



Acacia Barker
Senior
Dairy
Carson County

SUNRISE BREAKFAST BAKE

Ingredients:

- 16 oz. (1 lb.) lean bacon
- 1 cup green bell pepper, seeds removed, finely chopped
- ½ cup red bell pepper, seeds removed, finely chopped
- 2 Tbsp. fresh Italian parsley, chopped
- 3 green onion stalks, chopped
- 12 eggs
- 1 cup half & half
- 2 cups diced hash browns
- 1 ½ cups shredded hash browns
- 1 cup diced cheddar cheese cubes
- 2 cups shredded cheddar cheese, divided
- ½ tsp. Lawry's seasoning
- ½ tsp. black pepper
- ½ tsp. salt
- ½ tsp. paprika

Directions:

1. Preheat oven to 350 degrees. Grease a 9x13 baking dish with nonstick cooking spray; set aside.
2. Cook bacon according to package directions. Dice bacon once it is cool.
3. Meanwhile, chop green bell pepper, red bell pepper, parsley and green onion; set aside.
4. Crack 12 eggs into a large mixing bowl. Whisk in 1 cup half & half or milk. Stir in Lawry's seasoning, black pepper, salt, and paprika.
5. To the mixing bowl, add diced hash browns, shredded hash browns, cheddar cheese cubes and 1 cup of shredded cheddar cheese; mix well.
6. Reserve half cup fresh veggies/herbs and ½ cup chopped bacon for garnish. Add the remaining veggies/herbs and bacon to mixing bowl and mix well.
7. Pour mixture into prepared casserole dish. Top with remaining bacon, veggie/herb and cheese.
8. Bake in oven for 50 minutes or until eggs mixture is set in center. Cover with foil half way through baking. Allow casserole to slightly cool before serving.

Name Paige Perry

Senior

Dairy

County Name Hemphill

Mexican White Cheese Dip

Type recipe here:

Ingredients

1/2 pound of white American cheese

1/4 cup of milk

1 tablespoon of butter

1 (4 oz.) can of green chili's

1 teaspoon of cumin

Teaspoon of garlic salt

Cayenne pepper - a pinch

Instructions

Add cheese, milk and butter to a sauce pan cook at low heat. Heat until melted. Stir in the green chilies, cumin, garlic salt and cayenne pepper. Serve immediately with, chips ,tortillas or favorite Mexican dish.

Serves 8



Faith Bontke

Senior

Dairy

Moore

New York Cheese Cake

Cheese Cake:

2 packs Softened low fat cream cheese

1/4 cup of stevia Sugar

1 tsp vanilla (blend smoothly)

2 egg (Blend smooth)

Fresh cut Strawberries

Crust

1/2 cups Graham cracker crumbs

1/3 cup of stevia sugar

6 tbs of butter

Bake at 375 for 7 min. cool pie shell

Bake at 325 degrees for 40-45 min.

Preheat oven to 375 degrees.

Butter the bottom and sides of a pie dish.

In a food processor, pulse graham crackers with sugar to fine crumbs. Add butter and pulse until fully incorporated. Press evenly into bottom of prepared pie dish and bake until crust is golden brown.

In a large stand mixer fitted with the paddle attachment, beat cream cheese with sugar until light and smooth. Beat in eggs one at a time until fully incorporated, and vanilla extract.

Add mixture to pie dish and bake at 325 degrees for 40-45 min.



Jon Mauck
Senior
Dairy
Sherman

PEANUT BUTTER CUP POWER PROTEIN SMOOTHIE

- 1 cup milk (whole milk, coconut milk, almond milk)
- ½ cup plain Greek yogurt
- 1 banana (either frozen or fresh or a mixture of the two)
- 1 tablespoon coconut oil, melted
- 1 tablespoon chia seeds
- 1 tablespoon ground flax seeds
- 2 tablespoons dark cocoa powder
- 2 tablespoons peanut butter (feel free to use more)
- 1 teaspoon vanilla extract

Place all ingredients in blender and blend away until smooth and creamy. Serve