

# 2009 4-H Healthy Cuisine Contest Recipes



## Wheat & Sugar Free Pancake Batter

Mariah & Sarah Arave

- 1 cup almond meal (ground almonds)
- ½ teaspoon salt
- ½ teaspoon baking soda
- 2 eggs
- 2 tablespoons honey
- ½ cup mashed banana, pumpkin puree or applesauce

Mash fruit/veggie; add eggs and honey, mix. In separate bowl mix dry ingredients together and combine with wet ingredients. Heat a very small amount of oil in skillet (cooking spray does NOT work, you need to use oil), spread batter out. The pancakes cook very quickly and they are difficult to flip, but worth it.

## Quick and Easy Chicken Taco Salad

Kylie Hall and Hannah Young

- 1 large can cooked chicken, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can diced tomatoes
- 1 envelope enchilada seasoning mix
- 1 bag salad
- Shredded cheese
- Tortilla chips, crushed or whole

In a saucepot, combine chicken, beans, tomatoes and seasoning. Heat until hot, stirring occasionally. Spread salad onto individual plates; spoon chicken mixture onto salad. Top with shredded cheese and tortilla chips. Serves 4.



## Baked Apple

Kylie Hall and Hannah Young

- 2 medium apples
- Cinnamon
- Sugar-free syrup (maple or caramel)
- Light or fat-free whipped cream

Wash, slice and core apples. Arrange in two separate bowls. Sprinkle apples with cinnamon, and then drizzle with syrup. Microwave apples on high for 1-1 ½ minutes; add a spoonful of whipped cream before serving. Serves 2.

## Fajitas

Aurora Quinn and Ellie Arave

- ½ onion, sliced
- ½ red pepper, sliced
- 2 shitake mushrooms, sliced
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 20 oz. beef strips, raw
- ½ package fajita mix
- ¼ cup water

Sauté vegetables until soft, remove to a dish. Add meat to pan and sauté, and then add fajita mix and water. Stir vegetables into meat mixture. Scoop ½ of the mixture onto a flour or corn tortilla; top with cheese, sour cream and salsa if desired.

## Guacamole

Aurora Quinn and Ellie Arave

- 2 ripe avocados – washed, halved and pit removed
- 1 lime, washed and halved
- Salt, garlic powder and red pepper to taste

Scoop avocados into mixing bowl, squeeze lime over top, add seasonings to taste. Mash all ingredients together.

### **Pineapple Basil Chicken Supreme**

Aspen Arnold and Megan Rowsey

1 can pineapple chunks in juice  
2 teaspoons cornstarch  
3 Serrano peppers, cut in strips  
¼ cup cashews  
1 tablespoon soy sauce  
2 tablespoons olive oil  
3 boneless, skinless chicken breasts, cubed  
2 cloves garlic, minced  
¼ cup fresh basil  
Hot cooked rice

Drain pineapple, reserve juice. Combine reserved juice and cornstarch in small bowl and set aside. Heat wok over high heat for one minute and drizzle oil into wok and heat 30 seconds. Add chicken, peppers and garlic; stir fry three minutes until chicken is no longer pink. Stir cornstarch mix into wok; cook one minute or until thickened. Add pineapple, cashews, basil and soy sauce. Heat thoroughly. Serve over rice.

### **Frozen Yogurt Dessert**

Aspen Arnold and Megan Rowsey

½ gallon vanilla frozen yogurt  
1 can mandarin oranges, drained  
½ cup toasted pecans  
¼ cup sugar-free maple syrup  
½ cup grapes

Soften frozen yogurt until it resembles thick soup. Place in large loaf pan. Swirl in syrup. Fold in oranges, grapes and pecans. Freeze until firm. Slice and serve.

### **Cream Cheese Wontons**

Aspen Arnold and Megan Rowsey

Wonton wrappers  
Cream cheese

Put a teaspoon of cream cheese in middle of wrapper; wet edge of wrapper with water and fold wrapper over to make a triangle. Bake at 350° until golden brown.

### **Curry Chicken Pot Pie on Toast**

Justin Baugh and Travis Ingram

1 – 12.5 oz. can chunk chicken  
2 – 10 oz. cans reduced sodium, fat-free cream of chicken soup  
1 cup reduced sodium chicken broth  
1 cup frozen peas and carrots  
½ teaspoon curry powder  
8 slices whole grain bread, toasted

Mix chicken, soup, broth, vegetables and curry powder in a saucepan over medium heat. Stir often until heated through. While heating, toast bread and cut each piece into four triangles. Serve chicken over toast. Serves 4.

### **Tropical Spinach Salad and Dressing**

Ariel Cheney and Mikell Shepherd

1 lb. fresh spinach – washed, trimmed, and torn into bite-size pieces  
10-12 fresh mushrooms, sliced  
2 - 11 oz. cans of mandarin oranges  
1 pint of strawberries, sliced  
1 jicama, julienned  
1 cup dressing (see recipe below)

Combine spinach, mushrooms, mandarin oranges, strawberries and jicama. Add dressing to taste and toss lightly.

### **Dressing**

Ariel Cheney and Mikell Shepherd

½ cup sugar  
½ cup vinegar  
2 teaspoons dry mustard  
2 teaspoons sea salt  
3 tablespoons onion juice  
2 cups vegetable oil  
3 tablespoons poppy seeds

In a blender, combine sugar, mustard, salt and vinegar. Add onion juice and blend until smooth. Slowly add oil, blending until thick. Stir in poppy seeds. Keep refrigerated.

### **Wild Rice Soup**

Karlee Baugh and Lynzi Deeter

- 1 – 6 oz. package chicken flavored wild rice mix
- 1 – 10 oz. package frozen broccoli
- 2 tablespoons minced onion
- 2 – 10 oz. cans reduced sodium, fat-free cream of chicken soup
- 3 – 14 oz. cans reduced sodium chicken broth
- 1 – 8 oz. package reduced fat cream cheese
- 2 – 12.5 oz. cans chunk chicken

In a large soup pan combine rice mix, onion, soup, and broth; bring to a boil, reduce heat, cover and simmer for 15 minutes, stirring once. Stir in vegetables, cheese and chicken. Cook and stir until cheese is melted and vegetables are warmed. Serves 6.

### **Easy Chicken Divan**

Brooke Baugh

- 1 – 10 oz. bag frozen broccoli, thawed
- 2 – 12.5 oz. cans chunk chicken, drained
- 2 – 10 oz. cans reduced sodium, fat-free cream of chicken soup
- ½ cup low-fat sour cream
- ½ teaspoon cumin
- ½ teaspoon pepper
- 1/3 cup grated, reduced-fat parmesan cheese

Place broccoli in a shallow baking dish sprayed with non-stick cooking spray. Layer chicken on broccoli. Mix soup, sour cream, pepper, and cumin together and spread evenly over chicken. Sprinkle with cheese. Bake at 375° until heated through, about 25-35 minutes. Serve over rice.

### **Canadian Bacon and Pineapple Pizza**

Larissa Poll and Jessica Meeks

- Pizza crust made from whole wheat Rhodes bread
- Low-sugar sauce
- 2 – 2 ½ cups of pre-shredded mozzarella cheese
- ½ can of pineapple tidbits
- 1 package Canadian bacon
- ½ green pepper, cut into bite size pieces

Thaw one loaf of dough. Pre-heat oven to 400°; roll dough out on pizza stone. Prick little holes with a fork on the bottom of the dough. Spread sauce, sprinkle cheese, lay on the Canadian bacon, pineapple, and sprinkle green peppers over crust. Cook for 20 minutes and enjoy!

### **Fruit Salad Fit for a Princess**

Larissa Poll and Jessica Meeks

- 3 bananas
- 1 – 8 oz. container of strawberry yogurt
- ½ cup of sliced strawberries
- ½ cup green grapes, halved

Mix all together and serve immediately! Enjoy.

