



2011 Forsyth 4-H Nutrition Fair Recipe Book



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Racin' for the Dip Sausage Dip

- 1 lb. turkey sausage
- 1 clove of garlic
- 1 tsp. Italian seasoning
- 1 can Rotel tomatoes (may use mild or hot)
- 2 8 oz pkg. of low fat or fat free cream cheese
- 1 large bag of baked corn or tortilla chips

Soften cream cheese in a crock pot. Stir in can of Rotel. Brown turkey sausage in a frying pan, adding the Italian seasoning & 1 clove of pressed garlic. Drain any grease & add to cream cheese/Rotel. Stir together well & keep warm in crock pot. Serve with baked corn or tortilla chips.

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BREADS



Judah Mitchell

Age 17

Snack

Oatmeal PB Balls

3/4 c. rolled oats

3/4 c. peanut butter

3/4 c. powdered milk

1/2 c. honey

1 tsp. vanilla

1/2 c. chocolate chips (optional)

1/4 c. raisins or dried cranberries (optional)

1/4 c. coconut shredded (optional)

1/4 c. sunflower seeds (optional)

1/4 c. sesame seeds (optional)

Combine dry ingredients. Add honey and vanilla. Add optional ingredients like raisins and seeds. Roll into balls and store in refrigerator, can roll in the coconut. Can also keep in freezer so you don't eat them all right away!

Yield 2 dozen.

Evan Crews
Snack
Age 7

Mini Football Subs

Meatballs
Spaghetti Sauce
Shredded Cheese
Individual-size rolls

Prepare your favorite meatball recipe, shaping each meatball into a mini football before cooking. Once they are cooked, add the meatballs to a skillet of spaghetti sauce and warm them through.

For each sub, cut a V-shaped notch from the top of an individual-size roll, place a meatball in the roll, and top with cheese shred laces. Finally, get the sandwiches in a huddle on a cookie sheet and place them in a warm oven, about 250 degrees, for a few minutes to melt the cheese.

Andrew Pledger
Bread
Age 10

Chocolate Banana Muffins

1/2 cup butter or marg., softened
1/2 cup sugar
1/2 cup packed brown sugar
1 1/2 cups mashed ripe bananas (about 3 large)
3 tsp. vanilla
2 cups self-rising flour
1 cup chopped walnuts
1 cup (6 oz.) chocolate chips

In a mixing bowl, cream butter and sugar. Beat in eggs, bananas, and vanilla. Add flour just until combined. Stir in walnuts and choc. chips. Fill greased muffin cups half full. Bake at 350 degrees for 15-20 minutes. Cool for 5 minutes before removing from pan.

Yield:2 dozen

Grant Wise
Breads
Age: 12

Cinnamon Honey Glazed Sticky Buns

1/3 cup honey
2 TBS light butter
1 tsp cinnamon
1 cup finely chopped pecans
1 loaf frozen bread dough, thawed

Grease 12-cup muffin pan with butter. Roll out dough on lightly floured counter to 12x8 inch rectangle. Mix honey and cinnamon and spread in even layer over dough. Sprinkle with nuts. Roll up dough. Cut roll into 12 equal-size buns. Place buns, spiral side up, in muffin cups. Cover with plastic wrap and let rise 30-60 mins. Bake in preheated 350 degree oven for 15-20 min. Remove and turn pan upside down.

Nathan Mullis
Snack
Age 10

Mexican Cheese Dip

2 large onions
2 green peppers
1 lb. of ground turkey
1 lb. of hot sausage
1 10 oz can of tomatoes and green chilies
1 4 oz can of chopped green chilies
2 lb. of velveeta cheese (lite)
1 lb. of longhorn style cheddar cheese
garlic salt
onion salt
pepper to taste

Chop onions and peppers and brown with turkey and sausage. Drain fat.

Add tomatoes and green chilies.

Add cheese lower heat and simmer.

Add garlic salt, onion salt and pepper.

Serve with whole grain tortilla chips.

Ashley Richardson
Snack
12 yrs old

Chicken Salad Finger Sandwiches

2 13oz cans of All Natural chicken breast packed in water drained
1/4 c of firmly packed dill pickle, and onion, and green pepper
1 finely chopped celery stalk
1/4 tsp salt and pepper
1/2 c mayo
1 Tbsp of yellow mustard
1 Tbsp pickle juice
juice of 1 lemon
pinch of cayenne pepper

Add all ingredients into large mixing bowl. Mix very well. Enjoy on whole wheat bread, with Wheat Thins or on a bed of lettuce.

Joseph Harker
Bread
Age 9

Egyptian Sweet Treat

1 cup flour
1/2 cup low fat milk
1 cup pure honey

Pour flour into a mixing bowl and add milk slowly until you get a medium consistency. It will be thicker than pancake batter, but not as thick as dough. It needs to be thick enough to drop by spoonfuls in a deep fryer. You will use a teaspoon and drop the dough by spoonfuls in the deep fryer. You will cook the ball until they are golden brown and floating in the oil. While bread is cooking put honey in a bowl. As you get bread out of fryer you will drop it in the honey. Make sure the bread is covered in honey. Then put bread in a container to serve.

Yield: 12-24 balls (depending on size)

Note: You can substitute a sugar/water mixture if you want instead of honey. You would use splenda and water. You would put water in a frying pan and heat it up to boiling adding enough sugar to make a paste. Make sure you stir continually. As it starts to boil keep stirring the paste until it turns to a brown thick consistency like syrup. Then you will pour this syrup over the bread. Using a spoon turn the bread a few times to make sure it is completely covered in syrup.

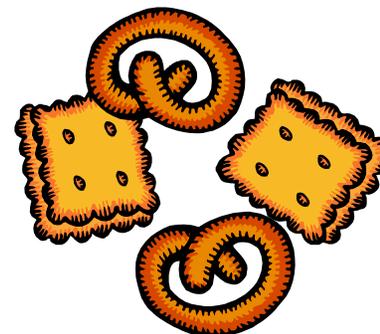
Esther Mullis
Bread
Age 9

Grandmother's Famous Cranberry Bread

2 cups flour
1 cup sugar
1 1/2 teaspoons baking powder
1 teaspoon salt
1/2 teaspoon baking soda
1/4 cup butter * I use margarine because it is healthier
1 egg, beaten
3/4 cup orange juice
1 1/2 cups dried cranberries, chopped

Combine flour, sugar, baking powder, salt and baking soda into a large bowl. Cut in butter until mixture is crumbly. Add egg and orange juice, stir until mixture is evenly moist. Add cranberries. Spoon into a greased 9 x 5 x 3-inch loaf pan. Bake at 350 degrees for 1 hour and 10 minutes, or until a toothpick inserted in center comes out clean. Remove from pan; cool on wire rack.

Snack Foods



Destiny Eller
Main Dish
Age: 12

Pizza

Pillsbury pizza crust
Can of pizza sauce or homemade sauce
Any toppings of your choice
2 cups Low fat mozzarella cheese

Spray Pam on pizza sheet. Unroll the pizza crust into a pizza pan. Pour sauce on crust and spread evenly added mozzarella cheese and top with favorite toppings. (Meat needs to be cooked fully before applying to pizza except pepperonis). Bake at 400 degrees for 15-20 minutes or until crust is golden brown. Cut and serve.

DESSERTS



David Allen Pledger
Dessert
Age 13

Apple Nut Coffee Cake

1/2 cup butter or marg., softened
1 cup sugar
1 egg
1 tsp. vanilla
1 cup plus 2 Tbsp. self-rising flour
1/2 tsp. cinnamon
2 med. tart apples, peeled and chopped
1/2 cup walnuts

In a mixing bowl, cream butter and sugar. Beat in egg and vanilla; mix well. Gradually add flour to creamed mixture. Stir in apples and walnuts. Transfer to an ungreased 8 in. square baking dish. Bake at 350 degrees for 35-40 minutes or until toothpick inserted near the center comes out clean. Cool on wire rack.

Yield: 9 servings.

Austin Wise
Main Dish
Age 10

Wagon Train Pasta

3 cups uncooked wagon wheel pasta
1/2 lb lean ground beef
1 1/2 cups spaghetti sauce
1 cup shredded, low- fat mozzarella cheese, divided

Cook pasta according to package directions. Meanwhile crumble beef into large skillet. Cook over medium-high heat until meat is no longer pink; drain. Stir in the spaghetti sauce. Reduce heat; cover and simmer for 2-4 min or until heated through.

Drain pasta; place in serving bowl. Add beef mixture; sprinkle; with 1/2 mozzarella cheese. Toss until pasta is well coated and cheese is melted. Sprinkle with remaining mozzarella.

Yield: 5 servings.

Styles Shippy
Main Dish
Age: 9

Oven Fried Chicken

1c mashed potato flakes
½ c grated Parmesan Cheese
1 lg egg
1tbsp milk
8-9 chicken drumsticks
Seasonings (ex. Poultry seasoning, onion powder, garlic powder, pepper, Mrs. Dash) for your taste
1 tbsp butter or margarine

Preheat oven to 400 degrees. Melt butter or margarine in 9x13 pan. On waxed paper, combine potato flakes, parmesan and seasonings. In pie plate, beat egg and milk. Coat chicken drumsticks in egg mixture, then roll in potato flake mixture. Place pieces in 9x13 inch pan. Bake 20 minutes in 400 degree oven, turn, and bake 20 additional minutes.

Isaac Mitchell
Age 14
Dessert

Chocolate Tofu Mousse

1 package soft silken tofu (~12 oz)
10 oz. chocolate chips, about one small package
3 Tbsp. pure maple syrup
1 tsp. vanilla extract, optional

Let tofu come to room temperature. Using a food processor, blender, or hand mixer, blend tofu until just smooth. In a double boiler, melt chocolate chips with a tablespoon or two of water over low heat. Stir constantly. Add maple syrup to melted chocolate and combine until smooth. Remove from heat and add vanilla. Stir. Put chocolate blend into food processor, blender, or a large bowl, and mix with tofu until creamy. Pour into very small serving dishes - this pudding-like mousse is rich.

Serve chilled.

*Many dark chocolate chips are vegan; check the ingredients for dairy products if milk ingredients are a concern.

Lynae Bowman
Dessert
Age 8

Pumpkin Cheesecake

2 packages 8 oz reduced fat cream cheese
2/3 cup sugar
1 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp ground cloves
2 eggs
1 can 15 oz pumpkin
1 extra serving graham cracker pie crust

In a large mixing bowl beat cream cheese on medium speed with an electric mixer until fluffy. Add sugar and spice. Beat until combined.

Add eggs one at a time, mixing until just combined after each addition. Stir in pumpkin.

Pour into crust. Bake at 350 degrees for 35-40 minutes or until center is almost set. Cool for 1 hour on wire rack. Refrigerate at least 3 hours.

Store in refrigerator.

Yield: 10 servings

Katie Winemiller
Main Dish
Age 14

"NCIS" (North Carolina's Incredible Sandwich)

2 pkg. (11 oz each) refrigerated French bread dough
3 garlic cloves, pressed
1 1/2 tsp. Italian seasoning
2 cups of lettuce, chopped
1 medium each: onion, green bell pepper & tomato, all thinly sliced
8 oz thinly sliced deli turkey (hard salami, ham or bologna)
4 oz thinly sliced cheese - Swiss, American, or Provolone
6 tablespoons of fat free Italian dressing, divided.

Preheat oven to 350. Place dough, seams side down, on large baking stone or sheet. Join ends of dough together to form 1 large ring. Using a serrated knife, cut 8 diagonal slashes (1/2 inch deep) on top of dough. Press garlic over dough & spread evenly, then sprinkle with Italian seasoning. Bake for 26 - 30 minutes or until deep golden brown. Remove from baking stone or sheet & cool completely.

Chop lettuce into thin strands. Thinly slice onion, bell pepper & tomato. To assemble sandwich, cut cooled bread in half horizontally. Arrange meat & cheese evenly over bottom half of bread. Top with lettuce. Drizzle 2 TB fat free Italian salad dressing over the lettuce. Top with onion, bell pepper, & tomato. Pour remaining salad dressing over the cut side of the bread top, spread evenly; place over bottom half of sandwich. Cut into 8 wedges to serve.

Abby Mullis
Main Dish
Age 13

Crockpot Ethiopian chicken with injera

6-8 boneless skinless chicken breast
6 medium potatoes, peeled and cut into large chunks
1/2 small bag of baby carrots
1 small chopped onion
3 cups water
3 Tablespoons Berbere
1 and 1/2 tsp. ground cardamom
1/4 plus 1/8 tsp. ground all spice
1/2 cup butter
6+ hard boiled eggs, shells removed

Place chicken, potatoes, carrots, and onion in your crockpot. Cut up butter and place on top. Mix water w/ the spices and then pour over the stuff in your crockpot. Cook on low 8-10 hours. With about 1/2 hour remaining, lightly score the hard boiled eggs, and place them in the crock pot w/ the rest. Serve w/ injera.

Injera

2 cups teff flour or whole-wheat flour (don't use stone ground flour)
1 cup all purpose flour
1 and 1/2 tsp baking soda
1 tsp salt
1/2 cup plain yogurt
3 cups club soda (I used a bit more to get a thinner batter)
2 Tbsp. clarified butter (I just use a little bit of oil and call it good)

Whisk together the teff, flour, baking soda, and salt in a large bowl. Whisk the yogurt into the club soda, then stir into the flour mixture to make a smooth, thin batter. Strain if necessary to remove any lumps. Grease a large skillet with clarified butter and heat over medium high heat. Pour about 1/2 cup batter into the pan in a spiral starting at the center, and cook for 20 seconds. Put a lid on the pan and cook for an additional 30 seconds. Transfer to a plate and cover w/ a cloth to keep warm while you cook the remaining injera.

FRUIT/VEGGIE SALADS/SIDES



Ian Privette
Salad
Age 12

Bird's Nest Salad

1 bag of fresh spinach
1 container alfalfa sprouts
Small bag of sunflower seeds
1/2 pint of blueberries
Fresh block of parmesan cheese
3 large hard-cooked eggs

To boil eggs, place 3 eggs in saucepan large enough to hold them in single layer. Add cold water to cover eggs by 1 inch. Cover saucepan and heat over high heat just to boiling. Remove from burner. Let eggs stand in hot water for 15 minutes. Drain and run eggs under cold water to cool. Peel and refrigerate eggs until ready to use.

(Bird's Nest Salad Continued)

Breadstick Twigs

2 cups flour
2 tsp. sugar
1 tsp. salt
2 Tbsp. unsalted butter, cubed
2/3 cup whole milk
2 Tbsp. unsalted butter, melted
Coarse sea salt
Garlic powder (optional)

To make breadstick twigs, place flour, sugar and salt into a food processor and pulse to combine. Add the cubed butter and pulse until mealy. Gradually add milk with machine running until dough is formed. Turn dough over into a large bowl and press together. Take a Tbsp. size amount of dough and make a twig 1/2 inch wide and 5 inches long. Makes approx. 16. Take a tsp. size amount of dough to make a twig 1/4 inch wide and 1 1/2 inches long. Makes approx. 15. Place on a baking sheet lined with parchment paper. Brush "twigs" with melted butter and sprinkle with coarse sea salt and garlic powder. Bake at 350°F for approx. 24 min. until a pale golden brown.

Note: small pieces will bake faster than large ones.

To make bird's nest, place 3 large breadstick twigs in the shape of a Y on a plate to resemble the branch. Place 5 small breadstick twigs along the branch.

Place 1 cup of spinach leaves in the center of the breadstick twigs, being careful to let twigs show. Arrange 1 cup of alfalfa sprouts in a nest shape on top of the spinach. Press an indentation for the egg in the center. Sprinkle 1 Tbsp. sunflower seeds on sprouts. Add 6-7 shavings of parmesan cheese to the center to represent feathers. Place one hard-cooked egg in the center of the "nest." Scatter 1/4-cup blueberries on the spinach.

Makes 3 servings.

Add your favorite salad dressing and enjoy your bird's nest.

Melanie Crews

Main Dish

Age 10

Broccoli Mac and Cheese

12 ounces elbow whole-grain pasta
4 Cups broccoli florets
8 ounces Greek yogurt
1/2 teaspoon hot sauce (optional)
2 1/2 cups 50% reduced-fat shredded sharp cheddar cheese
1/2 teaspoon garlic powder
1/2 teaspoon ground ginger
Ground Black Pepper to taste

Cook pasta according to directions on box. Add broccoli the last 2 minutes of cooking, Drain; set aside.

Then in a 1-quart saucepan, whisk yogurt and hot sauce 2 minutes on medium or until simmering. Reduce heat to low. Add cheddar, garlic powder and ginger, and then stir just until melted.

Serve cheese mixture over pasta and broccoli. Add pepper to taste.

Makes about 6 servings.

Reaiah Byers
Main Dish
Age 13

Black Bean and Sweet Potato Enchiladas

1 Bag Ore Ida Steam n' Mash Cut Sweet Potatoes
1 Teaspoon Extra Virgin Olive Oil
1 Cup Red Onion (diced)
1 Can Enchilada Sauce 28oz
1 Teaspoon Ground Cumin
1 Teaspoon Pumpkin Pie Spice
1 Can NO SALT ADDED Black Beans (drained and rinsed)
1 Can Diced Tomatoes w/ Garlic and Basil (drained)
1 Can Diced Green Chilies (drained)
8 Whole Wheat Flour Tortillas 10" (with flax seed)

Preheat oven to 350 degrees. Coat 9 X 13 baking dish with nonstick Olive Oil cooking spray. Microwave potatoes according to package instructions. Do Not Mash. Heat the oil in a medium skillet over medium high heat. Cook onion for 3-4 minutes, stirring occasionally.

Meanwhile, in a medium microwave-safe bowl, mix together enchilada sauce, cumin, and pumpkin pie spice. Cover loosely with paper towel or wax paper and microwave on high heat setting for 90 seconds. Remove from microwave and spread ½ cup of sauce mixture evenly in bottom of baking dish. Pour 1 cup of sauce mixture into a shallow pie plate. In a medium bowl, mix together black beans, tomatoes, and chilies. To assemble, dip tortillas into sauce mixture. Spoon 1/3 cup of black bean mixture, ½ cup potatoes, and 1 tablespoon of onions down the center of each tortilla. Roll up tightly and place seam side down into the baking dish. Spoon 2 tablespoons of remaining sauce mixture over the top of each tortilla. (Sprinkle with low fat cheese before baking, if desired.) Bake uncovered for 40-45 minutes or until heated throughout.

(Garnish with low fat sour cream or guacamole, if desired)

Isaiah Mitchell
Age 8
Fruit/Vegetable/Salad/Side Dish

Chipotle Rice

2 teaspoon vegetable oil or butter
4T. fresh cilantro chopped
2 cups white basmati rice
3cups water
1/2 teaspoon salt
1-2 Limes juiced (depends how much lime you prefer)

In a 2-quart heavy saucepan, heat oil or butter over low heat, stirring occasionally until melted. Add rice and lime juice and cilantro, stir for 1 minute. Add water and salt, bring to a full rolling boil. At boiling, cover, turn down to simmer over low heat until rice is tender and the water is absorbed, about 25 minutes. Fluff rice with a fork.

Serve as a side or in a flour tortilla as a burrito with Monterey Jack cheese.

Allison Wise

Fruit/Veggie/Salad/Sides

Age 15

Hawaiian Fruit Salad

1 whole fresh pineapple

1 can (15 oz) mandarin oranges, drained

1 1/2 cups sliced fresh strawberries

1 1/2 cups green grapes, halved

1 1/2 cups low- fat pina colada flavored or vanilla yogurt

1/2 cup coconut, toasted, divided

1/4 to 1/2 tsp. coconut or vanilla extract

Stand the pineapple upright and vertically cut a third from one side, leaving the leaves attached. Set cut piece aside. Using a paring knife remove strips of pineapple from the large section, leaving a half-inch shell; discard core. Cut strips into bite-size chunks. Invert shell onto paper towels to drain. Remove fruit from the small pineapple piece and cut into chunks; discard peel. Place shell in a serving basket or bowl.

In another bowl, combine the pineapple chunks, oranges, strawberries and grapes. Combine the yogurt, 1/4 cup coconut, and extract; spoon over fruit and stir gently. Spoon into pineapple shell. Sprinkle with remaining coconut.

Yield 6 servings.

Main Dish

