

### CORN AVOCADO SALSA

Ingredients:

1 can yellow corn, drained  
1 can white corn, drained  
3 medium avocados, chopped  
2 medium tomatoes, chopped and seeded  
Juice of 1 lime  
Pinch of salt & sugar, optional  
1/2 bunch cilantro  
1 small jalapeno, seeded  
1 medium onion  
3 cloves garlic

Directions:

1. Chop these ingredients in food processor: cilantro, jalapeno, onion and garlic.
2. Mix all ingredients together and chill, overnight preferable.
3. Serve with tortilla chips or crackers.

Rhae Harris  
Senior  
Fruit & Vegetable  
Collingsworth County

### ROASTED SWEET POTATO SALAD

4 cups cubed peeled sweet potatoes  
1 tablespoon olive oil  
1/2 cup chopped walnuts, toasted  
1/3 cup dried cherries, chopped  
1/4 cup minced fresh parsley  
2 tablespoons mayonnaise  
4-1/2 teaspoons white vinegar  
1 tablespoon honey  
1/2 teaspoon grated lime peel  
1/4 teaspoon salt

Place potatoes in a 15 in. x 10 in. baking pan coated with cooking spray. Drizzle with oil; toss to coat. Bake at 400 degrees for 30-45 minutes or until tender. Then let cool.

In a large bowl, combine the walnuts, cherries, parsley and potatoes. In a small bowl, combine the mayonnaise, vinegar, honey, lime peel and salt. Pour over potato mixture and toss to coat. Serve warm or cold.

To make ahead: Roast the sweet potatoes the day before. Cover and refrigerate overnight. To serve warm, reheat in the microwave.

Codi Parker  
Senior  
Fruit and Vegetable  
Donley County

### CHUNKY TOMATO AND AVOCADO SALAD

1 avocado, pitted, peeled and cubed  
1 ½ cups of cherry tomatoes  
¼ cup of red onion, chopped  
1 T of fresh cilantro, chopped  
2 to 3 tablespoons of lemon juice

Gently stir all ingredients; cover and refrigerate overnight. Serves 4

Efren Munoz  
Senior  
Fruit & Vegetable  
Hutchinson

### TOMATO SALAD

Red and yellow tomatoes, cucumber and mozzarella need only a sprinkling of fresh herbs, salt and pepper and (E.V.O.O.) to shine in this simple tomato salad.

#### Ingredients

3 Red Cherry Tomato  
3 Yellow Cherry Tomato  
3 Thin slices of Cucumber  
¼ cup grated mozzarella  
1/8 cup of fresh herbs (cilantro, chive, or basil)  
1 Tablespoon Extra Virgin Olive Oil  
Salt & Pepper to taste  
5-8 Baby spinach leaves

#### Directions:

Slice red and yellow tomatoes in half on a cutting board, move to one side.  
Slice cucumber and move them to the side.  
Finely chop your herbs.  
Toss together on cutting board  
Place the spinach leaves on a plate.  
Lightly spoon salad onto spinach leaves.  
Sprinkle mozzarella on top  
Drizzle with EVOO  
Salt & Pepper to taste

"SKINNY" GREEN BEAN BUNDLES

12 ounce package frozen microwaveable whole green beans  
5 strips reduced sodium turkey bacon  
2 tablespoons light butter  
1 tablespoon brown sugar  
¼ teaspoon garlic powder  
¼ teaspoon salt  
¼ teaspoon pepper  
10 toothpicks

Preheat oven to 375 degrees. Cook green beans in their package in microwave for 5 minutes. Open package and place green beans in ice bath. Cut bacon strips in half and wrap ½ slice of bacon around a bundle of 10 green beans. Secure bundle with toothpick and place on baking sheet. Repeat with remaining turkey bacon and green beans. Melt butter in microwave. Add brown sugar, garlic powder, salt, and pepper to melted butter and mix well. Brush green bean bundles with butter mixture then bake for 15 minutes.

Yield: 5 servings of 2 bundles.

Mary Ann Spurlock  
Senior  
Main Dish  
Sherman

SWEET POTATO SOUP

Make mashed sweet potatoes by combining the following:

5 large sweet potatoes, boiled until just cooked through, peeled then mashed  
3 tablespoons unsalted butter  
1 cup 1% milk  
½ cup heavy cream  
1 tablespoon chipotle chile puree  
2 tablespoons pure maple syrup  
1 teaspoon ground cinnamon  
Salt and pepper to taste

Then for soup:

Mashed sweet potatoes

1½ to 2 cups low sodium chicken broth (depending on thickness of soup)

½ teaspoon ground ginger

½ teaspoon grated nutmeg

½ cup crème fraiche

2 teaspoons chipotle chili puree

Salt and pepper to taste

In a medium saucepan, whisk together potatoes, 1½ cups broth, ginger, allspice and nutmeg. Bring to a simmer, reduce heat to low and cook for 10 minutes. Whisk in ¼ cup crème fraiche and more broth if needed. Cook for 5 more minutes.

Whisk together ¼ cup crème fraiche and chipotle puree. Season with salt and pepper. Ladle the soup into bowls, top with crème fraiche mixture and blue corn tortillas.