

Individual Chocolate Crusted Cheesecakes

¾ cup chocolate wafer crumbs
1 (8 ounce) package fat-free cream cheese, softened
1 (8 ounce) package reduced-fat cream cheese, softened
½ cup SLENDA No Calorie Sweetener, Granulated
3 large eggs, separated
1 teaspoon vanilla extract
1 (6 ounce) container Optional Garnish: fresh raspberries

Topping:

½ cup fat-free sour cream
1 tablespoon SLENDA No Calorie Sweetener, Granulated
½ teaspoon vanilla extract

Directions:

Preheat oven to 350°. Lightly spray 3 (12-cup) miniature muffin tins with vegetables cooking spray. Sprinkle each muffin cup with 1 teaspoon chocolate wafer crumbs. Turn pans upside down, and discard excess. Set aside.

Beat cream cheese at high speed with an electric mixer until creamy; gradually add ½ cup SLENDA Granulated Sweetener, and beat until at medium speed with an electric mixer about 2 minutes or until light and fluffy. Add egg yolks and vanilla; beat at low speed just until blended. Beat egg whites until stiff peaks form. Gently fold into cream cheese mixture; spoon into prepared pans.

Bake 15 minutes; spoon about ½ teaspoon topping on each cheesecake. Bake 5 additional minutes. Remove to wire racks to cool. Chill thoroughly before removing from pan. Garnish, if desired.

Topping directions: COMBINE sour cream, 1 tablespoon SLENDA Granulated Sweetener, and vanilla extract.

Corbin Throgmorton
Junior
Special Diets
Carson County

Teriyaki Chicken Drumsticks

Ingredients:

1 bottle (10 ounces) low-sodium teriyaki sauce, divided
4 cloves garlic, crushed
¼ teaspoon black pepper
3 pounds chicken drumsticks (about 24 pieces)
1 tablespoon toasted sesame seeds*

Directions:

*To toast sesame seeds, spread seeds in small skillet. Shake skillet over medium-low heat about 3 minutes or until seeds begin to pop and turn golden.

1. Reserve ¼ cup teriyaki sauce; set aside. Combine remaining teriyaki sauce, garlic and pepper in shallow bowl. Add drummettes; marinate in refrigerator 30 minutes, turning once.
2. Preheat oven to 400 degrees F. Spray baking sheet with nonstick cooking spray. Remove drummettes from bowl; discard marinade. Place drummettes, skin side up, on prepared baking sheet.
3. Bake 30 minutes or until golden brown. Immediately remove drummettes to large bowl. Add reserved ¼ cup teriyaki sauce; toss to coat evenly. Sprinkle with sesame seeds.

Shylee Gulley
Junior
Special Diets
Collingsworth County

Dairy-Free Vanilla Cupcakes

Ingredients:

1 & 2/3 cups flour
½ teaspoon baking powder
1/4 teaspoon baking soda
½ teaspoon salt
1 cup sugar
1 stick dairy-free butter, melted (½ cup)
2 egg whites
1/4 cup vanilla Greek yogurt or dairy-free sour cream
3/4 cup vanilla almond milk
2 teaspoon vanilla extract
Oreo cookies

Frosting:

1 cup unsalted dairy-free butter
4-5 cups powdered sugar
1/4 cup heavy dairy-free cream
1 teaspoon vanilla

Preheat Oven to 350 degrees.

Line muffin tin with 12 cupcake liners. In medium bowl mix flour, baking powder, baking soda and salt. In large microwave safe bowl, melt butter and mix in sugar. Mixture will be gritty. Whisk in egg whites, yogurt, milk and vanilla. Slowly mix dry ingredients into wet until no lumps remain. Batter will be thick. Divide equally into 12 cupcake liners and bake for 20 minutes.

Frosting:

Mix all ingredients together until smooth.

Jolie Bowers
Junior
Special Diets
Dallam County

Very Blueberry Almond Flour Muffins

2 eggs
1/3 cup honey
4 tablespoons melted butter
1 teaspoon vanilla
3/4 teaspoon baking soda
1/2 teaspoon sea salt
1 tablespoon lemon zest from 2-3 lemons
2 1/2 cups almond flour
1/2 cup chopped pecans
1 cup fresh blueberries

Preheat oven to 325°F. Place unbleached muffin cups in muffin pans. In a medium mixing bowl, use either a whisk or electric mixer and combine the eggs, honey, butter, vanilla, baking soda, sea salt and lemon zest. With a spatula, fold in the almond flour, pecans and blueberries. Batter will be very firm so you will need to use a spoon to evenly divide the batter amongst the 12 muffin cups. Place 2-3 blueberries on top and press down into the batter—just because it looks pretty. Bake for 20-25 minutes. Toothpick should come out clean and they should be a nice golden brown. Let cool before eating. Yield: 12 muffins

Kaye Blankenship
Junior
Special Diets
Deaf Smith County

No Sugar Fruit Pizza

Ingredients:

1 9-inch refrigerated pie crust
1 package (8 ounces) reduced-fat cream cheese
1/3 cup sugar or sugar substitute
1 teaspoon vanilla extract
2 cups fresh strawberries, halved
1 cup fresh blueberries

Glaze:

5 teaspoons cornstarch
1¼ cups unsweetened pineapple juice
1 teaspoon lemon juice

Directions:

Place pie crust on pizza pan, bake 10-12 minutes or until very lightly brown.
In a small bowl, beat the cream cheese, sugar and vanilla until smooth. Spread over crust.
Arrange the strawberries, blueberries on top. For variety, you can substitute other fresh fruits.

For glaze, in a small saucepan, combine the cornstarch, pineapple juice and lemon juice until smooth. Bring to a boil; cook and stir.

Chocolate Banana Dream Cream Parfait Non-Dairy

3 frozen bananas
1 fresh banana
2 Medjool dates
1 teaspoon cocoa
Pinch of cinnamon
1/3 Cup granola or nuts of your choice
Almond milk to suit for consistency

Chocolate sauce:

1 teaspoon cocoa
¼ teaspoon honey
½ teaspoon coconut oil, melted (can also use water or coconut water)

Peel and chop the fresh banana and set aside. Place frozen bananas, dates, 1 cocoa and cinnamon in the blender and blend until smooth. Be careful not to over-blend as the friction will melt the "ice-cream". Add almond milk a tablespoon at a time until desired consistency. Make the chocolate sauce by combining cocoa, honey and melted coconut oil. Stir until well mixed.

In your favorite parfait glass, layer granola, fresh banana slices, chocolate sauce and banana "ice-cream". Top with another layer of fresh banana, granola and sauce.

Prep time: 10 minutes Servings: 2 (1 cup servings)

Joshua Lee
Junior
Special Diets
Gray County

BBQ Ranch Chicken Wraps

Ingredients:

8 ounces chicken breast
5 tablespoons bottled lite ranch salad dressing
3 cups packaged broccoli slaw mix
4 whole grain or spinach wraps
2 tablespoons bottled barbecue sauce

Directions:

Cook chicken in oven at 350 degrees until done. Take out and cool in the refrigerator. Shred chicken after it has cooled. In a medium bowl, combine ranch dressing and broccoli slaw. Spread wraps with barbecue sauce. Top with chicken. Top with broccoli mixture. Roll up wraps. Slice and eat. Servings per Recipe: 4

Buckeyes (gluten-free)

1 1/2 cups creamy peanut butter
1 cup butter, softened
1/2 teaspoon vanilla extract
6 cups confectioners' sugar
4 cups semi-sweet chocolate chips

In a large bowl, mix together peanut butter, butter, vanilla and sugar. The dough will look dry. Roll into 1 inch balls and place on a waxed paper-lined cookie sheet. Press a toothpick into the top of each ball and chill in freezer until firm, about 30 minutes. Melt chocolate chips in a double boiler or in a bowl set over a pan of simmering water. Stir frequently until firm. Dip frozen peanut butter balls in chocolate, holding onto the toothpick. Leave a small portion of peanut butter showing at the top to make them look like Buckeyes. Put back on the cookie sheet and refrigerate until ready to serve.

Servings per recipe: 30
1 ball: 331 calories
19.4g fat
16mg cholesterol
106mg sodium
40.6g carbs
2.1g fiber
4.2g protein

Emily Green
Junior
Special Diets
Hemphill County

THREE BEAN SALAD

Ingredients:

1 (15 oz) can chickpeas/garbanzo beans, drained and rinsed
1 (15 oz) can kidney beans, drained and rinsed
1 lb fresh green beans, blanched
4 green onions, chopped
2 stalks of celery, sliced
1 Tablespoon of fresh cilantro
1/4 cup cider vinegar
1/4 cup olive oil
2 Tablespoons honey
2 teaspoons Dijon mustard
2 garlic cloves, minced
1/4 teaspoon ground black pepper
1/4 teaspoon salt
1/4 teaspoon ground cayenne pepper (optional)

Directions:

In a bowl, gently mix the chickpeas, kidney beans, green beans, green onions, and celery. In a separate bowl, whisk together the vinegar, oil, honey, mustard, garlic, pepper, and salt. Pour dressing over the salad and gently toss to coat. Cover, refrigerate for at least 4 hours, and gently toss before serving.

Avis Bright
Junior
Special Diets
Hutchinson County

Healthy Gingersnaps

Low sugar, low sodium sweet tooth snack.

Ingredients:

2 cups all-purpose white flour
3 teaspoons baking soda
1 teaspoon each ground cloves, ginger, cinnamon
1 stick unsalted butter, softened
1 cup granulated sugar
1 egg
2 tablespoons molasses

Directions

Sift together the flour, spices, and baking soda. Set aside. In large bowl cream together butter and sugar until fluffy. Mix in egg and molasses. Add flour mixture slowly, forming a dough. Cover and refrigerate dough at least 1 hour (or overnight). Preheat oven to 350F. Form dough into balls (heaping teaspoon size) and place 2" apart on a greased cookie sheet, flattening each ball slightly. Bake for 8 -10 minutes. Cool. Makes 4 dozen cookies. 1 serving = 2 cookies

Aleina Ramirez
Junior
Special Diets
Potter County

Diabetic Pina Colada Pudding Cups

3 cups fat-free milk
1 8oz container of sugar free whipped topping
2 packages (1 ounce each) sugar-free instant pudding mix
2 cans (8 ounces each) unsweetened crushed pineapple, undrained
½ teaspoon coconut extract
¼ cup flaked coconut, toasted
8 maraschino cherries

Directions:

In a large bowl, whisk the milk and pudding mixes for 2 minutes. Fold in the sugar free whipped topping. Stir in the pineapple and extract. Spoon ¾ cup pudding mixture into eight dessert dishes. Cover and refrigerate for 30 minutes or until chilled. Sprig each serving with 1 ½ teaspoons coconut and top each with a cherry. Serves 8.

Berry Cucumber Salad

- 1 pint sliced strawberries
- 1 large cucumber peeled and sliced
- 2 tablespoons balsamic vinegar
- 2 tablespoons raw honey

Preparation:

Mix vinegar and honey in a small bowl. Arrange the strawberries and cucumbers in a bowl like a fan. Pour the dressing over the top. Refrigerate 1 hour before serving.

Jenny Quisenberry
Junior
Special Diets
Roberts County

Egg Muffins

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| 9 egg whites | 1/2 cup skim or 1% milk |
| 1 teaspoon salt | 1/2 teaspoon ground black pepper |
| 1 cup low-fat shredded cheddar cheese | 1/2 cup zucchini chopped |
| 1/4 cup finely chopped red bell pepper | 1/4 cup finely chopped green bell pepper |
| 2 tablespoons finely chopped red onion | 1/2 cup diced cooked ham |
| 1/2 teaspoon ground black pepper | |

Preheat oven to 350 degrees Fahrenheit. Beat egg whites, milk, and salt and ground black pepper in medium bowl until blended. Add cheese, zucchini, bell pepper, red onion and ham, mix well. Spoon evenly into 12 lightly sprayed muffin cups about 1/4 cup each. Bake until just set, 22-25 minutes. Cool 5 minutes. Remove from cups and serve warm. Yields 12 servings

James DeAnda
Junior
Special Diets
Sherman County

Pasta Salad

- 1 (16 ounce) package uncooked, gluten free pasta of your choice
- 1/2 cup thinly sliced carrots
- 1/2 cup chopped green bell pepper
- 1/2 cup peeled and thinly sliced cucumber
- 1 large diced tomato
- 1/4 cup chopped onion
- 1/4 cup sliced black olives
- 1 (16 ounce) bottle Italian-style salad dressing
- 1/2 cup grated Parmesan cheese
- 1 cup diced, cooked chicken

Cook pasta in large pot of boiling water until al dente. Rinse under cold water, and drain. Mix chopped carrots, cucumber, green pepper, tomatoes, onion, and chicken together in large bowl. Combine cooled pasta, chicken and vegetables together in large bowl. Pour Italian dressing over mixture, add Parmesan cheese and mix well. Chill for one hour before serving.