



**20/20**  
**KITCHEN VISION**

TEXAS A&M  
**AGRI LIFE**  
EXTENSION





*2020 Kitchen Vision is a cookbook compiling recipes submitted by 4-H youth. As the COVID-19 pandemic hit the pause button on many 4-H projects, 4-H youth kept cooking and we want to highlight their creativity, talent, and efforts! We hope you enjoy the recipes included in this book and feel encouraged by the abilities of our Texas 4-H youth.*

*In this cookbook you'll find...*

- **Snacks, Sides & Salads:** A combination of appetizing dishes to start your meal, keep you fueled through the day, or accompany your entree!
- **Main Dishes:** A range of different options from BBQ to pasta to keep bellies at your table happy, healthy, and full!
- **Special Treats:** Enjoying sweet or savory treats in moderation on special occasions isn't bad, just don't make these dishes every day. Find treats for your whole family!

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*To learn more about the Texas 4-H Youth Development Program, visit [texas4-h.tamu.edu](http://texas4-h.tamu.edu) or to support the 4-H youth of Texas check out the Texas 4-H Youth Development Foundation at [texas4hfoundation.org](http://texas4hfoundation.org).*



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# SNACKS, SIDES & SALADS

## *Almond Butter Balls*

BY: ELEANOR FORSBERG - GUADALUPE COUNTY 4-H

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**Serves: 6**

Ingredients:

- 1/2 cup almond butter\*
- 1 tablespoon powdered sugar
- 1/2 tablespoon honey
- 1/4 cup chopped pecans\*
- 3 tablespoons raisins\*
- 2 tablespoons dried oats
- 2 graham crackers

\*You can change up the ingredients to fit your likings! \*



**Instructions:**

1. First gather all your ingredients. Then, in a medium sized mixing bowl combine the almond butter, powdered sugar, honey, pecans, raisins, and dried oats and then mix thoroughly.
2. Next crush your graham crackers and lay them out evenly in a pie tin.
3. Now form your mixture into ping-pong sized balls, roll them in the graham cracker crumbs then place them on a platter and repeat until you are out of your mixture.
4. Chill for one hour then enjoy!

Calories: 200g | Total fat: 15g | Saturated Fat: 1.5g | Sodium: 55mg

# SNACKS, SIDES & SALADS

## *Avocado Toast*

BY: SAM WILLIAMS - WILLIAMSON COUNTY 4-H

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**Serves: 2**

Ingredients:

2 slices whole wheat bread

1 ripe avocado

1/2 lime

1/8 teaspoon coarse salt

1/8 teaspoon fresh cracked pepper



### Instructions:

1. Toast bread to desired crispness.
2. Split open avocado and remove pit.
3. Scoop out 1/2 of avocado on each piece of toast and smash it with a fork.
4. Squeeze lime juice on each piece of toast and sprinkle with salt and pepper.

Calories: 280 | Total fat: 17g | Saturated Fat: 2.5g | Sodium: 300mg

# SNACKS, SIDES & SALADS

## *Cornbread*

BY: SINCERE BANNER - GRIMES COUNTY 4-H

**Serves: 18**

Ingredients:

- 1 cup unbleached flour
- 1 cup cornmeal
- 1/4 cup white sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup plain nonfat yogurt
- 2 eggs, beaten



**Instructions:**

1. Preheat oven to 400 degrees F. Lightly grease an 8x8 inch baking pan.
2. In a large bowl, mix flour, cornmeal, sugar, soda and salt. Stir in yogurt and eggs. Do not over mix, stir only until well blended.
3. Pour batter into prepared pan.
4. Bake in preheated oven for 20 to 25 minutes, or until center of the bread springs back when gently pressed.

Calories: 130 | Total fat: 1.5 | Saturated Fat: 0.5 | Sodium: 230mg

# SNACKS, SIDES & SALADS

## Corn Pudding

BY: JA'NYA MATTHEWS - GRIMES COUNTY 4-H

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**Serves: 10**

Ingredients:

- 1/4 cup sugar
- 3 tablespoons all-purpose flour
- 6 large egg whites
- 1 cup 1% fat milk
- 1/4 cup butter, melted
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 can (15-1/4 ounces) whole kernel corn, drained
- 1 can (14-3/4 ounces) cream-style corn



Ingredients:

1. In a large bowl, combine sugar and flour.
2. Whisk in the eggs, milk, butter, salt and pepper. Stir in the corn and cream-style corn.
3. Pour into a greased 1-1/2-qt. baking dish.
4. Bake, uncovered, at 350° for 45-50 minutes or until a knife inserted near the center comes out clean.

Calories: 180 | Total fat: 6g | Saturated Fat: 3g | Sodium: 420mg

# SNACKS, SIDES & SALADS

## *Cucumber Snack Bites*

BY: ELEANOR FORSBERG - GUADALUPE COUNTY 4-H

**Serves: 6**

Ingredients:

3 cucumbers

1 can of chickpeas

3 tablespoon of olive oil

1/2 teaspoon of garlic salt



### Instructions:

1. Peel the cucumbers, slice it in 1" thick slices. Then using a spoon scoop from the middle, a half inch down creating a bowl in your cucumber.
2. Next open and drain a can of chickpeas, now combine your chickpeas, olive oil and garlic salt into a medium sized mixing bowl and using a potato masher mash until all chickpeas are mashed.
3. Lastly using a piping bag, pipe your freshly made hummus into the cucumbers and enjoy!

Calories: 150 | Total fat: 8g | Saturated Fat: 1g | Sodium: 280mg

# SNACKS, SIDES & SALADS

## *Easy Pretzel Bites with Maple Mustard*

BY: GRACE WILLIAMS - WILLIAMSON COUNTY 4-H

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**Serves: 32**

Pretzels:

1 tube of pre-made pizza dough  
5 cup water  
2 tablespoon baking soda  
1.5 teaspoons sea salt

Maple mustard dip – serves 4 (optional):

2 tablespoon grainy mustard  
1 tablespoon yellow mustard  
1 teaspoon pure maple syrup



**Instructions:**

For pretzels:

1. Preheat oven to 450 degrees F.
2. Cut the dough in 2 x 2 squares, roll each into a ball.
3. Add baking soda to water and bring to a boil. Once the water mixture reaches a rolling boil, place half of the dough balls into the water for 20-30 seconds, or until the balls float to the top.
4. Remove and place on parchment lined baking sheet. Repeat with other half of dough balls.
5. Immediately sprinkle dough with salt and use a knife to create a cross-slit on each pretzel.
6. Bake for 15 minutes, or until golden brown.

For Mustard:

1. Mix all mustard dip ingredients together.

Pretzels - Calories: 30 | Total/Saturated Fat: 0 | Sodium: 300 mg  
Mustard - Calories: 20 | Total/Saturated Fat: 0 | Sodium: 220 mg

# SNACKS, SIDES & SALADS

## *Grilled Tomatoes*

BY: FAITH FORSBERG - GUADALUPE COUNTY 4-H

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**Serves: 12**

Ingredients:

4 tomatoes

12 slices of mozzarella cheese

16 leaves of basil

2 tablespoons olive oil

4 tablespoons italian seasoning



### Instructions:

1. First turn your grill on to medium heat or 350 degrees.
2. Next cut your tomatoes in thirds, drizzle your tomatoes with olive oil and season with your italian seasoning.
3. Put your tomatoes on the grill for 3 minutes per side, add the mozzarella cheese and basil for one minute.
4. Let cool and enjoy!

Calories: 110 | Total fat: 8g | Saturated Fat: 3.5g | Sodium: 190mg

# SNACKS, SIDES & SALADS

## *Jalapeno Cheese Bread*

BY: HARRISON OBERG - WISE COUNTY 4-H

**Serves: 12**

### Ingredients:

- 3 cups all-purpose flour
- 1/2 teaspoon instant yeast
- 2 teaspoons sea salt
- 1 1/2 cups sharp cheddar cheese
- 1/2 cup sliced nacho jalapenos or pickled jalapenos.
- 1 1/2 cups water at room temperature



### Instructions:

1. In large bowl, add flour. Measure the yeast and add it to one side of the bowl. Measure the salt and add it to the other side.
2. Using a wooden spoon, stir the yeast into the flour on its side of the bowl first and then stir the salt into the flour on its side of the bowl. This will prevent the salt from mixing directly with the yeast. Mix everything together until combined.
3. Once the dry ingredients are combined, measure and add the water while stirring with a wooden spoon until well combined and dough is sticky (important note: make sure the water is room temperature. Water that is too warm or too cold can kill the yeast and prevent the bread from rising).
4. Cover the bowl with plastic wrap, leaving enough room at the top for the dough to rise and double in size. Place the bowl in a warm, draft-free place and let rise for 12-18 hours.
5. After the dough has risen, preheat oven to 450 degrees Fahrenheit. Place Dutch oven with the lid on in the cold oven as it heats up with the oven.
6. Place a piece of parchment paper (note: make sure your brand of parchment paper is rated for this temperature) on the counter and dust with flour. Rub flour on your hands and scrape the dough away from the sides of the bowl, gathering it in your hands as best you can (it may feel fluid and not like regular bread dough) and forming it into a circular loaf on the parchment paper. Don't worry if it looks a little rough.
7. Once you have the dough shaped, it needs to undergo a second rise. Be sure to not handle the dough very much as this can cause it to deflate. Sprinkle flour over the top of the loaf and loosely cover it with plastic wrap to prevent a skin from forming over the dough. Allow the dough to rise for 45 minutes while the oven is preheating with the Dutch Oven.
8. After 45 minutes, remove the plastic wrap and trim the parchment paper into a circle around the dough. Remove the preheated Dutch oven and transfer the dough carefully into the pot by only handling the parchment paper. Place the lid on the pot and return it to the oven for 30 minutes. Don't open the oven or take the lid off the pot during this time. The crispness of the crust develops from the steam build-up in the covered pot.
9. After 30 minutes, remove the lid from the pot and continue baking for another 15 minutes. After 15 minutes, remove the pot with bread from the oven and place on a wire rack to cool. You might hear it crackling as it cools.
10. Don't cut the bread until it has completely cooled. The bread continues to bake on the inside after it has been removed from the oven and cutting it too early could result in the inside becoming gummy or rubbery.

Note: If the bottom of your bread is getting too dark, place a cooking stone directly under your Dutch Oven to take away some of the bottom heat.

Calories: 170 | Total fat: 3.5g | Saturated Fat: 0g | Sodium: 150mg

# SNACKS, SIDES & SALADS

## *Little Dipper Veggie Bowl*

BY: MARIAH DELK - NUECES COUNTY 4-H

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**Serves: 4**

Ingredients:

- 2 Bell Pepper (color of choice, stem and seeds removed)
- 1 stalk celery
- 1 bag of carrots (cut in sticks)
- 1 (16oz.) white beans, drained, rinsed or 2 cups cooked white beans
- 1/2 cup parsley, chopped
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1/2 lemon, juiced
- Salt to taste



**Instructions:**

1. Puree all ingredients in a blender until smooth.
2. Put dip in one of the bell peppers.
3. Put your favorite veggies in the second bell pepper.

Calories: 230 | Total fat: 4g | Saturated Fat: 0.5g | Sodium: 470mg

# SNACKS, SIDES & SALADS

## Logan's Beautiful Strawberry Pecan Salad

BY: LOGAN BAKER - WILSON COUNTY 4-H

**Serves: 6**

Ingredients:

Salad:

- 1 6-ounce bag of baby spinach leaves
- 1 6-ounce bag of spring mixed greens
- ½ medium red onion, sliced and cut into bite size pieces
- 1 cup sliced strawberries
- 1 cup grapes
- 1 cup candied pecans (see recipes below)
- 1(11ounce) can mandarin oranges drained
- 1cup raspberry vinaigrette (see recipe below)

Candied Pecans:

- 1/2 cup packed brown sugar
- 2 Tablespoons orange juice
- 1 cup of pecan halves

Raspberry Vinaigrette:

- 3/4 cup olive oil
- 2 teaspoons dijon mustard
- ½ cup raspberry preserves
- ¼ teaspoon dried oregano
- 1 cup red wine vinegar
- ¼ teaspoon ground black pepper
- ½ cup white sugar
- 1 teaspoon garlic salt
- ½ cup raspberries
- 1teaspoon basil (fresh or dried)



**Instructions:**

Salad-

1. Wash and dry spinach leaves and spring mixed greens.
2. In a large bowl layer ½ the spinach, greens, red onion, strawberry halves, grapes, and pecans and repeat to create the top layer. Finish salad by placing mandarin oranges on top.
3. Drizzle dressing over top of salad before serving. Additional dressing may be added to salads once served.

Pecans-

1. Preheat oven to 350 degrees F.
2. Combine brown sugar and orange juice. Add pecan halves, stirring to coat. Spread in a lightly greased cookie sheet.
3. Bake for 12 minutes or until nuts are browned and syrup is bubbly, stirring once.
4. Pour out onto a lightly greased baking sheet, separating into single nuts. Cool on wire rack.

Vinaigrette-

1. In a blender, combine all ingredients and blend until well combined. Pour into jar and refrigerate until chilled.

Calories: 140 | Total fat: 6g | Saturated Fat: 0.5g | Sodium: 65mg

# SNACKS, SIDES & SALADS

## Okra Poppers

BY: CUTTER RUNNELS - SWISHER COUNTY 4-H

**Serves: 12**

**Ingredients:**

- 1 pound fresh okra
- 1/2 cup cooked shrimp, chopped
- 4 oz 1/3 less fat cream cheese, softened
- 1/2 cup shredded Parmesan cheese
- 1/2 teaspoon Cajun seasoning
- 6 slices of bacon



**Instructions:**

1. Preheat oven to 425° F.
2. Mix the shrimp, cheeses and Cajun seasoning in a small bowl and set aside.
3. Carefully cut each okra lengthwise down one side creating a pocket (do not cut through to the opposite side).
4. Gently spread the pocket and stuff with the shrimp/cheese mixture - mounding on top of the okra.
5. Cut the bacon package in half.
6. Wrap each stuffed okra with a half strip of bacon - covering the filling and then place on a baking sheet.
7. Bake in a 425° F oven for 20 - 25 minutes until the bacon is browned and cooked.

**Notes:**

Don't use thick sliced bacon as you will need to stretch the bacon to cover the okra. The thick cut bacon is not as easy to stretch as the classic cut bacon!

Calories: 120 | Total fat: 9 | Saturated Fat: 3.5 | Sodium: 220mg

# SNACKS, SIDES & SALADS

## *Orzo Snack Bites*

BY: JACKSON PATRICK - UPSHUR COUNTY 4-H

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### **Servings: 8**

#### **Instructions:**

1/2 cup orzo pasta, cooked  
1/2 cup chopped zucchini  
1/2 cup chopped red onion  
1/2 cup chopped yellow bell pepper  
1 tablespoon olive oil  
1/2 teaspoon garlic salt  
2 English cucumbers  
Parmesan cheese, optional

#### **Dressing:**

1/4 cup olive oil  
1/3 cup parmesan cheese  
1/2 teaspoon garlic powder  
1/2 teaspoon basil  
1/8 teaspoon salt  
1/8 teaspoon black pepper



#### **Instructions:**

1. In a medium sauce pot, cook orzo pasta according to package instructions.
2. While pasta is cooking, preheat oven to 400 degrees.
3. On a baking sheet, toss chopped zucchini, onion and bell pepper with olive oil and sprinkle with garlic salt. Roast in the oven for 20 minutes.
4. Once pasta is cooked and drained, combine with roasted vegetables in a bowl.
5. In a small mason jar, mix the dressing ingredients together. Seal the lid and shake well. Pour dressing over the vegetables and orzo to taste.
6. To assemble the bites: Slice the English cucumbers into 2 inch rounds. Use a melon baller to scoop out the middle of the cucumber. Fill the cucumber with the orzo mixture. Sprinkle with more Parmesan, if desired. These are tasty warm or cold.

Calories: 120 | Total fat: 9 | Saturated Fat: 2 | Sodium: 240mg

# SNACKS, SIDES & SALADS

## *Patriotic Pops*

BY: CLAIR COLE - ERATH COUNTY 4-H

**Serves: 15**

**Ingredients:**

- 5.3oz low-fat vanilla greek yogurt
- 2 tablespoon canned coconut milk
- 2 tablespoon sweetened condensed milk
- 1/4 cup each sliced strawberries,bananas and whole blueberries



**Instructions:**

1. Mix yogurt, coconut milk and sweetened condensed milk in a mixing bowl.
2. Add sliced fruit to sides of popsicle mold.
3. Pour yogurt mixture into mold.
4. Finish by drizzling with sweetened condensed milk.
5. Add popsicle stick to mold and freeze for 8 hours.

**Tip:**

To remove popsicles from the mold, set the mold in lukewarm water until popsicles loosen from the mold.

Calories: 80 | Total fat: 2.5g | Saturated Fat: 2g | Sodium: 25mg

# SNACKS, SIDES & SALADS

## *Pineapple Peach Pico*

BY: LILYANNE MURPHY - LIVE OAK COUNTY 4-H

**Serves: ~30**

**Ingredients:**

- 1 diced jalapeño deseeded
- 1 fresh peach diced
- 1/8 fresh pineapple diced
- 1 onion diced
- Handful of cilantro
- 1 lime squeezed
- 1 teaspoon garlic salt
- 6 tomatoes diced



**Instructions:**

1. Chop and mix together or you can throw it all in a blender
2. Marinate for 30 minutes and enjoy!

Calories: 15 | Total fat: 0 | Saturated Fat: 0 | Sodium: 70 mg

# SNACKS, SIDES & SALADS

## *Pizza Chaffle with Warm Marinara*

BY: LEILAH BURNSIDE - TARRANT COUNTY 4-H

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**Serves: 2**

Ingredients:

- 2 egg whites
- 1/2 cup shredded low-fat cheddar cheese
- 1 tablespoon of low-sodium pepperoni minis
- 2 tablespoon of fresh spinach, chopped
- 1 teaspoon of salt-free Italian seasoning



### Instructions:

1. Preheat your waffle maker.
2. Mix all ingredients together into a small bowl. Keep one heaping tablespoon of cheese aside to use later. Be sure the egg is completely stirred into the mixture.
3. Sprinkle 1/2 of the cheese you set aside directly on the bottom plate of the hot waffle maker. Immediately, dump all of the mixture (batter) on the bottom plate of the hot waffle maker. Spread the mixture out just a little. Does not need to be perfect or meet the sides as the mixture will spread when the lid is closed. Before closing the lid to the waffle maker, sprinkle the rest of your reserve cheese directly on top of the batter.
4. Close the lid and allow the chaffle to cook until it is brown and crispy. Remove the chaffle and cut it into 4 wedges.
5. Serve with warm marinara sauce for dipping. Enjoy!

### Tips:

Finely shredded cheddar works best in this recipe. It melts better than the thick shreds. You can use regular pepperoni slices and chop them up if you do not have any minis on hand. The reason we add cheese on the top and the bottom of the mixture is to help make the chaffle crispy. A good way to determine if the chaffle is ready is to watch the steam. When the waffle maker stops steaming, the chaffle is usually ready.

Calories: 150 | Total fat: 10g | Saturated Fat:4g | Sodium: 430mg

# SNACKS, SIDES & SALADS

## *Sauteed Swiss Chard*

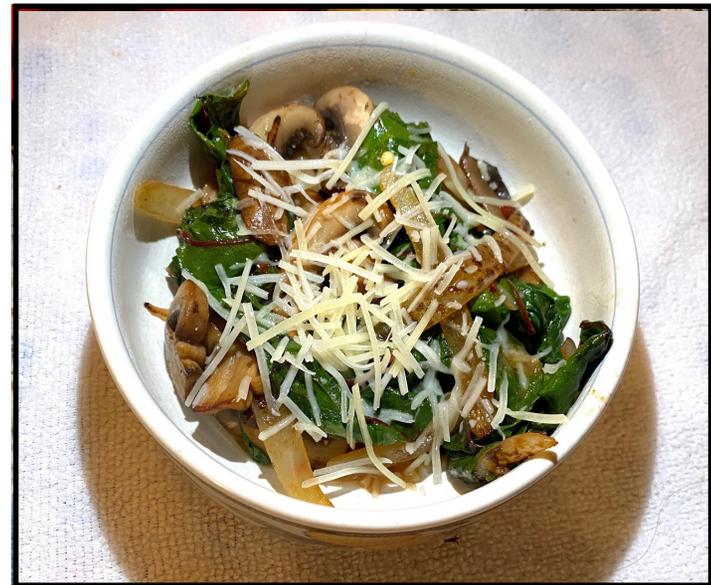
BY: LILY WALKER - TAYLOR COUNTY 4-H

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**Serves: 2**

**Ingredients:**

Five large swiss chard leaves - shredded with the stems removed  
¼ yellow onion - sliced  
2 small Portobella mushrooms - sliced  
1 tsp olive oil  
1/8 teaspoon of salt  
1/8 teaspoon of black pepper  
1/4 teaspoon of red pepper flakes  
1 tablespoons of butter  
1 teaspoons white balsamic vinegar  
1 tablespoons of shredded parmesan cheese



**Instructions:**

1. Saute onions on high heat in olive oil until onions are soft.
2. Add mushrooms. Add shredded Swiss Chard. Add salt, black pepper, and red pepper flakes.
3. When the mixture is cooked down, add white balsamic vinegar. Cook the leaves until they are wilted.
4. Add cheese when served.

Calories: 60 | Total Fat: 4g | Saturated Fat: 2.5g | Sodium 250 mg

# SNACKS, SIDES & SALADS

## *Spicy Edamame*

BY: KENLEY PACK - ERATH COUNTY 4-H

**Serves: 6**

**Ingredients:**

- 1 pound of frozen edamame
- 3 tablespoons of vegetable oil
- 3 tablespoons of low sodium soy sauce
- 1 tablespoon of hoisin sauce
- 3 tablespoons of guajillo and red jalapeno sauce
- 1 tablespoon of garlic paste



**Instructions:**

1. Place frozen edamame in the microwave for the time indicated on the package .
2. Combine the vegetable oil, soy sauce, guajillo and red jalapeno sauce, and squeeze garlic in a small sauce pan on medium heat until the sauce thickens.
3. Add frozen edamame to your sauce pan and mix with sauce.
4. Enjoy!

Calories: 160 | Total fat: 11g | Saturated Fat: 1g | Sodium: 380mg

# SNACKS, SIDES & SALADS

## *Tomato Toast*

BY: LILYANNE MURPHY - LIVE OAK COUNTY 4-H

**Servings: 2**

Ingredients:

2 slices of whole wheat bread

2 tablespoons 1/3 less fat cream cheese

2 tomato slices (homegrown fresh Beefsteak tomatoes are the best)

1/8 teaspoon salt

1/8 teaspoon pepper



**Instructions:**

1. Use a drinking glass and flip upside down to make circles out of bread.
2. Put in oven or toaster oven to toast lightly until golden brown.
3. Spread cream cheese on toast, place tomato slice on top of that, drizzle with olive oil, sprinkle with salt and pepper, and enjoy!

Calories: 170 | Total fat: 5 | Saturated Fat: 2.5 | Sodium: 430mg

# SNACKS, SIDES & SALADS

## *Tropical Paradise Corona Getaway Smoothie*

BY: LILYANNE MURPHY - LIVE OAK COUNTY 4-H

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**Serves: ~5**

3 bananas  
1/2 cup frozen diced papaya  
1/2 cup diced frozen strawberries  
1/2 cup diced frozen mango  
1/2 cup diced frozen pineapple  
1 cup coconut water with pulp  
1 cup strawberry kefir  
Optional squeeze of lime



**Put all in blender, blend up, and enjoy!**

Calories: 130 | Total fat: 0.5g | Saturated Fat: 0g | Sodium:30mg

# SNACKS, SIDES & SALADS

## *Guacamole*

BY: HAILEY THOMAS

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**Serves: 4**

Ingredients:

- 2 ripe avocados (peeled & pitted)
- 1 diced jalapeño
- 1 diced roma tomato
- 1 lime, juiced
- 1/4 cup of finely chopped fresh cilantro
- 1/8 cup of finely chopped red onions
- 1/2 tsp of cayenne pepper



**Directions:**

1. In a medium bowl, mash the avocados with the cayenne pepper and lime juice.
2. After mashing, mix together the jalapeño, roma tomato, cilantro, and red onions.
3. After this, you may eat your guacamole or refrigerate it for an hour then serve!

Calories: 170 | Total fat: 15g | Saturated Fat: 2g | Sodium: 10mg

# MAIN DISH

## *Black Eyed Pea Cornbread*

BY: HOLTEN RAMSEY - LAMPASAS COUNTY 4-H

**Serves: 18**

Ingredients:

- 1 cup corn meal
- 1/2 cup flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 eggs
- 1 cup buttermilk
- 1/2 cup corn oil
- 1 small onion, chopped
- 2 jalapeno peppers, chopped (remove seeds)
- 1 cup black eyed peas (seasoned to taste, cook and drain)
- 3/4 cup cream style corn
- 1 lb. pork sausage
- 1/2 lb. grated cheese



### Instructions:

1. Mix first 7 ingredients together for cornbread.
2. Gently add in onion, jalapeno, corn, peas, sausage, and cheese last.
3. Pour into a greased 9x13 dish or muffin tins (makes 18).
4. Bake the single dish at 375 degrees Fahrenheit for 45-60 minutes or until done.
5. Bake the muffins at 375 degrees Fahrenheit for 15-20 minutes or until done.
6. Enjoy! (This makes a great New Year's Day dish!)

Calories: 230 | Total fat: 14g | Saturated Fat: 2.5g | Sodium: 370mg

# MAIN DISH

## *Carrott Chicken*

BY: LILYANNE MURPHY - LIVE OAK COUNTY 4-H

**Serves: 4**

**Ingredients:**

- 2 tablespoons olive oil
- 1 lb of baby carrots or chopped carrots
- 1 lb of diced or shredded chicken
- 1 onion chopped
- 2 homegrown fresh garden beefsteak tomatoes, chopped
- Sprinkle of 1/8 teaspoon pepper



**Instructions:**

1. Heat pan with olive oil.
2. Brown chicken and onion.
3. Then put in your carrots and tomatoes and put lid on to let steam/simmer until carrots are tender (~25 minutes.)
4. Sprinkle with pepper.
5. Serve with rice.

Calories: 680 | Total fat: 12g | Saturated Fat: 2g | Sodium: 150mg

# MAIN DISH

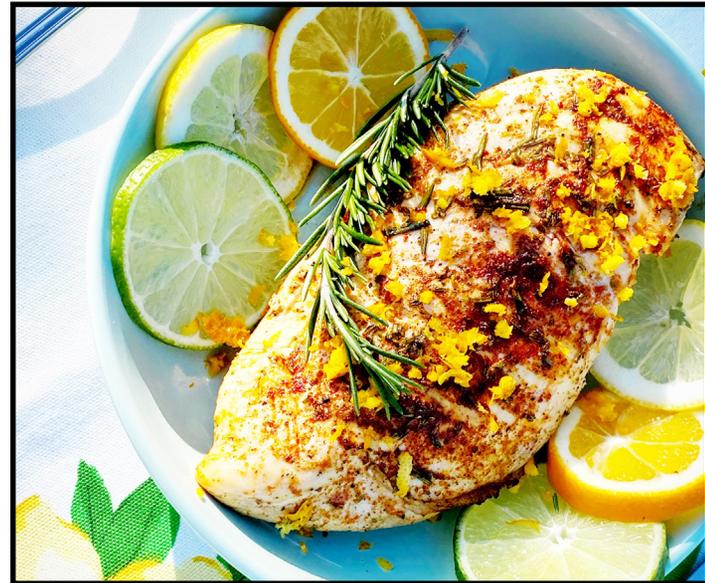
## *Citrus Celebration Chicken*

BY: GAVIN RAY - JOHNSON COUNTY 4-H

**Serves: 4**

Ingredients:

- 4 boneless, skinless chicken breasts
- 4 tablespoons olive oil
- Juice of 1 lemon
- Juice of 1 small orange
- 1 clove garlic, chopped
- Juice of 1/2 lime (optional)
- 1/2 teaspoon kosher salt
- 1 teaspoon black pepper, divided
- 1/2 teaspoon coriander
- 1 teaspoon paprika
- 1 teaspoon fresh rosemary, chopped



**Instructions:**

**For Marinade:**

1. Combine olive oil with lemon juice, orange juice, garlic, salt & 1/2 teaspoon pepper.
2. Add chicken and let marinate for 2-3 hours.

**For Chicken:**

1. Preheat grill to 400° F
2. Remove chicken from marinade and season with 1/4 tsp pepper, coriander, paprika and rosemary on each side.
3. Grill, turning once, for 15-20 minutes until internal temperature reaches 165° F.
4. Sprinkle with chicken lime juice (optional) and orange zest, and garnish with lemon, lime and orange slices.

Calories: 270 | Total fat: 17g | Saturated Fat: 2.5g | Sodium: 340mg

# MAIN DISH

## Costa Rican Chifrijo

BY: LOGAN BAKER - WILSON COUNTY 4-H

**Serves: 10**

Ingredients:

### Chifrijo:

- 1 can of low sodium black beans, drained, rinsed
- 1 cups of Seasoned Rice (see recipe below)
- 1/2 cup of frozen corn, thawed, rinsed & drained
- 4 ripe tomatoes, diced
- 1 cup chopped red onion
- 1 small bunch of cilantro, finely chopped
- 1/4 cup chopped jalapenos
- juice of 2 limes
- 1/4 teaspoon salt
- 1 cup Crispy Pork Chicharrons(see recipe below)
- 1 avocado sliced or diced into small pieces
- 1/2 cup sour cream

### Seasoned Rice:

- 1 white onion, chopped
- 4 cloves garlic, crushed
- 1 red bell pepper, chopped
- 1 1/2 cup white rice
- 3 cups water
- 1/4 teaspoon salt
- 3 tablespoons cooking oil

### Crispy Pork Chicharrons:

- 4 thin sliced pork chops
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1 teaspoon oregano
- 2 tablespoons water
- 3 tablespoons vegetable oil
- 1 teaspoon salt
- 1 teaspoon pepper



### **Chifrijo:**

1. Mix the beans, rice, corn, tomatoes, onions, cilantro, jalapenos, lime juice, and salt together and mix well. Top with Crispy Pork Chicharrons , avocado and sour cream. Serve with tortilla chips.

### **Seasoned Rice:**

1. Heat oil in large Dutch oven over medium heat and add in onion, garlic and bell pepper. Cook for about 5 minutes, stirring regularly. Add in the rice and cook another 2 minutes, stirring constantly. Add water and salt and cook for about 10-15 minutes until all the water is absorbed.

### **Chicharrons:**

1. Cut pork chop into small bite size pieces and place in ziplock bag. Mix all the seasonings together and pour over pork to let season. In a frying pan heat the oil and add the seasoned meat. Cook until meat is brown on all sides and cooked until crispy. Place them on a plate lined with paper towels to drain.

Calories: 360 | Total fat: 11g | Saturated Fat: 2.5g | Sodium: 320mg

# MAIN DISH

## *Dumpling Meat Pies*

BY: JACKSON JEREZ - MIDLAND COUNTY 4-H

**Serves: 4 (2 meat pies/serving)**

**Ingredients:**

1 lb lean ground pork  
16 frozen dinner rolls  
2 cups green cabbage  
1/2 green onions finely chopped  
2 tablespoons ginger  
2 tablespoons minced Garlic  
1 tablespoon and 1 teaspoon soy sauce  
1 tablespoon sesame oil  
1 egg  
1/4 cup sweet and sour sauce



**Instructions:**

1. Preheat oven to 400 degrees.
  2. Set out the dough to thawed.
  3. Combine all other ingredients in a food processor until all is well combined and in small pieces.
  4. Combine the pork with the vegetable mixture in a separate bowl.
  5. After the dough is finished thawed. Roll one out till it is a centimeter thick. Add a tsp of filling and fold in half and press down with a fork. Repeat process with the rest of the dough.
  6. Lay the pies on a cookie sheet and brush them with an egg wash. Bake them for 10 to 12 minutes or until golden brown
  7. Dip in Sweet and sour sauce and eat!
- You will have leftover filling and you can make more or freeze it.

Calories: 370 | Total fat: 14g | Saturated Fat: 3g | Sodium: 490mg

# MAIN DISH

## *French Toast*

BY: COLETTE FORSBERG - GUADALUPE COUNTY 4-H

**Serves: 12**

**Ingredients:**

24 thin slices of bread  
12 egg whites  
1 cup of 1% fat milk  
2 tablespoon cinnamon sugar  
½ 1/2 cup powdered sugar  
1 stick of butter



**Instructions:**

1. Turn your stove or skillet on medium heat.
2. Combine your eggs, milk, and cinnamon sugar in a bowl.
3. Put a slice of butter in your pan.
4. Dip a slice of bread into your mixture.
5. Put the bread into your pan.
6. Flip after 1 minute, flip again for 1 minute.
7. Keep repeating until your bread is gone.
8. Sprinkle with powdered sugar and enjoy!

Calories: 250 | Total fat: 6g | Saturated Fat: 3g | Sodium: 360mg

# MAIN DISH

## *Frozen Parfait*

BY: KHLOE PACK - ERATH COUNTY 4-H

**Serves: 1**

Ingredients:

1/2 cup vanilla yogurt

2 strawberries diced

12 blueberries

1/4 cup Granola



### Instructions:

1. Spread yogurt in an 8 inch pan.
2. Sprinkle diced strawberries and blueberries on yogurt.
3. Sprinkle granola over fruit and yogurt.
4. Store in freezer for 1 day.
5. Remove from freezer and cut into chunks.
6. Enjoy the healthy frozen snack.

Calories: 240 | Total fat: 3g | Saturated Fat: 1.5g | Sodium:150mg

# MAIN DISH

## *Healthy Burrito*

BY: HARRISON OBERG - WISE COUNTY 4-H

**Serves: 12**

**Ingredients:**

- 1 medium size onion
- 1 medium size tomato
- 1 lb. ground turkey
- 1 can low sodium black beans
- 1 medium size jalapeno, sliced
- small sprig of cilantro for garnish
- 1 small can or reduced sodium chopped tomatoes with onions & green chilies
- 1 small package of whole wheat tortillas
- 1/2 cup low fat cheddar cheese, shredded



**Instructions:**

1. Chop onion and brown in medium saucepan on medium heat with ground turkey until turkey is cooked thoroughly and reaches 165 degrees F.
2. Chop tomato and set aside.
3. Drain beans and set aside.
4. Add Rotel to onion and cooked ground turkey and mix until combined.
5. Fill each tortilla with ground turkey mixture, chopped tomatoes, black beans, and shredded cheese.
6. Garnish with jalapeno slices, cilantro and shredded cheddar cheese.

Calories: 250 | Total fat: 8g | Saturated Fat: 3g | Sodium: 350mg

# MAIN DISH

## *Hearty Hot Dog Chili*

BY: JOSEPH MIXON - WINKLER/LOVING COUNTY 4-H

**Serves: 6**

**Ingredients:**

1 pound ground beef (93% lean)  
1/2 onion diced  
1 garlic clove minced  
2 cups low sodium beef broth  
4 tablespoons tomato paste  
3 tablespoon corn meal  
2 tablespoon chili power  
1 teaspoon sugar  
1 teaspoon worcestershire sauce  
1/2 teaspoon cumin  
1 teaspoon olive oil



**Instructions:**

1. Heat the olive oil in a medium sauce pan.
2. On medium heat, add the onion and garlic.
3. Add ground meat. As the meat browns use a potato masher to break it up into small pieces.
4. Add the rest of the ingredients.
5. Reduce heat and simmer for 15 minutes.

This chili can also be used as a toppings for baked potatoes, tater tots and french fries.

Calories: 170 | Total fat: 7g | Saturated Fat: 2.5g | Sodium: 340mg

# MAIN DISH

## *Chicken Street Tacos*

BY: JAMES DEANES - ROCKWALL COUNTY 4-H

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**Servings: 12**

**Ingredients:**

- 1 tablespoon spicy BBQ seasoning or seasoning of your choice
- 2 lb roasted chicken
- 3 large, firm vine ripened tomatoes
- 1 large, red onion
- 2 small avocados
- 2 limes
- Dried cilantro
- 1 package of small, soft flour tortillas



**Instructions:**

1. Shred Chicken. Retain any juice, fat and skin from chicken. Add to shredded chicken.
2. Add BBQ seasoning and dried cilantro.
3. Preheat oven to 350 F, Warm chicken for 15 - 20 minutes.
4. Chop up tomatoes. Add to a designated container. Chop up red onions. Add to container. Squeeze the juice of the limes into the container.
5. Chop up avocados into squares. Add to separate container

**Tips:**

Cut up as much avocados as you plan to use. Choose firm tomatoes. Using fresh cilantros might be a preferred option for some. Warm tortillas add to the experience.

Calories: 210 | Total fat: 11g | Saturated Fat: 2.5g | Sodium: 70g

# MAIN DISH

## *Kasey's Mushroom Supreme Pizza Bites*

BY: KASEY BURNS - WHARTON COUNTY 4-H

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### **Serves:**

### **Ingredients:**

- 1 10 oz. package of white button mushrooms
- 1/4 cup Italian bread crumbs
- 3/4 cup spaghetti sauce
- 1/2 cup finely shredded part skim mozzarella cheese
- 1/4 cup red onion minced
- 1/4 cup bell pepper minced
- 1/2 package of mini pepperoni
- 1 mini muffin pan



### **Instructions:**

1. Preheat your oven to 400° F.
2. Clean, dry and core your mushrooms. Place them in your mini muffin pan.
3. In a bowl mix your Italian bread crumbs and spaghetti sauce (3 parts sauce 1 part crumbs) and fill each mushroom with the mixture. Sprinkle with mozzarella cheese. Sprinkle your red onion and bell pepper on top of your cheese. Last add 2 mini pepperonis on top.
4. Bake at 400° F for 15 minutes. Let cool and enjoy.

Calories: 130 | Total fat: 8g | Saturated Fat: 4g | Sodium: 480

# MAIN DISH

## *Mo's Stuffed Peppers*

BY: MORGAN DOWNING - LEON COUNTY 4-H

**Serves: 6**

**Ingredients:**

6 bell peppers, any color

1 lb 93% lean ground beef

1/4 teaspoon salt

Pepper

1 tablespoon canola oil

1 garlic clove

Fresh hot peppers, such as Jalapenos or cayenne, diced finely

2 cups cooked long grain rice

1 cup shredded parmesan cheese



**Instructions:**

1. Preheat oven to 350 degrees Fahrenheit.
2. Cut off the tops of the bell peppers and chop up into small pieces.
3. Remove and discard the stems and seeds from the bell peppers.
4. Place the hollowed-out bell peppers upright into a baking dish and set aside.
5. In a large skillet, brown the ground beef. Season with salt and pepper.
6. Carefully drain the grease and remove the meat from the skillet.
7. Add canola oil to the skillet.
8. Add the garlic, chopped bell pepper tops, and freshly diced hot peppers. Cook them until they begin to soften, about 3-4 minutes.
9. Add the beef to the skillet.
10. Add the rice to the skillet and stir all together.
11. Stir in 1/2 cup parmesan cheese.
12. Fill the hollowed-out peppers with the rice-beef mixture.
13. Top the peppers with the remaining cheese.
14. Cover the pan with foil and bake the peppers for 20 minutes.

Calories: 290 | Total fat: 12 | Saturated Fat: 5 | Sodium: 380mg

# MAIN DISH

## *Air Fryer Fish and Potato*

BY: MADDEN GUEVARA

**Serves: 4**

Ingredients:

- 4 russet potatoes – similar in size
- 1 teaspoon coarse sea salt
- 2 teaspoons extra virgin olive oil
- 4 fillets fish of your choice
- 4 tablespoon margarine
- 2 teaspoon lemon pepper seasoning



### Instructions:

#### Potatoes:

1. Wash and dry potatoes. Pierce each side of your potatoes with a fork 3 times on each side.
2. Rub olive oil on the outside of each potato, then generously coat with salt so it sticks to the outside.
3. Place the Ninja Foodi rack upside down and into the pot, place potatoes on rack.
4. Turn machine on. Close air fryer lid. Push air crisp button.
5. Set temp. to 390 degrees for 40 minutes. Check after 30 minutes, pierce with fork and if not yet tender into the middle then continue to cook another 5-10 minutes until middle is tender.

#### Fish:

1. Coat fish with butter and lemon pepper seasoning
2. Place in Air Fryer basket at 390 degrees for 10-13 minutes.
3. Place on dish with potato and enjoy

Calories: 370 | Total fat: 14 | Saturated Fat: 2.5 | Sodium: 340mg

# MAIN DISH

## *Oven Baked Steak Fingers*

BY: TRIPP RUNNELS - SWISHER COUNTY 4-H

**Serves: 4**

Ingredients:

- 1 pound tenderized round steak
- 1/4 teaspoon salt
- Pepper, to taste
- 1 large egg white
- 1/4 cup 1% milk
- 1/2 cup white or whole wheat flour
- 1/2 cup panko bread crumbs
- 1/2 teaspoon salt-free seasoning
- Cooking spray



**Instructions:**

1. Preheat oven to 400F.
2. Cut steak into evenly sized strips. Lightly season the meat with salt and pepper.
3. Whisk the egg white and milk together in a medium-sized bowl.
4. Add the meat to the egg/milk mixture making sure each strip is well coated.
5. Mix the flour, panko bread crumbs and seasoning together in another medium-sized bowl. Dredge the steak through the flour mixture one piece at a time.
6. Line a cookie sheet with parchment paper and arrange the steak on the cookie sheet.
7. Coat both sides of each strip with cooking spray.
8. Bake until steak fingers are cooked thoroughly, about 30-45 minutes, flipping halfway through.

Calories: 380 | Total fat: 12 | Saturated Fat: 4 | Sodium: 430mg

# MAIN DISH

## *Slow Cooker Chopped BBQ*

BY: LUKE BLUDAU - VICTORIA COUNTY 4-H

**Serves: 10-12**

**Ingredients:**

- 1 tablespoon of olive oil
- 3 lb. brisket, trimmed
- 1 tablespoon salt-free steak seasoning
- 1/2 med. onion
- 1 cup BBQ sauce
- 1/2 cup water



**Instructions:**

1. Add olive oil to skillet and heat. Sear the brisket in the hot skillet to build flavor and texture.
2. Put the beef in the crockpot. Rub the steak seasoning into the meat. Cook for 4 hours and then drain grease.
3. Sauté the onions and add to pot. Add BBQ sauce. Add water.
4. Cook for 4 more hours on medium heat in the crockpot.

Calories: 190 | Total fat: 5g | Saturated Fat: 2g | Sodium: 270mg

# MAIN DISH

## *Spaghetti Sauce*

BY: JORDAN DUNBAR - ERATH COUNTY 4-H

**Serves: 6**

**Ingredients:**

- 1 can crushed tomatoes (28 oz cans)
- 1 chopped onion
- 1 chopped green pepper
- 1 minced garlic or 1 tablespoon + 1 teaspoon garlic
- 1 tablespoon monk fruit sweetener
- 1 tablespoons olive oil
- 1 1/2 tablespoons italian season
- 1/2 teaspoon oregano
- 1 lb. lean ground beef



**Instructions:**

1. Heat oil in a large deep pan over medium heat.
2. Add the onion, green pepper, and garlic cook and stir frequently for 4-5 minutes.
3. Add tomatoes, and seasonings stirring constantly to keep the sauce from sticking to the bottom of the sauce pan.
4. Bring to a simmer and cover simmer for 1 hour. May add water to thin the sauce as it cooks.
5. Taste and season with salt and pepper to taste.
6. After the Sauce has simmered for 1 hour, cook and drain ground beef. Add to sauce and let simmer for 10 minutes.
7. Once sauce is ready, enjoy on spaghetti noodles or squash noodles or spaghetti squash.
8. Top with your choice of mozzarella cheese or parmesan cheese.

Calories: 80 | Total fat: 2.5g | Saturated Fat: 0g | Sodium: 260mg

# MAIN DISH

## *Sunny Side Up Breakfast Cups*

BY: AUDREY SCHMIDT - WASHINGTON COUNTY 4-H

**Serves: 12**

**Instructions:**

- 12 strips sugar-free, bacon (about 10 ounces)
- 2 red potatoes, sliced 1/8-inch-thick, rounded ends discarded
- 1/2 cup spinach leaves, finely chopped
- 12 large egg whites
- 2 tablespoons chopped fresh chives



**Instructions:**

1. Preheat the oven to 400 degrees.
2. First, wrap 1 piece of bacon around the inside of each cup of a 12-cup muffin tin to create rings.
3. Then put 1 slice of potato on the bottom of each cup and divide the spinach pieces evenly among the cups.
4. Next, bake until the fat from the bacon starts to bubble in the bottom of each cup, the bacon begins to crisp and turns light brown on the top edges, about 10 to 12 minutes.
5. Remove the tin from the oven and crack an egg into each cup, making sure the yolk is inside the bacon ring.
6. Then continue baking until the bacon is crisp, the egg whites are cooked through, but the eggs are still runny, about 10 minutes longer. If you do not like a runny yolk, you can continue to cook an additional 2-4 minutes until the yolk is done.
7. Then remove tin from oven, run a spatula around the cup edges and remove cups to a platter.
8. Finally, sprinkle with the chives and serve immediately. This dish must be refrigerated within two hours at a temperature of 40 degrees or lower.

To make this recipe healthier, you could substitute chopped cauliflower bits for the sliced potatoes or uncured sugar-free turkey bacon for the bacon. To include dairy from the MyPlate Categories to this recipe you could add sprinkles of low-fat mozzarella cheese with the spinach before adding the egg or you could serve it with a glass of milk. You could also serve it with whole wheat toast to add a Grains Category and cut up Kiwi to add some Vitamin E in from the Fruits Category to this dish.

Calories: 180 | Total fat: 11g | Saturated Fat: 3.5g | Sodium: 250mg

# MAIN DISH

## *Sweet and Sour Chicken*

BY: NEHEMIAH BANNER - GRIMES COUNTY 4-H

**Serves: 6**

**Ingredients:**

- 2 1/2 lbs boneless, skinless chicken breasts
- 1/4 teaspoon pepper
- 1 cup cornstarch
- 6 egg whites, lightly beaten
- 1/4 cup vegetable oil
- 3/4 cup sugar
- 6 tablespoon ketchup
- 3/4 cup apple cider vinegar
- 1 1/2 tablespoon low sodium soy sauce
- 1 1/2 teaspoon garlic powder



**Instructions:**

1. Cut the chicken into bite-sized chunks. Season with salt and pepper.
2. Preheat the oven to 325°F.
3. Put the cornstarch in a shallow bowl. Put the eggs in a separate bowl. Beat the eggs lightly. Place the oil in a large skillet and heat over medium-high heat.
4. Working in batches, dredge the chicken in the cornstarch, then dip in the egg. Add to the hot oil and brown on all sides. You do not need to cook the chicken through, just brown the outside to get a crispy exterior. Transfer the chicken to a 9×13-inch baking dish and continue with the remaining chicken.
5. In a bowl, combine the sugar, ketchup, cider vinegar, soy sauce and garlic powder. Pour the sauce over the top of the chicken.
6. Bake the chicken for 1 hour, stirring every 15 minutes.

Calories: 530 | Total fat: 14g | Saturated Fat: 2.5g | Sodium: 440mg

# MAIN DISH

## *Three Bean Turkey Chili*

BY: ROMAN GONZALEZ HOPPIN - JIM WELLS COUNTY 4-H

**Serves: 10**

**Ingredients:**

1 tablespoon cumin  
1 teaspoon garlic  
1 tablespoon vegetable oil  
1/2 teaspoon salt  
1/4 teaspoon white pepper  
1 1/2 tablespoons dark red chili powder  
1 1/2 tablespoons ancho chili powder  
1/2 small white onion  
1 lb lean ground turkey meat  
15 oz can low sodium black beans  
15 oz can low sodium great northern beans  
15 oz can low sodium dark red kidney beans  
28 oz can low sodium whole tomatoes



**Instructions:**

1. Heat up a large cast iron Dutch Oven over medium heat.
2. Add oil, diced onions, turkey meat, salt and pepper. Cook meat until no lightly browned and onions lose their white color. While meat cooks smash into smaller pieces.
3. Rinse off bean juices in a large colander. Then add to browning meat.
4. Add tomatoes and all the juices to the pot. Fill the tomato can with water and add to pot. Lastly add cumin, garlic, chili powder, and ancho chili powder.
5. Stir around and cover with a lid for 15 minutes on low temperature.

Calories: 230 | Total fat: 6g | Saturated Fat: 1.5g | Sodium: 490mg

# MAIN DISH

## *Venison Stuffed Zucchini Boat by Olivia*

BY: OLIVIA TRAMMELL - ROCKWALL COUNTY 4-H

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**Serves: 6**

Ingredients:

3 medium squash

½ pound of ground venison

1 packet of hidden valley ranch

Orange and yellow peppers -diced

Onions – diced

Shredded cheese

1 cup of reduced fat sour cream

Tomatoes-diced



**Instructions:**

1. Cut the squash in half (vertically).
2. Scoop out the pulp and save for later.
3. Fry the venison in a large pan on medium heat.
4. Add the chopped peppers and onions into the venison.
5. Mix in the ranch and zucchini pulp into the mixture.
6. Add one cup of sour cream (add more to make creamier).
7. Scoop your mixture into the squash.
8. Sprinkle shredded cheese and diced tomatoes on top.
9. Preheat oven 425\* farenheit and bake for 45 min or until squash are tender.

Calories: 190 | Total fat: 8 | Saturated Fat: 4 | Sodium: 570mg

# MAIN DISH

## *Whole Wheat Cinnamon Apple Pancakes*

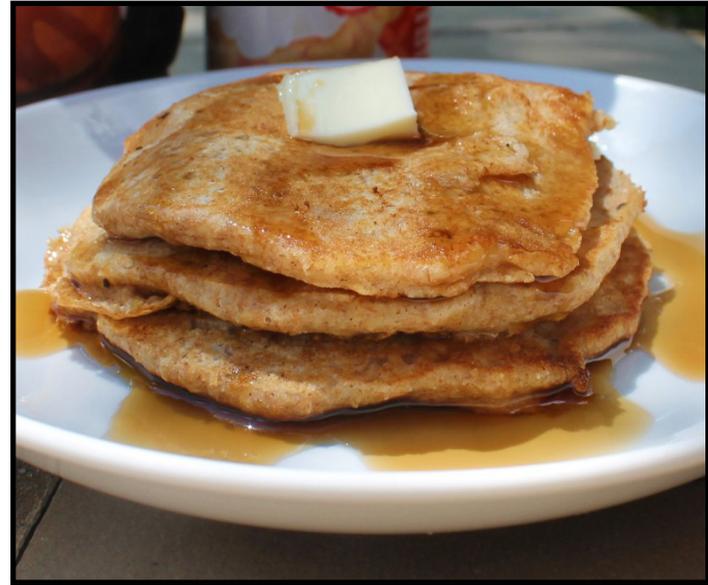
BY: GIANNA ALDRETT - FORT BEND COUNTY 4-H

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**Serves: 15**

**Ingredients:**

- 3/4 cup whole wheat flour
- 3/4 cup quick-cooking oats
- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 tablespoon honey
- 1 cup lowfat milk
- 3 tablespoons unsalted butter
- 1 large egg
- 1 apple
- 1 teaspoon oil (for cooking pancakes)



**Instructions:**

1. Combine the flour, oats, baking powder, cinnamon and salt in a blender until the oats are finely ground. Add the honey, milk, butter, and egg and blend until smooth.
2. Cut up an apple into thin, small pieces and coat them in cinnamon.
3. Heat a skillet over medium-low heat and pour some oil onto it. Put about a tablespoon of batter onto the skillet to make a pancake. Then sprinkle the apple pieces onto the pancake. Cook until bubbles break the surface of the pancake and the undersides are golden brown. Use a spatula to flip the pancake and cook it for a minute longer.
4. Serve the pancakes or cover them with tin foil to keep them warm for later.
5. Repeat with the remaining batter for more pancakes.

Calories: 80 | Total fat: 3.5g | Saturated Fat:2g | Sodium: 50mg

# SPECIAL TREATS

## *Apricot Bars*

BY: HENRY OBERG - WISE COUNTY 4-H

**Serves: 24**

**Ingredients:**

- 3/4 cup margarine, softened
- 2 large egg whites
- 2 cups all-purpose flour
- 3.4 cup sweetened shredded coconut flakes
- 1 jar (10-12 oz) apricot preserves
- 1 cup granulated sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon baking powder
- 1/2 cup pecans, chopped

**Brush on crust:**

- 4 tablespoons butter, melted
- 1 tablespoon cinnamon



**Instructions:**

1. Preheat oven to 350 degrees Fahrenheit.
2. In a large bowl, cream butter and sugar until light and creamy. Beat in egg and vanilla.
3. In a small bowl, whisk flour and baking powder; gradually add to creamed mixture, mixing well. Fold in coconuts and pecans.
4. Press 2/3 of dough onto the bottom of a greased 9 X 13 baking pan (or use parchment paper).
5. Brush bottom crust with cinnamon butter mixture. Spread preserves on top of bottom crust. Crumble remaining dough over preserves.
6. Bake 30-35 minutes or until golden brown.
7. Cool completely in pan on a wire rack.
8. Cut into 24 bars.

Calories: 180 | Total fat: 8g | Saturated Fat: 2g | Sodium: 90mg

# SPECIAL TREATS

## *Crustless Pumpkin Pie*

BY: TRIPP RUNNELS - SWISHER COUNTY 4-H

**Serves: 8**

Ingredients:

2 large eggs

1/2 cup sugar

1 1/2 teaspoons pumpkin pie spice

1/4 teaspoon salt

1 can pumpkin (15 ounce)

1 can fat free evaporated milk (5 oz)

1 teaspoon vanilla



### Instructions:

1. Preheat oven to 350F.
2. Lightly grease or spray a 9-inch pie plate; set aside.
3. Place eggs in a large bowl and beat with a fork or whisk.
4. Add sugar, pumpkin pie spice, vanilla and salt. Stir until well mixed.
5. Stir in pumpkin and evaporated milk.
6. Pour into prepared pie plate.
7. Bake for 40-45 minutes until center is set. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time.

Calories: 190 | Total fat: 8 | Saturated Fat: 4 | Sodium: 570mg

# SPECIAL TREATS

## *Grandma Fischer's Apple Pie*

BY: GABRIEL RAMTHUN - MILAM COUNTY 4-H

**Serves: 8**

Ingredients:

3 medium apples, sliced  
3/4 cup flour  
1 cup sugar  
1 cup half-and-half  
1 unbaked deep dish pie crust  
Cinnamon and Ginger



**Instructions:**

1. Peel, core, and slice apples.
2. In a bowl, mix together flour, sugar, and half-and-half.
3. Place sliced apples in pie crust. Pour liquid mixture over apple slices to fill pie crust. Sprinkle cinnamon and ginger on top.
4. Bake in 350 degree oven for 50 minutes.

Calories: 340 | Total fat: 11g | Saturated Fat: 4.5g | Sodium: 120mg

# SPECIAL TREATS

## *Pumpkin Sopapilla Cheesecake*

BY: SARAH JENTSCH - VICTORIA COUNTY 4-H

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**Serves: 24**

Ingredients:

- 2 cups softened 1/3 less fat cream cheese (8 ounce each)
- 1 cup all natural pumpkin (from can)
- 1 cup sugar
- 1 tsp. vanilla extract
- 2 cans reduced fat crescent rolls
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 cup melted margarine



Instructions:

1. Preheat oven to 350 degrees. Prepare a 9x13 inch baking dish with cooking spray.
2. Beat the cream cheese with 1 cup of sugar, vanilla extract, and pumpkin in a bowl until smooth.
3. Unroll the cans of crescent roll dough. Press one piece into the bottom of the 9x13 inch baking dish. Evenly spread the cream cheese mixture into the baking dish, then cover with remaining piece of crescent dough. Stir together 3/4 cup of sugar and cinnamon, and sprinkle over the top layer. Evenly pour the butter on top.
4. Bake in the preheated oven until the crescent dough has perked in turn golden brown, about 30 minutes. Remove from the oven. Cool completely in the pan before cutting.

Calories 190 | Total Fat 8g | Saturated Fat 3.5g | Sodium 260mg

# SPECIAL TREATS

## Rainbow Unicorn Cupcakes

BY: LUCY FRITZ - LUBBOCK COUNTY 4-H

**Serves: 18**

Ingredients:

### Cake:

- 1 2/3 cup all-purpose flour
- 1 cup granulated sugar
- 1/4 teaspoon baking soda
- 1 1/2 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 3/4 cup unsalted butter
- 3 egg whites (room temperature)
- 1 tablespoon vanilla extract
- 1/2 cup light sour cream (room temperature)
- 1/2 cup 2% milk (warm)

### Frosting:

- 5 tbsp Flour
- 1 cup Milk
- 1 teaspoon Vanilla
- 1 cup Butter
- 1 cup Granulated Sugar  
(not Powdered Sugar!)



Instructions:

### Cake:

1. Preheat oven to 350 degrees F. Place cupcake papers in a cupcake pan.
2. Sift the flour, sugar salt, baking soda and powder into a large bowl, and whisk together. Separate the eggs. You can use the yolks for a custard or a batch French buttercream.
3. In another bowl, whisk together the wet ingredients until combined. (The batter may be clumpy, do not worry!) Add the wet ingredients to the dry ingredients. Mix until combined.
4. Divided the batter evenly into four bowls. Use food coloring of your choice to color the batter.
5. Distribute the batter in layers evenly into cupcake papers, filling each paper about 2/3 the way up.
6. Bake for about 18 minutes or until centers are springy to the touch.

### Frosting:

1. In a small saucepan, whisk flour into milk and heat, stirring constantly, until it thickens. You want it to be very thick, thicker than cake mix, more like a brownie mix is. Remove from heat and let it cool to room temperature. It must be completely cool before you use it in the next step. Stir in vanilla.
2. While the mixture is cooling, cream the butter and sugar together until light and fluffy. You don't want any sugar graininess left. Then add the completely cooled milk/flour/vanilla mixture and beat the living daylights out of it. If it looks separated, you haven't beaten it enough! Beat it until it all combines and resembles whipped cream.
3. Spread or pipe it onto cooled cupcakes. Decorate as desired. Sprinkles, unicorn horn candle, and ears are optional!

Calories: 320 | Total fat: 19g | Sodium: 200mg

# SPECIAL TREATS

## *Sneaky Cookie Bars*

BY: LILYANNE MURPHY - LIVE OAK COUNTY 4-H

**Serves: 24**

Ingredients:

- 4 egg whites
- 1/2 cup brown sugar
- 2 shredded zucchini drained
- 1 1/2 teaspoons baking powder
- 1teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup softened butter
- 1teaspoon cinnamon
- 1 3/4 cup flour
- 1 bag 8oz mini semi sweet Chocolate chips
- 1 cup shredded carrot optional



1/4 cup shredded coconut and 1/2 cup raisins optional \*not included in nutrition analysis

**Instructions:**

1. Preheat oven 350 , grease 9x13 pan
2. Cream sugar, egg whites, butter, extract, and cinnamon together.
3. Add sifted flour, salt, baking powder. Combine well. Stir in zucchini, carrot and chocolate chips.
4. Pour into greased pan top with coconut flakes \*optional.
5. Bake for 30 minutes at 350 enjoy!

Calories: 140 | Total fat: 7g | Sodium: 70mg

# SPECIAL TREATS

## *Strawberry Rhubarb Almond Scones*

BY: MASON CAVE - RUNNELS COUNTY 4-H

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### Serves:

### Ingredients:

1 ½ cup Spelt Flour  
1 ½ cup Barley Flour  
1/3 cup honey  
1 teaspoon baking powder  
½ teaspoon baking soda  
¼ teaspoon salt  
½ cup (8 tablespoons) cold butter, cut into pieces  
2/3 cup unsweetened almond cream  
¼ teaspoon almond extract  
1 egg  
¾ cup chopped rhubarb  
¾ cup stemmed and sliced strawberries  
1/3 cup sliced almonds  
2 tablespoons unsweetened almond cream



### Instructions:

1. Preheat oven to 375 degrees Fahrenheit. Line a large baking sheet with parchment paper and set aside.
2. In a bowl of your food processor with the blade attachment, pulse together the spelt and barley flour, baking powder, baking soda, and salt. Add the cold butter and pulse until you have a coarse crumb.
3. In a small bowl, beat together 2/3 cup of unsweetened almond cream, honey, and egg. Pulse until the dough has just started to come together.
4. Turn the dough onto a well floured counter top and using your hands, fold in the strawberries, rhubarb, and almonds, being careful not to overwork the dough. The dough will be a bit shaggy and wet. Shape the dough into a round disk and cut into eight wedges.
5. Transfer the wedges to your prepared baking sheet, leaving 1-2 inches between them. Brush the tops with remaining 2 tablespoons of almond cream.
6. Transfer to your preheated oven and bake for 18-20 minutes until the scones are slightly golden around the edges.

Calories: 350 | Total fat: 15g | Sodium: 240mg

# SPECIAL TREATS

## Strawberry Delicious

BY: SARAH JENTSCH - VICTORIA COUNTY 4-H

**Serves: 24**

**Ingredients:**

- 2 cups softened 1/3 less fat strawberry cream cheese (8 ounce each)
- 1 cup sugar
- 1 teaspoon vanilla extract
- 2 cans reduced fat crescent rolls
- 1/2 cup sugar
- 1 teaspoon cinnamon
- 1/2 cup melted margarine



**Instructions:**

1. Preheat oven to 350 degrees. Prepare a 9x13 inch baking dish with cooking spray.
2. Beat the cream cheese with 1 cup of sugar and the vanilla extract in a bowl until smooth.
3. Unroll the cans of crescent roll dough. Press one piece into the bottom of the 9x13 inch baking dish. Evenly spread the cream cheese mixture into the baking dish, then cover with remaining piece of crescent dough. Stir together 3/4 cup of sugar and cinnamon, and sprinkle over the top layer. Evenly pour the butter on top.
4. Bake in the preheated oven until the crescent dough has perked in turn golden brown, about 30 minutes. Remove from the oven. Cool completely in the pan before cutting.

# SPECIAL TREATS

## *The Perfect Gluten-Free Chocolate Chip Cookie*

BY: EMMA BELZUNG - BEXAR COUNTY 4-H

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### **Serves:**

### **Ingredients:**

- 4 cups almond flour
- 1 teaspoon baking soda
- 1 teaspoon sea salt
- 1 cup (2 sticks) Unsalted Butter at room temperature
- ½ cup and 3 tbsp Imperial White Sugar
- ½ cup and 3 tbsp Imperial Light Brown Sugar
- 1 teaspoon vanilla extract
- 2 farm fresh chicken eggs at room temperature
- 2 cups semi-sweet chocolate chips



### **Instructions:**

1. Cream the butter in an electric mixer at medium speed. Add sugars. Continue mixing at medium speed. Add eggs one at a time beating well after each addition. Add vanilla. Continue mixing at medium speed.
2. In a separate bowl, combine flour, baking soda, and salt.
3. Gradually add the dry mixture to the other ingredients in your electric mixer. Remove bowl from your electric mixer and fold in your chocolate chips.
4. Refrigerate dough for about 4 hours.
5. Preheat your oven to 375 degrees.
6. Line a cookie sheet with parchment paper. Roll your cookie dough into 1-inch diameter balls. Place on parchment paper about 2 inches apart.
7. Bake cookies for 8-9 minutes (cook times vary with different ovens). Cookies should have a nice golden appearance. Let cool for 30 minutes. Enjoy!

Calories: 280 | Total fat: 20g | Sodium: 160mg

# SPECIAL TREATS

## Ty's Sweet Potato Cake

BY: TYLER CALHOUN - GRIMES COUNTY 4-H

### Serves:

### Ingredients

3 cups all-purpose flour  
1 1/2 cups salted butter  
1/2 cups sweet potato cooked and mashed  
1 cup sugar  
3/4 cup light brown sugar packed  
4 eggs  
1 1/2 cup sour cream  
2 teaspoon vanilla  
2 teaspoon baking powder  
1 teaspoon baking soda  
1 1/2 teaspoon cinnamon  
3/4 teaspoon salt  
1/2 teaspoon ginger  
1/4 teaspoon nutmeg

*\*Sauce is optional and not included in nutrition facts*

### Maple Pecan Praline Sauce:

1 1/4 cup light brown sugar  
1 cup pecans chopped  
1/2 cup salted butter  
1/2 cup heavy cream  
1/4 cup maple syrup  
2 teaspoon vanilla  
1/4 teaspoon kosher salt



### Instructions:

1. Preheat oven to 350 degrees.
2. In a medium bowl mix together the flour, salt, baking powder, and soda, nutmeg, ginger, and cinnamon and set aside. Use a stand mixer to cream the butter, sugars, and vanilla together. Follow with the eggs one at a time then the sweet potato. Starting and ending with the dry mix, alternate adding sour cream and flour to the wet batter.
3. Prepare a bundt or pound cake pan with butter or spray. Carefully scoop the batter in to the pan and bake for 55 to 60 minutes. A toothpick will come out clean when it's done. Cool well before attempting to remove from the pan.

### Maple Pecan Praline Sauce:

1. To a saucepan over low flame, add brown sugar, cream, butter, and maple syrup. Allow the butter to melt and the sauce to come to bubbling stirring consistently, about 10-15 minutes. The sugar should be fully melted and the smooth sauce should resemble a smooth caramel.
2. Turn off the flame and add the vanilla extract, pecans, and kosher salt. Allow the sauce to cool to near room temperature before serving. The sauce will thicken as it cools.

Calories: 390 | Total fat: 20g | Sodium: 290mg

# SPECIAL TREATS

## *White Chocolate Cranberry and Pistachio Cookies*

BY: HENRY OBERG - WISE COUNTY 4-H

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**Serves: 24 cookies**

### Ingredients:

1/2 cup unsalted butter, softened at room temperature

1/2 cup packed brown sugar

1/2 cup white sugar

1/4 teaspoon salt

1 egg

1 teaspoon quality pure vanilla extract

1 1/2 cups all-purpose flour

1/2 teaspoon baking soda

1 cup white chocolate chips

1/2 cup chopped shelled pistachio nuts

1 cup dried cranberries or dried cherries

Note: If using unsalted nuts add 1/4 teaspoon salt to the flour



### Instructions:

1. Preheat oven to 375 F. Grease a cookie sheet.
2. In a large mixing bowl, combine the butter and sugars. Using an electric mixer, cream the butter and sugars until fluffy and pale in color, 3-5 minutes. This step is important for ensuring soft, chewy cookies. Beat in the egg and vanilla extract.
3. In a separate bowl, combine the flour and baking soda. Using a wooden spoon, carefully stir the flour mixture into the butter mixture, just until combined. Stir in the white chocolate chips, dried cranberries and pistachio nuts.
4. Drop heaping spoon fulls of the batter onto the greased cookie sheet.
5. Bake the cookies for 8-10 minutes or until they just begin to turn golden around the edges. Allow the cookies to cool for 2 minutes on the cookie sheet before transferring them to a wire rack to cool completely.

Calories: 170 | Total fat: 8g | Saturated Fat: 4g | Sodium: 60mg

**I pledge my HEAD to clearer thinking,**  
**my HEART to greater loyalty,**  
**my HANDS to larger service,**  
**and my HEALTH to better living,**  
**for my club, my community,**  
**my country, and my world.**



TEXAS A&M  
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