

Baylee Ogletree
Senior
Fruits and/or Vegetables
Carson County

ROASTED VEGETABLE MEDLEY

Ingredients:

- 1 lb. fresh asparagus
- 1 lb. yellow and/or red bell pepper
- 1 lb. brussel sprouts
- 1 lb. baby carrot
- 3 Tbsp. olive oil
- 1 garlic clove pressed
- 1 ½ lemon rosemary herb seasoning
- ¼ tsp. salt
- Optional: try different vegetables such as potatoes, beets, onions, etc...

Directions:

1. Preheat oven to 425 degrees.
2. Cut up vegetables to desired size.
3. Combine all ingredients into a mixing bowl. Toss to coat vegetables.
4. Spread evenly on a baking sheet. Bake for 30 to 40 minutes or until vegetables are tender, stirring occasionally.



Jenna Dixon

Senior

Fruit/Vegetable

Dallam



Mediterranean Chickpea Salad

15 ounce can chickpeas, rinsed and drained
1/2 small red onion, quartered and sliced
1/2 cup 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
1/4 teaspoon salt

Combine all ingredients in a large bowl. Toss to mix. Allow to stand at room temperature for 10 minutes for flavors to blend.

Yield: 4 cups

Serves: 8 (1/2 cup) servings



Name Carleigh Thompson

Senior

Fruit/Vegetable

County Name Hemphill

Baked Parmchinis

Type recipe here:

Ingredients

4 zucchinis, quartered lengthwise
½ cup grated Parmesan
½ teaspoon dried thyme
½ teaspoon dried oregano
½ teaspoon dried basil
½ teaspoon garlic powder
Kosher salt and freshly ground black pepper, to taste
2 tablespoons olive oil
2 tablespoons chopped fresh parsley leaves

Instructions

- Preheat oven to 350 degrees F. Coat a cooling rack with nonstick spray and place on a baking sheet; set aside.
- In a small bowl, combine Parmesan, thyme oregano, basil, garlic powder, salt and pepper to taste.
- Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender about 15 minutes then broil for 2-3 minutes, or until crisp and golden brown.
- Serve immediately, garnished with parsley, if desired.

Jenna Mayer

Senior

Fruit/Vegetable

Potter

Honey Lime Quinoa Fruit Salad

Ingredients:

- 1 cup uncooked quinoa (tri-color)
- 1/2 cup sliced strawberries
- 1 cup blackberries
- 1 cup blueberries
- 1 mango, diced

Honey Lime Glaze

- 1/4 cup honey
- 2 tablespoons lime juice
- 1 tablespoon chopped basil for garnish

Instructions:

1. Rinse and prepare the quinoa according to package. Let the quinoa cool to room temperature.
2. In a large bowl, combine quinoa, strawberries, blackberries, blueberries, and mango.
3. To make the glaze: In a small bowl combine the honey and lime juice. Drizzle over the fruit salad and toss to coat.
4. Garnish with fresh basil.



Sarah Alexander

Senior

Fruit/Vegetable

Wheeler County

Five Bean Salad

8.75 ounce can corn, drained and rinsed
15 ounce can kidney beans, drained and rinsed
15 ounce can garbanzo beans, drained and rinsed
15 ounce can pinto beans, drained and rinsed
15 ounce can cannelloni beans, drained and rinsed
15 ounce can black eyed peas, drained and rinsed
1/2 cup red onion, finely chopped
3/4 cup extra-virgin olive oil
1 teaspoon kosher salt
3/4 teaspoon freshly ground black pepper
1/2 cup rice wine vinegar
1/3 cup sugar
juice of one orange
1/4 cup fresh cilantro, chopped

Combine the corn, beans and onion together with the olive oil in a large bowl. Add salt and black pepper, mix well. In a separate bowl, dissolve the sugar in the rice wine vinegar and the orange juice add to the bean mixture and mix well. Add the cilantro and mix, refrigerate at least 30 minutes, or until chilled. Yield: 6-8