



Keslea Ford
Senior
Grains
Carson County

ONE BOWL VEGAN PUMPKIN MUFFINS

Ingredients:

- 1 ½ flax eggs (1 ½ flax seed meal plus 4 Tbsp. of water)
- 2 Tbsp. mashed ripe banana
- ¾ cup pumpkin puree
- 2/3 cup muscovado sugar, packed or (organic brown sugar or coconut sugar)
- ¼ cup maple syrup
- ¼ cup olive oil
- 1 tsp. vanilla extract
- 2 tsp. baking soda
- ¼ tsp. sea salt
- ½ tsp. ground cinnamon
- 1 ¼ tsp. pumpkin pie spice
- ½ cup almond meal (ground from raw almonds)
- ¾ cup gluten free rolled oats
- 1 cup gluten free flour blend

Directions:

1. Preheat oven to 350 degrees. Lightly grease muffin tin. Dust with gluten free flour and shake out excess.
2. Prepare flax egg in a large mixing bowl and let set for 5 minutes.
3. Add banana and mash, leaving just a bit of texture.
4. Add pumpkin puree, muscovado sugar, maple syrup, olive oil and vanilla extract and whisk for 1 minute.
5. Stir in baking soda, salt, cinnamon and pumpkin pie spice and mix. Add water and whisk once more.
6. Add almond meal, gluten free oats and gluten free flour blend. Stir until just combined. The batter should be thick and scoopable.
7. Divide batter evenly, filling the tin all the way up.
8. Rinse your bowl. Add crumble ingredients and mash together with a fork or your hands until crumbly like wet sand. Generously top muffins with streusel.
9. Bake for 27-32 minutes or until tops are golden brown and a toothpick comes out clean.



Name Maddie Shields

Senior

Grains

County Name Hemphill

Mediterranean Quinoa Salad

Type recipe here:

Ingredients

- 1½ cup dry quinoa
- ½ teaspoon kosher salt
- ½ cup extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 2 garlic cloves, pressed
- ½ teaspoon dry basil, minced
- ½ teaspoon dried thyme, crushed between your fingers
- kosher salt and freshly ground black pepper
- 3 cups arugula
- 1 15 ounce can garbanzo beans, drained
- ½ cup roasted red bell pepper, drained and chopped
- ½ cup pitted kalamata olives, sliced
- ½ cup crumbled feta cheese
- ¼ cup basil, thinly slivered

Instructions

1. Cook the quinoa according to package directions with ½ teaspoon salt added to the water. Cool completely.
2. Mix the olive oil, balsamic vinegar, pressed garlic, basil and thyme. Whisk until well combined. Season with kosher salt and freshly ground black pepper and set aside.
3. To a large serving bowl, add the quinoa, arugula, garbanzo beans, contents of the Salad Savors package—red bell pepper, kalamata olives and feta cheese.
4. Drizzle with the dressing and garnish with basil. Season to taste. Serve at room temperature.

SERVES: SERVES 4

Jessie Jones

Senior

Grains

Moore

Pumpkin Chocolate Chip Granola Bars

Ingredients

4 Cups Old Fashioned Oats
1/2 Cup Coconut Oil
1/4 Cup Brown Sugar
1/4 Ground Flaxseed
1/2 tsp. Salt
1/2 Pumpkin Puree
1/2 Cup Honey
1/2 tsp Homemade Pumpkin Pie Spice
1/2 Cup Chocolate Chips
1 In Vanilla Bean

Preheat oven to 325 degrees. Line a baking pan with parchment paper. In a large bowl, mix together oats and flaxseed and set aside. In a separate bowl, mix honey, pumpkin, coconut oil, brown sugar, salt, pumpkin pie spices, vanilla, and cinnamon. Add wit ingredients to the oatmeal and stir. Add in chocolate chips. Press the mixture into the pan and flatten it out with a spatula. Bake for about 20 minutes. Remove for oven and press down with a spatula again. Bake for another 20-25 minutes until brown. Let cool for about 2 hours before cutting. Recipe makes 18-20 bars. Store in a Tupperware container with parchment paper.



Sean Lowry

Senior

Grains

Potter

Chicken Zucchini Pasta

Ingredients:

1 1/2 cups Penne Pasta, cooked & drained
1 cup chicken breast, cooked & diced
2 cups chicken broth
1 Tbsp Fresh Thyme
1 tsp. salt
1 1/2 cups diced zucchini
1 tsp. basil
1 1/2 cups grated Mozzarella cheese
1/2 cup cup grated Parmesan cheese

Directions:

Preheat oven to 375 degrees. Spray 9x13 pan with cooking spray. Layer bottom of pan with pasta. Mix all ingredients except for cheese, mix in 1/2 cup of mozzarella. Layer on top of pasta. Then layer with 1 cup of Mozzarella, sprinkle Parmesan on top. Bake for 20 minutes.