepper and Creole seasoning. Spoon about ½ cup dressing onto each fillet; roll up. Place seam side down into individual greased baking dishes. Drizzle with the melted butter and lemon juice. Sprinkle with seasonings. Bake uncovered at 375°F for 15-20 minutes or until fish flakes easily with fork. Remove from oven.
- 3. Make sauce:** In a skillet, cook the wine and onion over a low heat until the wine is reduced and the onion is soft and transparent. In another heavy saucepan, melt 1 tablespoon butter over medium heat. Add flour and whisk until blended. Add chicken broth a little at a time, whisking constantly until well blended and thickened. Add the mushrooms and garlic. Cover and simmer down until mushrooms are soft. Remove from heat and add cut butter pieces a few at a time until melted. Continue adding the butter pieces until all have melted. Add the wine mixture. Blend well over low heat and season to taste with Creole seasoning.
- 4. Sauté shrimp:** Place shrimp in a bowl. Add Creole seasoning and lightly toss. Lightly grease a skillet and sauté shrimp until done.
- 5. Serve:** Pour sauce over each cooked fillet. Garnish with shrimp, lemon wedges, and chopped parsley.



Submitted By: Marion County 4-H Club, Tennessee. Marion County 4-H Culinary Arts Team.



CHOCOLATE CHIP BANANA BREAD

SERVINGS: 8-10

PREPARATION TIME: 15 MINUTES

COOK TIME: 55-60 MINUTES

4 very ripe bananas
2 eggs
¼ cup unsalted butter
1 ½ cup self-rising flour
½ cup brown sugar
1 cup semi-sweet
chocolate chips
½ cup white sugar
1 tsp vanilla

DIRECTIONS:

1. Preheat oven to 350°F.
2. In a small bowl, mash bananas until mostly smooth – there will be some lumps.
3. In a large bowl, beat butter with sugar, add eggs and flour; mix well.
4. Add smashed bananas. Mix well.
5. Add chocolate chips. Pour into a greased loaf pan.
6. Bake for 55 to 60 minutes.



Submitted By:

Jennifer Nettles

Grammy Award-winning Singer and Songwriter, Georgia 4-H Alumna





SPINACH MACARONI AND CHEESE

SERVINGS: 12

COOK TIME: 30-40 MINUTES

1 lb whole wheat elbow macaroni, cooked
1 lb of frozen spinach (defrosted, with all the water drained and squeezed out)
4 cups béchamel sauce
¼ tsp white or black pepper
½ tsp dried mustard
8 drops hot sauce
4 cups reduced fat cheddar cheese, grated
½ cup breadcrumbs
Paprika
Salt to taste

DIRECTIONS:

1. Preheat oven to 350°F and spray a casserole dish with cooking spray. Set aside.
2. In a large bowl, mix the drained macaroni with the grated cheese and prepared spinach, then pour the white sauce over the mixture and combine. Season with pepper, mustard and hot sauce.
3. Pour the macaroni mixture into the sprayed dish, top with breadcrumbs and sprinkle with paprika.
4. Bake for about 30-40 minutes or until hot and bubbly.



Submitted By: South Carolina 4-H Youth Development



NATIONAL 4-H COUNCIL

As the nation's largest youth development organization, 4-H grows confident young people who are empowered for life today and prepared for a career tomorrow. 4-H is led by a unique private-public partnership of universities, federal and local government agencies, foundations and professional associations.

National 4-H Council is the private sector, non-profit partner of the Cooperative Extension System and the National Institute of Food and Agriculture within the United States Department of Agriculture.

Learn more at [4-H.org](https://www.4-H.org) | Shop at Shop4-H.org | Stay at 4-HCenter.org |    