



## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Monique Ybarra

**CATEGORY**

*Please check one*

☐

Breads &  
Cereal

☒

Fruits &  
Vegetables

☐

Main  
Dish

☐

Nutritious  
Snack

**COUNTY**

ANDERSON

**AGE DIVISION:**

☐

Junior

☐

Intermediate

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Senior

**Name of Recipe:** 6 INGREDIENT HEALTHY TWICE BAKED POTATO

**Prep Time:**

**Cook Time:**

Type Recipe Here:

### 6 INGREDIENT HEALTHY TWICE BAKED POTATO

2 MEDIUM RUSSET POTATOES  
2 TABLESPOONS REDUCED FAT CHEDDAR CHEESE  
¼ CUP PLAIN GREEK YOGURT  
1 TABLESPOON WHIPPED LIGHT CREAM CHEESE  
1 GREEN ONION SLICED  
SPLASH OF MILK  
SALT AND PEPPER TO TASTE

#### Directions:

1. Scrub the potatoes and pierce with a fork.
2. Preheat the oven to 350 degrees.
3. Microwave for 7-8 minutes, flipping once. You want them to be fully cooked and tender. Exact cooking time will depend on the size of your spud.
4. Allow the potatoes to cool for a moment. Slice in half and scoop out the center of the potato and put it in a small bowl. Set the "shells" aside.
5. Mix half the cheddar cheese, Greek yogurt, cream cheese and half of the onions together. Add a splash or two of milk to get a smooth consistency. Add salt and pepper to taste.
6. Pile the potato mixture back into the shells. Place on a baking sheet and top with the rest of the cheddar cheese.
7. Bake for 10 minutes or until the cheese is bubbly.
8. Before serving sprinkle with the rest of the green onions.



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Hallie Woolverton

CATEGORY

*Please check one*

☐

Breads &  
Cereal

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Fruits &  
Vegetables

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Main  
Dish

☐

Nutritious  
Snack

COUNTY

ANDERSON

AGE DIVISION:

☐

Junior

☒

Intermediate

☐

Senior

Name of Recipe: CAULIFLOWER "POTATO" SOUP

Prep Time:

Cook Time: 30 MINUTES

Type Recipe Here:

### CAULIFLOWER "POTATO" SALAD

SERVES: 6 (1 CUP PER SERVING)

CALORIES PER SERVING: 234

COST PER SERVING: \$0.83

TIME: 30 MINUTES

1 LARGE HEAD FRESH CAULIFLOWER, CORED, TRIMMED, AND CUT INTO FLORETS

3 HARD BOILED EGGS, PEELED AND CHOPPED

½ MEDIUM ONION, FINELY DICED

½ CUP OF MAYONNAISE

1 TABLESPOON MUSTARD

½ CUP DICED DILL PICKLES

CREOLE SEASONING TO TASTE

¼ TEASPOON SALT

¼ TEASPOON PEPPER

½ CUP COOKED CRUMBLED BACON

#### Directions:

1. Lightly steam the cauliflower florets, or roast in the oven with salt and pepper for an even Yummier version.
2. Allow the cauliflower to cool, then lightly mash with a hand held potato masher.
3. Combine with all other ingredients in a large bowl, then chill.
4. Top with extra crumbled bacon or chives. Enjoy !!



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME:

CATEGORY

*Please check one*

<input type="checkbox"/>	Breads & Cereal	<input checked="" type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
COUNTY <u>Gregg</u>							

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Zucchini, Squash, Tomato, Onion Casserole

Prep Time: 10 minutes

Cook Time: 60 minutes

Type Recipe Here:

1 c. - Yellow Squash

1 c. - Zucchini

1 - Tomato

1 - Onion, medium sized

4 TBSP. - Parmesan Cheese

1. Preheat oven to 350° Fahrenheit.

2 Grease 6 1/2" square casserole dish.

3. Thinly slice all vegetables.

4. Layer half of the vegetables.

5. Sprinkle half the cheese on top of the vegetables.

6. Repeat steps 4 and 5.

7. Bake uncovered for 40 minutes.

8 Cover and continue to bake for 20 minutes.

9. Serve Hot.

Makes 4 servings.



## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Tiana King

**CATEGORY**  
*Please check one*

<input type="checkbox"/>	Breads & Cereal	<input checked="" type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
<b>COUNTY</b>							

**AGE DIVISION:**



Junior



Intermediate



Senior

**Name of Recipe:** Cracker Barrel Hashbrown Casserole

**Prep Time:** 5 minutes

**Cook Time:** 45 to 55 minutes

Type Recipe Here:

**Ingredients:**

- 32 ounces frozen shredded hash browns
- 1/2 cup melted butter
- 1 10 1/4 ounce can of cream of chicken soup (or cream of cheddar)
- 1 pint of sour cream
- 1/2 cup onion finely chopped
- 2 cups grated colby cheese
- 1/4 teaspoon pepper

**Instructions:**

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine all ingredients in a large bowl reserving 1/2 cup of cheese for topping.
3. Place in a greased 9x13 casserole dish and top with reserved cheese.
4. Bake for 45-55 minutes or until hot and bubbly.



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Laney Smith

**CATEGORY**

*Please check one*

<input type="checkbox"/>	Breads & Cereal	<input checked="" type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
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**COUNTY**

Houston

**AGE DIVISION:**

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Junior

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Intermediate

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Senior

**Name of Recipe:** Zucchini Roll Ups

Prep Time: 25 minutes

Cook Time: 10 minutes

Type Recipe Here:

**Ingredients:**

2 medium zucchini, sliced lengthwise as thinly as possible (about 5 slices per zucchini)

Olive oil, for brushing

Salt and pepper

1/2 cup herbed cream cheese

10 fresh basil leaves, plus extra for garnish

**Directions:**

1. Preheat a grill or grill pan to medium heat

2. Brush both sides of the zucchini slices with olive oil and place them on grill. Sprinkle with salt and pepper.

Grill, turning occasionally, until very soft but not falling apart, 8 to 10 minutes. Remove slices to paper towels to absorb excess moisture. Let them cool completely.

3. Spread about 2 teaspoons of the herbed cream cheese onto each of the zucchini slices. Place basil leaf on top. Starting at one end, roll each zucchini slice up until it's a nice neat roll.

4. Serve the roll-ups on a platter garnished with small chopped basil leaves. These can be assembled and chilled up to 3 hours before serving.

4 roll ups yield 1 serving





## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Shelby Coker

CATEGORY  
*Please check one*

<input type="checkbox"/>	Breads & Cereal	<input checked="" type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
COUNTY Houston							

AGE DIVISION:

☐

Junior

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Intermediate

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Senior

Name of Recipe: Grilled Eggplant Rollups

Prep Time: 45 min

Cook Time: 6 min

Type Recipe Here:

Ingredients:

- 1 eggplant, peeled and sliced lengthwise into 1/4-inch slices salt as needed
- 1 tablespoon olive oil, or as needed
- 1 pinch Italian seasoning, or to taste
- 1 (4 ounce) log goat cheese, softened
- 2 canned whole roasted red peppers, drained and diced

Directions:

- 1. Arrange eggplant slices on a large plate and sprinkle both sides with salt.
- 2. Refrigerate until water has been drawn out, at least 30 minutes.
- 3. Rinse eggplant slices and pat dry with a paper towel.
- 4. Preheat grill for medium heat and lightly oil the grate.
- 5. Lightly brush both sides of eggplant slices with olive oil and season with Italian seasoning.
- 6. Grill eggplant slices on the preheated grill, exactly 3 minutes per side.
- 7. Spread goat cheese on 1 side of each eggplant slice and sprinkle with roasted red peppers.
- 8. Serve open-faced or rolled up.



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Merritt Banks

CATEGORY

*Please check one*

☐

Breads &  
Cereal

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Fruits &  
Vegetables

☐

Main  
Dish

☐

Nutritious  
Snack

COUNTY

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AGE DIVISION:

☐

Junior

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Intermediate

☒

Senior

Name of Recipe: Watermelon Fruit Bowl

Prep Time: 20 minutes

Cook Time: 0 minutes

Type Recipe Here:

1 half of a watermelon  
2 cups of watermelon  
1 cup Strawberries  
1/2 can pineapple rings  
1 cup cantaloupe  
toothpicks (10-15)

Step 1: Cut the watermelon in half

Step 2: After removing from can, cut pineapple rings in half

Step 3: Empty the smaller half of the watermelon. Keep 2 cups of fruit for the dish, and store the excess fruit in the fridge for another time.

Step 4: Ball the fruits (watermelon and cantaloupe) and put them in a bowl for safe keeping

Step 5: Slice the strawberries thinly and set them aside

Step 6: After cleaning half of the watermelon, put the balled fruit into the watermelon, but stop filling about 3 inches before the top to leave room for the pineapple

Step 7: Get the pineapple rings and put them around the edge of the watermelon as a sort of edible decoration

Step 8: get the sliced strawberries and secure them to the inside of the pineapple using toothpicks

Step 9: Refrigerate for at least 30 minutes and serve cold



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Allyson Behan

CATEGORY  
*Please check one*

☐

Breads &  
Cereal

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Fruits &  
Vegetables

☐

Main  
Dish

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Nutritious  
Snack

COUNTY

*Newton*

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Cherry Pie Salad

Prep Time: 5 minutes

Cook Time: Chill Time: 4 hours

Type Recipe Here:

### Ingredients:

- 1 (14 oz.) can sweetened condensed milk
- 1 (20 oz.) can crushed pineapple, drained
- 1 (20 oz.) can cherry pie filling
- 1 (8 oz.) container whipped topping, defrosted
- 1/2 cup chopped pecans

### Instructions:

1. Combine sweetened condensed milk, pineapple, and cherry pie filling in a large bowl. Mix until combined.
2. Fold in Cool Whip and pecans. Chill at least 4 hours or overnight before serving.

YIELD: 10 SERVING

Calories per Serving: 346





## District 5 4-H Food Show Recipe Information

CONTESTANT NAME:

Emma Young

CATEGORY

*Please check one*

<input type="checkbox"/>	Breads & Cereal	<input checked="" type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
Panola							

COUNTY

AGE DIVISION:



Junior



Intermediate



Senior

Name of Recipe: Creamy Apple Salad

Prep Time: 15 Minutes

Cook Time: 7 Minutes

Type Recipe Here:

### Ingredients:

#### Candied Cereal:

2 c. Cheerio's cereal

1/2 c. chopped pecans (measure after chopping)

3/4 c. brown sugar

1/2 c. butter--melted

#### Diced Apples:

8-10 c. cold water

10 c. of diced apples (measure after chopping)

1/4 c. lemon juice

about 5 medium sized red apples

about 3 medium sized green apples

#### Cream Cheese Mixture:

8 oz cream cheese--softened

2 5.3 oz Greek yogurt (any flavor)

### Instructions:

#### Candied Cereal:

1. Mix together cereal, chopped pecans, brown sugar and melted butter.
2. Spread in a large baking sheet with sided and bake at 400 degrees for 7 minutes.
3. Allow the mixture to cool and then break it into small pieces.

#### Diced Apples:

1. In a large container, combine the water and lemon juice.
2. Working in small batches, dice the apples into bite size pieces and immediately dip the apples into the lemon water to keep them from turning brown.
3. Allow the apples to soak for a minute or two then remove from the water and drain, reserving the water for the next batch of apples.

#### Cream Cheese Mixture:

1. Beat the softened cream cheese until smooth.
2. Blend in the yogurt until smooth.

#### Final Assembly:

1. Stir in the diced apples and candied cereal into the cream cheese mixture.
2. Serve immediately.

#### To Prepare this dish in advance:

1. The chopped apples and cream cheese mixture can be combined and stored in an airtight container in the refrigerator for up to 2 days.

Max's Coleslaw

¼ cup light mayo

¼ cup non fat Greek yogurt

2 tsp apple slicer vinegar

3 packets Splenda Naturals (Stevia)

¼ tsp dry mustard

¼ tsp salt

1 pkg 3 color Cole slaw

Maxx Curry

Rusk County

Fruit & Vegetable

Junior

Mix all of the ingredients except for the coleslaw.

Once the ingredients are mixed well, add the coleslaw mix and stir until the cabbage is covered.

Refrigerate until serving.



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Katherine Helvey

### CATEGORY

*Please check one*

<input type="checkbox"/>	Breads & Cereal	<input checked="" type="checkbox"/>	Fruits & Vegetables	<input type="checkbox"/>	Main Dish	<input type="checkbox"/>	Nutritious Snack
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### COUNTY

### AGE DIVISION:

☒ Junior

☐ Intermediate

☐ Senior

Name of Recipe: Crustada

Prep Time: 10 minutes

Cook Time: 12-15 minutes

Type Recipe Here:

Serves 3

Ingredients:

1 lb. Brussel Sprouts (cut into halves)

1 Cup Butternut squash (cubed)

½ Onion diced

¼ sliced almonds

½ stick of butter

1 tablespoon olive oil

¼ tsp salt

¼ tsp pepper

1. Preheat skillet to medium heat. Preheat oven to 450\*
2. Place Brussel sprouts, butternut squash, diced onions and sliced almonds in skillet and sauté until soft. Season with the salt & pepper.
3. On greased cookie sheet, roll out one pie crust.
4. Spoon vegetable mixture and place in center of pie crust.
5. Fold/wrap pie crust around vegetable mixture, leaving the center open at top.
6. Place "Crustada" into preheated oven and cook for 12-15 minutes or until crust is golden brown.
7. Take out of oven, place on plate & garnish with a spring mix of lettuces & pomegranate seeds.

## Good and Great Skillet Green Beans

### Ingredients:

2 tablespoons extra virgin olive oil  
1.5 pounds of green beans, trimmed fresh or frozen  
2 cloves garlic, minced  
2 tablespoons of water

### Instructions:

Heat oil in a large skillet over medium-high heat. Add green beans and cook, stirring often until the beans are blistering and browning in areas, 5 to 7 minutes. Add garlic and salt and cook, stirring constantly until the garlic is fragrant and browning, about 30 seconds. Add water and immediately cover. Cook covered until greens are bright green and crisp tender, 1 to 2 minutes.

Yields 5 cups





## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Helena Bautista

**CATEGORY**  
*Please check one*

<input type="checkbox"/> Breads & Cereal	<input checked="" type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
COUNTY Wood			

**AGE DIVISION:**

☐ Junior

☒ Intermediate

☐ Senior

**Name of Recipe:** Apple Rose Pastries

**Prep Time:**

**Cook Time:**

Type Recipe Here:

3 large apples (of your choosing)  
1 lemon  
1/2 cup softened butter  
1/4 cup honey  
1 teaspoon vanilla extract  
1/2 teaspoon salt  
1/2 teaspoon ground cinnamon  
1 package thawed puff pastry sheets

Mix together butter, honey, vanilla extract, salt, and cinnamon. Mix until they are well combined and set aside. Massage the lemon on the cutting board. Cut in half. Next squeeze half of lemon into bowl of water. Now cut the apples straight down the middle. Then take a spoon and remove the core from the apples. Then cut off top and bottom with the stem. Now turn you apple horizontal and place it flat on the cutting board. Then slice the apples into 1/6th of an inch slices and place them in the bowl with lemon water so they do not brown. Once they are all cut place the bowl in the microwave for about five minutes. After microwaving strain the apples.

Roll out each puff pastry until each is at least 12 inch by 12 inch. Slice each rolled out pastry into 6-2 inch slices. Then spread a thin layer of the honey butter mixture (previously set aside) onto each puff pastry slice. Now place your apple slices half way down the pastry and slightly overlap each slice until you are at the end of the pastry. Then fold the puff pastry up and press down lightly. Then roll it up and pinch it at the end so it doesn't fall apart. Place the rolled pastry into a greased cupcake pan and bake at 375 degrees for about 35 to 40 minutes.

Servings: 12 apple rose pastries



## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Jenna Haney

**CATEGORY**  
*Please check one*

<input type="checkbox"/> Breads & Cereal	<input checked="" type="checkbox"/> Fruits & Vegetables	<input type="checkbox"/> Main Dish	<input type="checkbox"/> Nutritious Snack
COUNTY Wood			

**AGE DIVISION:**

☐ Junior

☐ Intermediate

☒ Senior

**Name of Recipe:** Baked Spaghetti Squash Casserole

**Prep Time:**

**Cook Time:**

Type Recipe Here:

- 2 ripe spaghetti squash  
1 tablespoon olive oil, 1 onion, diced, 2 cloves garlic, minced  
2 cups crushed tomatoes, 1 (8oz. can tomato sauce), 1/2 cup low-sodium chicken broth  
1 teaspoon Italian Seasoning, 1 packet Stevia, salt and pepper to taste, 2 tablespoons basil, chopped (divided)  
1 cup mozzarella cheese, shredded
1. To make the spaghetti squash, preheat oven to 350 degrees F, cut squash right down the middle. Scoop out all the seeds and place cut side down on a baking sheet lightly sprayed with oil so they don't stick.
  2. Bake squash in the oven for 45 minutes until tender.
  3. Meanwhile, drizzle oil into a large pan over medium heat and saute onion and garlic until fragrant, about 2 minutes. Add ground beef and cook until meat is not longer pink; drain if necessary.
  4. Stir in crushed tomatoes, tomato sauce, chicken broth, Italian seasoning, Stevia, salt and pepper and bring to a boil. Reduce heat and allow sauce to simmer until the spaghetti squash has finished baking.
  5. When your squash is about ready, stir in grated Parmesan cheese and 2 tablespoons fresh basil in the the sauce; continue to simmer.
  6. Remove squash from the oven and scrape out all the strands of spaghetti using a fork, placing into a large bowl for convenience.
  7. In a 9x13 inch baking dish, spoon 1 1/2 cups of meat sauce into bottom and spread out evenly. Layer with 1/2 of the spaghetti squash then 1 1/2 cups more of the meat sauce, then the rest of the spaghetti squash, the rest of the meat sauce (1 1/2) cups and top with mozzarella cheese.
  8. Cover with foil and bake spaghetti squash casserole in the oven at 350 degrees F for 30 minutes, then remove foil and bake an additional 10 minutes until cheese is melted.
  9. Top with remaining tablespoon of basil, serve and enjoy!