



Seniors
Protein
Fruit and/or Vegetable
Grains
Dairy
Crafty Foods

Zuppa Toscana

Makes: 6-8 Servings

INGREDIENTS

- 1 lb ground turkey sausage
- 3 tsp Italian seasoning
- 1 tsp crushed red peppers
- 1 large diced white onion
- 4 Tbsp bacon pieces
- 2 tsp garlic puree
- 10 cups water
- 8 cubes of chicken bouillon
- 1 cup half and half
- 1 lb sliced Russet potatoes, or about 3 large potatoes

1. Mix water and chicken bouillon in large pot. Bring to a boil.
2. Add potatoes and let simmer while you prepare the rest.
3. Sauté ground turkey, Italian seasoning and crushed red pepper in large skillet. Drain excess fat. Set aside in a separate bowl.
4. In the same skillet, sauté bacon, onions and garlic over low-medium heat for approximately 15 minutes. Or until the onions are soft.
5. Add the bacon & onions to the sliced potatoes.
6. Add the heavy cream and just cook until thoroughly heated.
7. Stir in the sausage and let all heat through and serve. Delicious!

Rochelle Fangman
Senior
Protein
Oldham

Chicken Salad

- ¼ tsp. seasoning salt
- 1/8 tsp. black pepper
- 2 4 oz. chicken breasts
- 1 medium egg
- 4 cups salad blend
- 1 cup spinach blend
- 2 T slivered almonds
- 1 T sunflower seeds
- 1 T cashews
- 4 T Zesty Italian Dressing

Season the chicken with salt and pepper. Grill chicken and boil egg. Let egg cool and then peel and slice egg. Slice chicken. In a medium bowl, toss chicken, salad blend, spinach leaves, and dressing. Garnish with egg slices, almonds, sunflower seeds, and cashews. Serve.

Serves 5

Jo's Sweet Fiesta Chicken

1lb boneless skinless chicken breasts, cut into bite sized cubes
1 packet chicken taco seasoning
1-2 tablespoons olive oil
1 jar (11 ounces) chunky salsa
½ cup apricot preserves
Hot cooked whole wheat rice

Directions:

Place the chicken in a large ziplock bag; add taco seasoning and toss to coat. In a skillet, brown chicken in oil. Combine salsa and preserves; stir into skillet. Bring to a boil. Reduce heat; cover and simmer for 2-3 minutes or until meat juices run clear. Serve over rice.

Ashley Byers
Senior
Fruits/Vegetables
Carson

GAZPACHO REFRESCANTE OLÉ!

Ingredients:

1 1/2 -2 pounds quartered and seeded red ripe tomatoes
4 1/2 cups tomato juice
1-2 peeled garlic clove
1 medium peeled cucumber, divided
1 medium red onion, divided
1/2 cup cilantro leaves
1/4 teaspoon ground cumin
1/2 teaspoon sea salt
1/4 cup apple cider vinegar
2 tablespoons lime juice
2 teaspoons sugar
1 teaspoon Worcestershire sauce
1/4 extra-virgin olive oil
1 medium finely chopped green pepper
1 medium finely chopped sweet red OR orange bell pepper
1 medium finely chopped sweet yellow pepper
2 medium ripe avocados, peeled and cubed

Garnishes:

Finely chop and place in small individual dishes:

remaining peeled cucumber
remaining onion
green pepper
red OR orange bell pepper
yellow bell pepper
Cube avocados
Sour Cream

Optional extra ingredients (2-3 teaspoons basil, marjarom, tarragon, chili powder)

Directions:

In a food processor or blender, combine the first 6 ingredients (tomatoes, tomato juice, garlic, cucumber, red onion, and cilantro) and pulse 2-3 times. Add the next 6 ingredients (cumin, sea salt, vinegar, lime juice, sugar, and Worcestershire sauce) and pulse until rough porridge or smooth (blender). Add olive oil pulse until oil is blended. Taste and adjust seasonings. Transfer the soup to a storage container and refrigerate until chilled (at least one hour). Ladle into individual bowls. Pass around garnishes to allow guests to serve themselves.

Jaci Wagner
Senior
Fruits/Vegetables
Oldham

Oriental Cabbage Salad

- 1 package of prepared coleslaw or ½ head of chopped cabbage
- 2 packages of chicken flavored Ramen Noodles
- 1 bundle of green onions, chopped
- 1 cup of sunflower seeds
- 1 cup of cashew nuts
- Dressing: Mix together.
- ½ cup of sugar
- ½ cup of vinegar
- 2 packages of flavoring

Place chopped cabbage in a bowl; remove flavoring packets from the Ramen Noodles and set aside. Break up noodles; add noodles and remaining ingredients to cabbage and mix. Mix dressing and pour over salad and serve.

Laura Corder
Senior
Fruits/Vegetables
Potter

Calico Salad

- 2 heads broccoli
- ½ head cauliflower
- ½ red bell pepper
- ½ yellow or orange bell pepper
- 3-4 green onions
- 1 cup low calorie mayonnaise
- 2 tablespoons vinegar
- ½ cup sugar
- 2 cup bag shredded cheddar cheese
- ¼ c sunflower seeds
- 7 tablespoons Hormel bacon pieces

Directions

Wash all vegetables and drain. Cut up vegetables into bite size pieces and place in large bowl. In a small bowl blend mayonnaise, vinegar and sugar. Add the mayonnaise mixture in with vegetables and stir. Just before serving mix in cheese, sunflower seeds, and bacon pieces. Serving size is 1 cup. Serves 10-12

Broccoli and Red Cabbage Slaw

Ingredients: Two 12-ounce packages broccoli slaw mix

2 cups dried cranberries

1 cup salted sunflower seeds

1 head red cabbage, thinly sliced

1/3 cup red wine vinegar

2 tablespoons vegetable oil

2 tablespoons firmly packed brown sugar

1/2 teaspoon salt

Directions: In a large bowl, combine the broccoli slaw mix, dried cranberries, sunflower seeds and cabbage. In a small bowl, whisk together the vinegar, oil, brown sugar and salt. Add to the broccoli slaw mixture, tossing gently to coat. Cover and refrigerate up to 2 hours before serving.

Yield: 16 servings

Mary Ann Spurlock
Senior
Fruits/Vegetables
Sherman

Sun-Dried Tomato Fondue

2 Tablespoons extra-virgin olive oil

1 medium onion, chopped

½ cup sun-dried tomatoes, finely chopped

1 garlic clove, minced

½ teaspoon dried basil

½ teaspoon dried oregano

¼ teaspoon crushed hot red pepper flakes

1 cup chicken broth

8 ounces mozzarella cheese, shredded

4 ounces sharp Provolone cheese, shredded

2 ounces Parmigiano-Regiano cheese grated

1 Tablespoon cornstarch

Vegetables, bread or peperoni for dipping

In a medium saucepan heat the olive oil. Add the onion and cook 4 minutes. Add the tomatoes, garlic, basil, oregano and hot pepper flakes. Stir 1 minute. Add the broth and bring to simmer.

In a medium bowl, toss the cheeses with the cornstarch.

Stir in the cheeses, a handful at a time, into the saucepan, stirring until each addition is melted before adding another. Let come to simmer, but do not boil. Transfer to fondue pot and keep warm with fondue burner. Serve immediately with dipping ingredients of your choice.

Greek Styled Pasta

Ingredients:

1 lb. pasta (penne)
1lb. slender asparagus spears, cut into 1-1/2 inch pieces
¼ cup olive oil
1 Tblsp of grated lemon peel
2 Tblsp chopped fresh tarragon (plus more for garnish)
1 4-5 oz log of soft fresh goat cheese
Fresh Lemon juice to taste
Salt and Pepper to taste

Directions:

Cook the pasta in a large pot of well-salted water until it is almost tender, about 3 minutes shy of what the package suggests. Add the asparagus and cook until firm-tender, another 2 to 3 minutes. Drain both pasta and asparagus together, reserve 1 cup of pasta water.

Meanwhile combine olive oil, lemon peel, tarragon and goat cheese in large bowl, break up the goat cheese as you put it in. Add hot pasta and asparagus to bowl, along with a couple splashes of the pasta water. Toss smoothly until combined, adding more pasta water if needed. Season generously with salt, pepper, and lemon juice if you feel it needs a little extra kick.

Samantha Sanderson
Senior
Grains
Collingsworth

Whole Wheat Pizza

Crust

1 1/2 cups whole-wheat flour
1/2 cup white flour
1 teaspoon garlic salt
2 teaspoons baking powder
3/4 cup water
1/4 cup olive oil

Preheat oven to 400 degrees. Combine all ingredients together in a bowl and knead by hand in bowl for about 2 minutes. Place onto baking sheet and press out into desired shape (thinner crust works better for this recipe). Bake for 5-10 minutes (depending on thickness). Take it out, add sauce and toppings, then bake for another 8-10 minutes, or until toppings are cooked and edges of crust are lightly browned.

Alfredo Sauce

1/2 cup butter
1-8 ounce package cream cheese
1 cup half and half
1/3 cup grated Parmesan cheese
1 tablespoon garlic powder (optional)
pepper to taste

In a medium saucepan, melt butter. Once butter almost melted, add the package of cream cheese. It's easiest to cut it into 4 pieces so that it melts quicker.

Once butter and cream cheese are mixed well together, add the cup of half and half, Parmesan cheese, garlic powder and then shake pepper on top. Stir all together until well mixed. Once it's mixed well and sauce-like, take it off the burner and set aside to thicken.

Toppings

1 cup fresh Spinach, Chopped
1 cup Parmesan cheese, grated
1 clove Garlic, minced
1 8 ounce package of cooked chicken pieces

Shelby O'Keefe
Senior
Grains
Donley

Spiced Pumpkin Cupcakes

Ingredients:

1 yellow cake mix
1 box vanilla pudding
1 C canned pumpkin
½ C each oil and water
3 eggs
1 ½ tsp ground cinnamon
1 tsp each ground cloves and vanilla

Frosting:

1 8 oz. package cream cheese
¼ C butter
1 tsp vanilla
¼ tsp ground cloves
1 box powdered sugar
Grated carrots and raisins

Beat all ingredients for 2 minutes and spoon into 24 muffin cups. Bake in a preheated 350 degree oven for 20 minutes. Mix frosting ingredients and spread over cooled cupcakes. Top with grated carrots and sprinkle with raisins.

CELEBRATION RICE

1 cup long-grain white rice
1 1/2 tablespoons olive oil
2 cups lower sodium chicken broth
Grated rind and juice of 1 medium lime
1/2 cup frozen corn, prepared as directed and drained
1/2 cup chopped bell pepper (red, yellow, orange, and/or green)
1/2 cup chopped cilantro
1/8 cup chopped red or green onion, optional
1 seeded and finely chopped jalapeno, optional

Directions:

Heat oil in a saucepan over medium heat. Add rice, stirring to coat. Add broth, increase heat and bring to a boil. Stir once. Reduce heat to medium-low. Cover and cook 20 minutes. Remove from heat and let stand 10 minutes. Fluff rice with a fork and stir in lime rind and lime juice. Gently fold in corn, pepper, and cilantro. Add onion and jalapeno, if desired. Serve as a side dish with beef, fish, chicken, or pork. Serves 4.

Abbie Brainard
Senior
Dairy
Carson

Greek Goddess Grilled Cheese

Ingredients:

2 slices of whole wheat bread
2-3 Tblsp Greek Goddess Pesto (recipe across)
2 slices mozzarella cheese
Handful of baby spinach
1/4 avocado, sliced
2 Tbls crumbled goat cheese
Olive oil

Greek Goddess Herb Pesto

1 clove garlic
1 anchovy fillet (in oil)
1/2 small shallot, chopped
1 tsp lemon juice
Handful fresh chopped Italian parsley
2/3 Tbls chopped fresh tarragon
1 Tbls chopped chives
1/4 cup olive oil
Salt and pepper to taste

Directions:

Pulse garlic, anchovy, and shallot in food processor until chopped. With the food processor running, add lemon juice, parsley, kale tarragon and chives. (it won't process very well yet, don't worry!)

Very slowly drizzle in olive oil until kale and herbs get sufficiently chopped and everything is the consistency of a pesto. You may need more or less of the olive oil depending on how big a "handful" of herbs is to you. You can also turn off the food processor and push the herbs down the side of the bowl with a spatula every once in a while.

Season to taste with salt and pepper

Spread about 1 Tbsp of Greek Goddess Her Pesto onto each slice of bread.

One slice of bread, add 1 slice of cheese, sliced avocado, crumbled goat cheese, spinach, second slice of cheese, then top it off with your second slice of bread. Press together gently. Heat 1 Tbsp of olive oil in a frying pan over medium low heat. (if you want to use butter, add it to the oil and let melt) Add the sandwich to the oil and cook until bread is golden brown, press down on the sandwich lightly, then flip the sandwich over and cook until second side is golden brown.

Hannah Allemand
Senior
Dairy
Oldham

Holiday Banana and Yogurt Crepes

1¾ cups low-fat milk

¾ cup flour

1 egg

1 egg white

2 tablespoons maple syrup, divided

8 oz. container low-fat vanilla yogurt

1 diced banana

½ teaspoon vanilla extract

¼ teaspoon cinnamon, plus more for garnish

¼ teaspoon nutmeg, plus more for garnish

Whisk together milk, flour, egg, egg whites, 1 tablespoon of maple syrup and ¼ teaspoon each of cinnamon and nutmeg in a medium bowl. Allow batter to rest 5 minutes at room temperature. Heat a 10-inch non-stick skillet over medium heat. Pour ¼ cup batter into skillet; quickly swirl batter to coat bottom of skillet. When crepe is lightly browned at edges, use a thin spatula to loosen and turn over. Cook turned crepe about 20 seconds or until lightly browned; slide onto plate to cool. Continue making crepes with remaining batter. To prevent sticking, place a piece of wax paper between each crepe.

Puree yogurt, vanilla, and remaining maple syrup in a blender or food processor until smooth. Add diced banana. Spread each crepe with about 2 ½ tablespoons of the yogurt mixture. Roll crepes into cylinders. Place 2 crepes on each serving plate and garnish with a dollop of light whipped cream and a sprinkle of cinnamon and nutmeg. Serves 4

Dressing:

2 Tablespoons of red wine vinegar
2 Tablespoons of white wine vinegar
2 lemon juice
2 Teaspoons poppy seed
1 Tablespoon olive oil
½ cup sugar

Salad:

1 medium cucumber
2 ½ cups sliced strawberries
1 small red onion
5 cups baby leaf spinach
½ cup sliced almonds

Mix ingredients for dressing first. Place in refrigerator for 1 hour to chill. Mix salad ingredients together and drizzle with dressing as desired.