DISTRICT 5 4-H FOOD SHOW
RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME: Victoria Rodriguez							
CATEGORY *Please check one*	☐	Appetizer	☐	Main Dish	X	Side Dishes	☐ Healthy Desserts
COUNTY RUSK							
AGE DIVISION	☐	Junior	☐	Intermediate	X	Senior	

Name of Recipe: Veggie Macaroni Salad		
Prep Time: 15 minutes	**Cook Time:** 10 minutes	**Cost:** $4.37

Type Recipe Here:

Veggie Macaroni Salad

Ingredients
2 cups uncooked elbow macaroni
1 large tomato, seeded and chopped
1 cup frozen peas, thawed
1/2 cup shredded reduced-fat cheddar cheese
1/2 cup celery, chopped
1 hard-boiled large egg, chopped
2 green onions, sliced

Dressing
3/4 cup reduced-fat mayonnaise
1 cup fat-free plain yogurt
2 tablespoons sugar
1 tablespoon prepared mustard

Directions
Cook macaroni according to package directions; drain and rinse in cold water.
In a large bowl, combine the macaroni, tomato, peas, cheese, celery, egg and onions.
In a small bowl, combine the dressing ingredients. Pour over macaroni mixture and toss to coat. Refrigerate until serving.

Number of servings - 10
Total Cost of Ingredients - $4.37
Prep time - 15 minutes
Cook time - 10 minutes

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

Revised July 2020