

Be All You Can Be



Nutritious Snacks

2010-2011 District 01 Food Show Winners

Nutritious Snacks

Juniors

"Top Four"

Kiley Lane—Armstrong County

Laruen Kuehler—Carson County

Emma Waters—Hemphill County

Heidi Gruhlkey—Oldham County

Intermediates

"Top Four"

Clay Burkham—Randall County

Jaylee Floyd—Dallam County

Lacie Wilson—Schiltree County

MaRea Hall—Donley County

Seniors

1st Place Abigail Arroyos—Deaf Smith County

2nd Place Abigail Taylor—Gray County

3rd Place Cayde Christie—Potter County

4th Place Jaci Wagner—Oldham County

Chicken Scooners

1 6 ounce can chicken, drained and flaked
½ cup chopped apples
¼ cup mayonnaise
¼ teaspoon salt
4 lettuce leaves
2 English muffins split in half
6 tortilla chips

In a bowl, combine the chicken, apple, mayonnaise and salt; mix well. Place lettuce on muffin in halves; top with the tuna mixture. Place tortilla chips in chicken mixture to resemble sails.
Yield 2 to 4 servings.

Joseph Johnson
Senior
Nutritious Snacks
Armstrong County

Apple Nachos

30 large marshmallows
¼ cup low fat caramel apple dip
⅓ cup nut topping or chopped nuts
⅓ cup miniature semisweet chocolate chips and peanut butter chips mixed (optional)
⅓ cup butter, cubed
4 medium tart apples, cored and cut into ¼ inch slices

In a large saucepan, melt marshmallows and butter.

Arrange apple slices on a large platter. Place caramel dip into a quart size zipper bag. Snip off one corner with scissors and drizzle caramel dip over the apple slices.

Drizzle apple slices with melted marshmallow mixture. Sprinkle with nuts and ⅓ cup chocolate and peanut butter chips. Serve immediately.

Note: If Apple Nachos will not be consumed immediately, soak for 10 minutes in 2 tablespoons lemon juice and 1 cup of water before sprinkling with toppings. Other toppings, such as peanut butter chips, coconut and colorful sprinkles may be added to or omitted from this recipe for variation.

Lauren Kuehler
Carson County
Junior
Nutritious Snack

Homemade Parfait

Ingredients:

Low-fat vanilla yogurt
Mixed fruit (strawberries, bananas, and berries)
Honey
Chocolate chips (optional)

Directions:

Fill your glass about halfway with yogurt
Fill the rest of your glass with mixed fruit
Drizzle honey on top and use a tablespoon to mix everything together

Justin Gandy
Intermediate
Nutritious Snack
Carson

Salsa

Ingredients:

1 can (28 oz.) crushed tomatoes in puree
1 small onion, chopped
½ cup chopped fresh cilantro
3 cloves garlic, minced
1 tablespoon lime juice
1-2 Jalapeno peppers, minced
Salt to taste

Directions:

In a medium sized mixing bowl, combine tomatoes, onion, cilantro, garlic, lime juice, and salt to taste. Mix well.
Add ½ jalapenos. Tastes for desired heat if you are satisfied don't add any more jalapenos, if you desire more heat add the rest of the jalapenos.
Cover salsa, and chill until ready to serve.

Corn Avocado Salsa

Ingredients:

1 15.25 oz can of yellow corn, drained
1 15.25 oz. can of white corn, drained
3 medium avocados, chopped
2 medium tomatoes, chopped, seeds removed
1 lime, juiced
1/8 teaspoon salt
1/2 bunch cilantro
1 small jalapeno, seeds removed
1 medium onion
3 cloves garlic

Directions:

In a food processor chop together cilantro, jalapeno, onion and garlic. Mix all ingredients together and chill, preferably overnight. Serve with tortilla chips or crackers.

Yield: Approximately 100 1 tablespoon servings.

Banana & Strawberry Smoothie

2 Banana, chilled 6 strawberries, chilled, can use frozen
1 cup plain yogurt, chilled can use other flavors
1/2 cup 2% milk 1 teaspoon sugar

Put all ingredients in a blender and mix until smooth. Serve cold.

Beth Green
Senior
Nutritious Snack
Collingsworth County

Marinated Mozzarella Cubes

1 pound part-skim mozzarella cheese, cut into 1-inch cubes

1 jar (7 ounces) roasted red peppers, drained and cut into bite-size pieces

6 fresh thyme sprigs

2 garlic cloves, minced

1 1/4 cups olive oil

2 tablespoons minced fresh rosemary

2 teaspoons Italian seasoning

1/4 teaspoon crushed red pepper flakes

In a quart jar with a tight-fitting lid, layer a third of the cheese, peppers, thyme, and garlic. Repeat layers twice. In a small bowl, combine the oil, rosemary, Italian seasoning and pepper flakes, mix well. Pour into jar, seal and turn upside down. Refrigerate overnight, turning several times. Serve with bread or crackers.

Yield: 12-16 servings

Kristen Peterson
Junior
Nutritious Snack
Dallam County

Diabetic Chocolate Cake

2 cups Splenda – Mix in mixing bowl	
1 teaspoon vanilla	2 cups flour
3 Tablespoons cocoa	1 stick oleo
1 cup water	½ cup buttermilk
2 eggs	1 teaspoon baking soda
½ cup Crisco – bring to boil and add to flour mixture	

Beat thoroughly. Bake at 425 degrees 30 to 35 minutes in loaf pan or 45 to 50 minutes in bundt pan.

FROSTING:

Top with fat free Cool Whip and strawberries.

Humus

15 ounce can garbanzo beans, drained and rinsed	¼ cup lemon juice
2 cloves garlic, minced	3 mint leaves
½ teaspoon salt	½ cup fat free sour cream
½ cup Tahini paste	1-2 Tablespoons water

Place all ingredients in the food processor and blend until smooth.

Makes 12, ½ cup servings.

Serve with pita chips, carrot sticks, celery sticks or your favorite vegetable dippers.

Abbie Arroyos
Senior
Nutritious Snack
Deaf Smith County

Marinated Cheese

Ingredients

1 (0.7-ounce) envelope Italian dressing mix or low fat Italian dressing mix
1/2 cup vegetable oil or extra virgin olive oil
1/4 cup white vinegar
2 Tablespoons minced green onion
2 Tablespoons water
1 1/2 teaspoons sugar
1 (8-ounce) block Monterey Jack cheese or low fat Monterey Jack cheese, chilled
1 (8-ounce) block Cheddar cheese or low fat Cheddar cheese, chilled
1 (8-ounce) package cream cheese or low fat cream cheese, chilled
1 (4-ounce) jar chopped pimiento, drained
Assorted crackers

Preparation

1. Whisk together first 6 ingredients. Set aside. 2. Cut Monterey Jack cheese in half lengthwise. Cut each half crosswise into 1/4-inch-thick slices. Repeat with Cheddar cheese and cream cheese. 3. Arrange cheese in 4 rows in a shallow 2-qt. baking dish, alternating Monterey Jack cheese, Cheddar cheese, and cream cheese. Pour marinade over cheese. Cover and chill at least 1 hour. (Can marinate for a longer time for a bolder flavor) 4. Drain marinade; arrange cheese on a platter in rows. Top with pimiento, and serve with assorted crackers. Makes 25 appetizer servings, serving size about 4 slices.

Strawberry and Banana Smoothie

1 cup low-fat plain yogurt
3 cups frozen strawberries
2 bananas, coarsely chopped
 $\frac{3}{4}$ cup fat-free milk
 $\frac{1}{4}$ cup crushed ice
 $\frac{1}{4}$ cup honey

Process all ingredients in a blender until smooth. Pour in glass and enjoy.
Yields 4 servings.

Abigail Taylor
Senior
Nutritious Snack
Gray County

Creamy Spinach Dip

8 ounces cream cheese, cubed
 $\frac{1}{4}$ cup whipped cream
5 ounces frozen or fresh chopped spinach
2 Tablespoons diced pimento
1 teaspoon steak sauce
 $\frac{1}{4}$ teaspoon garlic salt
2 Tablespoons finely chopped onion
 $\frac{1}{4}$ teaspoon thyme
Raw Vegetables, Crackers, or Bread to Serve

Combine cream cheese and cream in 2 quart crock pot. Cover and heat 30 to 60 minutes, until cheese is melted. To the cheese mixture, add spinach, pimento, steak sauce, garlic salt, chopped onion and thyme; mix. Cover and heat for 30 minutes.

Serving suggestion: Serve warm with choice of raw vegetables, crackers, or bread pieces.

Yields 20 to 30 servings

Tequita Ellis
Junior
Nutritious Snack
Hartley County

Very Berry Smoothie

Prep Time: 10 minutes

Serves: 2-4

Ingredients:

$\frac{3}{4}$ cup blueberries

$\frac{3}{4}$ cup raspberries

$\frac{1}{2}$ teaspoon vanilla extract

1 $\frac{1}{4}$ cup vanilla yogurt

$\frac{1}{4}$ cup milk

Combine all ingredients in blender. Blend until smooth. Pour into serving glasses. Serve chilled.

Frozen fruit is super in smoothies!

Smoothies are in the milk, yogurt, and cheese group on the upper-mid section of the food pyramid. School age kids need 2-3 servings daily.

Yogurt is a good source of calcium. School age kids need 1300 mg of calcium each day.

Berries are a good source of antioxidants.

Emma Waters
Junior
Nutritious Snack
Hemphill County

Bango Smoothie

16 oz. vanilla yogurt (frozen)

1 mango

1 kiwi

1 banana

4 strawberries

Wash all fruit. Peel and slice mango, kiwi, and banana and place them into blender. Cut top off strawberries and then half them and place into blender. Add the yogurt, which has been frozen for nice icy texture. Then blend until well mixed. Pour, serve and enjoy.

Isaiah Tanner
Junior
Nutritious Snack
Ochiltree County

Yum Yum Yogurt Parfait

1 cup vanilla yogurt
½ cup frozen blueberries
¼ cup granola

Put yogurt in the bottom of a glass. Put in layers of blueberries, yogurt, blueberries, then yogurt. Top with granola.

Lacie Wilson
Intermediate
Nutritious Snack
Ochiltree County

Guacamole

3 avocados, halved, seeded and peeled	1 lime, juiced
1 teaspoon salt	½ teaspoon cayenne
1 (10 ounce) can diced tomatoes	2 cloves garlic, minced
½ medium onion, diced	

Blend garlic, onion, tomatoes, cayenne, salt and lime juice until well blended. In a separate bowl, mash avocados. Then, stir avocados into tomato mixture, garnish and serve.

Heidi Gruhlkey
Junior
Nutritious Snack
Oldham County

Fruit Milkshake

1 1/3 cups cold fruit juice (apricot, raspberry, pear, etc.)
2 1/3 cups milk 1 tsp. cinnamon

Pour fruit juice into 4-cup measuring cup up to 1 1/3 cup line. Pour into fruit jar. Pour milk into the same 4-cup measuring cup up to the 2 1/3 cup line. Add to juice. Dip 1 tsp. measuring spoon into cinnamon. Sprinkle cinnamon over juice and milk mixture. Fasten lid so that it stays tight. Shake jar about 5 times. Pour into a tall glass and enjoy.

Jaci Wagner
Senior
Nutritious Snacks
Oldham

Orange Julius Slush

1/3 cup orange juice concentrate
1/2 cup water
1/3 cup milk
6 ice cubes
1/2 package of artificial sweetener

Combine all ingredients into a blender. Blend until smooth. Pour into a glass and serve. Makes 1 serving.

Teagan Johnson
Junior
Nutritious Snacks
Randall County

Fluffy Peanut Butter Dip

1/3 cup creamy peanut butter
1 container (6-8 oz) vanilla yogurt
1/2 cup thawed, frozen whipped topping

Apple wedges, strawberries, carrot sticks, pretzels, graham crackers.

Put the peanut butter and yogurt in the medium sized bowl and whisk until smooth.
Add the whipped topping to the peanut butter mixture and mix well.
Serve with your choice of dippers. Enjoy!

Makes 12 servings.

Keep in refrigerator in an airtight container until ready to serve.

California Roll Sushi

1 cup sushi rice
¼ cup rice vinegar
2-3 Nori sheets
¾ cup imitation crab sticks
1 large avocado
1/2 cucumber

Wash rice until water is not cloudy (3-4 times). Lay out rice for approximately 30 minutes to allow it to dry. Boil 1 cup of water and pour rice in, cover and turn to low. Do not lift lid off while cooking. Cooking time approximately 5 minutes. Place rice in wood bowl, add rice vinegar and stir; using a wood paddle cut through the rice while fanning it to cool at room temperature.

Take one Nori sheet and a palm full of rice and place in the center. Wet hands and spread rice to cover sheet except at the top of the Nori sheet. Line up the crab sticks; next to it line up a cucumber stick and then a slice of avocado.

Make sure all ingredients are equal in size and position, and roll. Serve with wasabi sauce or soy sauce.

Santorini Sunrise Sticks

Marinade:

½ cup balsamic vinegar
1 tablespoon olive oil
Juice from 1 squeezed lemon
1 teaspoon Chopped thyme (fresh)
1 teaspoon chopped basil (fresh)

Skewers:

8 mini skewers
1 small jar grape leaves in brine (8 oz dry weight)
8 red cherry or grape tomatoes
40 fresh spinach leaves, rinsed and dried
8 yellow sunburst tomatoes
1 orange bell pepper, cut into 8 pieces
1 8ounce container of bocconcini (small mozzarella balls)
8 large cold-boiled shrimp, peeled and deveined
2 lemons, cut into wedges
Dash sea salt
Course ground black pepper to taste

Place balsamic vinegar, olive oil, lemon, thyme and basil in a small food processor. Slightly, puree. Use grape leaves to garnish serving plate. Layer tomatoes, spinach leaves, bell pepper, bocconcini, shrimp and lemon on skewers. Lay on grape leaves in a shallow glass serving dish. Drizzle with marinade. Refrigerate for 1 hour or more so flavors can blend. Remove from refrigerator and sprinkle with sea salt and course ground pepper. Just prior to eating remove lemon wedge and squeeze lemon juice over appetizer. Makes 8 appetizers or can be served as a salad. The grape leaves can also be eaten.



Improving Lives. Improving Texas.



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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.