

Keely Williamson
Senior
Grains
Gray

BACON RANCH PASTA SALAD

1 package (12 oz.) tri-color rotini pasta
1/2 cup mayonnaise
1/2 cup sour cream
1 package (1 oz.) dry ranch dressing mix
1/2 teaspoon garlic powder
1/2 cup milk
8 slices cooked bacon, chopped* (see notes below)
1 large tomato, chopped
1 can (4.25 oz.) sliced black olives, drained
1 cup shredded cheddar cheese

Bring a large pot of water to a boil. Add rotini pasta and cook until al dente, about 8 minutes. Drain water. Rinse pasta with cold water to cool. Set aside.

In a large bowl, whisk together the mayonnaise, sour cream, dry ranch mix, garlic powder and milk. Add pasta, cooked bacon pieces, tomato, olives and cheese to the bowl. Gently toss to combine everything.

Cover and chill in refrigerator at least 2 hours before serving.

Madison (Maddie) Shields
Senior
Grains
Hemphill

GREEK TORTELLINI SALAD

1 10 ounce package, refrigerated cheese tortellini
3/4 cups grape tomatoes, cut in half
1/2 large cucumber, chopped
1/2 cup kalamata olives, pit removed and chopped
1/4 red onion, chopped
1/2 cup crumbled feta cheese
For the Dressing:
2 tablespoons extra virgin olive oil
3 tablespoons red wine vinegar
1/2 clove garlic, minced
1/4 teaspoon dried oregano
Salt and pepper, to taste
Fresh Oregano leaves, to garnish

Bring a large pot of salted water to a boil. Cook the tortellini about seven minutes or according to package directions. Drain the tortellini and rinse with cold water. Place the tortellini in a large bowl. Add the tomatoes, cucumber, olives, red onion, and feta cheese. In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, salt, and pepper. Pour the dressing over the salad and stir until salad is well coated. Serve immediately or place in the refrigerator for up to three days. Garnish with fresh oregano leaves. Yield 4 servings.

Alondra Torres
Senior
Grains
Moore

FRESH FRUIT CROSTATA

Crust

1 ¼ c. Whole Wheat Flour
½ tsp. Sugar
½ tsp. Salt
¼ tsp. Cinnamon
½ c. Unsalted Butter
2 Tbsp. Ice Water

Filling

½ c. Blanched Almonds
½ c. Sugar
2 Tbsp. Unsalted Butter
1 egg
2 tsp. Whole Wheat Flour
1 Tbsp. Vanilla Extract
1 Tbsp. Almond Extract
1/8 tsp. Salt
1 c. Fruit Diced Peaches and Halved Blackberries and Raspberries
1 Tbsp. Lemon Zest
1 Tbsp. Lemon Juice

Egg Wash

1 egg
1 tsp. Water

Garnish

1 c. Heavy Cream
2 c. Ricotta Cheese
Local Honey to Taste

Directions:

In the bowl of a food processor, pulse 1 ¼ cups flour, sugar, salt and cinnamon until combined. Add cold butter and pulse until mixture resembles coarse meal and a few pea-size pieces of butter remain. Sprinkle with 2 tablespoons ice water and pulse until dough is crumbly but holds together when squeezed. Transfer to a lightly floured work surface and shape dough into a disk; wrap tightly in plastic wrap and refrigerate until firm, at least 1 hour and up to 2 days.

Set dough out and bring to room temperature.

Pulse almonds and sugar until finely ground in the bowl of a food processor. Add melted butter, 1 egg, 2 teaspoons flour, vanilla, almond extract and salt. Pulse until smooth; set aside. In a medium bowl, combine fruit, lemon zest and lemon juice; set aside.

Preheat oven to 350 degrees F. On a large, lightly floured piece of parchment paper, roll dough to a 14-inch round. Spread almond filling in center, leaving a 2-inch border; top with fruit mixture. Fold border over edge of filling, making a bowl out of the crust. In a small bowl, mix remaining egg with 1 teaspoon water; brush dough with egg wash. Using edges of parchment, transfer crostata to a pizza stone. Bake until crust is golden brown, about 45 minutes. Let cool on stone at least 30 minutes. Can be served at room temperature or cold.

Whip cream in a medium bowl with an electric mixer until soft peaks form. Add ricotta and whip to medium stiff peaks; sweeten to taste with honey. To serve, drizzle with additional honey, cut into wedges and serve with a dollop of ricotta.

Kaleigh Meador
Grains
Senior
Potter

WHOLE-GRAIN BLUEBERRY MUFFINS

1 ¼ cups Whole-Grain wheat flour, spooned and leveled

1 cup old-fashioned rolled oats

¼ cup flaxseed meal

¼ cup pecan

1 teaspoon baking powder

1 teaspoon baking soda

½ teaspoon kosher salt

1 cup plain low-fat yogurt

½ cup packed light brown sugar

3 tablespoons unsalted butter, melted

1 tablespoon grated orange zest, plus ¼ cup orange juice

1 large egg

1 teaspoon pure vanilla extract

2 cups fresh blueberries or one 8 ounce bag frozen blueberries

Heat oven to 375 degrees. Line a standard 12-cup muffin tin with paper liners. In a food processor, process flour, oats, flax seed meal, pecans, baking powder, baking soda, and salt until finely ground. In a large bowl, whisk together the yogurt, sugar, butter, orange zest and orange juice, egg, and vanilla. Add the flour mixture and mix just until incorporated (do not over mix). Fold in blueberries. Divide the batter evenly among the muffin cups. Bake until a toothpick inserted in the center comes out clean, 22-25 minutes.

CAMP FIRE CORN BREAD

1 cup Yellow Corn Meal
1 cup All Purpose Flour (or whole wheat flour)
1 Tablespoons Baking Powder
2 Tablespoons Sugar
½ cup Oil
1 (8oz) can Cream Corn
2 Eggs
1 cup Low-fat Sour Cream

Camp Cooking: Mix all ingredients together. Pour into a well greased 10 inch Dutch Oven. Bake with 6 coals under and 14 coals on top for about 20 minutes. Serve warm with honey.

Conventional Method: Mix all ingredients together. Pour into a well greased 9x9x2 inch baking pan. Bake at 425 for 20 to 25 minutes or till golden brown.

Yields 10 servings
