

Abbie Brainard
Senior
Main Dish
Carson County

CHEESY CHICKEN MACARONI BAKE

Ingredients:

1 can cream of mushroom soup
1 cup milk
1 tsp. salt
1/4 tsp. pepper
2 cups cooked and cubed chicken
1 8 oz. package elbow macaroni, cooked, drained
2 cups shredded Cheddar cheese
1 2 1/2 oz. can sliced mushrooms, drained
2 small tomatoes, cut into wedges

Directions:

1. Blend.....first 4 ingredients in bowl
2. Layer.....Half the macaroni, chicken, soup, cheese and mushrooms in greased 2 Quart casserole.
3. Repeat layers with remaining ingredients except mushrooms
4. Bake.....at 350 degrees for 30 minutes
5. Arrange...tomato wedges around edge of casserole and place remaining mushrooms in center
6. Bake for 5 minutes longer

Yields....8 servings

Emily Marnell
Senior
Main Dish
Deaf Smith County

BARBECUE BEEF CUPS

¾ pound lean ground beef
½ cup barbeque sauce
1 tablespoon dried minced onion
1 (12 ounce) package refrigerated biscuit dough
1/3 cup shredded Cheddar cheese

Preheat oven to 350 degrees F (175 degrees C). Grease the cups of a muffin pan.

In a large heavy skillet over medium heat, cook beef until evenly brown. Drain excess fat. Stir in barbeque sauce and dried onion. Simmer for a few minutes over low heat. Flatten each biscuit and press into cups of the prepared muffin pan. Make sure the dough comes to the top of the pan. Spoon a portion of the meat mixture into each dough cup. Bake in preheated oven for 12 minutes. Sprinkle with cheese, and bake for 3 more minutes. Servings: 6

HAWAIIAN CHICKEN

6 chicken breast, skinned
1 Tablespoon corn starch
1 Tablespoon cold water
1/2 cup sugar
1/2 cup soy sauce
1/4 cup vinegar
1/4 teaspoon garlic powder
1/2 teaspoon ginger
1/2 teaspoon pepper
2 cups whole grain rice
1 3/4 cups water
1/2 cup can mixed vegetables
1 10-ounce can pineapple slices

Spray a 9" x13" pan with cooking spray, place chicken in pan and put into a preheated 425 degree oven. Bake for 30 minutes. While chicken starts to cook prepare sauce.

Sauce: In a small sauce pan, mix corn starch and water. Then add sugar, soy sauce, vinegar, garlic powder, ginger, and pepper. Cook over medium heat stirring until thick.

Turn chicken and brush with sauce every 10 minutes for 30 minutes.

Rice: Prepare rice as directed on box. Warm vegetables in a pan or in a microwave oven. If using instant rice: In medium sauce pan, bring water to a boil. Stir in rice. Return to a boil, reduce heat, cover and simmer for 5 minutes. Remove from heat and stir. Cover; let stand 5 minutes or until all water is absorbed. Fluff with fork and stir in vegetables.

Add pineapples the last 10 minutes of baking.

Yields: 6 servings

TOMATOES STUFFED WITH CHICKEN SALAD

Ingredients:

6 large tomatoes	1 tablespoon chopped fresh Italian flat leaf parsley
2 cups chicken, cooked and cubed	1 tablespoon Dijon mustard
1/2 cup minced red bell pepper	1 tablespoon mayonnaise
1/2 cup corn, drained	1 teaspoon ground black pepper
1½ tablespoon minced red onion	1/2 teaspoon salt
1/4 cup plus 2 tablespoons olive oil	leaf lettuce or spinach leaves
1/4 cup fresh lemon juice	

Directions:

Cut ½ inch off top of each tomato. Scoop out pulp from tomatoes. Turn tomatoes upside down on paper towels to drain.

In a medium bowl, combine chicken, bell pepper, corn and onion.

In a small bowl, whisk together olive oil and next six ingredients. Pour over chicken, tossing gently to coat.

Line tomatoes with leaf lettuce or spinach leaves. Spoon chicken salad evenly in the tomatoes. Refrigerate or serve immediately.

Yield: 6 servings.