

2017 D8 4-H Food Challenge
Junior
Fruits and Vegetables

Winter Italian Vegetables

- $\frac{3}{4}$ cups uncooked spiral pasta
- 8oz can of tomato sauce
- $\frac{1}{2}$ cup broccoli florets (fresh or frozen)
- $\frac{1}{2}$ cup cauliflower florets (fresh or frozen)
- 1 medium zucchini, sliced
- $\frac{1}{2}$ medium onion, diced
- $\frac{1}{2}$ cup celery, diced
- 1 t. Italian seasoning
- Salt and pepper, to taste

Instructions:

1. Wash all vegetables.
2. Collect, cut and measure all ingredients before starting to prepare the recipe.
3. Put 1 $\frac{1}{2}$ cup of water and 15-ounce can of tomato sauce in a large skillet and bring to a boil. Add dry pasta. Cover and cook pasta for 3 minutes.
4. Add all the vegetables and Italian seasoning. Stir, reduce heat to medium low, cover and simmer for about 8 minutes or until vegetables and pasta are tender.
5. Taste, and add a small amount of sale and pepper if desired.
6. Serve hot.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Make it a meal by adding seasoned, cooked ground beef or turkey.
 Makes 3 servings

Nutrition Facts per serving:

Calories:	120
Total Fat:	1 g
Cholesterol	0 mg
Sodium:	470 mg
Carbohydrates:	26 g
Fiber:	4 g
Protein:	5 g



2017 D8 4-H Food Challenge
Intermediate
Fruits and Vegetables

Winter Italian Vegetables

- $\frac{3}{4}$ cups uncooked spiral pasta
- 8oz can of tomato sauce
- $\frac{1}{2}$ cup broccoli florets (fresh or frozen)
- $\frac{1}{2}$ cup cauliflower florets (fresh or frozen)
- 1 medium zucchini, sliced
- $\frac{1}{2}$ medium onion, diced
- $\frac{1}{2}$ cup celery, diced
- 1 t. Italian seasoning
- Salt and pepper, to taste

Instructions:

1. Wash all vegetables.
2. Collect, cut and measure all ingredients before starting to prepare the recipe.
3. Put 1 $\frac{1}{2}$ cup of water and 15-ounce can of tomato sauce in a large skillet and bring to a boil. Add dry pasta. Cover and cook pasta for 3 minutes.
4. Add all the vegetables and Italian seasoning. Stir, reduce heat to medium low, cover and simmer for about 8 minutes or until vegetables and pasta are tender.
5. Taste, and add a small amount of salt and pepper if desired.
6. Serve hot.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Make it a meal by adding seasoned, cooked ground beef or turkey.
 Makes 3 servings

Nutrition Facts per serving:

Calories:	120
Total Fat:	1 g
Cholesterol	0 mg
Sodium:	470 mg
Carbohydrates:	26 g
Fiber:	4 g
Protein:	5 g



2017 D8 4-H Food Challenge
Senior
Fruits and Vegetables

Smashed Chickpea & Avocado Lettuce Wraps

- 1 ripe medium avocado
 - 1 15.5 oz can garbanzo beans
 - 1 T. fresh lemon juice
 - 2 T. fresh cilantro, finely chopped
 - 2 T. red onion, finely chopped
 - 1 t. cumin
 - 1 celery stalk, finely chopped
 - 4 Boston lettuce leaves
 - 1 medium tomato, sliced
 - 2 T. feta cheese
- Salt and pepper, to taste

Instructions:

Drain garbanzo beans and add to a medium-sized mixing bowl. Mash to a smoother consistency (more or less depending on how chunky you'd like it). Add the avocado and lemon juice and continue mashing until well mixed. Stir in cilantro, red onion, celery, cumin, salt and pepper. Top lettuce cups with sliced tomatoes (and any other toppings, e.g. cucumbers, bell pepper, jalapenos or sprouts). Divide chickpea mixture into 4-5 portions and spoon onto lettuce cups*. Top with a sprinkle of feta cheese.

Makes 4 servings

Nutrition Facts per serving:

Calories: 200
 Total Fat: 10 g
 Cholesterol: 0 mg
 Sodium: 360 mg
 Carbohydrates: 24 g
 Fiber: 9 g
 Protein: 8 g



2017 D8 4-H Food Challenge Junior Bread & Cereal

Harvest Brown Rice

1 ½ T. olive oil
1 ½ carrots, peeled and thinly sliced
2 green onions, sliced
1 large apple, unpeeled, cored and diced
1 ½ cups cooked white rice
¼ cup raisins
6oz package silvered almonds, toasted
salt and pepper

Instructions:

1. Heat oil in large skillet over medium heat; add carrots and cook for 5 minutes.
2. Add onions and apples; cook for 5 minutes.
3. Stir in rice, raisins and almonds, add salt and pepper to taste.
4. Cook, stirring frequently, until rice is heated through.

Makes 3 servings

Nutrition Facts per serving:

Calories:	389
Total Fat:	19 g
Cholesterol	0 mg
Sodium:	230 mg
Carbohydrates:	51 g
Fiber:	6 g
Protein:	8 g



2017 D8 4-H Food Challenge
Intermediate
Bread & Cereal

Harvest Brown Rice

- 1 ½ T. olive oil
- 1 ½ carrots, peeled and thinly sliced
- 2 green onions, sliced
- 1 large apple, unpeeled, cored and diced
- 1 ½ cups cooked white rice
- ¼ cup raisins
- 6oz package silvered almonds, toasted
- salt and pepper

Instructions:

1. Heat oil in large skillet over medium heat; add carrots and cook for 5 minutes.
2. Add onions and apples; cook for 5 minutes.
3. Stir in rice, raisins and almonds, add salt and pepper to taste.
4. Cook, stirring frequently, until rice is heated through.

Makes 3 servings

Nutrition Facts per serving:

Calories:	389
Total Fat:	19 g
Cholesterol	0 mg
Sodium:	230 mg
Carbohydrates:	51 g
Fiber:	6 g
Protein:	8 g



2017 D8 4-H Food Challenge
Senior
Bread & Cereal

Bacon Sautéed Barley with Arugula

- 1 cup hulled barley
- 4 cups water
- 2 slices center-cut bacon
- ¼ cup finely chopped red onion
- ½ t. salt
- ¼ t. freshly ground black pepper
- 2 t. balsamic vinegar
- 1 cup lightly packed arugula

Instructions:

1. Place the barley in a medium glass bowl and add water to cover by 2 inches; cover and let stand at room temperature for 8 hours or overnight.
2. Combine drained barley and 4 cups water in a large saucepan over medium-high heat. Bring to a boil; reduce heat, cover and simmer 30 minutes or until barley is tender. Drain and set aside.
3. Cook bacon in a large skillet over medium-high heat 5 minutes or until done; remove pan from heat and transfer bacon to paper-towel lined plate. Crumble bacon when crisp. Discard all but 2 teaspoons of bacon drippings.
4. Return skillet with reserved bacon drippings to heat. Add red onion and cook 2 minutes or until softened. Add reserved barley; cook 2 minutes or until barley is heated through, stirring frequently.
5. Add salt, pepper, and balsamic vinegar; stir to combine. Stir in arugula and cook 1 minute or until wilted. Serve hot, garnished with crumbled bacon.

Makes 4 servings

Nutrition Facts per serving:

Calories:	195
Total Fat:	2 g
Cholesterol	5 mg
Sodium:	393 mg
Carbohydrates:	37g
Fiber:	8 g
Protein:	7 g



2017 D8 4-H Food Challenge
Junior
Main Dish

Grilled Chicken & Pineapple Quesadilla

- 4 whole flour tortillas
 Butter or Margarine
- 1 cup pineapple, sliced
- 1 ½ whole boneless, skinless chicken breast
 Salt and pepper, to taste
- 1 ½ cups Monterey jack cheese, grated
- ½ jalapeno, sliced
 Cilantro
- 1 ½ T. barbecue sauce

Instructions:

Sprinkle with salt and pepper and Cajun spice (or cumin/cayenne, etc.) Drizzle olive oil on grill pan and grill on both sides until done, brushing with barbecue sauce. Set aside and slice into very thin slices.

Warm griddle over medium heat and put sizzling butter or margarine in the pan. Slightly warm and toast tortillas on both sides, then remove from griddle and set aside.

To assemble, sprinkle four browned tortillas with grated Monterey jack. Arrange chicken slices evenly over the surface. Add pineapple slices and jalapeno slices. Sprinkle on cilantro, if desired drizzle extra barbecue sauce over the top. Add second browned tortilla on top of each one.

Add to oven to warm, or back to skillet to warm, until cheese is melted. Cut each quesadilla into six wedges. Serve with sour cream, pico de gallo, and lime wedges.

Makes 3 servings

Nutrition Facts per serving:

Calories:	600
Total Fat:	31 g
Cholesterol	129 mg
Sodium:	744 mg
Carbohydrates:	43 g
Fiber:	3g
Protein:	37 g



2017 D8 4-H Food Challenge
Intermediate
Main Dish

Grilled Chicken & Pineapple Quesadilla

- 4 whole flour tortillas
 Butter or Margarine
- 1 cup pineapple, sliced
- 1 ½ whole boneless, skinless chicken breast
 Salt and pepper, to taste
- 1 ½ cups Monterey jack cheese, grated
- ½ jalapeno, sliced
 Cilantro
- 1 ½ T. barbecue sauce

Instructions:

Sprinkle with salt and pepper and Cajun spice (or cumin/cayenne, etc.) Drizzle olive oil on grill pan and grill on both sides until done, brushing with barbecue sauce. Set aside and slice into very thin slices.

Warm griddle over medium heat and put sizzling butter or margarine in the pan. Slightly warm and toast tortillas on both sides, then remove from griddle and set aside.

To assemble, sprinkle four browned tortillas with grated Monterey jack. Arrange chicken slices evenly over the surface. Add pineapple slices and jalapeno slices. Sprinkle on cilantro, if desired drizzle extra barbecue sauce over the top. Add second browned tortilla on top of each one.

Add to oven to warm, or back to skillet to warm, until cheese is melted. Cut each quesadilla into six wedges. Serve with sour cream, pico de gallo, and lime wedges.

Makes 3 servings

Nutrition Facts per serving:

Calories:	600
Total Fat:	31 g
Cholesterol	129 mg
Sodium:	744 mg
Carbohydrates:	43 g
Fiber:	3g
Protein:	37 g



2017 D8 4-H Food Challenge
Senior
Main Dish

Coconut Curry Shrimp

- 1 T. butter
- ¾ pound peeled and deveined raw shrimp
- ½ whole medium onion, finely diced
- 2 cloves garlic, minced
- 1 ½ t. curry powder
- 7oz can Coconut milk
- 1 T. of Honey
- 1 dash of salt
- ½ lime, juiced
- 6 whole basil leaves, chopped, plus more for garnish
- 1 cup Basmati rice, cooked according to package directions

Instructions:

Heat the butter in a large skillet (I used non-stick) over medium-high heat. Add the shrimp and cook for 2 to 3 minutes, turning them over halfway through, until fully cooked. Remove to a plate and set aside. Add the onion and garlic to the skillet and stir to cook for 2 minutes. Sprinkle the curry powder over the onions and continue cooking the onions, stirring, for another couple of minutes. Reduce the heat to medium-low and pour in the coconut milk, stirring to combine. Add honey, salt, and lime juice, and allow the sauce to heat up until bubbling gently. Add shrimp into the sauce, tossing to coat, and allow to simmer for 2 to 3 minutes or until slightly thickened. Taste the sauce and add more salt, lime juice, or honey depending on your taste. Stir in the basil. Serve shrimp and sauce over a bed of cooked basmati rice, garnishing with more basil.

Makes 3 servings

Nutrition Facts per serving:

Calories:	400
Total Fat:	21 g
Cholesterol	231 mg
Sodium:	645 mg
Carbohydrates:	26 g
Fiber:	2 g
Protein:	37 g



2017 D8 4-H Food Challenge
Junior
Nutritious Snacks

Apple Pie Bits

- 2 cups old fashioned oats
- 1 t. ground cinnamon
- ½ t. salt
- 1 T. chopped walnuts
- ½ t. allspice
- ½ cup almond butter
- 1 t. vanilla extract
- 2 T. honey
- ¼ cup unsweetened, dried cranberries
- 1 cup granny smith apple tossed with 1 teaspoon lemon juice

Stir all ingredients together. Form into balls with your hands. Store in an airtight container for up to 4 days.

Makes 8 servings

Nutrition Facts per serving:

Calories:	317
Total Fat:	15 g
Cholesterol	0 mg
Sodium:	50 mg
Carbohydrates:	39 g
Fiber:	8 g
Protein:	9 g



2017 D8 4-H Food Challenge
Intermediate
Nutritious Snacks

Apple Pie Bits

- 2 cups old fashioned oats
- 1 t. ground cinnamon
- ½ t. salt
- 1 T. chopped walnuts
- ½ t. allspice
- ½ cup almond butter
- 1 t. vanilla extract
- 2 T. honey
- ¼ cup unsweetened, dried cranberries
- 1 cup granny smith apple tossed with 1 teaspoon lemon juice

Stir all ingredients together. Form into balls with your hands. Store in an airtight container for up to 4 days.

Makes 8 servings

Nutrition Facts per serving:

Calories:	317
Total Fat:	15 g
Cholesterol	0 mg
Sodium:	50 mg
Carbohydrates:	39 g
Fiber:	8 g
Protein:	9 g



2017 D8 4-H Food Challenge
Senior
Nutritious Snacks

Cheese Ball

- 1 8oz package cream cheese, softened
- 1 cup shredded cheddar cheese
- 1 ½ t. finely chopped pimento
- 1 ½ t. finely chopped green pepper
- 1 ½ t. finely chopped onion
- 1 T. Worcestershire sauce
- 1 ½ t. lemon juice
- 1 pinch salt
- ¼ cup finely chopped pecans
- Assorted crackers

Combine all ingredients except chopped pecan. Shape into ball. Roll in chopped pecans. Serve with crackers.

Makes 6 servings

Nutrition Facts per serving:

Calories:	244
Total Fat:	23 g
Cholesterol	61 mg
Sodium:	288 mg
Carbohydrates:	3 g
Fiber:	trace
Protein:	8 g

