



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Gerald Yarbrough

CATEGORY

*Please check one*

☐

Breads &  
Cereal

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Fruits &  
Vegetables

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Main  
Dish

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Nutritious  
Snack

COUNTY

ANDERSON

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Cauliflower Crust Spinach Pizza

Prep Time:

Cook Time: 15 minutes

Type Recipe Here:

Cauliflower Crust Spinach Pizza

\*Makes a 12" pizza with 8 slices

Ingredients

1/2 tsp Black pepper (for crust)

1 medium head Cauliflower (for crust, should yield 3 cups of chopped cauliflower)

1 medium egg Egg (for crust, lightly beaten)

1/4 cup, crumbled Feta cheese, low fat

1/2 cup, shredded Mozzarella cheese, partially skimmed (for crust)

1/2 tsp Oregano, dried (for crust)

1/2 tsp Sea salt (for crust, fine grain)

2 1/2 cup Spinach

1/3 cup Sun-dried tomatoes (chopped)

Instructions

Preheat oven to 450°F (220°C) and place a rack in the middle. Line a baking sheet with parchment paper and grease with olive oil. Set aside.

In a food processor pulse the cauliflower florets (it should be evenly chopped but not completely pulverized). Transfer chopped cauliflower to a microwave-safe dish and microwave on high for 8 minutes, until cooked.

Place the chopped cauliflower in a tea towel and twist it to squeeze as much moisture as you can. This is very important. The cauliflower needs to be dry, otherwise you'll end up with mushy dough.

Transfer the cauliflower to a mixing bowl, add egg, 1/2 cup mozzarella, oregano, salt and pepper and mix well. Using your hands, press the mixture onto the baking sheet and shape into a thin pizza "disc".

Bake for 15 minutes, until golden. Remove from the oven and let cool for 5 minutes.

Meanwhile, cook the spinach over medium heat in a saucepan. Remove from heat after it is wilted.

Scatter remaining mozzarella cheese evenly over the pizza base and spread the spinach over this. Sprinkle the Romano cheese, sun-dried tomatoes and a pinch salt.

Return to the oven and bake for further for 10 minutes.



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Madeline Woolverton

CATEGORY

*Please check one*

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Breads &  
Cereal

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Fruits &  
Vegetables

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Main  
Dish

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Nutritious  
Snack

COUNTY

ANDERSON

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: CAJUN SAUSAGE AND CABBAGE

Prep Time:

Cook Time: 20 Minutes

Type Recipe Here:

### CAJUN SAUSAGE AND CABBAGE

SERVINGS: 6 (1 CUP)

CALORIES PER SERVING: 447

COST PER SERVING: \$.82

TIME: 20 MINUTES

1 ½ LBS OF SMOKED SAUSAGE, SLICED

3 TABLESPOONS BUTTER

1 VERY LARGE CABBAGE, CORED AND SHREDDED

½ CUP CHICKEN BROTH

¾ TEASPOON SALT

¼ TEASPOON BLACK PEPPER

¼ TEASPOON ONION POWDER

½ TEASPOON GARLIC POWDER

1 TEASPOON CREOLE SEASONING (SUCH AS TONY CHACHERE'S)

#### Directions:

1. Put a large skillet on medium heat and brown the sausage pieces for a few minutes. Flipping the pieces a few times so they don't burn.
2. Add the butter in the same skillet, then add the cabbage, broth and seasonings.
3. Stir all together, then cover with a lid. Cook for around 10 – 15 minutes, stirring Occasionally. Serve with a side of red beans. Enjoy!!



## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Addison Bowman

**CATEGORY**  
*Please check one*

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

ANDERSON

**AGE DIVISION:**

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Junior

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Intermediate

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Senior

**Name of Recipe:** McALLISTER'S BROCCOLI AND CHEESE SOUP

Prep Time:

Cook Time:

Type Recipe Here:

### McAllister's Broccoli & Cheese Soup

2 TABLESPOONS ONIONS  
2 TABLESPOONS BUTTER  
3 TABLESPOONS FLOUR  
2 CUPS MILK  
1 CUP CHEDDAR CHEESE  
¼ TEASPOON PEPPER  
½ TEASPOON SALT  
2 CHICKEN BOUILLON CUBES  
1 ½ CUPS BOILING WATER  
10 OUNCE PKG FROZEN CHOPPED BROCCOLI

#### Directions:

1. Sauté the onions in butter and cook until it begins to brown. This may take 10 – 15 minutes.
2. Add flour to the onion and butter.
3. Add milk, cheese, salt and pepper to the mixture and mix.
4. Dissolve the chicken bouillon cubes in the boiling water.
5. Cook broccoli in the boiling water as well, until tender.
6. Add boiling water mixture to the cheese sauce mixture and stir.



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Alison Patterson

CATEGORY

*Please check one*

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Breads &  
Cereal

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Fruits &  
Vegetables

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Main  
Dish

☐

Nutritious  
Snack

COUNTY

GREGG

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Stacked Enchiladas

Prep Time: 20 minutes

Cook Time: 40 minutes

Type Recipe Here:

### Stacked Enchiladas

- 1 pound ground turkey
- 1/2 cup chopped onion
- 1-10.5 ounce can low sodium Cream of Mushroom Soup
- 1-10.5 ounce can low sodium Cream of Chicken Soup
- 1-10 ounce can diced tomatoes with green chilies
- 1-10 ounce can red enchilada sauce
- 1-1 ounce package low sodium taco seasoning
- 1-24 count package corn tortillas
- 2 cups grated low fat Mexican blend cheese

Preheat oven to 350.

Grease 13x9x2 casserole dish and set aside.

Saute ground turkey and onion in large skillet over medium-high heat. Drain off excess grease and return to skillet. Open and empty contents of all four cans into meat mixture. Add contents of taco seasoning package into meat mixture and stir. Over medium heat, heat mixture until starts to boil. Remove from heat.

In the prepared greased casserole dish, begin layering the corn tortillas, meat mixture and cheese repeatedly. You should begin with tortillas and end with cheese. Cover dish with foil.

Bake at 350 degrees for 30 minutes. Remove the foil and return to oven for an additional 10 minutes (or until cheese is golden brown).

Let stand 15-20 minutes before eating.

This is great served with salsa, pico de gallo, or sour cream.

Makes 8 1 cup servings

540 calories per serving



## Nachos

1 pound ground beef  
1 boneless chicken breast  
16 ounces Velveeta, cut in cubes  
1 can Rotel diced tomatoes & green chilies  
Tortilla chips

Bake the chicken

Brown the ground beef, drain off fat.

When chicken is cool shred and  
measure 1 cup.

Add chicken, Velveeta and Rotel to the  
ground beef.

Cook over medium heat stirring  
constantly until cheese is melted.

Serve with Tortilla chips

Makes 6 to 8 servings

# Healthy Chicken Sandwich

Seth McGregor  
Gregg County  
Main Dish  
Intermediate

## Ingredients

- 2 boneless skinless chicken breasts (about 8 oz each – or 4 4 oz chicken breasts)
- ½ cup pickle juice (just use the juice from any pickle jar)
- 2 eggs
- ¼ cup milk
- 1 cup flour
- 2 tbsp powdered sugar
- 1 tsp paprika
- 1 tsp salt
- ½ tsp black pepper
- ½ tsp garlic powder
- ½ tsp celery salt
- ½ tsp basil
- 1 cup peanut oil for frying
- 4 Hamburger Buns (buttered and toasted)
- Pickle Slices

## Directions

1. Place chicken between 2 sheets of wax paper or in a freezer bag and pound gently with the flat side of a mallet until about ½" thick.
2. Cut each breast into 2 equal pieces.
3. Marinate chicken in the pickle juice for about an hour.
4. Beat together egg and milk in a bowl.
5. Mix together the flour, sugar, and spices in another bowl.
6. Heat the oil in a skillet to about 350.
7. Dip each chicken piece into the egg, covering both sides
8. Transfer to the flour mixture and turn to completely coat.
9. Fry each chicken piece for 2 minutes on each side, or until golden and cooked throughout.
10. Place on paper towels to absorb any excess oil.
11. Serve on toasted buns with pickle slices.



## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Sidney Sinclair

**CATEGORY**

*Please check one*

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Breads &  
Cereal

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Fruits &  
Vegetables

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Main  
Dish

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Nutritious  
Snack

**COUNTY**

**AGE DIVISION:**

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Junior

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Intermediate

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Senior

**Name of Recipe:** Air Fried Honey Chipotle Chicken Crispers

**Prep Time:** 18 minutes

**Cook Time:** 12 minutes

Type Recipe Here:

Ingredients:

- 2 boneless skinless chicken breasts

Breading:

- 2 eggs
- 3/4 cup dry bread crumbs
- 3 tablespoons vegetable oil

Honey Chipotle Sauce:

- 2/3 cup honey
- 1/4 cup water
- 1/4 cup ketchup
- 1 tablespoon white vinegar
- 2 teaspoons ground chipotle chile pepper
- 1/2 teaspoon salt

Directions:

Preheat air fryer to 350 degrees Fahrenheit. Whisk eggs in a small bowl. Mix bread crumbs and oil together in a second bowl until mixture becomes loose and crumble. Cut chicken breast in to 1/2 inch strips. Dip each chicken strip, one at a time, into the bowl of egg and then let the excess egg drip back into the bowl before placing it in to the crumb mixture. Make sure each strip is fully and evenly covered by pressing the strips into the crumb mixture, turning them over and pressing them into the crumbs again. Once breaded, lay the chicken strips into the basket of the air fryer spread out and not touching. Cook until no longer pink in the center, about 12 minutes. An instant read thermometer inserted into the center of the chicken should read at least 165 degrees Fahrenheit. Depending on the size of your air fryer, you may have to cook the strips in batches.

While the chicken strips are cooking you can make the honey chipotle sauce by combining all sauce ingredients in a small saucepan over medium heat and stir constantly until boiling. Reduce heat to low, stir often and simmer for 2 minutes. Remove from heat and let set until chicken strips are ready.

Once the chicken strips are all cooked and the sauce is make you place all the chicken strips in a large bowl. Pour the sauce over the top of the chicken and toss gently until all the chicken strips are coated with sauce. Serve with ranch dressing for dipping if desired.





## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Emma Gibson

**CATEGORY**

*Please check one*

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input checked="" 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:** Healthy Chipotle-Inspired Burrito Bowl

**Prep Time:** 20 min

**Cook Time:** 6-7 min

Type Recipe Here:

**Ingredients:**

1 cup brown jasmine rice  
1 pound ground turkey  
1 tablespoon taco seasoning  
1/2 teaspoon Kosher salt  
¼ cup plain yogurt  
2 teaspoons hot sauce  
2 cups halved grape tomatoes  
2 avocados, diced  
15-ounce can black beans, rinsed and drained  
½ cup diced squash  
½ cup diced zucchini  
¼ cup diced red bell pepper  
Cilantro, chopped  
Reduced-fat cheese, grated

**Directions:**

In a small pot, cook rice according to package directions. Meanwhile, in a large skillet over medium heat, cook turkey until no longer pink, 6-7 minutes, Season with taco seasoning and salt. In a small bowl, mix together yogurt and hot sauce. Transfer mixture into a piping bag. To assemble the burrito bowl, place equal amounts of rice in the bottom of 4 small bowls. Top with equal amounts ground turkey, tomatoes, avocados, black beans, squash, zucchini, and red pepper. Drizzle with spicy yogurt. Garnish with desired amount of cilantro and reduced fat cheese

**Yields:** 4 servings





## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Landry Beaver

**CATEGORY**  
*Please check one*

<input type="checkbox"/>	Breads & Cereal	<input type="checkbox"/>	Fruits & Vegetables	<input checked="" 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:** Brilliant Beef Quesadillas

**Prep Time:** 15 minutes

**Cook Time:** 10 minute

Type Recipe Here:

**Ingredients:**

3 Tablespoons Oil  
1/2 lb cooked steak, cut into 1/4 inch thick pieces  
4 fresh tortillas, uncooked  
16 oz. Mexican cheese, shredded  
Sour Cream  
2 avocados  
1 lime  
Garlic salt

**Directions:**

1. Heat 2 teaspoons of oil in a 10-Inch skillet over medium heat; cook and stir the beef in the hot oil until heated through, about 5 to 10 minutes. Transfer to a bowl.
2. Brush one side of each tortilla with the remaining oil. Place one tortilla, oil side down, in the same skillet; sprinkle the tortilla with 1/2 the steak and 1/2 the Mexican cheese. Place a second tortilla, oil side up, onto the cheese layer, pressing down with the spatula to seal.
3. Cook the quesadilla over medium heat until the cheese melts and tortillas are browned, 3 to 4 minutes per side. Remove the quesadilla from the skillet and cut into wedges. Repeat with remaining ingredients for second quesadilla.
4. Cut avocados in half, exposing the seed. Remove the seed. Score the inside of the avocado and scoop out with a spoon. Place in a bowl. Mash the avocado. Add salt and juice from the lime to taste.

**Servings:**

Makes 2 quesadillas



## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Rachel Self

CATEGORY  
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Breads &  
Cereal

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Fruits &  
Vegetables

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Main  
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Nutritious  
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Nacogdoches

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Southwestern Black Bean and Cheese Omelet

Prep Time: 15 minutes

Cook Time: approximately 10 minutes

Type Recipe Here:

### Ingredients

- 3/4 cup rinsed and drained canned black beans
- 4 tablespoons chunky salsa, divided
- 1/4 cup chopped cilantro
- 4 eggs
- 1 thinly sliced green onion
- 1/8 teaspoon each salt and freshly ground black pepper
- 1/2 diced ripe avocado
- 1 tablespoon olive oil
- 4 thin slices of reduced fat Colby-Jack cheese

### Directions

1. Combine black beans, 3 tablespoons salsa and cilantro; mix well. Beat eggs with green onion, salt, and pepper. Combine avocado and remaining 1 tablespoon salsa.
2. Heat oil in a large nonstick skillet with sloped sides over medium heat until hot. Add egg mixture; cook 3 to 4 minutes or until bottom is set. Arrange cheese over egg mixture; top with bean mixture. Use 2 spatulas to fold egg mixture in half over filling. Cook over low heat 3 minutes or until center is set. Cut omelet in half; transfer to serving plates and top with avocado mixture. The recipe makes 2 servings.



# District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Andi Beth Gardner

## CATEGORY

Please check one

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Breads &  
Cereal

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Fruits &  
Vegetables

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Main  
Dish

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Nutritious  
Snack

## COUNTY

*Tacogdoches*

## AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Chicken Salad

Prep Time: 20 minutes

Cook Time: 0 minutes

## Type Recipe Here:

4 cups chopped cooked chicken  
2 hard-cooked eggs, peeled and chopped  
1 cup chopped celery  
1/4 cup chopped onion  
3/4 teaspoon table salt  
1/2 teaspoon celery salt  
1/8 teaspoon ground pepper  
Dash of red pepper  
3/4 cup mayonnaise  
1/2 teaspoon paprika

### Step 1

Gently toss together first 8 ingredients in a bowl. Fold in 1/2 cup of the mayonnaise; cover and chill 2 hours.

### Step 2

Stir in remaining 1/4 cup mayonnaise. Adjust seasonings as needed  
Spoon chicken salad into a serving dish; sprinkle with paprika.





## District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Katelyn Anderson

CATEGORY

Please check one

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

COUNTY

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Spaghetti and Turkey Meatballs

Prep Time: 25 minutes

Cook Time: 15 minutes

Type Recipe Here:

1 tablespoon extra-virgin olive oil  
5 cloves garlic (4 smashed, 1 minced)  
1 28-ounce can plum tomatoes, crushed  
2 cups water  
1/2 cup fresh basil leaves  
1 small piece parmesan rind (optional)  
Kosher salt and freshly ground pepper  
3/4 pound 93% lean ground turkey  
1/2 cup chopped fresh parsley, plus more for topping  
1 slice stale whole-wheat bread, crust trimmed, bread chopped  
1/4 cup part-skim ricotta cheese  
2 tablespoons grated parmesan cheese, plus more for topping  
1 large egg white, lightly beaten  
12 ounces whole-wheat spaghetti

Heat the olive oil in a large saucepan over medium heat. Add the smashed garlic and cook 1 minute. Add the tomatoes with their juice, 2 cups water, 1/4 cup basil, the parmesan rind, if using, and salt and pepper to taste. Bring to a boil, then reduce the heat and simmer until thickened, about 8 minutes. Discard the parmesan rind, if used.

Chop the remaining 1/4 cup basil, then mix with the turkey, parsley, bread, ricotta, parmesan, egg white, minced garlic, 1/2 teaspoon salt, and pepper to taste in a bowl using your hands. Form into 4 large or 12 small meatballs; add to the sauce and simmer, turning, until cooked through, 6 minutes for small meatballs and 12 minutes for large.

Meanwhile, cook the spaghetti in a large pot of salted boiling water as the label directs. Drain and return to the pot. Toss with some of the sauce, then divide among bowls. Top the spaghetti with the meatballs, the remaining sauce and more parsley and parmesan.





## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Allie Kelley

**CATEGORY**

*Please check one*

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

Panola

**AGE DIVISION:**

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Junior

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Intermediate

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Senior

**Name of Recipe:** Chicken Cauliflower Fried Rice

**Prep Time:** 20

**Cook Time:** 20

Type Recipe Here:

**Ingredients:**

12 oz. frozen cauliflower rice  
2 tbsp. extra-virgin olive oil, divided  
1 medium onion, diced  
1 clove garlic, minced  
6 oz. frozen peas and carrots  
1 c. cooked, shredded chicken  
2 large eggs  
5 tsp. soy sauce, divided  
1 tsp. sesame oil  
2 bunches green onions, chopped

**Directions:**

Main

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1. In large skillet over medium heat, heat 1 tbsp. oil, add onions and cook for 2 minutes. Add garlic, peas and carrots and cook 5 minutes more, stirring often. When vegetables softened, add chicken and cook 2 minutes. Add riced cauliflower and cook 2 minutes, stirring often.
2. Push rice mixture to one side of pan and crack eggs into the open area of skillet. Add 1 tsp. soy sauce to eggs and scramble. Once cooked through, stir eggs into rice mixture. Add remaining 4 tsp. of soy sauce and stir.
3. Continue cooking until everything is heated through and soft, 5 minutes. Remove from heat and drizzle with sesame oil. Sprinkle with green onions and serve.

Faith Parrott  
Senior Division  
Panola County  
*Main Dish*

## Chicken Fajita Quesadilla

1 chicken breast  
¼ bell pepper  
¼ yellow onion  
1 tablespoon olive oil  
¼ package of fajita seasoning  
¼ cup grated cheese  
2 tortillas  
2 tablespoons butter

Cut the chicken, bell pepper, and onion into strips. Heat the oil in a skillet. Add the chicken, bell pepper, and onion to the skillet. Add the fajita spice to the skillet. Stir the spices into the chicken mixture. Cook for 10-15 minutes, until chicken is no longer pink.

In a medium skillet, melt 1 tablespoon of butter. Add one tortilla. Top the tortilla with the chicken mixture and the cheese. Top with the second tortilla. Spread 1 tablespoon of butter on the top tortilla. Cook for 1-2 minutes. Flip the quesadilla and cook for 1-2 minutes.

Place the quesadilla on a plate and cut into quarters. Serve with guacamole and pico de gallo.  
Yield: 1 serving



District 5 4-H Food Show Recipe Information

CONTESTANT NAME: **Kevin D. Vincent**

CATEGORY  
*Please check one*

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

AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: **Honey's Smothered Steak**

Prep Time: **30 Min**

Cook Time: **3 Hours**

Type Recipe Here:

## INGREDIENTS

2lbs Thin Cut Round Steak

2 Lg Onions

1lbs Mushrooms

1 C Cornstarch

2 C Flour

1 Tbs Pepper

1 Tbs Salt

1 tbs Red Pepper

1 Gal Ziploc Bag

Vegetable Oil

Dutch Oven

Rice (Cook what you need)

### ZIPLOC BAG:

1 C Cornstarch

1 C Flour

1Tbs Salt

1Tbs Pepper

1tsp Red Pepper

\*Agitate and Mix

### DIRECTIONS:

Place Dutch Oven on stove and line the pot with Oil.  
Allow the Oil to get hot.

Place the Steak in the Ziploc Bag Mix and make sure  
they are fully covered in the mix.

Fry the steak until they are black on both sides. (Trick  
is to burn them, like Honey did).

YOU WILL HAVE TO ADD OIL WHEN NEEDED.

Place them off to the side until all of them are done.

Cut up onion in 1/2 moon slices and Slice Mushrooms

Once all the meat is done place the onions and mushrooms  
in the oil and sautee them. Allow them to get soft.

You will need 4 Cups of water.... Mix 1/2 of the remaining  
flour/cornstarch mix with 2 Cups of water. Mix very well and  
put in Dutch oven (make sure it's on 2-4 on the stove setting for  
heat).

Place your steaks in the Dutch oven.... Cover the top with the extra  
water and mix a little. Cover and let sit for 2-3 Hours.

## Baked Chicken Fingers

cooking spray

4 boneless, skinless chicken breasts

1 ½ cups plain bread crumbs

1 teaspoon ground cumin

2 teaspoons chili powder

½ teaspoon salt

½ teaspoon dried oregano

¼ teaspoon cayenne pepper

½ cup whole wheat flour

2 eggs, beaten

1. Preheat oven to 375 degrees. Coat baking sheet with cooking spray. Set aside.
2. Cut chicken into strips.
3. In a small bowl, stir together bread crumbs, cumin, chili powder, salt, oregano, and cayenne pepper. Transfer to a shallow dish.
4. Dredge chicken strips in flour, shake off excess. Dip in egg and then coat with bread crumb mixture.
5. Place on baking sheet. Bake for 30 minutes or until cooked through and golden brown.



Main Dish  
Intermediate

Olivia Clifton  
Rusk Co. 4-H  
Saturday, December 1, 2018

### **Tasty Turkey Taco Salad**

*a healthy take on Jalepeno Tree's Taco Salad*

#### **Taco Meat Ingredients**

- 1 1/2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon ground paprika
- 1 teaspoon salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1 (12 ounce) package ground turkey
- 1/2 cup water
- 1 tablespoon cider vinegar
- 1 1/2 teaspoons brown sugar

#### **Directions**

Mix chili powder, cumin, paprika, salt, garlic powder, onion powder, oregano, and cayenne together in a small bowl. Cook turkey in a large nonstick skillet over medium heat, stirring to break up clumps, until no longer pink, 3 to 5 minutes. Stir in chili powder mixture and water. Reduce heat and simmer, stirring occasionally, until most of the liquid has been absorbed, about 10 minutes. Stir cider vinegar and brown sugar into the skillet. Simmer until flavors combine, 3 to 4 minutes. Transfer to a serving bowl.

#### **Salad ingredients:**

- Taco Bowls
- 1 bag baby spinach
- 1 1bag tricolor slaw mix
- 1/2 onion chopped
- 3 roma tomatoes chopped
- 1 orange bell pepper chopped
- 1 yellow squash chopped
- 1 bunch cilantro chopped
- 1 can corn drained and rinsed
- juice of 1 lime
- salt and pepper to taste

#### **Directions:**

Mix together baby spinach and slaw mix in a bowl. In a separated bowl, mix together remaining ingredients. Place 1 cup of spinach slaw in bottom of each taco bowl. Next top with with 1 cup of chopped salad. Finish off with 1 cup of turkey taco meat.

Each salad bowl is 310 calories. Adding cheddar cheese, guacamole or sour cream are tasty ways to increase the calories of the salad.



## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Kendyl Kline

**CATEGORY**  
*Please check one*

☐ Breads & Cereal ☐ Fruits & Vegetables ☒ Main Dish ☐ Nutritious Snack

**COUNTY**

Shelby

**AGE DIVISION:**

☒ Junior

☐ Intermediate

☐ Senior

**Name of Recipe:** Good For You Chipotle Burrito

**Prep Time:** 15 Minutes

**Cook Time:** 30 Minutes

### Type Recipe Here:

Meat Filling	Vegetable Filling	Additional Ingredients
2 tsp Avocado Oil	1 1/2 tsp Avocado Oil	1 cup Cilantro Lime Brown Rice
2 Tablespoons water	1/2 onion minced	1 cup Black Beans
1 Lb ground turkey	1/2 green bell pepper slices	1/2 cup plain nonfat Greek yogurt
1/2 onion minced	1/2 red bell pepper slices	1/2 cup chunky salsa
2 cloves garlic	1 cup cubed butternut squash	1 tablespoon ranch dressing mix
1/2 to 1 tsp salt	1/2 cup chicken broth	Butter lettuce
1/2 tsp ground cumin	Salt and pepper as needed	Whole wheat tortillas
1 tsp dark chili powder		
1/2 tsp smoked paprika		
1/4 tsp chipotle chili powder		

  

1. Heat oil in large skillet. Sauté onions and garlic, then add turkey and spices. Cook until turkey is browned and fully cooked. Add in water to create sauce. Transfer to a bowl and set aside.
2. In same skillet, add oil, veggies, salt, and pepper. Sauté until veggies are soft. Add chicken broth to veggies and cook until mixture has thickened.
3. Combine Greek yogurt, chunky salsa, and ranch dressing mix in bowl.
4. Begin assembling burritos by laying out a tortilla, place 2 leaves of lettuce, layer of meat, beans, rice, cheese, and yogurt mix and roll into a burrito.



# District 5 4-H Food Show Recipe Information

CONTESTANT NAME: D'Lyssa Acker

CATEGORY

*Please check one*

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Breads &  
Cereal

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Fruits &  
Vegetables

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Main  
Dish

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Nutritious  
Snack

COUNTY

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AGE DIVISION:

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Junior

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Intermediate

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Senior

Name of Recipe: Turkey Burger Sliders with Sweet Potato Fries

Prep Time: 25

Cook Time: 20

Type Recipe Here:

## Turkey Burger Sliders

1 pound lean ground turkey  
1 teaspoon Salt  
1 teaspoon Garlic Powder  
1/2 teaspoon Black Pepper  
2 tablespoons Worcestershire Sauce  
1 sliced medium tomato  
Iceberg Lettuce  
Hamburger Dill Pickle Chips  
6 potato slider buns  
Mayonnaise  
American Cheese Slices

Mix together the turkey, salt, garlic powder, black pepper and worcestershire sauce in a large bowl. Divide the turkey mixture into 6 equal portions. Using your hands, shape into 6 small burgers about 3 1/2 inches wide. Heat a pan over medium-high heat (approximately 350-375 degrees F). Cook the burgers until a thermometer inserted into the center registers 165 degrees F, about 3 minutes per side. Serve the burgers on toasted potato slider buns. Garnish with mayonnaise, tomato, pickles and lettuce to your liking. Yields 6 sliders.

## Sweet Potato Fries

Olive Oil, for tossing  
5 sweet potatoes, peeled and sliced into long strips, 1/4-inch by 1/4-inch wide  
2 teaspoons Salt  
1/2 teaspoon Black Pepper  
1/2 teaspoon Garlic Powder  
1/2 teaspoon Paprika

Preheat oven to 450 degrees F. Combine salt, black pepper, garlic powder and paprika. Line a sheet pan with parchment paper. In a large bowl, toss sweet potatoes with just enough oil to coat. Sprinkle with seasoning mix (salt, black pepper, garlic powder and paprika). Spread sweet potatoes in single layer on prepared sheet pan, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving. Yields 6-8 servings.





# District 5 4-H Food Show Recipe Information

CONTESTANT NAME: Clara Helvey

CATEGORY

*Please check one*

☐

Breads &  
Cereal

☐

Fruits &  
Vegetables

☒

Main  
Dish

☐

Nutritious  
Snack

COUNTY

Smith

AGE DIVISION:

☐

Junior

☒

Intermediate

☐

Senior

Name of Recipe: New Mexican Ann-chiladas

Prep Time: 10 minutes

Cook Time: 10 minutes

Type Recipe Here:

Serves up to 12 people

Ingredients:

- 24 Corn Tortillas
- 1lb. of Pinto Beans
- Half of an Onion
- 1 teaspoon of Minced Garlic and Cumin
- 1 tablespoon of Olive Oil
- 8 cups of Water
- 2 teaspoons of Salt
- 1 package of Spring Salad (optional)
- 1 Roma Tomato (optional)
- 1 Avocado (optional)
- 1 Egg (optional)

1. Prepare beans according to package.
2. After beans are tender, soften corn tortillas in skillet filled with oil.
3. Place 1 corn tortillas on a plate and put a scoop of beans on the tortilla with cheese.
4. Layer with another tortilla and scoop of beans with cheese.
5. Add toppings on top if desired.



## Southwestern Sweet Potato and Black Bean Skillet

15-ounce can black beans, drain reserving liquid  
1 ½ cups sweet potato-skin on, diced (approximately: 1 medium)  
½ cup of water  
½ cup onion, diced (1 medium)  
½ cup red bell pepper, diced  
2 garlic cloves, chopped  
1 tablespoon chili powder  
½ teaspoon salt  
3 ounces baby spinach  
¼ cup shredded cheddar cheese  
½ cup diced fresh tomato  
½ avocado, sliced

In a sauce pan heat black beans with ¼ cup of the reserve on low heat covered. Add additional reserve as needed to prevent sticking.

In a large cast iron skillet add sweet potato with ½ cup of water. Cover and cook for 5 minutes until the sweet potato is tender and the water is absorbed.

Remove cover and add onion, bell pepper, garlic, chili powder, and salt. Pour in additional ¼ cup of water and stir well. Cook until onion is tender 5-7 more minutes. If mixture begins to stick add additional water ¼ cup at a time and cook until completely evaporated. Add beans to the skillet and stir well. Add spinach to the skillet, cover for 2-3 minutes or until spinach has wilted. Remove skillet from heat and top with shredded cheese, freshly diced tomato, and sliced avocado. Serve immediately.

Yields 3 servings.



## District 5 4-H Food Show Recipe Information

**CONTESTANT NAME:** Kasey Rhodes

**CATEGORY**

*Please check one*

☐

Breads &  
Cereal

☐

Fruits &  
Vegetables

☒

Main  
Dish

☐

Nutritious  
Snack

**COUNTY**

Wood

**AGE DIVISION:**

☐

Junior

☒

Intermediate

☐

Senior

**Name of Recipe:** Casey's Cauliflower Shrimp & Grits

**Prep Time:**

**Cook Time:**

Type Recipe Here:

Cauliflower grits:

- 1 head cauliflower (about 1 pound, yield 4 cups grated)
- 1 cup unsweetened cashew milk or coconut milk or whole dairy milk
- 1 tablespoon unsalted butter or ghee
- 1/4 cup unsalted chicken stock or vegetable stock
- 1/4 teaspoon kosher salt
- 1/4 cup grated sharp cheddar cheese

Shrimp:

- 1 pound peeled and deveined shrimp and (16/20 count)
- 1/4 teaspoon kosher salt divided, 1/8 teaspoon black pepper, 1/8 teaspoon cayenne pepper, 1/8 teaspoon paprika
- 4 slices bacon (thick cut), chopped into 1/2 inch pieces
- 1 tablespoon minced garlic (about 4 cloves)
- 1/4 cup yellow onion diced into 1/4 inch cubes, 1/4 cup red bell pepper diced into 1/4 inch cubes
- 1 tablespoons olive oil (substitute bacon grease if desired)
- 4 teaspoons lemon juice
- 1/4 cup green onions thinly sliced

Greens: 8 ounces swiss chard (8 cups sliced into 1 inch strips)

Cauliflower Grits: 1. Grate or add cauliflower florets to a food processor. You want the cauliflower to be about the size of rice grains.

2. Add cauliflower to a medium size saute pan and cook over medium-high heat for about 5 minutes, constantly stirring to release some moisture from the vegetable.

3. Add one tablespoon of butter, 1/4 cup of cashew milk, 1/4 cup of chicken stock and 1/4 teaspoon salt. Stir and cook until moisture gets absorbed, and cauliflower cooks through about 5 minutes.

4. Using an immersion hand blender or blender, pulse cauliflower mixture until it resembles the texture of grits (smooth yet still grainy). You don't want the mixture to be completely smooth.

5. Transfer back to the pan. Turn heat to medium and add in 1/4 cup grated cheese, stir until melted. Slowly add about 1/2 to 3/4 cup more cashew milk until the grits are smooth and creamy. Taste and season with more salt and pepper as desired. Keep warm over very low heat while making the shrimp.

Spicy Shrimp: 1. In a medium sized bowl combine shrimp, 1/4 teaspoon salt, 1/8 teaspoon salt, 1/8 teaspoon pepper, 1/8 teaspoon cayenne pepper and 1/8 teaspoon paprika. Set aside. You can add more cayenne pepper if you like your shrimp really spicy.

2. Heat a large saute pan over medium-high heat. Add diced bacon and cook until crispy, frequently stirring, about 6 minutes. Transfer to a paper towel and drain. Keep two tablespoons of bacon grease in the pan, or you can remove and use two tablespoons of olive oil instead.

3. Heat pan to medium and add garlic and onion, stir and cook for 1 minute until fragrant. Add in the bell peppers and cook 1 minute.

4. Turn heat to medium-high and add shrimp. Cook for 2 minutes on one side, and 1 minute on the other until pink. Add in 4 teaspoons of lemon juice, 2 tablespoons green onions and cooked bacon. Stir to combine, cook about 1 minute. Transfer shrimp to a warm bowl.

Greens: 1. In the same pan add the swiss chard. Cook on medium-high heat until wilted and tender, about 3 to 4 minutes. Season with salt and pepper. Recipe Notes: To serve-stir and reheat grits if needed. Divide grits, greens and shrimp evenly among serving bowls.