Greek Couscous Salad

Ingredients:
1 cup cooked couscous
½ cup canned chickpeas, drained
½ cup diced cucumber
½ cup cherry or grape tomatoes, halved (approx. 10 grape tomatoes)
¼ cup crumbled feta cheese
1 tablespoon chopped black or kalamata olives
2 tablespoons light vinaigrette

Directions:
Combine all salad ingredients in a medium bowl and drizzle with dressing.

Nutty Wild Rice Salad

Ingredients:
2 1/2 cups chicken stock
1 cup wild rice
3 tablespoons lemon juice
2 teaspoons grape seed or olive oil
2 teaspoons honey
2 kiwis, peeled and diced
1 cup seedless red grapes, halved
1 1/2 tablespoons toasted, chopped pecans
Salt and pepper to taste

Directions:
1. Place broth in a medium saucepan, and bring to a boil. Add rice, reduce heat to low, and simmer, covered, for 45 minutes, or until tender. Drain excess liquid, cover and let cool.
2. Whisk together lemon juice, oil, and honey in a small bowl until honey is dissolved. Season with salt and pepper.
3. Place cooled rice in a salad bowl, along with kiwi, red grapes and pecans. Add dressing, and gently toss.
Yield: 4 servings
Mexican Bean and Rice Salad

Ingredients:
2 cups cooked brown rice
1 can (15 ounces) kidney beans rinsed and drained
1 can (15 ounces) black beans rinsed and drained
1 can (15.25 ounces) whole kernel corn drained
1 small diced onion
1 diced green bell pepper
2 seeded and diced jalapeno peppers
1 zested and juiced lime
1/4 cup chopped cilantro leaves
1/4 cup chopped green bell pepper
1/4 cup chopped jalapeno peppers
1/4 cup chopped lime
1/2 cup chopped cilantro
1/2 cup chopped green bell pepper
1/2 cup chopped jalapeno peppers
Salt to taste

Directions:
In a large bowl combine brown rice, kidney beans, black beans, corn, onion, green bell pepper, lime, cilantro, garlic, cumin and salt. Refrigerate salad for 1 hour, toss again and serve.

Southwest Confetti Quinoa

Ingredients:
1 cup quinoa
1 1/2 cups low sodium, chicken broth
1/4 cup freshly squeezed lime juice
1/4 cup olive oil
1/8 teaspoon salt
1 teaspoon cumin
1/2 teaspoon chili powder
1/8 teaspoon garlic powder
1 Tablespoon chopped, fresh cilantro
8-10 cherry tomatoes, quartered
1/2 cup frozen corn kernels, thawed
1/2 cups canned black beans, rinsed and drained
2 green onions, chopped

Directions:
Wash produce and let dry. Bring 1 1/2 cups chicken broth to a boil. Add 1 cup quinoa to boiling broth. Reduce heat, stir and cover with a lid and let simmer 15 minutes. Remove from heat, fluff with fork, transfer to a serving bowl and let cool. While the quinoa is cooking, prepare dressing. Whisk together 1/4 cup of freshly squeezed lime juice, 1/4 cup of olive oil, 1/8 teaspoon of salt, 1 teaspoon of cumin, 1/2 teaspoon of chili powder, and 1/8 teaspoon of garlic powder. Set aside. Chop 1 Tablespoon of fresh cilantro, 8-10 cherry
tomatoes and 2 green onions. Set aside. Pour dressing over the cooled quinoa and toss. Add to the quinoa mixture: 1 T. chopped cilantro, 8-10 cherry tomatoes, ½ cup corn, ½ cup black beans and 2 chopped, green onions. Toss. Serve or refrigerate up to 3 days. 1 serving is 1 cup. This recipe serves 6 people.

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Sierra McCutchan
Intermediate
Grain Based Salad
Moore

Southern Corn Bread Salad

cornbread
lettuce
tomatoes
jalapenos
ranch style beans
sour cream
cheese
onions
corn
chives
green bell pepper
bacon bits

Place cornbread in the bottom of the bowl. Layer the remaining ingredients on top of cornbread, top with sour cream. Store in refrigerator. Yield: 6

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Zach Sellinger
Intermediate
Grain Based Salad
Potter

Asiago Chicken Pasta

1 lb bowtie pasta
1 ½ lb Trimmed Chicken breasts (boneless, skinless)
2 cup Heavy Cream
3 Cloves of garlic
1 ½ Tsp Chicken Bouillon, Granulated
1 cup Asiago Cheese Shredded
½ cup Pepper jack shredded
1/3 cup Romano Cheese Shredded
½ Tsp Salt
1 Tsp Pepper
½ Tsp Cayene, divided
1 Tsp Italian Seasoning
2 Tsp Garlic powder, divided
3 tps Extra Virgin Olive Oil
2/3 cups of milk
Pound chicken with meat tenderizer to 1/8” – ¼” thin. Season both sides with salt, pepper, half the cayenne pepper, half the garlic powder and Italian season. In a large skillet heat olive oil on med-high heat. Add chicken and cook 8 min on both sides till internal temp is 165 degrees. In a large 8qt. pot bring salted water to boil. Cook pasta according to directions on box. In a sauce pan bring cream, garlic and chicken bouillon to a simmer. Whisk in remaining cayenne pepper and garlic powder. Add cheeses. Whisk to combine and heat on low heat until cheeses are well melted. Remove from heat until pasta and chicken are ready. When pasta is al dente, drain and return to pot. Slice cooked chicken into thin strips. Add to the pasta pot. Place sauce back on heat; add milk to thin the sauce slightly. Mix well. Pour over pasta and chicken. Mix well to combine. Serve immediately with warm garlic bread.

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Tucker Summers
Intermediate
Grain Based Salad
Sherman

Sweet Macaroni Salad

2 cups cooked elbow macaroni
1 cup pickle relish or chow chow
1 cup miracle whip

Mix all ingredients together. Chill for a few hours and serve cold.

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