



Junior Food Projects

For 7th and 8th Graders



Recipe Book



UNIVERSITY OF GEORGIA
EXTENSION

Georgia 4-H Junior Food Projects Recipe Book For 7th and 8th Graders



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Additional Guidance for Using this Recipe Book

- Please refer to the Georgia 4-H website for Project Achievement Foods Labs for additional information to be successful in preparing these recipes.
 - <https://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/>
- These recipes provide some guidance for food safety steps to be taken in preparation. However, the recipes alone are not the only information needed to prepare and serve food safely. The **Food Safety** module on the 4-H website has additional information to be learned and used, as well as links to other good sources for consumer food safety information.
<https://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/>
- There is a link to a series of videos on Knife Skills under the **General Guidelines** module which will show how to dice, slice, chop, etc.
[https://www.acfchefs.org//ACF/Resources/Video Library/Knife/ACF/Resources/Video/Knife/](https://www.acfchefs.org//ACF/Resources/Video%20Library/Knife/ACF/Resources/Video/Knife/)
- Under the **Additional Resources** tab on this 4-H website for Foods Labs are additional links to UGA Extension resources that teach about using thermometers, Thermometer Guide and Cooking Small Pieces of Meat.
<https://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/>

Remember: Never touch ready-to-eat foods with bare hands or dirty utensils.

Georgia 4-H Junior Food Projects Recipe Book



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Junior Festive Foods

4-Layer Taco Dip



You'll need

For the Baked Tortilla Chips:

4 small (6") flour tortillas (taco size)
1 teaspoon canola or vegetable oil
Salt (about 1/8 teaspoon)

For the Taco Dip:

1 can (15 oz.) pinto beans
1 ½ teaspoons chili powder
½ teaspoon oregano
¼ teaspoon cumin
½ cup (4 oz.) plain non-fat yogurt
½ cup salsa (mild or medium)
¼ cup diced green bell pepper
¼ cup diced cucumber
2 cups chopped lettuce
1 cup (4 oz.) shredded cheddar or Colby-Jack cheese made from 2% milk
1 small tomato, diced



Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the baked tortilla chips:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. Preheat oven to 400 degrees F.
3. Place flour tortillas **on clean cutting surface**. With a sharp knife or pizza cutter, cut each tortilla into 8 wedges (like a pizza).
4. Spread tortilla wedges in one layer on 1-2 baking sheets. Drizzle oil evenly over cut tortillas. Use back of spoon to spread oil evenly over wedges. Sprinkle wedges lightly with salt.
5. Bake until slightly light brown on edges (about 4-6 minutes); most of wedge will remain white. Check often to avoid burning.
6. Use pot holder to remove baking sheets from oven. Place hot baking sheets on cooling rack or on pot holders to cool (not directly on counter top).

Steps to make the taco dip:

1. **Wash and rinse top of can of pinto beans with a clean cloth before opening.** Place colander in sink. Open can and pour beans into colander. Rinse with cool water. **Wash hands with soap and water.**
2. Pour beans onto dinner plate. Evenly sprinkle spices (chili powder, oregano, and cumin) over beans. Mash beans with fork until fairly smooth. Pour beans into large mixing bowl.
3. Add plain yogurt to bean mixture. Stir well.
4. Spoon creamy bean mixture onto serving plate (dinner plate size). Spread bean mixture evenly across plate.
5. Measure salsa. Place in medium mixing bowl.
6. **Wash hands with soap and water. Scrub green bell pepper and cucumber with a clean vegetable brush under running water,** blot dry with clean paper towel.
7. **On clean surface,** cut off top of pepper. Remove seeds inside. Slice bell pepper into strips. Dice several strips to make ¼ cup diced bell pepper. Save rest of strips to serve with dip. Add diced bell pepper to salsa.
8. Peel cucumber with vegetable peeler. **On clean surface,** dice enough to make ¼ cup. Add to salsa mixture. Stir.
9. Cut rest of cucumber into round slices to serve with dip. Set aside.
10. Spoon salsa mixture evenly over beans on serving plate. **Wash hands with soap and water.**
11. Remove the outermost leaves of head of lettuce and discard. **Wash remaining lettuce leaves by gently rubbing under cold running water,** blot dry with clean paper towel. **Chop on clean surface.** Arrange two cups evenly over salsa mixture.
12. Measure 1 cup of pre-shredded cheese. Sprinkle evenly over lettuce.
13. **Wash tomato by gently rubbing under cold running water.** Blot dry with a clean paper towel. **On clean surface** remove stem, core, and dice tomato into small pieces. Arrange diced tomato on top of cheese to garnish dip.
14. Serve with baked flour tortilla chips, bell pepper strips and cucumber rounds.

Junior Festive Foods

Famous Fried Rice



You'll need

For the Fried Rice:

- 2 teaspoons vegetable or canola oil
- ¼ cup chopped onion
- 14.5 oz. can low-sodium chicken broth
- 2 cups instant rice
- 2 cups frozen mixed peas and carrots or frozen mixed vegetables
- 8 to 12 oz. can white meat chicken

For the Yellow Sauce:

- ½ cup plain nonfat yogurt
- ¼ cup light Ranch dressing
- 1 teaspoon sugar
- 1 teaspoon mustard
- ½ teaspoon catsup



Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the Fried Rice:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. Put oil in large (10") skillet. Turn on medium high heat.
3. **Wash and rinse top of can of chicken with a clean cloth before opening.**
4. **Scrub onion with a clean vegetable brush under running water. On a clean surface,** remove and discard onion peel and ends. Chop remaining onion.
5. When oil is hot, add chopped onion and add 1 Tablespoon of chicken broth.
6. Cook and stir over medium high heat until onions start to soften, about 2 minutes. Add rest of chicken broth to skillet. Cover and bring mixture to a boil.
7. Add instant rice and stir. Turn off heat.
8. Remove pan from heat, cover, and let stand 5 minutes. **Wash hands with soap and water.**
9. While rice is cooking, mix ingredients for Yellow Sauce together in small (1 quart) bowl.
10. When rice is ready, remove cover and fluff with fork. Turn heat on medium.
11. Add frozen mixed vegetables and canned chicken. Cover and cook 3-4 minutes, stirring occasionally, until vegetables are hot.
12. Serve with Yellow Sauce on the side.

Junior Festive Foods

Southern Salsa



You'll need

For the Baked Tortilla Chips:

4 small (6") flour tortillas (taco size)
1 teaspoon Canola or vegetable oil
Salt (about 1/8 teaspoon)

For the Salsa:

1 (15.5 oz.) can black-eyed peas, drained and rinsed
1/3 cup diced green onions
1/3 cup diced green bell pepper
1 small tomato diced
10 to 12 sprigs fresh cilantro
3 Tablespoons lime juice
1 teaspoon Canola or vegetable oil
½ teaspoon salt-free seasoning
¼ teaspoon black pepper



Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the baked tortilla chips:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. Preheat oven to 400 degrees F.
3. Place flour tortillas **on clean surface**. With pizza cutter, cut each tortilla into 8 triangles (like cutting a pizza).
4. Spread tortilla wedges in one layer on 1-2 baking sheets. Drizzle oil evenly over cut tortillas. Use back of spoon to spread oil evenly over wedges. Sprinkle lightly with salt.
5. Bake until slightly light brown on edges (about 4-6 minutes); most of wedge will remain white. Check often to avoid burning.
6. Use pot holder to remove baking sheets from oven. Place hot baking sheets on cooling rack or on pot holders (not directly on countertop).

Steps to make the salsa:

1. **Wash hands with soap and water.**
2. **Wash and rinse top of can of black-eyed peas with a clean cloth before opening.** Pour into colander. Rinse. Pour into medium bowl.
3. **Wash hands with soap and water. Gently rub green onion under cold running water.** Blot dry with clean paper towel. **On a clean surface**, cut off ends of onion. Slice into thin pieces. Add to black-eyed peas.
4. **Scrub bell pepper with a clean vegetable brush under running water.** Blot dry with clean paper towel. **On a clean surface**, cut off top of pepper. Remove seeds inside. Dice into small pieces. Add to black-eyed pea mixture.
5. **Gently rub tomato under cold running water.** Blot dry with clean paper towel. **On a clean surface** remove stem, core, and dice tomato into small pieces. Add to black-eyed pea mixture.
6. **Gently rub cilantro under cold running water.** Blot dry with clean paper towel. **On a clean surface**, remove stems and chop leaves into small pieces. Add to black-eyed pea mixture.
7. **Wash hands with soap and water.** Combine lime juice, oil, salt-free seasoning, and black pepper in small bowl. Stir well.
8. Pour lime juice mixture over black-eyed pea mixture in medium bowl. Stir well.
9. Serve with baked tortilla chips.

Junior Food Fare

Tex-Mex Salad



You'll need:

5 cups chopped Romaine lettuce
1 medium tomato, diced
15 oz. can corn, no salt added, drained
¼ teaspoon black pepper
15 oz. can black beans, reduced sodium, drained
½ cup shredded 2% Colby Jack cheese

Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the Tex-Mex salad:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. **Wash and rinse top of can of black beans and corn with a clean cloth before opening.** Open and drain.
3. **Wash hands with soap and water.** Remove the outermost leaves of head of lettuce and discard. **Wash remaining lettuce leaves by gently rubbing under cold running water.** Blot dry with clean paper towel. Chop lettuce **on clean surface** and place in large bowl.
4. **Gently rub tomatoes under cold running water.** Remove stem, core, and dice **on clean surface.**
5. **Wash hands with soap and water.** Sprinkle diced tomato, black beans, and corn over lettuce.
6. Add black pepper and mix.
7. Top with shredded cheese and serve immediately with Zesty Sauce as dressing on the side.

Zesty Sauce

You'll need:

½ cup plain nonfat yogurt
½ cup salsa

Steps to make Zesty Sauce:

1. **Wash hands with soap and water.**
2. Combine ingredients in small bowl.
3. Use as salad dressing.



Junior Food Fare Chicken Confetti Salad



You'll need:

8 to 12 oz. canned white meat chicken, drained
½ cup celery, diced
¼ cup red bell pepper, diced
¼ cup plain yogurt (low-fat or fat-free)
¼ cup reduced-fat mayonnaise
1/8 teaspoon onion powder
¼ teaspoon black pepper
2 cups chopped lettuce or 2 to 3 lettuce leaves

Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the Chicken Confetti Salad:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. **Wash and rinse top of can of chicken with a clean cloth before opening.** Place chicken in medium size mixing bowl. Break up large pieces with a fork.
3. **Wash hands with soap and water. Scrub celery and red bell pepper with a clean vegetable brush under running water.** Blot dry with clean paper towel. **On a clean surface,** cut off ends of celery and discard. Cut off top of pepper and remove seeds. Chop celery and pepper into small pieces. Add to chicken.
4. Add yogurt, mayonnaise, onion powder, and black pepper to chicken.
5. Mix well with a spoon.
6. **Wash hands with soap and water.** Remove the outermost leaves of head of lettuce and discard. **Wash remaining lettuce leaves by gently rubbing under cold running water.** Blot dry with clean paper towel.
7. Serve on lettuce leaves or on a bed of lettuce that has been chopped **on a clean surface.**

Makes 4 servings.



Junior Food Fare Festive Tuna Salad



You'll need:

- 2 Tablespoons light mayonnaise
- 2 Tablespoons plain nonfat yogurt
- ½ teaspoon dry tarragon leaves
- 6 to 9 oz. can white tuna packed in water, drained
- ¾ cup red seedless grapes (about 30 grapes)
- ½ cup chopped celery (about 2 stalks)
- ¼ cup chopped pecans
- 2 cups chopped lettuce or 2 to 3 large lettuce leaves

Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the Festive Tuna Salad:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. Combine light mayonnaise and yogurt in 1 quart bowl.
3. **Wash and rinse the top of can of tuna with a clean cloth before opening.** Add tarragon and tuna to bowl. Break up tuna into small pieces with a fork. **Wash hands with soap and water.**
4. **Gently rub grapes under cold running water, blot dry with clean paper towel.** Cut in half on clean surface. Add to tuna.
5. **Scrub celery with vegetable brush under running water, blot dry with clean paper towel. On clean surface,** cut off ends of celery and discard. Chop into small pieces. Add to tuna.
6. Add chopped pecans to tuna.
7. Mix all ingredients well with a spoon.
8. **Wash hands with soap and water.** Remove the outermost leaves of head of lettuce and discard. **Wash remaining lettuce leaves by gently rubbing under cold running water.** Blot dry with clean paper towel.
9. Serve on bed of lettuce leaves or bed of lettuce that has been chopped on a clean surface.



Junior Better Breakfast Hearty Pancakes with Apple Syrup Topping



You'll need:

For the topping:

2 cups chopped sweet apples (Golden Delicious, Fuji or similar type)
½ teaspoon ground cinnamon
2 Tablespoons brown sugar
¼ teaspoon vanilla extract
¼ cup 100% orange juice
¼ cup light pancake syrup

For the pancakes:

¾ cup whole wheat flour
½ cup enriched all-purpose flour
3 teaspoons baking powder
1 ½ Tablespoons sugar
½ teaspoon salt
1 large egg
1 cup non-fat milk
2 Tablespoons canola oil
Non-stick cooking spray



Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the topping:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. **Scrub apples with clean vegetable brush under running water.** Remove stem and core and discard. Chop **on a clean surface.**
3. Combine apples, cinnamon, sugar, vanilla extract and orange juice in small saucepan.
4. Cook over medium heat until apples are cooked through and soft, but not mushy. Stir with mixing spoon frequently while heating.
5. Stir in pancake syrup and continue cooking until mixture is hot. Remove from heat. Reheat if necessary to serve warm on top of pancakes.

Steps to make pancakes:

1. **Wash hands with soap and water.**
2. Combine the flours in a medium mixing bowl. **Wash hands with soap and water.** If flour fell onto work surface, **wash surface where flour spilled with soap and hot water, and rinse, before washing hands.**
3. Add baking powder, sugar, and salt.
4. Break egg with flat side of butter knife into small bowl. Beat with fork. **Wash hands with soap and water.**
5. Combine milk and oil with egg in the small bowl. Stir well.
6. Add the egg mixture to the dry ingredients. Stir with mixing spoon until all ingredients are moistened and combined. Do not over mix.
7. Lightly spray the griddle or skillet surface with non-stick spray. Heat over medium heat until hot, but not smoking.
8. Pour ¼ cup of the batter on the griddle or skillet for each pancake. Make sure to leave room between pancakes. Scrape bowl with spatula to remove all batter.
9. Makes 8-4 inch pancakes.

Junior Better Breakfast Breakfast Burritos



You'll need:

4 flour tortillas (6" size)
Nonstick spray
1/3 cup chopped bell pepper
1/3 cup chopped green onion
2 oz. lean, deli style ham
16 oz. egg substitute (equal to 8 eggs)
½ teaspoon black pepper
½ cup shredded cheddar cheese or Colby Jack (made from 2% milk)

Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.



Steps to make the Breakfast Burritos:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. Heat tortillas in skillet until warm (about 1 minute each). Wrap in foil.
3. Spray skillet with nonstick spray.
4. **Scrub bell pepper with clean vegetable brush under running water. On a clean surface,** cut off top of pepper and remove seeds and discard. Dice bell peppers to make 1/3 cup.
5. **Gently rub green onions under cold running water. On a clean surface,** cut off ends of onions and discard. Chop to make 1/3 cup.
6. **On a clean surface,** chop ham into very small pieces. **Wash hands with soap and water.**
7. Spray 10" skillet with non-stick spray.
8. Put bell pepper, onions and ham into skillet and stir fry about two minutes over medium heat until vegetables start to soften.
9. Add eggs and black pepper to skillet and stir often to scramble. **Wash hands with soap and hot water.**
10. Cook until eggs are set and not runny. **Wash hands with soap and water.**
11. Sprinkle cheese on top, cover, and turn off heat. Let stand one minute so cheese can melt.
12. Spoon ¼ of mixture down center of tortilla.
13. Fold bottom up and side edges in. Repeat with remaining tortillas.
14. Serve with the Zesty Sauce on the side.

Zesty Sauce

You'll need:

½ cup plain nonfat yogurt
½ cup salsa

Steps to make the Zesty Sauce:

1. **Wash hands with soap and water.**
2. Combine ingredients in small bowl.
3. Use as a dip.

Junior Better Breakfast Crunchy Apple Salad with Grilled Cinnamon Toast _____



You'll need:

For the Crunchy Apple Salad:

- ¼ cup pineapple juice
- 2 cups diced apples (about 2 medium Red Delicious or similar apple)
- ¼ cup chopped pecans
- ¼ cup raisins
- 6 oz. low-fat or fat-free vanilla yogurt

For the Grilled Cinnamon Toast:

- 2 slices whole wheat bread
- 2 teaspoons tub margarine
- 1 teaspoon sugar
- ¼ teaspoon cinnamon



Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make Crunchy Apple Salad:

1. **Wash hands with soap and water.** Dry hands with a clean paper towel.
2. Pour pineapple juice into medium bowl.
3. **Scrub apples with vegetable brush under running water.** Blot dry with clean paper towel. Remove stem, core, and dice **on a clean surface** (Throw away stem and core). **Wash hands with soap and water.**
4. Place apples in pineapple juice. Toss to coat.
5. Remove apples from pineapple juice with slotted spoon and place in medium bowl.
6. Add chopped pecans and raisins to apples.
7. Add vanilla yogurt to apple mixture. Stir well to break up clumps of raisins. Serve with Grilled Cinnamon Toast.

Steps to make Grilled Cinnamon Toast:

1. **Wash hands with soap and water.**
2. Spread margarine with a table knife on both sides of whole wheat bread.
3. Mix sugar and cinnamon in small bowl.
4. Place both slices of bread in 10" skillet.
5. Turn heat on medium and cook until bottom of bread is light brown and appears "toasted."
6. Turn bread slices with pancake turner. Cook until bottom is light brown.
7. When both sides have reached the desired color, remove to a plate and use a spoon to evenly sprinkle each slice with cinnamon sugar.
8. Cut bread slices in half and serve with Crunchy Apple Salad.



Junior Better Breakfast Harvest Muffins



You'll need:

1 can (14 ½ oz.) sliced carrots, drained
1 teaspoon ground cinnamon
1 egg
⅓ cup vegetable oil
1 cup sugar
1 ¾ cup all-purpose flour
1 ¼ teaspoon baking soda
½ teaspoon salt
Non-stick spray or
Muffin liners (12)

Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the Harvest Muffins:

1. **Wash hands with soap and water.** Dry with a clean paper towel.
2. Preheat oven to 350 degrees F.
3. **Wash and rinse top of can of carrots with a clean cloth before opening.**
Drain carrots of salty liquid and pour onto dinner-size plate.
4. Sprinkle cinnamon over carrots.
5. Mash with fork or potato masher until all pieces of carrot are about the size of peas.
6. Put mashed carrots in medium size mixing bowl.
7. Break egg into separate small bowl and mix well with fork. **Wash hands with soap and water.**
8. Add oil to egg and mix well.
9. Add oil/egg mixture to carrots.
10. Add sugar and stir well.
11. In separate bowl, stir together flour, baking soda and salt. If flour fell onto work surface, **wash surface where flour spilled with soap and hot water, and rinse, before washing hands.**
12. Add flour mixture to carrot mixture and stir until moist. Pour batter into muffin tins sprayed with nonstick spray or lined – about half full.
13. Bake 25-30 minutes. Bake until the internal temperature of the muffin reaches at least 200 degrees F on a food thermometer.
14. Cool 5 minutes. Best served warm. Makes 12 muffins.



Junior Dairy Fiesta Quesadillas



You'll need:

For the Ranch Sauce

½ cup plain nonfat yogurt
¼ cup light Ranch dressing

For the Zesty Sauce

½ cup plain nonfat yogurt
2 Tablespoons salsa (mild or medium)

For the Quesadillas

1 cup diced red or green pepper
1 cup diced cucumber
15-oz. can pinto beans
8 flour tortillas (6" taco size)
1 cup shredded Cheddar or Colby Jack cheese made from 2% milk



Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the Quesadillas:

1. **Wash hands with soap and water.** Dry with a clean paper towel.
2. Make Ranch Sauce by mixing yogurt and Ranch dressing in small bowl. Set aside.
3. Make Zesty Sauce by mixing yogurt and salsa in small bowl. Set aside.
4. **Wash hands with soap and water. Scrub peppers and cucumbers with a clean vegetable brush under running water.** Cut off stem end of pepper, remove seeds, and discard. Chop into small pieces **on a clean surface.**
5. Peel cucumber if you like. Cut off and discard ends. Chop into small pieces **on a clean surface.**
6. **Wash and rinse the top of can of pinto beans with a clean cloth before opening.** Put colander in sink. Pour beans into colander and rinse. **Wash hands with soap and water.**
7. Place one tortilla on a dinner plate.
8. Spread ¼ of beans on tortilla. Mash beans with a fork.
9. Top with ¼ cup of the pepper and ¼ cup of the cucumber.
10. Sprinkle with ¼ cup of cheese.
11. Top with a second tortilla.
12. Repeat process to make 3 more quesadillas.

To cook:

1. **Wash hands with soap and water.**
2. Slide one quesadilla into a nonstick skillet or skillet sprayed with non-stick spray.
3. Cook on medium heat for 2-3 minutes or until bottom of tortilla is crisp and light brown.
4. Carefully turn over with a pancake turner and cook on the other side until light brown, about 2 minutes.
5. Slide out of pan carefully onto a plate and cover with foil to keep warm.
6. Serve with Ranch Sauce and Zesty Sauce on the side.

Junior Dairy Skillet Mac & Cheese



You'll need

- 1 teaspoon canola oil
- 1 teaspoon dry mustard
- ¼ cup minced onion
- 2 Tablespoons minced green pepper
- 1 ½ cups water
- 2 cups uncooked elbow or shell macaroni
- ½ cup plain nonfat yogurt
- ½ cup low fat sour cream
- 1 cup chopped broccoli flowerets
- 2 cups 2% fat shredded sharp Cheddar cheese

Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make Skillet Mac & Cheese:

1. **Wash hands with soap and water.** Dry with a clean paper towel.
2. In medium (10") non-stick skillet; heat oil on medium heat.
3. Add dry mustard and blend.
4. **Scrub onion and green pepper with clean vegetable brush under running water. On a clean surface,** remove and discard onion peel and ends. Slice off top of green pepper, remove seeds, and discard. Mince onion and green pepper. Add both to skillet; cook until tender.
5. Add 1½ cups water to the vegetables in the same skillet. Cover and bring to a boil.
6. Add 2 cups uncooked macaroni.
7. Reduce heat to medium, cover and simmer for 10 to 15 minutes or until macaroni is tender. Stir occasionally.
8. Add broccoli.
9. Stir sour cream and yogurt into skillet with cooked macaroni and broccoli, mixing well.
10. Cover, reduce heat to low, and simmer for 5 minutes.
11. Remove lid, top macaroni mixture with shredded cheese.
12. Replace lid and allow cheese to melt for 5 minutes.
13. Remove from heat. Serve.

Makes 4 servings



Junior Dairy Dilly Dip with Vegetables _____



You'll need

2 Tablespoons minced fresh parsley
2 Tablespoons finely chopped onion
8 oz. (1 cup) low fat or non-fat plain yogurt
4 oz. (½ cup) reduced fat sour cream
2 Tablespoons dried dill weed
½ teaspoon garlic powder
½ teaspoon salt

Dash of black pepper

Assorted raw fresh vegetables for dipping, such as broccoli, bell pepper, carrots, summer squash or zucchini, cucumber and celery. (Choose at least 2)

Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make Dilly Dip:

1. **Wash hands with soap and water.** Dry with a clean paper towel.
2. **Gently rub parsley under cold running water and blot dry with clean paper towel.** On clean surface, mince enough for 2 Tablespoons.
3. **Scrub onion with vegetable brush under running water.** On a clean surface, remove and discard onion peel and ends. Finely chop remaining onion, enough for 2 Tablespoons. **Wash hands with soap and water.**
4. Measure yogurt and sour cream into a medium mixing bowl. Stir together to thoroughly combine.
5. Add parsley, onion, dill weed, garlic powder, and salt. Add a dash of black pepper. Stir well to thoroughly mix all ingredients.
6. Cover and refrigerate until time to serve.
7. **Wash hands with soap and water.** Prepare raw vegetables for dipping. **Scrub firm produce with clean vegetable brush under running water. Blot dry with clean paper towel.** On clean surface, trim and slice each vegetable to prepare pieces for dipping.
8. Arrange the dip and prepared raw veggie dippers for serving.



Junior Pizza

Georgia 4-H Quick Pizza_____



You'll need:

To make the dough:

1/2 cup all-purpose flour
3/4 cup whole wheat flour
1/2 teaspoon salt
2 teaspoons sugar
1 envelope quick-rising yeast
2/3 cup hot water (125-130 °F)
1 cup all-purpose flour (for steps 4, 5, 12)
Non-stick cooking spray

To make the sauce:

1 (8 oz) can tomato sauce, combined with any or all of the following seasonings:
1/4 teaspoon garlic powder
1/4 teaspoon oregano
1/4 teaspoon black pepper
1/4 teaspoon basil

To make the topping:

1 cup shredded part skim mozzarella cheese

Before and after food preparation, wash work surfaces with detergent and hot water, and then rinse. Dry with clean paper towel. For extra safety (not required), you may then use kitchen sanitizing wipes. Rinse surfaces again with clean water that will touch any food being prepared. Dry with clean paper towel. Use clean utensils.

Steps to make the Quick Pizza:

1. **Wash your hands with soap and water.** Dry with a clean paper towel.
2. In a large mixing bowl, combine 1/2 cup all-purpose and 3/4 cup whole wheat flour. **Wash hands with soap and water.** If flour fell onto work surface, **wash surface where flour spilled with soap and hot water, and rinse,** before washing hands.
3. Add salt, sugar, and yeast to flour. Mix well to blend.
4. Pour hot water into dry mixture and stir to form a dough. Make sure all flour in bowl is mixed in.
5. Spray medium-sized bowl with a light coat of cooking spray.
6. Spread about 1/4 cup all-purpose flour **on clean work surface.**
7. Place dough on floured surface and knead gently until dough is smooth and elastic. If dough is too sticky, add more flour, about 1/4 cup at a time. Kneading usually takes about 5 minutes.
8. Place dough in bowl and turn it over once to coat the surface of the dough with the cooking spray. **Wash your hands.**
9. Cover bowl with a clean dish towel and allow to rise at room temperature until the dough doubles in size, about 10-15 minutes.
10. **Wash work surface where flour was used to knead dough with soap and hot water, and rinse.**
11. When dough has doubled in size, preheat oven to 400 degrees F. Spray pizza pan with non-stick spray.
12. **Wash hands with soap and water.** Spread about 1/4 cup flour **onto clean work surface.**
13. Punch the dough in the center with your fist to release air bubbles.
14. Using rolling pin to roll dough into a 12" circle if using a round pizza pan (or a rectangle if using a baking sheet).
15. Place dough on pizza pan. **Wash work surface where dough was rolled out with soap and hot water and rinse.** **Wash hands with soap and water.**
16. Spread sauce evenly over dough, leaving 1/2 inch around edge.
17. **Wash hands with soap and water.** Top with 1 cup shredded mozzarella cheese.
18. Bake in oven preheated to 400 degrees F for 20 minutes or until crust is golden brown. Slice and serve hot.

Junior Festive Foods

4-Layer Taco Dip

Nutrition Facts

Serving Size 0.5 cup (93.65g)
Servings Per Container 12

Amount Per Serving

Calories 70 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 200mg **8%**

Total Carbohydrate 8g **3%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 5g

Vitamin A 10% • Vitamin C 8%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Famous Fried Rice

Nutrition Facts

Serving Size 1 cup (375.73g)
Servings Per Container 4

Amount Per Serving

Calories 530 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 40mg **13%**

Sodium 420mg **18%**

Total Carbohydrate 84g **28%**

Dietary Fiber 5g **20%**

Sugars 5g

Protein 26g

Vitamin A 130% • Vitamin C 15%

Calcium 10% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Southern Salsa

Nutrition Facts

Serving Size 0.5 cup (117.03g)
Servings Per Container 6

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 5mg **0%**

Total Carbohydrate 17g **6%**

Dietary Fiber 4g **16%**

Sugars 3g

Protein 3g

Vitamin A 15% • Vitamin C 25%

Calcium 10% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

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Junior Food Fare

Nutrition Facts

Serving Size 2 cups (282.41g)
Servings Per Container 4

Amount Per Serving

Calories 210 **Calories from Fat** 35

% Daily Value*

Total Fat 4g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 280mg **12%**

Total Carbohydrate 32g **11%**

Dietary Fiber 11g **44%**

Sugars 5g

Protein 12g

Vitamin A 110% • Vitamin C 20%

Calcium 15% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Texas Taco Salad

Nutrition Facts

Serving Size 0.5 cup (124.14g)
Servings Per Container 4

Amount Per Serving

Calories 110 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 270mg **11%**

Total Carbohydrate 4g **1%**

Sugars 2g

Protein 12g

Vitamin A 45% • Vitamin C 15%

Calcium 6% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Chicken Confetti Salad

Nutrition Facts

Serving Size 0.5 cup (181.71g)
Servings Per Container 3

Amount Per Serving

Calories 210 **Calories from Fat** 110

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 1.5g **8%**

Trans Fat

Cholesterol 30mg **10%**

Sodium 310mg **13%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 8g

Protein 16g

Vitamin A 60% • Vitamin C 6%

Calcium 6% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Festive Tuna Salad

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Updated: 9/2020

Junior Better Breakfast

Nutrition Facts

Serving Size 2 pancakes (220.86g)
Servings Per Container 4

Amount Per Serving

Calories 330 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 650mg **27%**

Total Carbohydrate 56g **19%**

Dietary Fiber 4g **16%**

Sugars 26g

Protein 8g

Vitamin A 4% • Vitamin C 6%

Calcium 35% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Hearty Pancakes

Nutrition Facts

Serving Size 1 muffin (78.8g)
Servings Per Container 12

Amount Per Serving

Calories 190 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 250mg **10%**

Total Carbohydrate 31g **10%**

Sugars 17g

Protein 2g

Vitamin A 80% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Better Breakfast- Harvest Muffins

Nutrition Facts

Serving Size 1 burrito (195.54g)
Servings Per Container 4

Amount Per Serving

Calories 350 **Calories from Fat** 170

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 8g **40%**

Trans Fat 0g

Cholesterol 395mg **132%**

Sodium 700mg **29%**

Total Carbohydrate 21g **7%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 25g

Vitamin A 20% • Vitamin C 20%

Calcium 35% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

Breakfast Burritos

Nutrition Facts

Serving Size 1 piece (33.03g)
Servings Per Container 2

Amount Per Serving

Calories 90 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 170mg **7%**

Total Carbohydrate 12g **4%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 4g

Vitamin A 4% • Calcium 4%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Grilled Cinnamon Toast

Nutrition Facts

Serving Size 1 cup (225.39g)
Servings Per Container 3

Amount Per Serving

Calories 240 **Calories from Fat** 70

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol <5mg **2%**

Sodium 45mg **2%**

Total Carbohydrate 39g **13%**

Dietary Fiber 5g **20%**

Sugars 31g

Protein 5g

Vitamin A 2% • Vitamin C 2%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Crunchy Apple Salad

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Junior Dairy Foods

Nutrition Facts

Serving Size 2 quesadillas (301.81g)
Servings Per Container 4

Amount Per Serving

Calories 540 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 1100mg **46%**

Total Carbohydrate 82g **27%**

Dietary Fiber 10g **40%**

Sugars 3g

Protein 26g

Vitamin A 10% • Vitamin C 60%

Calcium 50% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Fiesta Quesadilla

Nutrition Facts

Serving Size 2 items (328.81g)
Servings Per Container 4

Amount Per Serving

Calories 590 **Calories from Fat** 150

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 1270mg **53%**

Total Carbohydrate 85g **28%**

Dietary Fiber 10g **40%**

Sugars 5g

Protein 28g

Vitamin A 10% • Vitamin C 35%

Calcium 60% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Fiesta Quesadilla with Ranch Sauce

Nutrition Facts

Serving Size 2 items (321.81g)
Servings Per Container 4

Amount Per Serving

Calories 550 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 1180mg **49%**

Total Carbohydrate 84g **28%**

Dietary Fiber 10g **40%**

Sugars 5g

Protein 28g

Vitamin A 10% • Vitamin C 35%

Calcium 60% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Fiesta Quesadilla with Zesty Sauce

Nutrition Facts

Serving Size 0.25 cup (67.17g)
Servings Per Container 6

Amount Per Serving

Calories 60 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 240mg **10%**

Total Carbohydrate 6g **2%**

Sugars 3g

Protein 4g

Vitamin A 6% • Vitamin C 4%

Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Dilly Dip with Vegetables

Nutrition Facts

Serving Size 1 cup (195.19g)
Servings Per Container 6

Amount Per Serving

Calories 290 **Calories from Fat** 100

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 280mg **12%**

Total Carbohydrate 31g **10%**

Dietary Fiber 1g **4%**

Sugars 4g

Protein 16g

Vitamin A 10% • Vitamin C 25%

Calcium 40% • Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Skillet Mac & Cheese

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Georgia 4-H Quick Pizza

Nutrition Facts	
Serving Size 1/12 of recipe 70g (69 g)	
Servings per container 12	
Amount Per Serving	
Calories 197	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 18mg	6%
Sodium 302mg	13%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	4%
Sugars 17g	
Protein 3g	
Vitamin A 53%	Vitamin C 1%
Calcium 7%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
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