

Pantry Pride Contest **Cookbook**

Recipes from Georgia 4-H Members



UGA
extension



From our pantry to yours

This cookbook's purpose is to serve as a resource to families across the state of Georgia.

Contained within, you will find recipes submitted through a contest jointly sponsored and conducted by the Arby's Foundation, the Georgia Food Bank Association, and the University of Georgia Extension's Georgia 4-H Program.

4-H members from around the state submitted recipes containing ingredients commonly found amongst all food banks in the Georgia Food Bank Association network. All entries are included, and award winners are denoted on their recipe page with a 🏆 symbol.

All resources in this book are perfect for helping you manage a busy schedule. In addition to containing widely available ingredients, each recipe is categorized as either a "No Cook Snack/Dish" or "Cooked Dish/Entree." "No Cook" recipes are denoted by an asterisk (*) in the table of contents.

We hope you enjoy these offerings created by the youth of our state, and that you find something fun and nutritional to serve yourself or your family.



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CLOVERLEAF ENTRIES

4-H'ers in Grades 4 - 6



Black Bean Salsa

Submitted by Kinsey Ward, a 5th Grader from Decatur County

Prep Time: 5-10 minutes, Yields: 8-10 Servings

The ingredients of this recipe are pantry staples that come from a can. It includes nutritious vegetables and black beans with protein. It is very tasty and costs less than fifty cents per serving.

Ingredients:

- ◇ 1 15.25 oz. can of black beans
- ◇ 1 15.25 oz. can of whole kernel corn
- ◇ 2 10 oz. cans of diced tomatoes with green chilies.
- ◇ Crackers for serving
- ◇ Tortilla chips for serving

Instructions:

1. Open the cans.
2. Drain and rinse black beans in colander.
3. Add corn and tomatoes to colander to drain.
4. Mix well in a bowl.
5. Cover and refrigerate until ready to serve.
6. Serve with crackers or tortilla chips.



Go-Go's

Submitted by Tailor LeClere, a 6th Grader from Glynn County

Prep Time: 10 minutes, Yields: 20 Servings

This tasty dessert or on the go snack is both healthy and easy to prepare. A great way to mix healthy grains and fruits with yummy sweetness.

Ingredients:

- ◇ 2 1/2 cups of granola cereal
- ◇ 2 1/2 cups of crispy rice cereal
- ◇ 2 cups of Chex cereal
- ◇ 1/2 cup of cranberries
- ◇ 1 1/2 cups of marshmallow fluff
- ◇ Cooking Spray

Instructions:

Spray all materials carefully with cooking spray. Add 2 1/2 cups each of granola and crispy rice, and 2 cups Chex cereals, 1/2 cup dried cranberries and 1 1/2 cups of marshmallow fluff to large greased glass bowl. Mix well. Once ingredients are well mixed and stick together, pour contents into a greased 9x13" pan. Put in cold area and wait about 10 minutes for it to cool. Now have a marvelous dessert!





JUNIOR ENTRIES

4-H'ers in Grades 7 - 8



Jazzy Fruit Smoothie

Submitted by Jasmine Martin, a 8th Grader from Bibb County

Prep Time: 15 minutes, Yields: 4 Servings

My recipe provides vitamins and nutrients needed for the body to stay healthy. It contains healthy delicious fruits. Making your own smoothies is cost effective as it prevents fruits from going to waste which prevents families from wasting money.

Ingredients:

5 fresh strawberries
1 Banana
1 4 oz canned peaches
3/4 cup low-fat plain yogurt
1/2 cup sugar (optional)
1 4 ice cubes

Instructions:

1) Peel and cut banana into slices.
2) Wash and remove leaves from strawberries.
3) Combine all ingredients in blender and blend for 3 minutes or until contents are smoothly blended together.
4) Enjoy this refreshing treat!



Sea Turtle Delight

Submitted by Kai Thomas, a 8th Grader from Bibb County

Prep Time: 15 minutes, Yields: 2 Servings

This was a fun recipe that I could do with every member of my family. By creating this recipe it helped me learn a healthy snack I could prepare without the help of my parents. By preparing my own no cook snacks, I can stay healthy and save my family money. Kiwis, apples, grapes, and Craisins are inexpensive and nutritious!

Ingredients:

- 1 apple
- 12 grapes
- 22 goldfish crackers
- 2 Craisins
- 1 kiwi



Instructions:

Method #1:

- 1) Cut apple in half. Use one half for the sea turtle shell.
- 2) Cut grapes in half for legs and head (kiwi slices can also be used for head).
- 3) Carefully place Craisins onto your sea turtles head to give your creations some eyes!
- 4) Place goldfish around your sea turtle!

Method #2:

- 1) Cut apple in half. Use one half of the apple and cut into round slices.
- 2) Thinly slice grapes and carefully layer onto apple slices for the sea turtle shell.
- 3) Cut grapes in half for legs and head (kiwi slices can also be used for head).
- 4) Carefully place Craisins onto your sea turtles head to give your creation some eyes!
- 5) Place goldfish around your sea turtle and enjoy!

Springtime Salsa

Submitted by Rhiannon, a 8th Grader from Bibb County

Prep Time: 10 minutes, Yields: 16 Servings

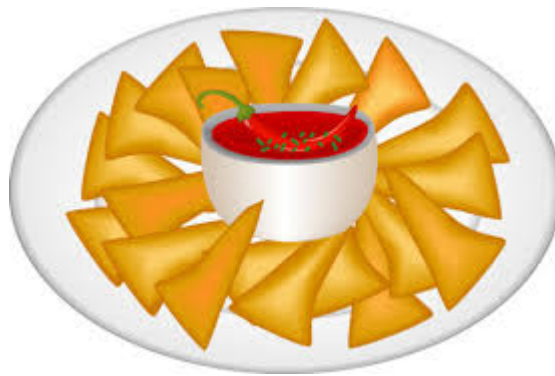
This dish is a vegetable diet booster. With a parsley and lime juice twist to regular salsa and dip recipes this is sure to please all. This dish contains lots of fiber and protein. This recipe is perfect for those on budget as the total cost of one serving is around \$0.50!

Ingredients:

- ◇ 1 can black beans
- ◇ 1 can diced tomatoes
- ◇ 1/2 fresh onion-diced
- ◇ 1/4 cup fresh parsley- chopped
- ◇ 1/2 cup fresh lime juice
- ◇ 1 Tbsp pepper vinegar
- ◇ Salt to taste

Instructions:

- 1) Dice the onion, let it soak in the lime juice
- 2) Strain the beans and tomatoes, add to large mixing bowl
- 3) Chop the parsley, add to the large mixing bowl
- 4) Add the onion and lime juice to the large mixing bowl
- 5) Stir all ingredients in the bowl to combine
- 6) Add pepper vinegar and salt to taste
- 7) Serve with crackers
- 8) Enjoy!



Crunchy Banana Pops

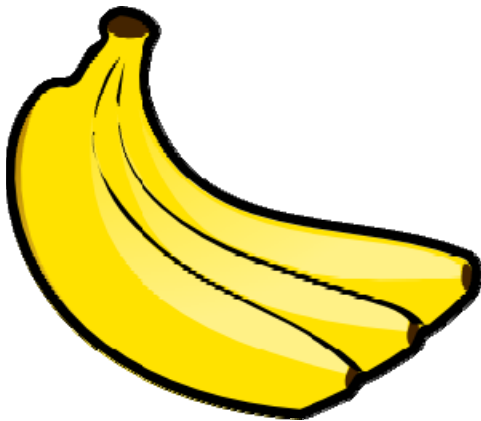
Submitted by Asia Kennedy, a 8th Grader from Clarke County

Prep Time: 10 minutes, Yields: 6 Servings

It's a simple way to make a fruit based tasty treat.

Ingredients:

- ◇ 2 small bananas
- ◇ 1 cup of Nutella or Peanut Butter
- ◇ 1 cup of Chocolate Chunk Loose Granola



Instructions:

Supplies Needed:

1. Plate
2. Butter Knife
3. Popsicle or Candy Sticks

Recipe:

1. Slice the two small bananas into thirds
2. Place bananas on Popsicle or Candy sticks
3. Dip the bananas into Nutella or Peanut Butter and let sit for 3 minutes
4. Cover the banana in the loose granola by either rolling or sprinkling
5. Enjoy!

Golden Bites

Submitted by Ishika Sadarangani, a 7th Grader from Coffee County

Prep Time: 15 minutes, Yields: 6 Servings

Golden Bites are a fun, delicious snack that contains both a protein source and vegetables providing nutrients that growing bodies need along with the satisfying crunch of crackers. A can of peas, a box of crackers, and a couple of vegetables won't break the bank so this is an economical snack option.

Ingredients:

- ◇ 1 box bit-sized cheese crackers
- ◇ 1 can black-eyed peas
- ◇ 2 carrots, grated
- ◇ 1/5 jalapeno pepper (optional)
- ◇ 1/5 medium onion, finely chopped
- ◇ 1/4 bunch cilantro, finely chopped
- ◇ 2-3 pinches of salt (or to taste)



Instructions:

Pour the black-eyed peas into a colander, rinse briefly, and set aside to drain.

In a large bowl, mash peas (but not too much) and crumble 15-17 cheese crackers. Add the peas, grated carrots, chopped onion, cilantro, jalapeno (optional), and salt to the peas and crackers. Stir to combine.

Make coin size patties out of the mixture. Place one patty between two cheese crackers to form a sandwich. Golden Bites are ready to eat. Optional - if your crackers have a small hole in the middle, insert a toothpick into the top cracker, through the pea mixture, and into the second cracker for a fun presentation.

Healthy Peanut Butter Milkshake

Submitted by Clayton Adams, a 7th Grader from Madison County

Prep Time: 5-10 minutes, Yields: 3 Servings

Peanut Butter is a great ingredient helps give you a great deal of energy and helps fill you up for longer with the protein. This recipe includes no chocolate but appears to look like Chocolate. Honey is a natural remedy for many ailments and is a great ingredient for allergies. The vanilla light almond milk is healthy because it has less calories, no cholesterol and is free of saturated fats and does not contain lactose. This recipe is only \$1.40 per recipe. It serves 3 so it will only cost forty six cents per serving, much less than leading competitors but much more health benefits.

Ingredients:

- ◇ Ingredients & Measures:
- ◇ 1 ripe banana sliced
- ◇ 2 cups vanilla light almond milk
- ◇ 2 tsp honey
- ◇ ¼ cup creamy peanut butter

Instructions:

1. Combine all the ingredients into blender and mix until smooth. Pour into 3 8 oz cups and ENJOY!



Vegetable Beet Feta Salad

Submitted by Parker Varnadoe, an 8th Grader from Madison County

Prep Time: 25 minutes, Yields: 4 Servings

Canned beets and white beans with the additional canned vegetables of your choice make this dish both easy to make and delicious to eat.

Ingredients:

- ◇ Dressing:
- ◇ 2 Tbsp apple cider vinegar
- ◇ 1 Tbsp prepared mustard
- ◇ 1/2 tsp sugar
- ◇ 1/4 cup olive oil (flavored olive oil may be used for additional flavor. Try it with Italian Herb flavored
- ◇ Olive Oil)
- ◇ 1/4 tsp. salt
- ◇ 1/8 tsp. pepper

Vegetable Salad:

- 1 16- oz can whole beets, well drained and each cut in half
- 1 16- oz can yellow corn, well drained
- 1 16- oz can Diced Tomatoes (spicy tomatoes and

peppers may be substituted if desired)

- 1 16- oz can chick peas, well drained
- 1 15- oz can white kidney beans
- 1/2 cup reduced fat crumbled feta cheese (grated parmesan or even blue cheese can be substituted)
- 1/2 cup coarsely chopped pecans, toasted (walnuts may be substituted if preferred)

(Other Canned vegetables may be added if desired)

Instructions:

1. Combine all ingredients for the salad dressing in a bowl and whisk with a fork or wire whisk.
2. Prepare vegetables and combine to make the salad. Sprinkle the dressing on top. Stir and Enjoy!
3. Recipe was inspired by <http://communitytable.parade.com/342397/dash/beet-and-white-bean-salad/>





SENIOR ENTRIES

4-H'ers in Grades 9 - 12



Chicken Brunswick Stew

Submitted by Jordan Farr , a 10th Grader from Bibb County

Prep Time: 5 minutes, Yields: 10-12 Servings

This is a quick weekday meal that satisfies the whole family.

Ingredients:

- 1 pre-cooked rotisserie chicken (shredded)
- 1 32 oz box chicken broth
- 1 15 oz can whole kernel corn (drained)
- 1-15 oz can early peas (drained)
- 1 15 oz can diced tomatoes
- 1 15 oz can diced potatoes (drained)
- 1 12 oz bottle of Mrs. Griffin's original BBQ sauce
(made right here in Macon, GA. You can use any kind,
but the recipe won't taste the same!)

Instructions:

1. Method:
2. 1) Drain peas, corn, and potatoes.
3. 2) Combine peas, corn, and potatoes chicken broth and tomatoes in a large pot.
4. 3) Cook on high for 15 minutes while you shred the rotisserie chicken (removes skin from chicken).
5. 4) Add chicken and barbecues sauce to pot, turn heat to medium.
6. 5) Cover and cook for an additional 30 minutes, stirring occasionally.
7. 6) Season to taste
8. 7) Serve with soup crackers



Anna's Hearty Reuben Soup

Submitted by Anna Morris, a 12th Grader from Chatham County

Prep Time: 37 minutes, Yields: 8 Servings

Did you know Savannah, GA has the 4th largest St. Patrick's Day Parade in the nation? With that huge celebration comes a lot of traditional food, including a variety of sauerkraut dishes.

My Hearty Ruben Soup is not only unique for its historical value, but also for being nutrient rich. It is low fat, and includes sauerkraut, which is an excellent source in vitamin C! Not only the soup appealing to all ages, but affordable too, costing approx. \$1.12 per serving.

Ingredients:

1/2 cup canned beef broth,
1/2 cup canned chicken broth,
1/4 cup chopped onion,
1 tablespoon cornstarch
2 cups fat free evaporated milk,
1 cup canned corned beef,
3/4 cup canned sauerkraut,
pinch of pepper

Instructions:

Bring beef broth, chicken broth, and chopped onion to a boil in a heavy saucepan; reduce heat. Simmer until the vegetables are tender, about 5 minutes.
Dissolve the cornstarch in the milk.
Stir into soup and simmer until soup thickens.
Add corned beef and sauerkraut. heat through.
Do not allow to boil; season with pepper.



Taco Crescent Ring

Submitted by Zakiya Durant, a 11th Grader from Clarke County

Prep Time: 20 minutes, Yields: 8 Servings

The taco filled ring is the perfect meal for taco night. It contains healthy meats, beans and veggies. Its fresh and canned ingredients give it a good taste while not breaking your pockets.

Ingredients:

1 lb ground beef or turkey
1 can black beans
1 can diced tomatoes
1 chopped onion
½ pack taco seasoning mix
1 cup shredded cheddar cheese
1 cup brown rice
2 cans refrigerated crescent rolls

Instructions:

1. Heat oven to 375 degrees.
2. In non stick skillet cook beef to no pink is visible. Add taco seasoning mix and ½ cup of water.
3. Combine all ingredients in mixing bowl
4. On cookie sheet, unroll dough and make a triangular ring. Ring should look like the sun.
5. Place beef mixture in center and fold ends over
6. Bake for 20 minutes and allow to cool 15 minutes before serving.



Tongue Twister Chicken Pasta

Submitted by Malaya Moon, a 10th Grader from Clarke County

Prep Time: 35 minutes, Yields: 8 Servings

It's a quick, easy and inexpensive one dish meal with a combination of protein, vegetables, pasta and dairy.

Ingredients:

- ◇ 6-8 chicken tenders
- ◇ 2 boxes of Mac and cheese dinner
- ◇ 1 can diced tomatoes
- ◇ 1 green bell pepper
- ◇ 2 jars Ragu alfredo cheese sauce
- ◇ grated parmesan cheese
- ◇ 8 oz shredded mozzarella cheese

Instructions:

1. Boil the Noodles For 9-11 minutes (or until desired consistency).
2. Drain the Noodles. Put it in a pan.
3. Add the cheese to the noodles in the pan.
4. Cook chicken tenders in a skillet for 6-8 minutes (or until desired consistency).
5. Cut the chicken into little pieces. Place chicken in the pan with the Mac & cheese.
6. Cut up the bell peppers & place

them into the pan with the chicken & Mac & cheese.

7. Use the can opener to open the can of diced tomatoes. Place the tomatoes in the pan with the bell peppers, chicken, & Mac & cheese.
8. Add the Alfredo cheese sauce in the pan.
9. Mix everything together.
10. Spread the mozzarella cheese on top of it then shake the grated Parmesan cheese on top.
11. Place pan in the oven at 350 for 5-8 min.





Zippy Summer Tuna Salad



Submitted by Kaya Pollack , a 11th Grader from Clarke County

Prep Time: 20 minutes, Yields: 12 Servings

A refreshing, nutritious summer salad for those hot summer days. This full meal salad is economical at \$2.25 per serving.

Ingredients:

- ¾ teaspoon ground gingerroot
- ½ teaspoon garlic powder
- 2 cup apple cider vinegar
- 1 can (11 ounces) mandarin oranges
- ¼ cup of the juice from the can of mandarin oranges
- ¼ cup vegetable oil
- 1 teaspoon sesame oil
- 1 envelope onion soup mix
- 1 box of tri color rotini (bowtie or other pasta is acceptable too)
- ½ of a cucumber
- 1 cup sliced tomatoes (fresh or canned tomatoes drained)
- ½ cup red onion or Vidalia onion
- 1 package baby spinach
- 1 can of tuna

Instructions:

1. Boil 4 to 6 quarts of water, add salt to the water
2. Once the water starts to boil, pour in the box

of pasta

3. Follow the directions on the box for cooking time
4. Drain the pasta after it is fully cooked and rinse with cold water
5. While the water is boiling, put the ground gingerroot and garlic powder in a medium sized bowl
6. Add the apple cider vinegar, mandarin juice, sesame oil, vegetable oil and the onion soup mix
7. Stir all the ingredients in the bowl well.
8. Once you are done with the sauce, set it aside
9. Start cutting the cucumber, onion, tomatoes and add any additions, into preferred sizes (course or fine)
10. Add chopped up onions to the sauce mix in the medium sized bowl
11. Drain the can of tuna; shredding the meat with a fork is optional
12. Add the tuna to the sauce in the medium bowl
13. After the pasta is drained, put the pasta in a large bowl in which it can be mixed in.
14. Add the tomatoes, cucumbers, mandarin oranges and baby spinach on top of the pasta then pour the sauce on top
15. Mix until everything is evenly coated with the sauce

Paisley's Snack Wrap Recipe

Submitted by Paisley Whigham , a 10th Grader from Cobb County

Prep Time: 30 minutes, Yields: 6 Servings

This is a quick, tasty, and nutritious dish which can be used as a meal or snack.

Ingredients:

1 can black beans drained and rinsed
1 can whole kernel corn, drained and rinsed
1 can diced tomatoes
4-6 flour tortillas
2 cups grilled chicken breast strips
1/4 cup salsa
1/2 cup shredded cheese
additional salsa and lime if desired

Instructions:

1. chop up grilled chicken strips into approximately 1/2 inch cubes
2. turn on stove top to medium heat
3. cook chicken pieces
4. drain vegetables (corn, beans, tomatoes)
5. add vegetables into skillet with chicken breast, mix well
6. place skillet to side and allow to cool approximately 5 minutes
7. place tortillas on a plate, and put serving of vegetables and chicken on each
8. add cheese and salsa
9. add additional salsa and lime if desired.



DJ's Dinner Delight Casserole

Submitted by Del Sanders, a 11th Grader from Cobb County

Prep Time: 40 minutes, Yields: 6-8 Servings

This is a one pot meal. The recipe contains healthy vegetables and it is easy to make. It can be made ahead of time or it can be frozen for later.

Ingredients:

1 pound ground beef
4-5 cups cooked rice
1 Jar of Pasta Sauce
1- 14 ounce can diced tomatoes drained
1 - 14 ounce can carrots drained
1- 14 ounce can of sweet peas
1- 14 ounce can of corn, drained
3 cups shredded Colby jack cheese
Garnish with sliced green onion if desired

Instructions:

Preheat oven to 350.
In a skillet cook ground beef until browned. Drain off any fat.
In a large bowl combine cooked ground beef, cooked rice, pasta sauce, tomatoes, carrots, peas and corn
Stir well to combine.
Spread into a 9×13 pan or similar sized casserole dish.
Spread cheese on top.
Bake for 30 minutes or until heated through.



The Very Vegan Veggie Burger

Submitted by Simone Sanders, a 12th Grader from Cobb County

Prep Time: 40 minutes, Yields: 6-12 Servings

Most people buy frozen veggie burgers but you can make your own, and it is easy to do with items you already have in your pantry.

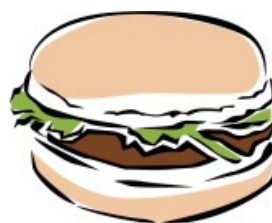
Ingredients:

1 pound can of black or garbanzo beans, drained (save the liquid)
1/2 cup chopped onion
2 cloves garlic, minced
1 cup canned carrots drained
1 cup canned potatoes drained
2 tablespoons + 2 more tablespoons oil for frying
1 tablespoon Worcestershire sauce
1 tablespoon teriyaki sauce
1 tablespoon pasta sauce
1 teaspoon paprika
1 teaspoon cumin
1 teaspoon curry powder
1 teaspoon Italian seasonings
1 teaspoon salt
1 teaspoon pepper
1/2 cup leftover rice or chopped walnuts
1 cup of cracker finely processed for holding the burger together
Flour for dusting the burger and holding it together

Instructions:

1. Heat 2 tablespoons oil in a pan over medium heat. Sauté the onion, carrots and potatoes, and garlic until softened, about 10 minutes.
2. Add the beans, the sautéed veggies and the remainder of the ingredients except for the crackers and flour into a food processor.
3. Place the food processor on pulse and pulse until the mixture is chunky like ground beef texture but not butter smooth
4. Form into golf ball size balls and flatten into patties for smaller patties. Add the crackers to the outside of the patty. Add flour to the patty to hold together if the mixture is too wet. . If the mixture is too stiff add some of the liquid from beans.
5. Heat 2 tablespoons oil over medium-high heat. Fry patties about 10 minutes per side or until browned and form a crust.

Makes about 12 small patties or 6 larger patties. This recipe can be frozen uncooked or cooked for future use already in patty form.



Rustic Chicken Pot Pie Galette with Pear Salad Bunnies



Submitted by Abby Hamilton, an 11th Grader from Coffee County—Second Place

Prep Time: 45 minutes, Yields: 4 Servings

A classic comfort food gets a bit of French flare. This recipe is quick and easy to prepare and it is budget friendly. This recipe has a lot of the items found in the food bank. The Pear Salad Bunnies are so fun to make. This would be a great recipe for children to make.

Ingredients:

Rustic chicken pot pie galette:

- 1 can (12.5oz) chicken in water
- 1 can (10.5oz) cream of chicken soup
- 1 can potato soup with bacon bits
- 1 can (15oz) mixed vegetables
- 1/2 teaspoon of salt
- 1/2 teaspoon of pepper
- 1 Tablespoon onion powder
- 1 box (2) refrigerated pie crust
- 1 cup of crushed cheese fish crackers
- 1 egg
- 1 tablespoon water

Pear Salad Bunnies:

- 6 lettuce leaves
- 1 can (16oz) Pears
- 12 Raisins
- 1 cup Low Fat Cottage Cheese
- 6 cherries in a jar
- 12 toasted, sliced almonds

Instructions:

Rustic Chicken Pot Pie Galette:

Preheat oven to 450 F. In saucepan add all ingredients except pie crust and heat 10 minutes or until warm and thickened. (You can add 1 Tablespoon of flour to thicken or 1 Tablespoon of water to thin). Remove pie crust from package; unroll onto 2 ungreased cookie sheets. Leave a 2 inch edge on the outside of crust. Spoon chicken and vegetable mixture on to the center of the crust. Be sure to divide mixture between the 2 crusts. Sprinkle with crushed cheese fish crackers crumbs, if desired. Fold crust over edge to form a 2 inch border, pleating crust edge as necessary.

Whisk together 1 egg and with 1 teaspoon of water. Brush the edges of the crust for a shiny, brown finish. Bake 20-25 minutes or until brown.

Pear Salad Bunnies

Wash lettuce and pat dry. Place on plate. Top with pear halves upside down.

Place a tablespoon of cottage cheese on end of the pear half for a fluffy bunny tail.

Place small piece of cherry at the other end of pear half for the nose.

Add 2 raisins to each pear for eyes.

Insert 2 sliced almonds on the top about where you think the bunny ears go.

Lasagna Soup

Submitted by George Wurst, a 11th Grader from Columbia County

Prep Time: 30 minutes, Yields: 4-6 Servings

A hearty meal that can be served to the whole family.

Ingredients:

- ◇ 1 pound lean ground beef
- ◇ 1 large green pepper, chopped
- ◇ 1 medium onion, chopped
- ◇ 2 garlic cloves, minced
- ◇ 2 cans (14-1/2 ounces each) diced tomatoes, undrained
- ◇ 2 cans (14-1/2 ounces each) reduced-sodium beef broth
- ◇ 1 can (8 ounces) tomato sauce
- ◇ 1 can (15 ounce) corn, drained
- ◇ 1/4 cup tomato paste
- ◇ 2 teaspoons Italian seasoning
- ◇ 1/4 teaspoon pepper
- ◇ 2-1/2 cups uncooked spiral pasta
- ◇ 1/2 cup shredded Parmesan cheese



Tuna Croquettes with Persian Carrots



Submitted by Journey Austinson, a 9th Grader from Decatur County

Prep Time: 25 minutes, Yields: 4-6 Servings



Combining unique ingredients, like red beans, gives this dish additional nutrition and tasty pizzazz. Besides its health benefits, the common pantry items are very economical at approximately \$1.25 per serving.

Ingredients:

Persian Carrots

1 Tablespoon oil (olive oil is best)

1 large onion

3 large carrots

1 ½ teaspoon cumin

1 teaspoon brown sugar or honey

Tuna Croquettes

1-15.5 oz. can reduced sodium red kidney beans

1-5 oz. canned tuna fish

1 egg

¼ cup all-purpose flour

½ teaspoon salt

½ teaspoon paprika

¼ teaspoon pepper

3 Tablespoons vegetable/olive oil for frying

Italian Cheese Sauce (optional)

1-10.5 oz. can reduced sodium Cream of Mushroom soup

1 Tablespoon milk

½ cup low-fat shredded cheese

¼ teaspoon Italian seasoning

Instructions:

Persian Carrots

Add oil to skillet & heat on medium high. Julienne onion & add to skillet. Scrape carrots, slice into coins & add to skillet. Mix in cumin & sugar (honey). Stir fry over medium to low heat while other food is in progress. Reduce to low heat at about 20 minutes.

Tuna Croquettes

Put oil in skillet & heat over medium heat. Drain & rinse kidney beans. Place beans in bowl & mash with potato masher. Add drained can of tuna & egg to bean mixture. Mix in flour, salt, paprika, pepper & garlic. When skillet is hot, place large spoonful's of tuna/bean mixture into skillet & flatten like a pancake. Cook 4 minutes per side, or longer if needed until nicely browned. Drain on paper toweling. Serve warm. Makes approximately 8 patties.

Italian Cheese Sauce (optional)

Mix can of soup & milk in saucepan. Cook over low heat, stirring occasionally. When mixture bubbles, stir in cheese & Italian seasoning. Reduce to low & simmer until needed. Serve warm on Tuna Croquettes if desired.

Peach Kissed Pork with Confetti Rice

Submitted by Savannah Padget, a 12th Grader from Decatur County—First Place



Prep Time: 35-45 minutes, Yields: 4 Servings

Because you are on a budget does not limit someone to a sweet and spicy meal with items that are low in fat and taste good. With the items provided from the food bank, the additional items needed are a jalapeno, lime, rice, garlic and pork chops with a cost of \$6.52. Items on hand include barbeque season (or a multi seasoning on hand), chili powder (may be omitted) and olive oil (may substitute other oil). The meal has great eye appeal and is a delicious combination of flavors. The peach tea is an added bonus.

Ingredients:

Peach Salsa

2-15 ounce cans of peaches in syrup drained & chopped, juice reserved; 1-15 ounce can diced tomatoes, drained; 1/2 cup of diced onion; 1 small jalapeno seeded and minced; 1/4 teaspoon chili powder; Dash of salt; Juice of one lime.

Vegetable Rice

1-15 ounce can green beans drained & cut into smaller pieces; 1/2 cup of diced carrots; 1/2 cup diced onion; 3 cloves of garlic minced; 2 tablespoons Olive oil; 1 cup of white rice; 2 cups of water; 1 teaspoon salt.

Pork Chops

4 boneless pork chops; 1/2 tablespoon barbeque seasoning.

Instructions:

Peach Salsa

Place all ingredients in bowl & mix well. Add a little reserved peach juice if needed. Taste and add a little more salt or chili powder in needed.

**Add 1/2 cup of reserved peach syrup to 1 cup of sweet tea and serve over ice.

Vegetable Rice

In a large pot or rice cooker add olive oil, onion, garlic, carrots and green beans. Cook and stir occasionally for 2 to 3 minutes. Add water, rice, salt and simmer until water has been absorbed and rice is tender. Let rest and fluff with fork.

Pork Chops

Trim pork chops and cut into 1 inch pieces. Place in plastic bag and add seasoning and shake to coat. Add olive oil to pan and heat over medium heat, add meat and cook till done (about 2 minutes on each side). Plate the rice, add pork chops and top with peach salsa. Garnish with parsley if available.

Summer Pasta Salad

Submitted by Macy Coker, an 11th Grader from Jenkins County

Prep Time: 45 minutes, Yields: 6 Servings

Summer Pasta salad has four tasty vegetables, but what is different than most pasta salad is there is no heavy sauce. You don't get any unwanted oils or fats from a mayonnaise or based vinaigrette. By using a small amount of items not found in a food pantry you also save money.

Ingredients:

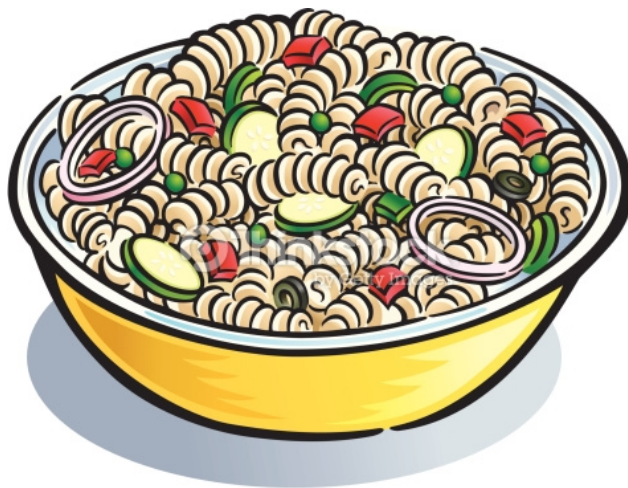
- ◇ 12 oz bow tie pasta
- ◇ 1 small green pepper diced
- ◇ 1 14.5 oz canned dice tomatoes drained
- ◇ 1 14.5 oz canned cream style corn
- ◇ 1 15 oz. canned sweet peas drained
- ◇ 1 green onion sliced to garnish
- ◇ garlic salt
- ◇ black pepper

Instructions:

Cook pasta according to the package directions until aldente, drain pasta.

While pasta is cooking combine tomatoes, peas, corn, garlic salt and pepper in a large pot and cook over medium heat stirring occasionally.

Once pasta is drained add it into the pot with the vegetables and fold in the pasta and add green bell pepper and green onion on top.



Angel Fruit Cake

Submitted by Alisha McGee, a 12th Grader from Jenkins County

Prep Time: 45 minutes, Yields: 12 Servings

Angel fruit cake is an easy and tasty way to add fruit to your diet. Two of the four ingredients come from your local food bank, so it is a very inexpensive recipe.

Ingredients:

- ◇ 1 8oz canned pineapple chunks
- ◇ 1 8.75 oz canned fruit cocktail rinsed and drained
- ◇ 1 11 oz canned mandarin oranges
- ◇ 1 box angel food cake

Optional glaze:

1 Cup powdered sugar
4 1/4 tbsp lemon juice
zest of 1 lemon

Instructions:

Preheat oven to 350 degrees. In a large bowl combine cake mix, mandarin oranges, fruit cocktail, and pineapple.

Prepare a bunt cake pan with cooking spray and dust it with flour.

Pour cake batter into the pan and bake at 350 for 35 minutes or until cooked through, flop onto a serving plate.

"Glaze with optional glaze"



Bean Veggie Burgers

Submitted by Susannah Walters, an 11th Grader from Jenkins County

Prep Time: 45 minutes, Yields: 6 Pies

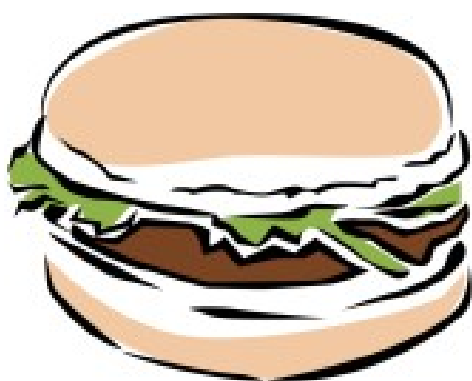
Delicious and healthy three bean veggie burger bring a great source of veggies into your everyday life. They save a great amount of money by using canned beans. I was inspired to make this recipe because of a little girl in 4-H that is a vegetarian.

Ingredients:

- ◇ 1/2 a 15.5 oz can of cannellini beans drained
- ◇ 1/2 a 15.5 oz can of garbanzo beans drained
- ◇ 1/2 a 15.5 oz can of black beans drained
- ◇ 1 tbsp Worcestershire sauce
- ◇ 1 tbsp Sriracha hot chili sauce
- ◇ 1/2 green bell pepper diced
- ◇ 1 egg
- ◇ 1 cup of flour (a little extra flour for bread-ing)
- ◇ garlic to taste
- ◇ salt to taste
- ◇ pepper to taste

Instructions:

Puree the beans and bell pepper together until it forms a paste. In a small bowl mix together egg and seasonings then add egg mixture to the bean paste mixing well until its incorporated, then slowly start stirring in the flour to the paste. Then heat the vegetable oil over medium-high heat in a large pan. Flour your hands and start forming patties flouring the outside. Once oil is warm start placing patties in the pan making sure not to overcrowd the pan. Cook patties on each side for 4 to 6 minutes until browned and fully cooked. Remove pan from heat when patties are done, and plate patties as desired.



Kaleigh's Cajun

Submitted by Kaleigh Jordan, a 10th Grader from Johnson County

Prep Time: 45 minutes, Yields: 4 Servings

It is a Cajun rice recipe that incorporates four food groups. It is very tasty and budget friendly, while using red beans, diced tomatoes, and onions. It is very colorful.

Ingredients:

- ◇ 2 cups water
- ◇ 1 cup uncooked rice
- ◇ 1 (16 ounce) package kielbasa sausage, cut diagonally into 1/4 inch slices
- ◇ 1 onion, chopped
- ◇ 1 green bell pepper, chopped
- ◇ 2 (15 ounce) cans canned red beans, drained
- ◇ 1 (16 ounce) can diced tomatoes
- ◇ 1/2 teaspoon dried oregano
- ◇ 1/4 teaspoon salt
- ◇ 1/2 teaspoon pepper

Instructions:

1. In saucepan, bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
2. In a large skillet over low heat, cook sausage for 5 minutes. Stir in onion, green pepper and sauté until tender.
3. Drain beans & rinse. Pour in beans and tomatoes with juice.
4. Season with oregano, salt and pepper. Simmer uncovered for 20 minutes.
5. Serve over rice.



Austin's Zippy Rice Rolls, Pickled Carrots, and Sweet and Savory Sauce

Submitted by Austin Wiggins, a 10th Grader from Monroe County

Prep Time: 45 minutes, Yields: 4 Servings

A tasty and easy to make recipe that all will enjoy!

Ingredients:

- ◇ 1\2 cup chopped green onion
- ◇ 2 inch x 2 inch piece of ginger root washed and grated
- ◇ 1 small can chopped drained green chilies or 1 -2 teaspoons of chopped jalapeño
- ◇ 1 can crushed pineapple –drained but reserve juice
- ◇ 1-2 cans chicken drained – or use leftover: sausage, bacon, shrimp, turkey, or pork
- ◇ 4 cups cooked rice use canned coconut milk to cook with if possible
- ◇ Garlic, Salt, and Pepper to taste
- ◇ Mix all ingredients well and roll into balls. Sear rolls/balls in pan sprayed with non-stick then transfer
- ◇ to casserole dish and place in 375 degree oven until heated through and ready to serve.
- ◇ Pickled Carrots:
- ◇ 1\2 carrot per person, peeled then use peeler
- ◇ to shave ribbons off of carrot
- ◇ Rice Vinegar
- ◇ Place 1 inch of rice vinegar in bottom of glass bowl with dash of salt and pepper, toss carrots in vinegar
- ◇ and leave in bowl until ready to serve.
- ◇ Savory Sauce:
- ◇ 1 cup of reserved pineapple juice from pineapple used in balls
- ◇ 1\3 cup water
- ◇ 3 tablespoon rice vinegar
- ◇ 1 tablespoon soy sauce
- ◇ 1\2 cup packed brown sugar
- ◇ 3 tablespoons of cornstarch
- ◇ Mix cornstarch and water. Mix in with other ingredients and heat while stirring on stovetop. Set aside to
- ◇ cool and thicken until ready to serve.

Continued on next page

Austin's Zippy Rice Rolls, Pickled Carrots, and Sweet and Savory Sauce

Instructions:

Austin's Zippy Rice Rolls, pickled carrots, and sweet and savory sauce

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Pickled Carrots:

1/2 carrot per person, peeled then use peeler to shave ribbons off of carrot

Rice Vinegar

Place 1 inch of rice vinegar in bottom of glass bowl with dash of salt and pepper, toss carrots in vinegar and leave in bowl until ready to serve.

Savory Sauce:

1 cup of reserved pineapple juice from pineapple used in balls
1\3 cup water
3 tablespoon rice vinegar
1 tablespoon soy sauce
1/2 cup packed brown sugar
3 tablespoons of cornstarch
Mix cornstarch and water. Mix in with other ingredients and heat while stirring on stovetop. Set aside to cool and thicken until ready to serve.



Perfect Pumpkin Soup

Submitted by Kaylie Smith , a 12th Grader from Randolph County

Prep Time: 30 minutes, Yields: 4-6 Servings

A quick, delicious and budget friendly meal!

Ingredients:

2 CANS PUMPKIN
1 CAN OF CHICKEN BROTH
1 CAN OF COCONUT MILK
1 CAN OF CARROTS (DRAINED)

2 TEASPOONS OF ONION POWDER
2 TEASPOONS OF GRANULATED GARLIC
2 TEASPOONS OF CURRY POWDER
1 TEASPOON OF GINGER
SALT AND PEPPER TO TASTE

Instructions:

1. ADD PUMPKIN AND CHICKEN BROTH TO POT AND PUT ON MED HEAT.
2. AFTER DRAINING CARROTS PUT IN RICER AND PRESS INTO POT.
3. ADD DRY INGREDIENTS AND SALT AND PEPPER TO TASTE.
4. SIMMER FOR 20 MIN AND SERVE WITH CRACKERS.



Spinach and Tomato Soup with Barley

Submitted by Thomas Smith, a 9th Grader from Randolph County—Third Place

Prep Time: 35 minutes, Yields: 4 Servings



Spinach- loaded with lots of fiber and vitamins barley good source of dietary fiber but low in fat. tomatoes- reduce risk of heart disease and cancer that has lots of vegetables with protein.

Ingredients:

1. SMALL ONION –CHOPPED
2. 2 CANS CHOPPED SPINACH (DRAINED)
3. 2 CANS DICED TOMATOES (OREGANO & BASIL)
4. 2 CANS CHICKEN STOCK
5. 2 CUPS OF GRAPE NUTS CEREAL

SALT AND PEPPER TO TASTE

2 TABLE SPOONS- GRANULATED GARLIC

2 TEASPOONS – ONION POWDER

2 TABLE SPOON – ITALIAN SEASONING

OLIVE OIL

Instructions:

1. PUT OIL IN POT ADD CHOPPED ONIONS
2. COOK UNTIL SOFT ADD ALL CANNED INGREDIENTS AND SPICES.
3. COOK FOR 20 MINON MED HIGH HEAT.
4. ADD GRAPE NUTS AND COOK FOR 10 MORE MINUTES.

