

Baylee Ogletree
Senior
Fruit/Vegetable
Carson

FRUIT SALAD WITH VANILLA

Ingredients:

1 pound fresh strawberries, quartered
1 ½ cups seedless red and/or green grapes, halved
2 medium bananas, sliced
2 kiwifruit, peeled, sliced and quartered
1 cup fresh pineapple, cubed
21-ounce can peach pie filling
3 teaspoons vanilla extract

Directions:

In a large bowl, combine the strawberries, grapes, bananas, kiwi and pineapples. Fold in pie filling and vanilla. Chill until serving.

Jenna Dixon
Senior
Fruit/Vegetable
Dallam

MEDITERRANEAN CHICKPEA SALAD

1 - 15 ounce can chickpeas, rinsed & drained
½ small red onion, quartered & sliced
½ cucumber, peeled, seeded, and chopped
1 medium red bell pepper, chopped
1 cup cherry tomatoes, quartered
2 Tablespoons chopped parsley
2 cloves garlic, chopped
3 Tablespoons lemon juice
2 teaspoons extra-virgin olive oil
¼ teaspoon salt

Directions:

Combine all ingredients in a large bowl. Toss to mix. Allow to stand at room temperature for 10 minutes for flavors to blend. Yields ½ cup per serving. Serves 8

Charlotte Craft
Senior
Fruit/ Vegetable
Donley

WALDORF SALAD

1/2 cup mayonnaise
1 tablespoon white sugar
1 teaspoon lemon juice
1/8 teaspoon salt
3 apples -- peeled, cored, and chopped
1 cup thinly sliced celery
1/2 cup chopped walnuts
1/2 cup raisins (optional)

In a medium bowl, whisk together the mayonnaise, sugar, lemon juice, and salt.
Stir in the apples, celery, walnuts, and raisins. Chill until ready to serve.

Madelyn (Tess) Sawyer
Senior
Fruit/Vegetable
Hemphill

RAINBOW CONFETTI SALAD

2 small zucchini, spiraled
2 carrots, spiraled
1 red pepper, thinly sliced
1 cup thinly sliced purple cabbage
3/4 cup edamame, thawed
3 green onions, chopped
1 teaspoon sesame seeds
Dressing:
1 medium, ripe avocado
1 tablespoon lime juice, fresh squeezed
1/4 teaspoon garlic powder
1/4 teaspoon dill weed
1/2 teaspoon salt
1/8 teaspoon black pepper
2-3 teaspoons of water

Wash hands. Wash vegetables and set aside to dry. Cut ends off of the zucchini and run through spiralizer. Peel the carrots, cut off ends and run through spiralizer. Thinly slice the red pepper and purple cabbage. Add the vegetables to a large bowl and toss to combine. Set aside. Cut the avocado in half and remove the seed. Scoop out the flesh and place in a food processor. Add lime juice, garlic powder, dill weed, salt and pepper to the food processor. Blend. If necessary, add in 1 teaspoon of water at a time to get mixture moving and to the consistency you need. Pour over vegetables and toss the salad with the dressing just before serving. Plate salad into serving dish, top with edamame, green onion, and sesame seed. Cover and keep cool until time to serve. Serves 4.

Jamie Lear
Senior
Fruit/vegetable
Ochiltree

APPLE DELIGHT BITES

Filling:

4 cups diced apples
2 tablespoons lemon juice
 $\frac{1}{2}$ cup sugar, depending on sweetness of apples, to taste
2 -4 tablespoons cornstarch
 $\frac{1}{2}$ teaspoon nutmeg, to your taste
1 teaspoon cinnamon, to your taste
1 cup apple juice or 1 cup water, if you don't have juice, try to have juice, it adds to the flavor

Crust:

2 cups all-purpose flour, sifted
1 teaspoon salt
 $\frac{2}{3}$ cup butter or $\frac{2}{3}$ cup shortening
5 -7 tablespoons cold water

DIRECTIONS FOR FILLING:

Sprinkle lemon juice over apples in saucepan. Mix next four ingredients together and add to apples. Mix well. Add very hot juice to pan, (I microwave juice for 2 minutes) cook, stirring constantly until thickened.

DIRECTIONS FOR CRUST:

Put flour into a mixing bowl with the butter. Using a pastry cutter, cut the butter into the flour. Add salt and water. Mix until dough is formed. Roll out on flat surface.

FOR PIE:

Cut dough into 4" squares. Place squares into cupcake pan. Fill with pie filling. Close squares around filling. Bake at 375 degrees until brown.

BAKED VEGETABLE WHEEL

2 Tbsp. olive oil (divided)
1 medium sweet yellow onion cut in half and diced
1 clove of garlic, minced
1-2 russet potatoes, unpeeled
1-2 zucchini
1-2 yellow squash
3 large Roma tomatoes
Sea salt, freshly cracked black pepper, to taste
Dried thyme, to taste
½ cup grated Parmesan cheese

Preheat the oven to 375 degrees. Coat a round baking dish with olive oil or cooking spray. Heat 1 Tbsp. of olive oil in a large skillet over medium heat. Once hot, add the onions and saute' until translucent, about 8 minutes. Add the garlic and cook for another 60 seconds. Spread the onion mixture on the bottom of the greased baking dish.

Slice the potatoes, zucchini, squash and tomatoes in ¼ inch thick slices. Layer them alternately in the dish on top of the onions, fitting them tightly into a spiral, making only one layer. Season with sea salt, black pepper and dried thyme, to taste. Drizzle the last tablespoon of olive oil over the top.

Cover the dish with foil and bake 35 minutes, or until the potatoes are tender. Uncover and sprinkle the Parmesan cheese on top and bake for another 25-30 minutes or until browned.

Sarah Alexander
Senior
Fruit/Vegetable
Wheeler

FIESTA CORN AND BLACK BEAN SALAD

15 ounce can corn, drained
15 ounce can black beans, drained and rinsed
½ cup onion, chopped
4 ounce can green chilies, chopped
2 tablespoons vegetable oil
½ teaspoon ground cumin
½ teaspoon garlic, chopped
¼ cup fresh cilantro, chopped
Lime juice to taste

Combine all ingredients in a medium bowl and mix together. If using the cilantro as a topping, shake the cilantro over the top of the salad. Squeeze the lime juice over the top of the salad.
