

Hanna Brainard  
Senior  
Grains  
Carson County

### **Ranch Rotini Mason Jar Salad**

Ingredients are for EACH portion {one pint jar}. Simply double/quadruple the batch to make more.

- 2 TB ranch dressing
- 1 cup al dente cooked rotini pasta, cooled
- ¼ of one small bunch broccoli florets, cut into bite size pieces
- 1 TB diced red onion
- ½ celery stalk, diced
- 3 grape tomatoes
- 1 ounce grated cheddar cheese

#### **Directions:**

Layer ingredients in a clean 16 ounce Mason jar. -ranch -pasta -broccoli -red onion -celery - grape tomatoes –cheese. Place lid and ring on jar. Label and refrigerate. Best if used within one week.

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Taylor Simpson  
Senior  
Grains  
Dallam County

### **Pumpkin Bread**

#### **Ingredients:**

- 3 cups sugar
- 1 cup vegetable oil
- 4 eggs
- 1 small can pumpkin
- 2/3 cup water
- 3 ½ cups all-purpose flour
- ½ tsp. baking powder
- 2 tsp. salt
- 2 tsp. soda
- 1 Tbsp. pumpkin pie spice

#### **Directions:**

Preheat oven to 350°. In a large mixing bowl, mix sugar, vegetable oil, and eggs until smooth. Add the remaining ingredients and mix until smooth. Pour in 2 loaf pans and bake approximately 1 to 1 ¼ hours.

### **Fruit Pizza Grain's A-Blazin'**

Serves 16

#### **Ingredients:**

6 cups Rolled Oats (not Quick Oats)	4 Tablespoons Coconut Oil for Greasing
¼ cup Vegetable or Canola Oil	1 teaspoon salt
1 cup Brown Sugar	½ cup Honey
¼ cup Apple Juice	¼ cup Molasses
3 teaspoons Vanilla Extract	1½ cup Rice Krispy's
1 cup Wheat Germ	½ cup Finely Chopped Texas Pecans
¼ Roughly Chopped Almonds	2 packages cream cheese
¾ cup Sugar in the Raw	Lemon Juice
Sliced Bananas	Sliced Apples
Sliced Peaches	Package of Blueberries
Package of Strawberries	

#### **Directions:**

Preheat oven to 350°F, begin tossing the oats with the coconut oil, canola oil, and salt. Spread the mixture out on 2 baking sheets and toast in the oven for 15-20 minutes, shaking the pan twice and making sure they don't burn. Remove from the oven and set aside.

Reduce the heat to 325°F. In a medium saucepan, combine the sugar in the raw, honey, apple juice, and molasses. Heat the mixture slowly, stirring until all combined. Stir in the vanilla. Toss together the toasted oats, Rice Krispy's, Wheat Germ, Pecans, Almonds. Pour in the sugary mixture, stirring until all combined. Toss to combine (should become sticky). Press into 1 baking sheet then thoroughly press and grease when needed (use foil lining to decrease greasing) and bake until golden, about 20-25 minutes. Let granola cool and harden in fridge while making fruit pizza "sauce"

Rinse the fruit thoroughly then begin to slice your fruit, cut away from yourself. Once you have all the fruit you desire sliced, add lemon juice to keep nutrients on the fruit! Then begin on the "sauce"

Once cream cheese is room temperature, blend sugar in the raw with a hand mixer until thoroughly blended. Once blended and granola breading is cooled, spread the cream cheese mixture on top to make the "sauce". Finally add any of your favorite Texas grown fruits as the "toppings", then eat up!

### **From the Heart of Texas: Bluebonnet Muffins**

Serves 18, 1 serving= 1 muffin (pair with a side of turkey bacon and a glass of milk)

#### **Ingredients for Muffins:**

2 cups whole wheat flour  
3 teaspoons baking powder  
½ teaspoon salt  
2 large eggs or (3 small eggs)  
1 cup granulated sugar  
1 cup light, plain yogurt  
½ cup canola oil  
1 teaspoon vanilla extract  
2 cups fresh blueberries  
1-2 Tablespoons flour

#### **For Streusel Topping:**

1 cups whole-wheat flour  
2/3 cup granulated sugar  
1 stick of butter, melted OR ½ c. butter, melted  
1 teaspoon cinnamon

#### **Instructions:**

1. Preheat oven to 400F degrees and line standard muffin pan with paper liners and set aside.
2. To make the crumb topping in a small bowl, whisk together flour, sugar, and cinnamon, add melted butter and stir with a fork until crumbly and set aside.
3. To make the muffins in a large bowl stir together flour, baking powder, and salt and set aside.
4. In a medium bowl, whisk together eggs and granulated sugar until combined. Whisk in yogurt, oil and vanilla extract (mixture should be pale yellow).
5. Fold wet ingredients into dry ingredients and mix everything together by hand.
6. In a small bowl sprinkle 1 cup blueberries with 1-2 tablespoon flour and toss them until all blueberries are coated with thin layer of flour then fold them really gently in the batter.
7. Spoon batter into prepared muffin tins, filling about 2/3 of each cup. Cover batter with the remaining blueberries and then cover the blueberries generously with streusel topping.
8. Place them in the oven and reduce the heat at 375F, bake about 18-20 minutes or until the toothpick inserted in the center comes out clean.
9. Cool for 5 minutes in the pan then remove muffins and cool on a wire rack.

## Granola

3 cups oatmeal  
1 12 oz. bag chocolate chips  
1 12 oz. bag of dried cranberries  
4 Tablespoon butter  
1 Tablespoon cinnamon  
¼ cup Karo syrup  
2 cups nuts of your choice  
1 12 oz. bag white chocolate chips  
1 12oz. bag of sweetened coconut  
1 cup brown sugar  
1 Tablespoon vanilla extract

Preheat oven 325 degrees.

Mix together oatmeal, coconut & nuts on a cookie sheet & put in the oven to toast until light brown. Make sure to stir every 5-8 minutes so it doesn't burn. Melt together in a sauce pan butter, brown sugar, vanilla, cinnamon & Karo syrup until combined. Put toasted oatmeal mixture back onto cookie sheet and return to oven for 10 minutes. Take out of oven & put oatmeal mixture back into bowl & chocolate chips & fruit. Stir until all is mixed together well. Allow to cool and enjoy.

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Cheyenne Powell  
Senior  
Grains  
Wheeler County

## Pecan Praline Scones

Serving: 6  
Serving Size: 1 scone

Scone  
2 2/3 cups flour  
1 ¼ teaspoons cream of tartar  
¾ teaspoons baking soda  
1/3 cup frozen or cold unsalted butter  
3 tablespoons brown sugar  
½ teaspoons vanilla  
2/3 cup buttermilk  
2 cups chopped pecans

Glaze  
½ cup butter  
½ cup brown sugar  
1 tablespoon corn syrup  
1 teaspoon vanilla

For the glaze melt the butter in a sauce pan over medium heat. Whisk in the brown sugar and corn syrup until sugar is dissolved. Remove from heat and stir in vanilla.

Preheat oven to 400°F. Mix flour, cream of tartar, baking soda and brown sugar into a large bowl. Grate the frozen butter into the flour mixture with the large holes on the grater. Mix the grated butter into the flour. Place the bowl into the freezer for 10 minutes. Add the buttermilk to the cold flour mixture all at once and quickly. Turn the soft dough out onto the counter and gently kneed into a ball. Pat down into circle until it is about ¾ inch thick. Cut into 6 triangles and brush with glaze. Press pecans into the top of the scones. Brush with glaze one more time. Let stand for 20 to 30 minutes. Bake on ungreased cookie sheet for 12 minutes. Remove to a wire rack to cool. If desired drizzle leftover glaze over the top of the scone.