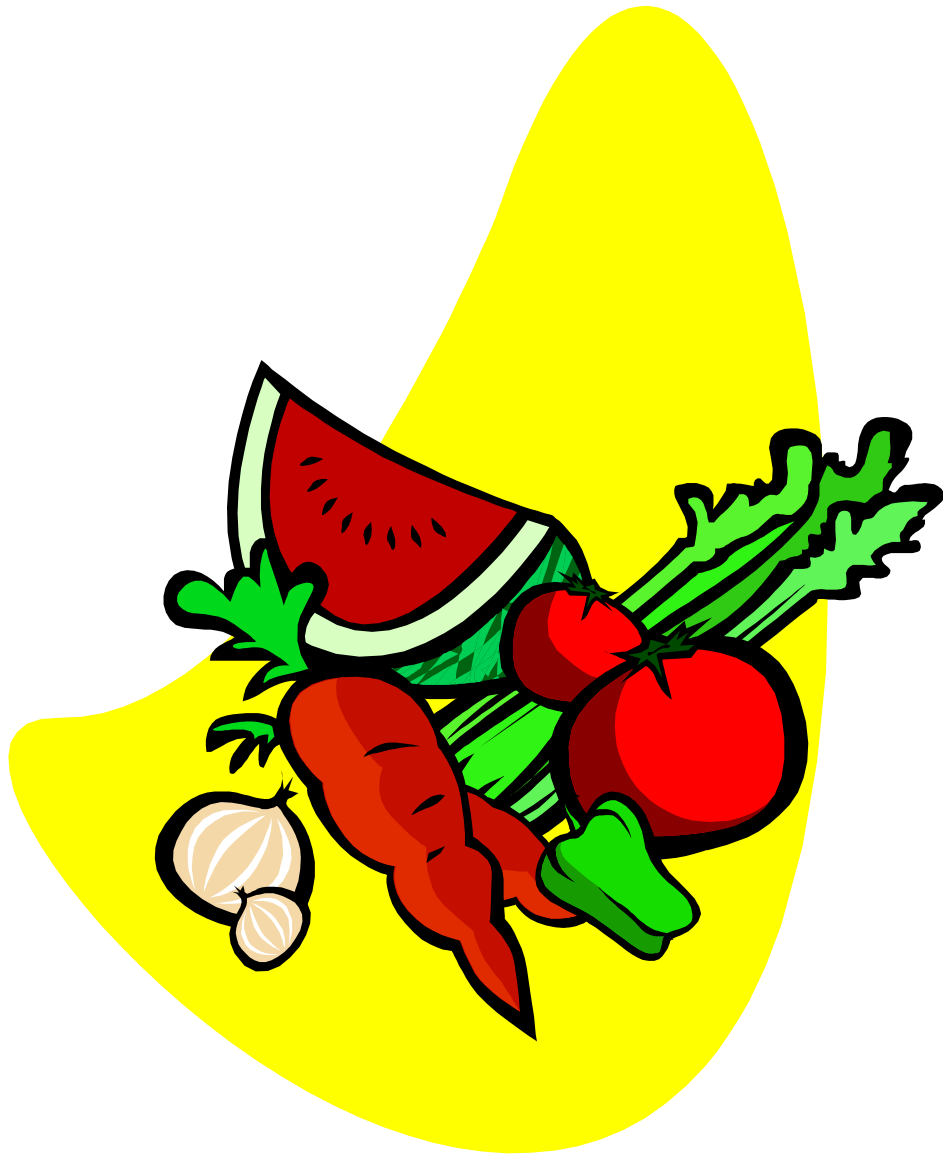


Be All You Can Be



Fruits and Vegetables

2010-2011 District 01 Food Show Winners

Fruits & Vegetables

Juniors

"Top Four"

Madelyn Sawyer—Hemphill County

Craig Odom—Randall County

Abigail Fly—Sherman County

Kyle Stroebel—Moore County

Intermediates

"Top Four"

Jenna Dixon—Dallam County

Cole Merrick—Ochiltree County

Victoria Green—Collingsworth County

Seniors

1st Place Mackenzie Odom—Randall County

2nd Place Anna Harris—Collingsworth County

3rd Place Rochelle Fangman—Oldham County

4th Place Robin Smith—Deaf Smith County

Baylee Ogletree
Junior
Fruit and Vegetable
Carson

Orange, Pineapple, Papaya Salad

Ingredients:

1 medium sized pineapple, cut into 1 inch pieces
4 oranges, segments cut out from membrane
1 large papaya, cut into pieces
2 tablespoons sliced almonds

Directions:

Cut fruit and mix together.
Sprinkle with sliced almonds.
Yield: 4 servings

Caroline Britten
Carson County
Intermediate
Fruits & Vegetable

Take-Along Tomato Soup

1/4 cup minced onions	3 tablespoons margarine melted
3 tablespoons all-purpose flour	1/2 teaspoon salt
1/4 teaspoon pepper	1 cup milk
4 cups tomato juice	1 small bay leaf
2 teaspoons chopped chives	

Sauté onion in butter in a large saucepan until tender. Add flour, salt, and pepper, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk and tomato juice; cook over medium heat, stirring constantly with wire whisk, until thickened. Add bay leaf; simmer 1 minute. Remove bay leaf. Stir in chives. Pour into an insulated container to transport.

Yield: 5 1/2 cups

Allie Ridley
Junior
Fruit & Vegetable
Collingsworth County

Grandma's Broccoli Winter Salad

2 heads Broccoli, chopped
1 large red onion, chopped
½ cup Golden Raisins
½ cup Dried Cranberries
1 Pound Bacon

Topping:

1 cup Mayonnaise
½ cup Sugar (or Splenda)
3 tablespoons Vinegar

Fry bacon until crisp and crumble. Mix broccoli, bacon and onion in large mixing bowl. In separate bowl, mix mayonnaise, sugar and vinegar. Pour topping over broccoli mixture. Mix well and serve. Store leftovers in the refrigerator.

Victoria Green
Intermediate
Fruits & Vegetable
Collingsworth County

Easy Vegetable Pizza

2 cans crescent rolls
2 packages (8 ounce each) cream cheese
1/3 cup milk
1 envelop ranch salad dressing mix
2 cups shredded cheddar cheese
1 large tomato, cut into bite sized pieces
10 small broccoli chunks
1 cucumber bite-size

Preheat oven to 375 degrees. Place unrolled dough in ungreased 15 ½ x 10 inch jellyroll pan and bake for 10-15 minutes, let cool slightly, roll out to fill pan. Mix cream cheese, milk, ranch, and cheddar cheese and spread on crescent rolls. Top crescent rolls with vegetables and serve.

Rhae Harris
Senior
Fruit & Vegetable
Collingsworth County

Fruit Salsa

1 cup chopped peeled pineapple	1 cup chopped peeled mango
1 cup chopped yellow or red bell pepper	2/3 cup chopped peeled kiwi fruit
½ cup finely chopped red onion	1 teaspoon fresh lime juice.
½ teaspoon minced Serrano chili (with seeds)	Ground white pepper
Salt	

Combine all ingredients in medium bowl. Season with white pepper and salt. Can be made 2 hours ahead. Makes about 4 cups.

Lacy Grace Petty
Junior
Fruits and Vegetables
Dallam County

Copper Pennies

Ingredients:

2 pounds carrots, sliced	1 stalk celery, chopped
1 green bell pepper, chopped	1 onion, chopped
1 (10.75 ounce) can of condensed tomato soup	1/3 cup vegetable oil
½ cup distilled white vinegar	2/3 cup white sugar

Directions:

Chop vegetables.

Keep carrots separate from the other vegetables.

Bring a pot of water to boil, add carrots and boil until the carrots are just tender, approximately 10 minutes. Drain well.

In a mixing bowl, combine the celery, green pepper, carrots and onion.

Combine tomato soup, oil, vinegar and sugar. Bring mixture to a boil. Stir well. Remove the mixture from the heat and let cool, 10-15 minutes. Pour the mixture over the vegetables, mix until all of the vegetables are coated. Marinate this salad overnight and then serve.

Broccoli-Raisin Salad

4 cups broccoli florets	1 cup chopped green pepper
1 cup sliced carrots	1 cup raisins
1 cup chopped walnuts	1 medium onion, chopped
1 cup mayonnaise	½ cup sugar
¼ cup white vinegar	

In a large bowl, combine the broccoli, green pepper, carrots, raisins, walnuts, and onion. Toss vegetables together. In a small bowl, combine the mayonnaise, sugar and vinegar until smooth. Pour over vegetable mixture and toss to coat. Cover and refrigerate for at least 1 hour or until serving.

Fruit Salad

1 pound strawberries, rinsed, hulled and sliced	8 peaches, peeled and sliced
½ pound seedless green grapes	½ pound seedless red grapes
3 bananas, peeled and sliced	½ cup granulated sugar, or less, to taste

DRESSING:

Juice of 1 lime	½ cup pineapple juice
1 teaspoon ground ginger	

PREPARATION:

Combine chopped and sliced fruits in a large serving bowl; toss gently. Sprinkle with sugar. Whisk together remaining ingredients in a small bowl or 1 cup measure. Pour dressing mixture over fruit and toss gently to combine. Cover and chill the fruit salad thoroughly before serving. This fruit salad recipe makes enough to serve about 10-12 people.

This fruit salad combines chopped peaches, strawberries, bananas, and green and red grapes, dressed with a simple fresh lime and pineapple juice dressing.

Fruit Pizza

INGREDIENTS:

CRUST:

- 1 cup butter, softened
- 1 ¼ cups white sugar
- 2 eggs
- 2 ½ cups all-purpose flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ½ teaspoon salt

FILLING:

- 8 ounces low-fat cream cheese
- ½ cup white sugar
- 2 teaspoons vanilla extract

FRUIT:

- 9 strawberries, sliced
- 3 kiwis, sliced
- 1 large banana, sliced
- 16 mandarin orange slices
- 39 blueberries
- 11 chunks pineapple
- 4 grapes, cut in half

DIRECTIONS:

CRUST:

Preheat oven to 350 degrees F. In a large bowl, cream butter and sugar until smooth. Mix in eggs. In a separate bowl combine the flour, cream of tartar, baking soda and salt; stir into the cream mixture until blended. Press dough onto an ungreased pizza pan, bake in oven for 10 to 12 minutes, or until lightly browned. Cool.

FILLING:

In a large bowl, beat cream cheese with sugar and vanilla extract until light. Spread on cooled crust.

FRUIT:

Arrange fruit on top of filling as desired, chill, serve. Yield 16 pizza slice servings.

Collin Monroe
Junior
Fruit and Vegetable
Donley County

Fruit Salad

4 apples, any variety
2 oranges
1 1/2 tsp. lemon juice

2 bananas
1/4 c. chopped walnuts

Cup up fruit into bite size pieces. Place all fruit in a bowl. Add lemon juice. Add chopped walnuts. Mix altogether. Yields 8 servings.

Caylor Monroe
Intermediate
Fruit and Vegetable
Donley County

Cold Cucumber Soup

3 large cucumbers, peeled and seeded
3/4 cup light sour cream
1 cup skim milk
1/4 teaspoon ground black pepper
1/2 green bell pepper, finely diced

3 green onions
3/4 cup plain yogurt
1/2 teaspoon salt
2 tablespoons dill weed or fresh dill

Blend the first seven ingredients in a blender until smooth. Add dill weed or fresh dill. Optional: Garnish with diced green pepper.

Ashlei Taylor
Senior
Fruit & Vegetable
Gray County

Applesauce Snap

3 to 4 pounds Apples

1 tsp cinnamon

Snap

3 cups apple sauce

6 Ounces Sweetened Dried Cranberries

1 Cup Sliced Almonds

Wash and peel apples. Slice apples to make 1 quart. Cook the apples with about 1 inch of water above apples in a pan until soft. Mash apples. Add cinnamon and stir.

In a small serving dish, layer the applesauce, then the cranberries, and top with almonds. Chill until serving time. Yield: 6 servings

Madelyn Sawyer
Junior
Fruit & Vegetable
Hemphill County

Broccoli Salad

3 stalks broccoli, cut into pieces

1 c. crasins

½ c. onion, finely chopped

6 slices bacon, cooked and crumbled

Dressing:

1 c. mayonnaise

2 T. sugar

2 ½ T. red wine vinegar

Wash and drain broccoli and onion. Cut broccoli into bite size pieces and chop onions. Add crasins. In separate bowl, whisk mayonnaise, red wine vinegar and sugar together. Pour over broccoli mix. Stir to cover broccoli. Cover and refrigerate overnight. Just before serving, crumble bacon into broccoli and serve.

Kyle Stroebel
Junior
Fruits & Vegetables
Moore County

Simple Baked Apples

3 large baking apples-cored and sliced

1½ tablespoons all-purpose flour

¼ teaspoon ground nutmeg

¼ cup chopped walnuts

¼ cup 2% milk

¼ cup white sugar

½ teaspoon ground cinnamon

½ cup raisins

½ teaspoon vanilla flavoring

Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish, or coat with non-stick cooking spray.

In a gallon size Ziploc bag, mix together sugar, flour, cinnamon and nutmeg. Wash, core and slice apples. Toss apples into spice mixture until evenly distributed. Add in raisins and walnuts. Shake bag to coat evenly. Spoon into prepared dish. Combine milk and vanilla, stir. Pour milk mixture evenly over apple mixture.

Bake in preheated oven for 45 to 60 minutes, or until soft and bubbly. Allow to cool slightly before serving.

Yield: 6 Servings (½ cup)

Haley Aylor
Junior
Fruit and Vegetable
Ochiltree County

Caramel Apple Salad

3 green washed, cored and chopped apples
3 red washed, cored, and chopped apples
6 chopped chocolate peanut candy bars
1 (8 ounce) carton of whipped topping

Mix apples and candy bars. Toss in a large bowl with whipped topping. Keep in refrigerator with a lid until ready to serve. Serves 8.

Cole Merrick
Intermediate
Fruit and Vegetable
Ochiltree County

Broccoli and Cheese Casserole

3 cups water
1 (10 ounce) package brown rice
1 (16 ounce) package frozen, chopped broccoli
1 (16 ounce) jar process cheese sauce
1 (10¾ ounce) can fat-free cream of mushroom soup

In a saucepan, bring water to a boil. Add rice, reduce heat, cover and simmer for 20 minutes. Preheat oven to 400 degrees F. While the rice is cooking, place frozen broccoli in large skillet. Heat stove to low-medium and defrost broccoli. When the broccoli is 90% defrosted, add processed cheese sauce and cream of mushroom soup to the broccoli and let melt. When rice has completed cooking, add broccoli-cheese mixture and rice to 9 x 13 inch baking dish and mix well. Place casserole in the preheated 400 degrees F oven for 10 minutes; or until heated through. Serves 5.

Rochelle Fangman
Senior
Fruits & Vegetables
Oldham County

Fruit Salad

1 cup chopped cantaloupe	1 cup chopped honeydew melon
1 cup chopped pineapple or 8-ounce can pineapple tidbits, drained	
1 cup chopped granny smith apples	1 cup chopped Fuji apples
1 cup bananas, sliced and halved	1 cup strawberries, quartered
1 cup red seedless grapes, halved	2 tablespoons lemon juice

Peel and chop cantaloupe, honeydew melon, and pineapple. Chop apples. Peel bananas and slice into pieces and half each slice. Put apples and bananas into a bowl, add lemon juice and stir to coat fruit. Cut strawberries into quarters. Cut grapes into halves. Put all fruit into a large bowl and mix fruit around. Cover fruit in an air tight container. Refrigerate for an hour and serve.

Serves 16.

Craig Odom
Junior
Fruits and Vegetables
Randall County

Fruit Salsa with Cinnamon Chips

1 cup finely chopped fresh strawberries
1 medium navel orange, peeled and finely chopped (can use mandarin oranges)
3 medium kiwifruit, peeled and finely chopped
1 can (8 ounces) unsweetened crushed pineapple, drained
1 tablespoon lemon juice
1 1/2 teaspoons sugar

Cinnamon Chips

10 flour tortillas (8 inch)	1/4 cup butter, melted
1/3 cup sugar	1 teaspoon ground cinnamon

In a small bowl, combine the first six ingredients.

Cover and refrigerate until serving.

For chips, brush tortillas with butter. Cut each into eight wedges. Combine sugar and cinnamon. Sprinkle over tortillas. Place on ungreased baking sheets. Bake at 350 for 5-10 minutes or just until crisp. Serve with fruit and salsa.

Cranberry Waldorf Salad

1 1/2 cups chopped cranberries
1 cup chopped red apple
1 cup chopped celery
1 cup seedless green grapes, halved
1/3 cup raisins
1/4 cup chopped walnuts
2 tablespoons white sugar
1/4 teaspoon ground cinnamon
1 (8 ounce) container lowfat vanilla yogurt

In a medium bowl, combine cranberries, apple, celery, grapes, raisins, walnuts, sugar, cinnamon and yogurt. (Chopping the cranberries in a food processor works great!) Toss to coat. Cover and chill for two hours. Stir just before serving.

Yield: 12 servings

Abby Ely
Junior
Fruits and Vegetables
Sherman County

Minestrone Salad

1 large or 2 medium tomatoes, chopped
1(15-ounce) can garbanzo beans, drained and rinsed
2 medium stalks celery, chopped
2 medium cucumbers
1 cup cooked whole wheat macaroni
¼ cup shredded Parmesan cheese
2 tablespoons prepared Italian dressing
Salt and black pepper to taste

Combine tomatoes, beans, celery, cucumbers and macaroni in salad bowl. Add cheese. Toss well. Add dressing: toss again. Season with salt and pepper.

Makes 5 servings

Note: If desired, serve cheese on the side.