

Weber County 4-H
Healthy Cuisine & Chef Extraordinaire Contest
January 20, 2011

Quick Chicken Ala King

Tiffanie Ingram

2 cans Healthy Request Cream of Chicken Soup
2 cans (12.5 ounce) chopped, cooked chicken
Dash of onion powder
Dash of pepper
2 cans milk (use soup can)
1 cup broccoli

In a pot heat soup, milk, cooked chicken and broccoli; heat on medium low until warm. Add seasonings. Serve warm over warm rice.

Chicken Can Can

Justin Baugh

1 – 12 ounce can evaporated milk
1 – 10 ounce can each of low fat, low sodium cream of chicken, cream of celery, and chicken noodle soup
1 – 10 ounce can chunked chicken
½ teaspoon curry powder
1 – 5 ounce package chow mein noodles
Grated cheddar cheese for garnish

In a large soup pot combine all soups with milk and curry powder. Heat over medium heat; stirring until warm. Serve over rice. Garnish with chow mein noodles and grated cheese. Serves 8.



Quick Pizza Casserole

Braylee Sorensen & Anna Shepherd

1 pound ground beef, browned and drained
14 ounce jar pizza sauce
8 ounce package shredded mozzarella cheese
¾ cup biscuit baking mix
1 ½ cups milk
2 eggs

Place beef in an ungreased 8" x 8" baking pan; top with pizza sauce and cheese. Combine baking mix, milk and eggs in a mixing bowl; stir well until smooth. Pour over cheese; bake at 400 degrees for 30-35 minutes, until golden on top.

Lettuce Fruit Salad

Karlee Baugh

Dressing:

1/3 cup sugar
1/3 cup honey
1/3 cup vinegar
1 cup oil
1 teaspoon dry mustard
1 teaspoon paprika
1 teaspoon celery salt
1 teaspoon lemon juice

Salad:

Lettuce pieces
Mandarin oranges
Pineapple chunks
Sliced almonds
Chow Mein noodles

Combine dressing ingredients in a blender and mix well. Plate salad in order of ingredients listed and drizzle with dressing.

Oven Baked Sweet and Sour Chicken

Karlee Baugh

2 pounds boneless, skinless chicken breasts cut into bite sized pieces

1 egg

1 cup corn starch

¼ cup oil

Sauce:

¼ cup water

¼ cup ketchup

¾ cup sugar

¼ cup vinegar

1 tablespoon soy sauce

1 teaspoon salt

In a medium bowl combine sauce ingredients until well blended, set aside.

In another mixing bowl sprinkle chicken with garlic salt. Pour beaten egg over chicken and stir. Sprinkle with corn starch and stir until coated. Cook the chicken in a fry pan in a small amount of oil until golden brown. Do this in two batches. Arrange chicken in a 9"x 13" baking pan and pour the sauce over it. Bake at 350 degrees for 30 minutes; stirring every 10 minutes or until chicken is cooked (165 degrees). Serve over cooked rice if desired. Serves 6.

Almost Candy Cookies

Karlee Baugh

Cookie Crust:

1 box chocolate cake mix

¼ cup margarine, melted

1 egg

Heat oven to 350 degrees. Spray bottom of 15"x 9" baking sheet with baking spray. Mix together cake mix, margarine and egg until crumbly. Press into bottom of baking pan and bake for 10 minutes.

Topping:

1 cup each white chocolate, milk chocolate, and butterscotch chips

1 – 14 ounce can sweetened condensed milk

After removing cookies from oven sprinkle with chips and drizzle with condensed milk. Bake for another 15 minutes or until golden brown. Cool before cutting. Makes 24.

