

Weber County 4-H Healthy Cuisine Contest January 21, 2010

Spaghetti Casserole

Larissa Poll & Jessica Meeks

- 1 - 10 ounce can tomato soup (no added water)
- 16 ounce package of multigrain spaghetti
- 3 - 8 ounce cans tomato sauce
- 3 cups ground turkey
- 3 tablespoons chili powder

Cook spaghetti according to package directions. While spaghetti is cooking, cook turkey until brown. Drain spaghetti and put in a 9 x 13 pan, mix in sauce, soup, and chili powder with spaghetti. Mix well. Cover with foil and bake at 350° for 20 minutes.

French Bread

Larissa Poll & Jessica Meeks

- 2 teaspoon dill weed
- ½ cup butter
- 1 teaspoon parsley flakes
- 4 teaspoons garlic powder
- Loaf of wheat French bread

Soften butter (but do not melt). Add dill weed, parsley flakes and garlic powder. Spread on French bread. Broil at 550° for 3-5 minutes or until brown.

Fruit and Yogurt Parfait

Larissa Poll & Jessica Meeks

- 1 cup vanilla yogurt
- ¾ cup of mixed berries
- ½ cup granola

Put two tablespoons of yogurt in the bottom of a dessert cup and sprinkle some granola on top. Put 3 tablespoons of fruit on top of that. Repeat two more times, each time adding a little more of each ingredient. End with a layer of yogurt and granola.

Flavorful Beef Stir Fry

Alexandra and Erica Ellis

- 2 tablespoons cornstarch
- 2 teaspoons sugar
- 6 tablespoons soy sauce
- ¼ cup apple juice
- 1 pound round steak, cut into strips
- 3 cups broccoli florets
- 2 medium carrots, thinly sliced
- 1 – 6 ounce package frozen pea pods
- 2 tablespoons chopped onion
- 2 tablespoons vegetable oil, separated
- 1 – 8 ounce can water chestnuts
- Hot cooked rice

In bowl, combine cornstarch, sugar, soy sauce, and juice. Add beef and toss to coat, set aside. In a large skillet, stir fry broccoli, carrots, pea pods, and onion in 1 tablespoon oil for 1 minute. Stir in water chestnuts. Cover and simmer for 4 minutes; remove and keep warm. In the same skillet, stir fry beef in remaining oil until meat is done. Return vegetables to pan and toss. Serve over rice.

Japanese Skewered Halibut

Rachel Blumel & Lauren Edmonson

- 1 ½ pounds halibut fillets
- 2 tablespoons cooking wine
- 3 tablespoons sugar
- ½ teaspoon ginger, ground
- ½ cup soy sauce
- 1 tablespoon garlic
- Pineapple
- Water Chestnuts
- Bell pepper (red & green)
- Udon Noodles

Mix all ingredients except vegetables, fruit, and fish in a bag. Add vegetables, fruit, and fish in bag and marinate for 15-20 minutes. Thread vegetables, fruit, & fish on skewers. Bake or broil until fish flakes. Serve on top of noodles. Garnish with terra chips.

Udon Noodles

Rachel Blumel & Lauren Edmonson

Bring 4 quarts of water to a rolling boil. Add noodles and stir well. As it begins boiling add one cup of cold water & stir (takes about 12 minutes). Repeat. As it begins boiling the third time, turn off burner, cover the pot and let noodles sit for 5-7 minutes. Drain and rinse in cold water.

Chef Salad

Tiffanie Ingram & Shawnee Morby

1 bag iceberg lettuce
1 bag leafy lettuce
1 bag shredded cheddar cheese
1 container deli cut ham
1 cucumber
2 carrots
1 container deli cut turkey
1 can olives
Croutons
1 bottle desired salad dressing
2-3 tomatoes

Empty bags of lettuce and cheese into large bowl. Cut ham and turkey into desired size; add to bowl. Slice cucumbers, carrots, and olives; add to bowl. Empty croutons into bowl, toss salad, and add dressing.

Garlic Bread

Tiffanie Ingram & Shawnee Morby

1 bag French bread
1 cube butter
1 bottle garlic salt

Preheat oven to 400°. Slice French bread and spread with butter. Sprinkle slices with desired amount of garlic salt. Bake at 400° until golden brown.

Chicken Quesadillas

Justin Baugh

¼ cup salsa
½ cup fat free refried beans
½ teaspoon cumin
½ teaspoon chili powder
⅔ cup grated cheese (Mexican style)
1 cup diced, cooked chicken (canned, rotisserie, or frozen)
4 – 8 inch whole grain tortillas

Tortilla toppings:

3 cups shredded lettuce
1 roma tomato sliced
1 avocado sliced
1 tablespoon diced or sliced olives
Salad dressing, sour cream or salsa, if desired

For quesadillas mix together cumin, chili powder, refried beans and salsa. Fold in diced chicken. Spread one half of mixture on tortilla and sprinkle with ⅓ cup cheese. Place another tortilla on top and toast in quesadilla maker or on griddle until warm and cheese is melted. Remove to plate and cut into six triangles. Place three triangles on a plate and top with lettuce, tomatoes, avocados, olives, and dressing, if desired.



Chicken Linguine

Karlee Baugh & Bailey Gehrlein

- 1 – 12 ounce package linguine, cooked as directed
- 2 – 10 ounce cans reduced sodium, low-fat, cream of chicken soup, undiluted
- 1 – 10 ounce can reduced sodium, low fat, cream of mushroom soup, undiluted
- 1 cup evaporated milk
- ½ cup reduced fat sour cream
- ½ teaspoon curry powder
- ½ teaspoon black pepper
- 2 cups diced cooked chicken (canned, frozen, rotisserie, etc.)
- Parmesan cheese and bacon bits, if desired

While pasta is cooking, combine soups, milk, sour cream, curry powder and pepper in a sauce pan. Stirring often until heated through. Serve over cooked pasta and garnish with parmesan cheese and bacon bits, if desired.

Ham, Cheese & Green Onion Omelet

Audrey Gibson & Mason Evenhuis

- 4 eggs
- ½ cup shredded cheese (your favorite kind or what you have already)
- ½ cup of ham (or lunch meat)
- 2 teaspoons margarine

Slice your ham or lunch meat and set aside. Slice your onion and set aside. Measure ¼ cup of shredded cheese and set aside. Crack 1 or 2 eggs into a bowl and lightly scramble with wire whisk or fork. Sprinkle small amount of the ham and onions, add small amount of salt and pepper. Cover top with shredded cheese. Cook in microwave for 1 minute (if using 2 eggs it may take 1 ½ minutes).

Rice Bowl – SHSQSY

(Supper Healthy Supper Quick Supper Yummy)

Savannah Evenhuis, Hannah Young

- 1 package frozen meatballs
- 5 minute rice (portions suggested on box for 2 people)
- 1 pound fresh broccoli
- 1 can pineapple chunks
- 1 bottle barbecue sauce
- Salt and pepper to taste

Thaw frozen meatballs ahead of time. Start cooking rice. While rice is cooking, chop broccoli and steam either in microwave or on stove, set aside. Open canned pineapple chunks, set aside. Once all other ingredients are prepared, mix barbeque sauce in with meatballs and heat in microwave. When rice is ready, add rice to bowls, add meatballs and sauce on top. Garnish with steamed broccoli and pineapple chunks.

Anita's Spinach Salad with Strawberries

Aspen Arnold

- 1 pound spinach, fresh
- 1 pint strawberries, fresh, hulled and halved

Salad Dressing:

- ½ cup sugar
- 1 ½ teaspoon onion, minced
- ¼ teaspoon paprika
- ½ cup vegetable oil
- ¼ cup cider vinegar

Remove stems from spinach; wash leaves thoroughly and pat dry. Tear into bite size pieces. Combine spinach and strawberries in a large salad bowl; gently toss with salad dressing. Serve immediately.

French Onion Soup

Aspen Arnold

6 cups thinly sliced onion
1 tablespoon olive oil
2 tablespoons whole wheat flour
2 cups defatted beef stock
2 cups defatted chicken stock
1 bay leaf
½ teaspoon dried thyme
¼ teaspoon ground black pepper
Hot pepper sauce (to taste)
4 slices French bread
¼ cup minced fresh parsley
4 teaspoons grated Parmesan cheese

In a 3 quart saucepan, combine the onions and oil. Mix well, cover and cook over medium-low heat until soft, about 15 minutes. Uncover the pan and raise the heat to medium. Cook, stirring every 2 to 3 minutes, until the onions are golden and almost caramel colored, about 30 minutes. Make sure to stir often so the onions slowly caramelize rather than scorching. Sprinkle with the flour and stir to combine. Add the beef and chicken stocks. Stir well to smooth out the lumps. Add the bay leaf, thyme, pepper and hot pepper sauce.

Cover the pan and simmer over medium-low heat for 30 minutes. Stir occasionally to prevent sticking. Remove the bay leaf before serving.

To make croutons: While the soup is cooking, place the bread on a cookie sheet and bake at 275° for 15 minutes. Turn the slices over and bake for 15 minutes more. Set aside.

To serve, ladle the soup into individual bowls. Sprinkle with the parsley. Top each serving with a crouton and a teaspoon of Parmesan.

Strawberry Bavarian Parfaits

Aspen Arnold

1 package (0.3 ounce sugar free strawberry gelatin)
½ cup boiling water
½ cup ice water
1 ½ cups nonfat yogurt
2 cups sliced strawberries
2 egg whites, at room temperature
Whole strawberries (optional)

In a large bowl thoroughly dissolve the gelatin in the boiling water. Stir in the ice water. Refrigerate until thickened to the consistency of unbeaten egg whites, about 15-20 minutes. Whisk in the yogurt.

Finely chop the sliced strawberries in a food processor using a few on/off turns; do not puree them. (Or use a potato masher to crush berries.) You should have about 1 ⅔ cups. Stir the berries into the yogurt mixture. Return the bowl to the refrigerator until the mixture is thickened but not completely set, about 10 minutes.

Using a clean bowl and clean beaters beat the egg whites until stiff. Fold them into the yogurt mixture. Pour into parfait glasses or goblets. Refrigerate until set, at least 15 minutes. Serve with whole strawberries.

