DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Kristen Harris				
CATEGORY *Please check one*	[X] Appetizer	[ ] Main Dish	[ ] Side Dishes	[ ] Healthy Desserts
COUNTY	Anderson			
AGE DIVISION	[ ] Junior	[ ] Intermediate	[X] Senior	

Name of Recipe: Spinach Artichoke Zucchini Bites		
Prep Time: 10 minutes	**Cook Time:** 30 minutes	**Cost:** $9.88

Type Recipe Here:

Kristen Harris
Spinach Artichoke Zucchini Bites

Ingredients:

4 oz. cream cheese, softened
2/3 c. shredded mozzarella
1/4 c. freshly grated Parmesan
1/2 c. canned artichoke hearts, drained and chopped
1/2 c. frozen spinach, thawed and drained
2 tbsp. sour cream
2 cloves garlic, minced
Pinch crushed red pepper flakes
Kosher salt
Freshly ground black pepper
3 medium zucchini, cut into 1/2" rounds

Directions

Preheat oven to 400° and line a large baking sheet with parchment paper. In a medium bowl, combine cream cheese, mozzarella, Parmesan, artichokes, spinach, sour cream, garlic, and crushed red pepper. Season with salt and pepper.

Spread about a tablespoon of cream cheese mixture on top of each zucchini coin.

Bake until zucchini is tender and cheese is melty, 15 minutes. For more color, broil on high, 1 to 2 minutes.

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

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