



GE  **RGIA**
4-H HEALTHY LIVING

2020

Pantry Pride
Cookbook

GEORGIA

4-H HEALTHY LIVING

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.

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.

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.



SENIOR

Recipes

Molly's Tropical Tacos

Name: Molly Gershon Grade: 10 County: Clarke

1st

Description

This recipe is vegetarian and typically gluten-free. It has vegetables, fruits, and protein. It has sweetness, acidity, and spiciness. It is budget-friendly because some of the ingredients are commonly found in food banks. Other ingredients are low cost and common pantry items.

Ingredients

- *1 large sweet potato
- *15oz can of black beans
- *1 lime
- *Half of the small red onion
- *1 can of pineapple chunks
- 1 bunch of cilantro
- 12-16 small corn tortillas
- 1/2 tsp paprika
- 1/2 tsp chile powder
- 1 tsp garlic powder
- Salt
- Black pepper
- Olive oil
- Mayo
- Hot sauce

Servings

4

Serving Size

3-4 tacos

Type

Cooked Entree

Prep Time

45 minutes

Directions

1. Preheat the oven to 400 degrees F.
2. Spray the baking tray and cover it with parchment paper.
3. Cut the potato into cubes.
4. Spread the potato cubes across the tray and coat them with 3 tbsp of olive oil.
5. Coat the potato with the seasonings and the pinch of salt and black pepper.
6. Put the tray in the oven and cook them for 20 minutes.
7. As the potato cubes are roasting, dice the onions and put them in a medium bowl.
8. Drain the pineapple and add them to the bowl.
9. Chop the cilantro. Add half to the bowl and save the other half for later.
10. Cut the lime into 8 wedges. Squeeze 2 wedges into the bowl.
11. Add a pinch of salt to the bowl. Combine.
12. Heat the skillet pan over medium heat.
13. Drain the black beans, but not all of it. Add the beans to the pan to heat them up.
14. Add the potato cubes to the pan and combine. Cook for a few minutes. After a few minutes, turn the heat to low/simmering heat.
15. As the potato mixture is cooking, heat the flat skillet pan over medium heat.
16. Heat the tortillas for about 30 seconds on each side.
17. To make the sauce, combine 1tsp mayo, 1tbsp hot sauce, and a pinch of salt in a small bowl. Add more mayo if too spicy or add more hot sauce if not spicy enough.
18. Add 2 spoonfuls of potato mixture and add a spoonful of pineapple salsa to the tortillas. Top it with a bit of cilantro and a bit of the sauce.
19. Serve with lime wedges

Spicy Peanut Noodles with Shredded Chicken

Name: Veronica Lee Grade: 11 County: Bleckley

2nd

Description

This dish is unique because it uses peanut butter in a savory way and it is Asian inspired. It is packed with protein from the chicken and peanut butter. This dish also contains a good amount of carbs, which will provide long lasting energy. The bell pepper, which is high in vitamins A and C, adds nutrients to this dish. All of these ingredients are easily accessible and have so many different uses. If the person making this dish did not have access to the specified ingredients they can be easily substituted with similar ingredients.

Ingredients

*8 ounces dry spaghetti
noodles broken in half
*1 (12.5 ounce) can of
chicken breast
1 orange bell pepper, thinly
sliced
2 scallions, sliced

For the Peanut Sauce:

*1/2 cup peanut butter
(chunky or smooth)
1/3 cup water
2 tbsp. sriracha
3 tbsp. soy sauce
2 tbsp. oil
1 tbsp. lime juice
5 garlic cloves, minced
(garlic powder can be
used as a substitute)

Servings

4

Serving Size

1.5 cups

Type

Cooked Entree

Prep Time

35 minutes

Directions

1. Oil the dry spaghetti noodles according to package. Drain, drizzle with the oil and toss the cooked noodles to coat. The oil prevents the noodles from sticking together. Set noodles aside.
2. Add all 7 ingredients listed for the peanut sauce to a saucepan. Stir over medium-low heat until the sauce is smoothly mixed. Remove from heat and set aside.
3. Heat a 4-quart or larger pot over medium heat. Add sliced bell pepper, cooking for a few minutes, stirring occasionally. Add shredded chicken and cooked noodles to the bell pepper and stir. Pour Peanut Sauce on top.
4. Carefully stir all the ingredients until well coated by the sauce. Garnish with sliced scallions and serve immediately.

Salsa Chicken Burrito Bowl with Lime Crema

Name: Madeline Combs Grade: 10 County: Henry

3rd

Description

This bowl has a rainbow of flavors. It's so good kids will love it and won't even think that it's healthy! Salty, sweet, spicy, what could be wrong? Combine rice, beans, fruits, veggies, chicken, and you've got a nutritious, easy, delicious and budget-friendly meal anyone in the family will love.

Ingredients

- *1 cup dry rice
- 2 cloves garlic (finely chopped)
- *1 can black beans (drained and rinsed)
- *1 can peach slices (drained and cut into 1/4 inch cubes)
- *1/4 cup purple onion (finely chopped)
- 1 can corn (drained and rinsed)
- 2 limes
- 1/4 cup sour cream
- *2 12.5 oz canned chicken
- 1/4 cup salsa
- 2 tbsp. olive oil
- 1/2 tsp. cumin
- salt and pepper (to taste)

Servings

4

Serving Size

1 Bowl

Type

Cooked Entree

Prep Time

35 minutes

Directions

1. Heat 1 Tbs. olive oil in a medium sauce pan on medium--high heat, add garlic and rice. Cook stirring until fragrant, about 1 minute. Add two cups of water, beans, and 1/2 tsp. salt into saucepan. Once it boils, reduce to low heat and cover. Cook until rice is tender. Should take about 17 minutes.
2. While rice and beans cook, in a medium bowl, mix together peaches, purple onion, corn, and cumin with juice from 1 lime. Add salt and pepper to taste.
3. In a small bowl, combine sour cream and juice from 1/2 a lime. Add salt and pepper to taste.
4. Heat 1 Tbs. olive oil in a skillet over medium heat. Add chicken and salsa. Cook until warm.
5. In a bowl, add rice and beans, chicken, corn and peach salsa, and lime crema. Serve and enjoy!!

Fruity and Crunchy Parfait

Name: Angel Jarvis Grade: 12 County: Candler

Description

This recipe is a healthier version of pre-made fruit and yogurt parfait. Many pre-made parfaits are packed with added sugar between the syrup of the fruit and granola. This recipe is also very flexible, so you can really make it your own. This recipe also has no refined sugar. This recipe is budget friendly because it uses many pantry staples.

Ingredients

- *1 cup of oatmeal
- *1/2 cup of original cheerios
- *1/4 cup of creamy peanut butter (crunchy works too)
- *1/4 cup of dry roasted/natural nuts
- 2 tablespoon of honey (3 if you like it sweeter)
- 1 egg white
- 1 tablespoon of coconut oil
- *2 cups of fresh fruit for topping of parfait (ex strawberries, bananas, blueberries)
- 3 cups of plain/vanilla yogurt (greek)

Servings

4

Serving Size

2 cups

Type

Cooked Entree

Prep Time

5 minutes

Directions

1. Preheat oven to 350F and prepare a baking pan with parchment paper
2. In a large bowl, mix together oats, cheerios, and nuts.
3. In a small microwaveable safe bowl, put the coconut oil, honey, and peanut butter in it. Microwave it until the coconut oil melts. Add the mixture to the oats, cheerios, and nuts. Add the egg white Mix until just combined.
4. Bake until it is golden and a little darker(about 15 minutes)
5. Let the granola cool about 5 minutes before topping the parfait.
6. To prepare the parfait, divide the yogurt into bowls/jars and top with fruit and granola.

Georgia Chicken and Bean Chili and Toppings Bar

Name: Parker Varnadoe Grade: 12 County: Madison

Description

Rich in protein and Georgia products, this chicken and bean chili is sure to please. The toppings bar allows you to personalize your own bowl to make it just the way you like it! Using low-fat products makes this recipe a healthy choice for an active lifestyle.

Ingredients

- *16 ounces canned chicken (drained)
- 3 sprays extra virgin olive oil cooking spray
- 1/2 cup chopped Georgia sweet onion
- 1/2 cup chopped Georgia green bell pepper
- *2 cans (14-1/2 ounces each) stewed tomatoes, cut up
- *1 can (16 ounces) kidney beans, rinsed and drained
- *1 can (16 ounces) chili beans, undrained
- *1 can (15 ounces) pinto beans, rinsed and drained
- *1 can (15 ounces) black beans, rinsed and drained
- *1 can (16 ounces) whole kernel corn, rinsed and drained
- 1 Georgia jalapeño pepper, seeded and chopped
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper

Toppings Bar: (Optional ingredients for garnish)

- Shredded
- reduced fat cheddar cheese
- reduced fat sour cream or plain yogurt
- chopped Georgia spring onions, chopped and seeded Georgia
- jalapeño pepper, corn chips
- soup crackers
- *cheese crackers
- whole grain tortilla chips
- *whole grain crackers

Directions

1. In a Dutch oven or soup kettle, spray the cooking spray and cook the onion and green pepper over medium heat.
2. Drain.
3. Return to Dutch oven or soup kettle.
4. Stir in the remaining ingredients.
5. Bring to a boil.
6. Reduce heat; cover and simmer for 20 minutes.
7. Serve in individual soup bowls.
8. Garnish each serving with your choice of ingredients from the toppings bar.

Servings

8

Serving Size

1.5 cups

Type

Cooked Entree

Prep Time

45 minutes

7 Can Chicken Taco Soup

Name: Abby Lassiter Grade: 12 County: Rockdale

Description

This recipe consists of several beans which are good for your heart and is a great protein. Also there are veggies such as corn and Tomatoes . I feel that this recipe is a good way to get in some of the food groups. The majority of the items are all part of the food bank list therefore you don't have to spend so much at the store for the excess items needed. This recipe is also quick and easy so it would be great for parents with kids or just for a quick meal.

Ingredients

- *1 can 15 oz. black beans,
drained and rinsed
- *1 can 15 oz .red beans,
drained and rinsed
- *1 can 14.5 oz. petite diced
Tomatoes
- *1 can 15 oz. sweet corn ,
drained
- *1 can 12.5 oz. chicken breast
, drained and flaked
- 1 large can 28 oz. green
enchiladas sauce
- 1 can 14 oz. chicken broth
- 1 packet taco seasoning
- 1/2 teaspoon cumin
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- Shredded cheese and tortilla
chips (optional)

Servings

5

Serving Size

1 Bowl

Type

Cooked Entree

Prep Time

30 minutes

Directions

1. Combine all the ingredients into a large pot and bring to a boil over medium-high heat.
2. Lower the heat and let simmer for 20 to 25 minutes.
3. If by choice serve with shredded cheese, and tortilla chips.

Italian Style Meatball Potatoes

Name: Tiffany Erthal Grade: 10 County: Bibb

Description

This recipe contains ingredients from the majority of the major food groups and is only about 212 calories per serving. It is very economical since it can feed a family of 4 for under \$8.00.

Ingredients

2 tbsp. olive oil
*2 15 oz. cans of sliced white potatoes
*1 cup diced red and green bell peppers
*1 cup diced onions
*1 14.5 oz. can diced tomatoes drained (preferably italian style)
*2 7.5 oz. cans of pasta and meatballs (use only meatballs)
1 tsp salt
1 1/2 tsp. italian seasoning
8 ounces shredded mozzarella or italian cheese blend
1/4 tsp. of fresh ground pepper

Servings

4

Serving Size

1 cup

Type

Cooked Entree

Prep Time

30 minutes

Directions

1. Pre-heat oven to 350
2. Heat olive oil in a skillet at medium heat
3. Saute bell peppers, onions, and potatoes until tender
4. Add drained tomatoes, meatballs from canned pasta, Italian seasoning, and salt.
5. Cook an additional 3 minutes
6. Place mixture in a casserole dish
7. Top with cheese
8. Bake for 10 minutes
9. Remove from oven and sprinkle with fresh ground pepper

A Leap of Faith Casserole

Name: Faith Bautista Grade: 12 County: Bryan

Description

This is my take on a three bean salad in a casserole form. It is high in protein, low in fat, and a delicious dish for the entire family. By utilizing ingredients from a local food bank, cost to prepare this dish is very low. It is also easy to substitute ingredients to utilize what is available in your local food bank. This dish can be expanded or cut in half to accomodate a large family or a small one. It also has a short preparation time so you can spend more time with your children or friends. It is a dish that uses very few pots and pans so cleanup is quick and easy.

Ingredients

- *(2) 12.5 ounce can of canned chicken
- *(1) 14.5 ounce can of black beans
- *(1) 14.5 ounce can of kidney beans
- *(1) 14.5 ounce can of green beans
- *(1) 10.5 ounce can of cream of mushroom soup
- *(1) 10.5 ounce can of cream of chicken soup
- *(1) large onion chopped
- *(2) cups of dry rotini pasta
- *(20 butter crackers
- (2) tbsp. butter
- 1/2 tsp. sea salt
- 1/4 tsp. celery salt
- 1/4 tsp. oregano
- 1/4 tsp. crushed red pepper flakes
- 1/4 tsp. black pepper
- 1/4 tsp. garlic powder
- 1/4 tsp. cayenne pepper

Servings

8

Serving Size

1 cup

Type

Cooked Entree

Prep Time

90 minutes

Directions

1. Preheat oven to 325 degrees
2. Boil pasta to firm bite (do not overcook)
3. Open and drain all cans of chicken and beans
4. Melt butter in a sauce pan and add the 20 crackers crushed-coat the crackers in the melted butter and set aside
5. Combine ingredients besides the coated crackers together in a casserole dish
6. Sprinkle cracker mixture on top
7. Bake for 35 minutes

Healthy Hoppin' John Fusion

Name: Becky Dorminy Grade: 12 County: Henry

Description

This vegan version of classic Hoppin' John with Indian subcontinent influences takes away artery-clogging fats and replaces them with tasty spices and veggies. On a bed of fresh greens, this tasty dish helps make "meatless Mondays" fun, satisfying nutritional needs with protein, carbohydrates, and vegetables.

Ingredients

- *1 15 oz. can black-eyed peas
- *1 15 oz. can yellow corn
- *1 medium onion
- *3 medium carrots
- 1 TB oil optional
- 1 red, yellow, or orange bell pepper
- 1/4 teaspoon ground ancho pepper
- 1/2 teaspoon ground paprika
- 1 teaspoon ground turmeric
- 1/4 teaspoon of ground black pepper
- 3 cups fresh washed greens (spinach preferred)

Servings

6

Serving Size

3/4 cup

Type

Cooked Entree

Prep Time

25 minutes

Directions

1. Wash, peel, and dice onion and carrots. Place in a frying pan on medium heat using the oil if desired. Sauté 15 minutes or until onions are translucent to brown.
2. In a mixing bowl, place rinsed and drained black-eyed peas and corn, reserving 1/4 cup corn liquid. Wash, remove seeds, and dice bell pepper; add the pepper to the bowl. Add spices and mix.
3. Pour mixture and corn liquid into frying pan with sautéed onion and carrots. Heat through, about 5 minutes. Serve on a bed of raw, washed spinach or other greens.

Chicken Tortilla Soup

Name: Malachi Young Grade: 12 County: Gwinett

Description

This recipe is unique in a way that it uses common ingredients in new ways. It has four of the food groups of My Plate, and it has great flavor that is robust and is super inexpensive.

Ingredients

1 8" tortilla
1 avocado
2 limes
1 cup cilantro
*1/2 an onion diced
*1 (15 oz) can corn, drained
2 (14.5 oz) can chicken stock
*1 (10 oz) can chicken
*1 (10 oz) can diced
tomatoes
*1 (15 oz) can black beans
1 cup Monterey Jack cheese,
shredded
1 clove garlic, minced
1 tbsp. vegetable oil

Directions

1. In large saucepan heat oil.
2. Add onions and sauté until tender then add garlic and cook for 1 minute.
3. Pour the broth, tomatoes, and rinsed beans into the pot and bring to boil.
4. Once at a boil, reduce heat then add chicken and simmer for 20 minutes.
5. While the ingredients simmer, grill tortilla, then cut into strips.
6. After you remove pan from heat add lime juice and cilantro.
7. Look into bowl and top with tortilla strips and cheese.

Servings

6

Serving Size

1.5 cups

Type

Cooked Entree

Prep Time

35 minutes

Parham House Chili

Name: Emma-Jo Parham Grade: 9 County: Putnam

Description

This family recipes comes from me helping my mom in the kitchen. She never makes chili the same way because she uses whatever canned and fresh vegetables we have on hand. I always love her chili, it is by far my favorite home cooked meal, but I wanted make a recipe that I could use on my own without her help. Last fall, I put this recipe together and I am so excited to share it. The best part, this recipe feeds at least 8, so it goes a long way, and it's great with saltine crackers or corn bread.

Ingredients

1 lb ground beef
1 lb ground pork (or sausage)
*small to medium sized
onion
*mushrooms (fresh or
canned)
3 cloves garlic, minced
*28 oz can crushed tomatoes
*2 14.5 oz can diced
tomatoes
*2 15 oz can of beans (red,
black, or pinto)
10.5 oz can beef broth
2 packs chili seasoning

Servings

8

Serving Size

10 ounces

Type

Cooked Entree

Prep Time

20 minutes

Directions

1. Brown meat in soup pot. Season as desired, suggested salt, pepper, paprika, cumin, basil and oregano.
2. While meat is cooking, rough chop onion and mushroom. Add to meat while browning.
3. Drain well when meat is brown.
4. Saute garlic in soup pot for about 1 minute. Add meat back to pot, stir in chili seasoning packs, crushed tomatoes, and diced tomatoes. Simmer for a few minutes, add salt, pepper, paprika, cumin, basil and oregano to desired taste.
5. Drain beans and add to soup pot.
6. Add beef broth to desired thickness.
7. Simmer 20 minutes

Corbin's Corn and Chicken Skillet

Name: Corbin Austin Grade: 12 County: Decatur

Description

This recipe is unique in its simplicity and ability to encompass a lot of flavor using a few simple ingredients. It is nutritious due to its use of no added sodium and vitamins A , C and B9 found in bell pepper and corn. It is also very budget friendly and most of the ingredients are most likely already present in your kitchen.

Ingredients

*1 - 14.5 oz. can chicken
broth (low sodium)
 *3/4 cup rice
1 - teaspoon chili powder
*1 - 15 oz. can whole kernel
corn (drained)
*1 - 12.5 oz. can chicken
(drained)
1 - 10 oz. can enchilada
sauce
 *1/2 cup chopped bell
pepper
 2/3 cup salsa
2/3 cup shredded cheese

Directions

1. Bring chicken broth and chili powder to a simmer over medium heat
2. Add rice and reduce heat to low and cook for 15 minutes
3. Add corn, chicken, bell pepper, salsa and enchilada sauce and cook until most liquid has been absorbed
4. Stir and top with cheese

Servings

5

Serving Size

3/4 - 1 cup

Type

Cooked Entree

Prep Time

45 minutes

Veggie Chili Mac

Name: Lily Thomas Grade: 11 County: Puttnam

Description

This recipe is a classic family recipe that economically feeds a crowd using pantry staples. Usually, chili mac contains meat, but I made a meatless version using beans to take place of the meat. Beans provide a much cheaper and healthier alternative to red meat.

Ingredients

- *1 medium onion, chopped
- 1 medium bell pepper, chopped
- 3 cloves garlic, chopped
- 1 package of prepared chili seasoning (I used hot)
- *2 cans vegetable broth
- *2 cans beans, drained (I used pintos)
- *1 28 oz can crushed tomatoes
- 1 8 oz can tomato paste
- *1 can yellow kernel corn, drained & rinsed
- *1 1/2 cups elbow macaroni noodles, uncooked
- Salt and Pepper to taste
- Optional toppings: shredded cheese, sliced avocado, onions

Servings

6

Serving Size

2 cups

Type

Cooked Entree

Prep Time

45 minutes

Directions

1. Heat cooking oil in a large, heavy pot.
2. Add onion, bell pepper, and garlic and cook for around 5 minutes until onion and bell pepper are tender.
3. Add package of chili seasoning, vegetable broth, and tomato paste and stir until tomato paste is broken up.
4. Add beans, corn, and tomatoes and bring to a boil.
5. Once at a boil, add uncooked noodles & and turn down to med heat for around 25 minutes (until noodles are cooked).
6. Season with salt and pepper to taste. Serve in bowls with toppings.

Chicken Parmesan Pasta

Name: Zykeria Bronner Grade: 11 County: Bibb

Description

The easy recipe is made in one pot, using pantry ingredients- low sodium tomato sauce, pasta and canned chicken. It serves 6 people and has about 350 calories.

Ingredients

2 tsp. olive oil
1 cup of water
1 medium onion (minced)
*12.5 oz. can of white meat
chicken in water
(drained)
1 1/2 tsp. minced garlic in a
jar
*16 oz pasta
1/2 tsp salt
1/2 cup mozzarella cheese
1 tsp. pepper
1/4 cup shredded Parmesan
cheese
2 tbsp. italian seasoning
fresh parsley and or basil
(minced) for
garnish
*1 can low-sodium tomato
sauce

Servings

6

Serving Size

1 cup

Type

Cooked Entree

Prep Time

30 minutes

Directions

1. Add olive oil to large pot.
2. Saute onions and garlic for 2-3 minutes or until soft.
3. Add tomato sauce, salt, pepper, Italian seasoning, garlic powder, and water.
4. Stir sauce mixture and bring to a boil.
5. Simmer 5 minutes.
6. Add chicken and pasta.
7. Stir, cover and cook for 10-15 minutes.
8. Add Parmesan cheese and a 1/4 cup of mozzarella cheese.
9. Sprinkle remaining 1/4 cup of mozzarella cheese on top of dish and cook 2-3 minutes until cheese is melted.
10. Garnish with basil or parsley.

Spanish Lemon Chicken, Rice & Beans

Name: Emma (Elise) Sparks Grade: 9 County: Madison

Description

Spanish Lemon Chicken, Rice and Beans uses pantry staples to create a nutritious and flavorful one pot meal. This recipe can be gluten free, and a complete source of protein. This easy dinner can also become your family favorite!

Ingredients

1 Tbsp. extra-virgin olive oil
*1/2 yellow onion, finely chopped
1 1/2 garlic cloves, minced
3/4 tsp. paprika
2/3 tsp. kosher salt
1/2 tsp. chili powder
1/2 tsp. dried oregano
1/4 tsp. black pepper
*1 cups long-grain white rice
*1/2 cup mild jarred salsa/canned tomatos
*1 (15.5-oz.) can black beans, drained and rinsed
ó cup vegetable broth
*1 (12.5-oz.) undrained can of chicken, canned in water
1/4 cup diced ripe black olives
1 ó Tbsp. finely chopped fresh parsley leaves 1/4
tsp. lemon zest (lemon peeling grated), plus 1/2
Tbsp. fresh lemon juice
3 Tbsp. extra-virgin olive oil

Servings

3

Serving Size

1.5 cups

Type

Cooked Entree

Prep Time

40 minutes

Directions

1. Heat oil in a large skillet with a fitted lid over medium.
2. Add onion; cook 5 minutes, until softened.
3. Add garlic, paprika, salt, chili powder, oregano, and black pepper and cook 2 minutes, stirring often, until aromatic.
4. Stir in rice; cook 2 minutes, until slightly translucent.
5. Stir in tomatoes, beans, broth and undrained canned chicken. Bring mixture to a boil, reduce to medium-low, and simmer, covered, until liquid is absorbed and chicken and rice is tender, about 25 minutes.
6. Meanwhile, prepare parsley oil (if using) by combining parsley, lemon zest and juice, and olive oil in a small bowl; stir well.
7. Scatter olives over Spanish Beans and Rice and drizzle with parsley oil.
8. Serve 1 1/2 cups on plate garnished with lemon twist on side and small fresh parsley leaves on top.

Red Rice

Name: Joleigh Butler Grade: 11 County: Bulloch

Description

This recipe has several different vegetables that makes it nutritious. The V8 juice gives it a unique flavor and you could also add sausage to the recipe to make it a meal. The ingredients are all low cost.

Ingredients

- *1 cup rice
- 1 cup water
- *1 cup V8 juice
- 6 strips of crumbled bacon
- *1/2 cup diced onion
- *1/2 cup diced green bell pepper
- *1 14 oz. can stewed tomatoes
- *1 8 oz. can of tomato sauce
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt

Servings

6

Serving Size

1/2 cup

Type

Cooked Entree

Prep Time

40 minutes

Directions

1. Boil water and V8 juice.
2. Add salt, rice, bell pepper and onion, cover and cook on low for 20 minutes.
3. Heat stewed tomatoes and tomato sauce in a separate pan and add chili powder and bacon.
4. Combine all ingredients in a casserole dish and bake at 350 degrees for 15 minutes.

Veggie Delight Stirfry

with Georgia Peanut Sauce

Name: Janelle Spivey Grade: 9 County: Bullouch

Description

I love this recipe because me and my sister invented it together and it includes one of our favorite foods- peanut butter! This recipe is easy to make, is jam packed with vegetables, and tastes delicious.

Ingredients

- *1/2 package whole wheat fettuccine
- *3 medium carrots, sliced
- *2 cups finely chopped broccoli
- *2 medium zucchini, sliced
- 1/2 cup water
- *2 tbsp water or orange juice
- *1 cup peanut butter
- 4 1/2 tablespoons low sodium soy sauce
- *1 teaspoon pepper
- 1/2 tsp sugar

Directions

1. Cook and drain whole wheat pasta according to package directions. While pasta is cooking, chop carrots, zucchini, and broccoli.
2. Place chopped veggies into pot, and add 1/2 cup water. Place pot on medium heat. Cook for about 15 - 20 minutes, adding water as needed and stirring occasionally.
3. When veggies are done, start making the peanut sauce. Place 1 cup peanut butter into small bowl or measuring cup.
4. Add 1/2 cup water, 4 1/2 tbsp of soy sauce, 1/2 tsp of sugar, 1 tsp of pepper, and orange juice, if using. Stir until smooth.
5. When everything is done, mix the peanut sauce into the pasta. Spoon pasta with sauce into serving dish or bowls and top with cooked veggies. Enjoy!

Servings

6

Serving Size

1 1/3 cups

Type

Cooked Entree

Prep Time

45 minutes

Wild Wild West Buffalo Dip

Name: Gracie Grimes Grade: 12 County: Candler

Description

It is nutritious because it is full of protein and dairy products, providing a good source of calcium and protein. It is easy and, except for the vegetables, you can purchase all of the products at a dollar store. What makes this unique is that it can either be used as a snack or as a meal. It has all the elements of meal (protein, carbs, and vegetables). It is also easily reheated in the microwave to enjoy later.

Ingredients

*3 cans of chicken
3/4 cup of buffalo hot sauce
8 oz. (1 block) of light cream cheese
3/4 cup of sharp cheddar cheese
1/2 cup of mozzarella cheese
*2 tbsp. of chopped onions
1/2 cup of sour cream
1 tbsp. of salted butter
*Celery sticks, carrot sticks, crackers, and/or tortilla chips

Servings

6

Serving Size

1/2 cup

Type

Cooked Entree

Prep Time

30 minutes

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a skillet or pot, melt the butter with the onions on a stove, stirring continuously on low heat.
3. Add cream cheese, buffalo hot sauce, and chicken. Mix until combined.
4. Take off of stove. Stir in sour cream and mozzarella cheese.
5. Pour into a baking dish and top with cheddar cheese.
6. Bake for 10 minutes or until cheese is bubbling.
7. Serve with celery sticks, carrot sticks, crackers, and/or tortilla chips.

“Pocket” Ramen

Name: Amiyah Elam Grade: 9 County: Ware

Description

I got this recipe idea from my father who grew up poor, and he used to make these all the time, so I wanted to put a healthier twist to it. It is very convenient because all you need is a microwave and large container to heat and serve, and you could find these items very cheap at a grocery store or food bank, and is a great way to incorporate most of the nutritional food groups, not only for yourself, but for your family, as well and cost less than \$8 to prepare for a family of four or an individual for four days.

Ingredients

- *2 packs of any flavor
Maruchan Ramen
Noodle Soup (2 servings per
package)
- *2 4 oz. cans of canned meat
(chicken preferably) ,
strained
- *1 10 oz canned of mixed
vegetables, strained
- 1 Large Microwave Safe
Container (between 20 and
25 oz)
- 4 cups of water
- 1 pair of Tongs
- 1 Spoon

Servings

4

Serving Size

1/2 container

Type

Cooked Entree

Prep Time

15 minutes

Directions

1. Take out your large container and pour in all the contents of your noodle packs as well as seasoning packet and measurements of water.
2. Open your canned meat and vegetables with a can opener and strain and pour into container. Mix until an even mixture.
3. Secure lid and put into microwave with 10 minute cook time. If the noodles are not to your liked consistency or heat preference, microwave for 2 extra minutes.
4. Place into bowls and serve or save the rest in a fridge for later consumption.

Veggie Fried Rice

Name: Rylie Ibbetson Grade: 10 County: Haralson

Description

This recipe is very nutritious because it has veggies in it (including carrots, water chestnuts, and peas) and it has whole-grain rice!

Ingredients

- *6 cups of instant brown whole grain rice
- *15.25 oz can of chopped Carrots
- *15 oz or caned peas
- *8 oz of water chestnuts
- 2 eggs
- 3 tbsp of low sodium soy sauce
- 1 tsp of sesame seed oil
- 2 tbsp of butter

Directions

1. Cook the six servings of Instant whole grain Rice according to directions on box
2. Let cool down
3. In a separate pan add your 1 tablespoon of butter to your water chestnut carrots and peas and cook till tender
4. Slowly add the rice into the the pain with the cooked vegetables add your last remaining tablespoon of butter cook on simmer for 3 to 5 minutes
5. Add your sesame seed oil and your soy sauce
6. Serve and enjoy!

Servings

7

Serving Size

1 cup

Type

Cooked Entree

Prep Time

25 minutes

Party Dip

Name: Samya Laigh'chun Mobley Grade:12 County: Bulloch

Description

My recipe is different per say. It's not regular party dip. I add in extra ingredients it makes the taste more budget friendly and unique.

Ingredients

*Shrimp
*Hamburger meat
*Velveeta cheese
Rotel

Directions

1. First brown the hamburger meat, and cook the shrimp.
2. Next add everything together. (The sauce, jalapeños, and extra sauces.)
3. Enjoy!

Servings

40

Serving Size

3-4

Type

Cooked Entree

Prep Time

45 minutes

JUNIOR

Recipes

Pasta and Meatballs

Name: Willie Parish Grade: 7 County: Gordon

Description

A delicious recipe sure to make you want more!

Ingredients

MEATBALLS

1 lb. Ground beef
1 tsp. oregano
1 tbsp. garlic
1/2 cup of breadcrumbs
1 tsp. parsley
1 egg
1 tsp. salt
1 tsp. pepper
1 tsp. basil
1/2 cup of grated Parmesan
cheese

SAUCE

14.5 oz can diced tomatoes
1 can of marinara sauce

Pasta

Directions

1. Mix all meatball ingredients by hand, make tablespoon sized meatball, make sure all ingredients are mixed well.
2. Boil water for the pasta and pour pasta in boiling water. When boiled and cooked for the time on the package mix the sauce and tomatoes in separate pan.

Servings

6

Serving Size

1/6 of dish

Type

Simple Entree

Prep Time

40 minutes

Apposito Pasta

Name: Nakai Simmons Grade: 8 County: Fulton

Description

Apposito Pasta represents just one unique possibility of a good pasta recipe that can be created from a limited budget, nutritious food items, booming flavors, and a little bit of imagination.

Ingredients

- *16 oz. of elbow or bow tie pasta
- *15 oz. can of black beans
- *15 oz. can of corn
- *2 medium fresh tomatoes
- 1 medium to large onion
- 1 medium to large bell pepper
- 1 medium to large fresh Carrot
- 1 medium to large cucumber
- 5 to 10 oz. can of chicken
- 1 tsp. of butter or margarine
- 1 tsp. of cumin
- 1 tsp. of black pepper (optional)
- 16 oz. of low-fat italian dressing

Servings

8

Serving Size

2 ounces

Type

Simple Entree

Prep Time

30 minutes

Directions

1. You will need a large bowl to mix and marinate your pasta.
2. Wash all veggies and set aside for grating and dicing.
3. Follow the cooking instructions on the box of pasta. While the pasta is cooking, open and drain the can of corn and the chicken.
4. Place a saucepan on top of the stove (on medium heat), add the butter or margarine, and allow the margarine or butter to melt.
5. Add the corn and sauté (occasionally stirring) until the corn has some brownish or blackish coloring-about five minutes or less. Set the corn aside to cool.
6. Dice the tomatoes, onion, cucumber, bell pepper, and place into the large bowl. Sprinkle in the Cumin and black pepper.
7. When the pasta is cooked, pour it into a colander and rinse quickly with cold water. Drain the pasta well, and add to the bowl, along with the drained canned chicken.
8. Once all the ingredients are in the bowl, pour in the container of low-fat Italian dressing and stir until all ingredients are well mixed.
9. If time permits, allow the pasta to marinate for 30 minutes to get an explosive taste of flavors.

Quick and Tasty Beans and Rice

Name: Jonny Dorminy Grade: 8 County: Henry

Description

My meal provides a tasty source of nutrition that is budget friendly. The raw sweet onions give this a crunch and the chili powder gives it some heat. The raw greens give it a great nutrition boost.

Ingredients

2 cups of water
*1 cup of dry white rice
*15 oz. can kidney beans
*1 cup of chopped sweet
yellow onion
1 tsp. chili powder
4 cups washed and chopped
kale or spinach

Directions

1. Put water in a medium covered saucepan and boil over medium heat. Stir rice into boiling water, cover, reduce heat, and simmer for 15 minutes. Remove from heat for 5 minutes before serving.
2. While waiting, open a can of beans, pour into a strainer, and rinse to reduce salt. Let drain.
3. Peel and chop the onion into small squares.
4. Wash and shake dry greens and remove tough stems. Chop into bite-sized pieces and place into serving bowls.
5. After the rice is finished, mix kidney beans, onions, and chili powder into the pot. Scoop 1 1/2 cups onto each bed of greens and serve hot.

Servings

4

Serving Size

1 1/2 cup mix and 1 cup
greens

Type

Simple Entree

Prep Time

25 minutes

Superfood Chicken Mac and Cheese

Name: Jacqueline Terwilliger Grade: 7 County: Randolph

Description

Superfood Chicken Mac and Cheese is a delicious meal with a unique twist on regular macaroni and cheese that makes it more nutritious. It is made of canned chicken, macaroni and cheese dinner (shells and cheese), and broccoli. The chicken contains a lot of protein. The macaroni and cheese contains whole grains and some calcium. The broccoli is a superfood vegetable which contains vitamin C and vitamin K. The ingredients are all inexpensive and can be found at a food bank.

Ingredients

- *1 box macaroni and cheese dinner (shells and cheese)
- *1 12.5 oz. can chicken
- *2 cups cooked broccoli

Directions

1. Prepare the box of macaroni and cheese as directed
2. Bring 2 quarts water to boil
3. Boil the pasta for 12 minutes then drain. Place pasta back into pot.
4. Open the cheese packet and mix into pasta.
5. While pasta is cooking, steam broccoli for 10 minutes to soften.
6. Open and drain the canned chicken. Add the chicken and broccoli to the macaroni and cheese.
7. Gently stir to mix all ingredients together.
8. Divide Superfood Chicken Mac and Cheese into 3 servings (2 cups each).
9. Now you have a tasty, healthy, and simple meal to enjoy!

Servings

4

Serving Size

2 cups

Type

Simple Entree

Prep Time

5 minutes

Mexican Rice

Name: Cecilia Moore Grade: 7 County: Stephens

Description

The Mexican rice I make is unique because it is flavorful and fresh. It is more nutritious and authentic than prepackaged Mexican rice. If fresh vegetables are available the can of tomato can be substituted for a fresh tomato. It is not very expensive to make.

Ingredients

- *1 cup rice
- *1 cup of canned tomatoes
puréed
- *1 /4 cup of chicken broth
- *1/4 small diced white onion
- *1/2 cup whole kernel corn
- 1 tbs. oil
- *fresh cilantro

Directions

1. Sauté 1 cup rice over med low heat in 1 Tbs oil, stirring constantly
2. Add in tomato, chicken broth, corn and onion.
3. Stir well.
4. Bring to boil and immediately turn to low and place lid on it.
5. Cook for 30 min.
6. May garnish with fresh cilantro

Servings

4

Serving Size

1 cup

Type

Simple Entree

Prep Time

45 minutes

Sprite-A-Jello

Name: Kenzie Brady Grade: 8 County: Habersham

Description

My recipe is unique because not many people use sprite in Jello. Fruits are nutritious and delicious mixed in Jello mixtures. My recipe cost less than \$6 for 6 servings = \$1 per serving.

Ingredients

1- 3 oz. box lime jello
*1- 20 oz. can pineapple
chunks 100% juice
*1- 15.25 oz. can Bartlette
Pears
1/2 cup boiling water
*1/2 cup 100% pineapple
juice
1 cup Sprite
Canned or fresh whipped
cream for
decoration
Maraschino cherries for
decoration

Servings

6

Serving Size

2" square

Type

Simple Entree

Prep Time

20 minutes

Directions

1. Empty Jello Contents into a bowl
2. Carefully pour boiling water in the same bowl and stir until jello has dissolved
3. Drain juice off of fruits
4. Add pineapple juice, stir
5. Add Sprite, stir
6. Cut pears into chunks, then add both pears and pineapple to the mixture and stir together
7. Refrigerate until congealed (set) about 2 hours
8. Cut out a 2" x 2" serving
9. Add whipping cream
10. Add a cherry on top

Mac and Cheese with Chicken & Broccoli

Name: Jack Wurst Grade: 8 County: Columbia

Description

This recipe is an easier way to make boxed mac and cheese, and includes protein and veggies to make it more well-rounded and a complete meal

Ingredients

*2 5-oz cans of chicken
(drained)

1 cup water

1 cup milk

*1 pkg. macaroni and cheese
dinner

*1 10-oz package frozen
broccoli (thawed)

OR 2 cups fresh broccoli
(cooked)

Directions

1. Combine milk and water in a 2 quart saucepan over medium heat.
2. Bring to a boil, add macaroni, cover, and simmer 8-10 minutes until macaroni is tender stirring occasionally.
3. Add cheese packet, drained chicken, and thawed broccoli.
4. Cook and stir 5 additional minutes or until heated through

Servings

4

Serving Size

1 1/2 cups

Type

Simple Entree

Prep Time

20 minutes

Arroz Rojo con Pollo Asado

(Red Rice with Grilled Chicken)

Name: Sammy Mendez Grade: 8 County: Bulloch

Description

This dish is a traditional Mexican meal that can be served at lunch or dinner. The tomatoes in the rice are what make this dish look red and the extra vegetables add even more nutritional value to this dish. The ingredients, such as chicken broth, garlic, and onion, all come together to make one flavorful dish. This dish has cheap ingredients (e.g. rice, canned tomatoes, peas and corn) which helps maintain a low-cost efficiency meal.

Ingredients

*1/2 can (14-1/2 oz.)
tomatoes or 3 fresh
tomatoes
*1 can peas (drained) or 1
cup fresh peas
*1 can corn (drained) or 1
cup fresh corn
2 teaspoon garlic powder
1 teaspoon onion powder
*1 1/2 cup white uncooked
rice
2 tablespoons oil (vegetable,
olive) etc.
*3 cups of can chicken broth
or fresh chicken broth
5 pounds of chicken thigh
lime juice
salt, to taste

Servings

4

Serving Size

1 cup cooked rice, two
chicken pieces

Type

Simple Entree

Prep Time

35 minutes

Directions

1. First, blend tomatoes, onion powder, garlic powder, and salt.
2. Next, in a large pot, throw in oil and rice and fry until golden brown.
3. After frying the rice, add the tomato sauce and mix. After mixing, add chicken broth and cover. Let cook for 15-20 minutes or until broth and sauce have evaporated completely and rice is soft. Do not stir after covering.
4. Season chicken with garlic powder, salt, and lime juice.
5. Grill chicken and serve on top of rice when done.

CLOVERLEAF

Recipes

Tuna with Carrots

Name: Seth Carr Grade: 5 County: Gordon

Description

Easy to make, healthy, and budget friendly!

Ingredients

*5oz. can of tuna (drained)
*1 large carrot (grated)
3 tbsp. mayonnaise

Directions

1. Drain the tuna
2. Put into serving bowl
3. Grate carrot and add to the tuna
4. Add 3 tbsp of mayonnaise
5. Mix ingredients well
6. Serve on crackers or toast

Servings

2

Serving Size

3 oz

Type

No Cook Snack

Prep Time

15 minutes

S'mores Energy Bars

Name: Robbie Seritt Grade: 5 County: Gordon

Description

Unique because it's a s'mores recipe for on-the-go!
Nutritious because it provides energy from peanut butter!

Ingredients

*1 cup rolled oats
1/3 cup finely crushed
graham crackers
2 tbsp. Chia spoon
1 pinch of salt
*1/2 cup peanut butter (or
almond butter)
1/2 tsp. vanilla extract
1/4 cup mini chocolate chips
1/4 cup mallow bites

Directions

1. In a large bowl, combine oats, crushed graham cracker, chia seeds, and salt
2. Add peanut butter, honey and vanilla extract; then stir until combined and mixture is moist.
3. Gently stir in the mini chocolate chips and mallow bites.
4. Roll the Mixture into small balls, about 1-2 tablespoons, per ball.
5. Place in air tight container and keep in refrigerator up to 2 weeks.

Servings

12

Serving Size

1

Type

No Cook Snack

Prep Time

10 minutes

Sweet Tooth Dip/Spread

Name: Harmony Skiffen Grade: 6 County: Gordon

Description

A tasty sweet treat that can be stored easily and all for under \$10!

Ingredients

*1 1/2 cups peanut butter
1 cup lowfat whipped cream
cheese
1/2 cup lowfat vanilla yogurt
1/4 cup honey
1/4 cup mini Chocolate chips
*Graham Crackers
*Side Fruit

Directions

1. In medium sized bowl combine peanut butter, cream cheese, and honey. Mix together.

2. Slowly add in yogurt and mini chocolate chips, mix together.

3. Enjoy.

*serve with: apple slices, carrots, celery, graham crackers, or pretzels.

*serve as a sandwich on whole wheat bread.

Servings

14

Serving Size

1/4 cup

Type

No Cook Snack

Prep Time

10 minutes

Chickee-Chickee Chicken Salad

Name: Preslie Parish Grade: 5 County: Gordon

Description

Chickee- Chickee Chicken Salad is like no other!

Ingredients

*7 oz. of canned, drained
chicken breast
*1/4 cup of craisins
1 stalk of celery (diced)
1/4 cup of mayo
1/2 cup walnuts
1 apple (diced)
*Crackers

Directions

1. Open chicken and dump in bowl
2. Put craisins in
3. Cut up celery and put in bowl
4. Put mayo in
5. Slice apple and put in
6. Add sliced walnuts and stir
7. Serve crackers on the side to eat with.

Servings

8

Serving Size

8 oz

Type

No Cook Snack

Prep Time

20 minutes

PB Honey Balls

Name: Jake Peavy Grade: 6 County: Randolph

Description

It is easy to prepare and has low-cost food items while tasting good and being nutritional!

Ingredients

*1/4 cup of peanut butter
1/4 cup of honey
1/2 cup of powdered milk
*1/4 cup of oatmeal
1/4 cup of peanuts- crushed

Directions

1. In a bowl, mix the peanut butter and honey
2. Then add powdered milk a little at a time
3. Mix well then chill for 15 mins.
4. Form into ball and roll in oatmeal and crushed peanut
5. Ready to serve as a nutritional snack!

Servings

6

Serving Size

1 ball

Type

No Cook Snack

Prep Time

10 minutes

Nana-Butter Crisps

Name: Ava Terwilliger Grade: 5 County: Randolph

Description

Nana-Butter Crisps are a yummy and nutritious snack that you don't have to cook. They are made of bananas (fruit), peanut butter (protein and healthy fat), and whole wheat Ritz crackers (whole grains), so they are healthy. The ingredients do not cost a lot, so they are affordable to make. They are unique because they combine sweet, salty, crispy and creamy ingredients.

Ingredients

*16 whole wheat Ritz
crackers
*8 tbsp. peanut butter
*1 large banana (cut into 16
slices)

Directions

1. Place whole wheat Ritz crackers on a large plate
2. Spread 1/2 tbsp. peanut butter on each cracker
3. Place one slice of banana on top of peanut butter on each cracker
4. Divide into 4 servings (4 Nana-Butter Crisps each serving)
5. Serve on a plate, eat and enjoy!

Servings

4

Serving Size

4 Nana-Butter Crisps

Type

No Cook Snack

Prep Time

5 minutes

Cracker Snack

Name: Benjamin Knapp Grade: 4 County: Spaulding

Description

It's cheap, it tastes delicious, and it's filling.

Peanuts have protein. Apples contain Vitamin C, and they were very tasty. Oats contain magnesium and zinc. Cinnamon has antioxidants and lowers blood sugar. It is unique because you can't buy it at a grocery store!

Ingredients

*3/4 cup peanut butter
1/4 tsp. cinnamon
*3 tbsp. old fashioned rolled
oats
*2 apples
24 Goya crackers

Directions

1. Take peanut butter, cinnamon, and oats, and put it in a mixing bowl
2. Mix thoroughly
3. Take 2 apples out of the refrigerator, and slice them
4. Set them aside for later
5. Spread the mixture on the Goya crackers
6. Put on an apple slice that you have cut on half of the crackers
7. Put another Goya cracker on top of each.
8. Serve with juice (optional).

Servings

12

Serving Size

1

Type

No Cook Snack

Prep Time

10 minutes

Chewy Cheddar Peanut Butter Balls

Name: Summer Burroughs-Thebault Grade: 5 County: Cobb

Description

Almost anyone can have these as a healthy, filling snack. Honey and peanut butter are not too pricey. Nuts and fruits can be bought in small increments. Prepare and refrigerate even more for lunches or ready-made after school snacks all week long.

Ingredients

*2 tbsp. of peanut butter
1 tbsp. of honey
*2 tbsp. of dried fruit
(currants)
*2 tbsp. of oats
*About 20 cheese fish-
shaped crackers
(crushed)

Directions

1. Gather the first four ingredients.
2. Mix in a medium sized bowl
3. Set bowl aside
4. Meanwhile, crush cheese fish-shaped crackers in a separate bowl or Ziploc bag. Set aside.
5. Scoop Peanut Butter mix into three balls
6. Then roll into cracker crumbs
7. Put in refrigerator for about 10 minutes
8. Take out and enjoy!

Servings

1

Serving Size

3 balls

Type

No Cook Snack

Prep Time

15 minutes

Pretty-in-Pink Tuna Boat

Name: Phebe Burroughs-Thebault Grade: 5 County: Cobb

Description

It is an easy after-school or any time snack. With easy serving in its pepper boat, this snack saves on cleanup time, making it a healthy, delicious, and affordable snack.

Ingredients

*Two 7 oz. cans of tuna in water

*One 15 oz. can of black beans

*One 15 oz. can of pink beans

*One red bell pepper (with 4 lobes)

Dressing Ingredients

*2 tbsp. of 100% apple juice
1 tbsp. of water

1 tbsp. of apple cider vinegar
1 tbsp. of lemon juice
1 tbsp. of Olive Oil

1/4 tsp. of dijon mustard
1/8 tsp. of salt
1/4 tsp. of sugar

Directions

1. Open and drain tuna.

2. Place tuna into a mixing bowl

3. Open, drain, and thoroughly rinse beans. Add beans to mixing bowl

4. Wash and cut pepper in to four quadrants along seams to form "boats"

5. In a small bowl, mix the dressing ingredients

6. Pour dressing into bowl with the tuna and beans. Mix well.

7. Scoop into pepper boats and serve!

Servings

4

Serving Size

1 stuffed pepper boat

Type

No Cook Snack

Prep Time

15 minutes

Marley's Cool Wraps

Name: Marley Long Grade: 5 County: Habersham

Description

Rice veggie rolls- all nutritious and delicious!

Ingredients

8 Rice paper rounds
2 carrots
1 avocado
4 small colored bell peppers (green are
finecolored
are sweeter)
2 leaves of Romain lettuce
1 tbsp. of chopped cilantro or parsley
1 tbsp. of lime juice
1 tsp. of Rice vinegar
1/2 tsp. of salt
1 cup of warm water
Sauce
*1/4 cup peanut butter
1 tsp. of lime juice
1 tsp. of soy sauce
1 clove of crushed garlic
1 tsp. of red chili flakes (optional)
1 tsp. of honey
1/4 tsp. of ginger powder (optional)

Servings

8

Serving Size

8

Type

No Cook Snack

Prep Time

20 minutes

Directions

1. Wash and peel carrots. Using the peeler continue to make ribbons of carrots (this is helpful so you don't have to cut carrots).
2. Peel and dice avocado into chunks
3. Wash and julienne peppers (they should look like the size of toothpicks)
4. Wash and shred lettuce leaves
5. Wash and chop cilantro
6. Put all veggies in a large bowl and add lime juice, rice vinegar and salt. Mix well and set aside
7. In a smaller bowl add peanut butter, lime juice, soy sauce, crushed garlic, chili flakes, honey and ginger powder.
8. With a small whisk stir until everything is mixed well.
9. Set sauce aside.
10. Put warm water in a deep dish.
11. Put in a rice paper round until it becomes soft.
12. Carefully and gently take out rice paper and put on a plate.
13. Add a heaping tablespoon of veggie mixture and roll like a burrito while tucking the ends.
14. Repeat until all are rolled and dip in sauce.
15. Enjoy!!

James' Yummy Fruit Salad

Name: James Graves Grade: 6 County: Dawson

Description

Get your servings of fruit, dairy, and protein with this recipe (plus a little bit of sweet)!

Ingredients

*2 15 oz cans extra cherry
fruit cocktail
ó cup low fat vanilla yogurt
*1/4 cup shredded coconut
*1/4 cup chopped fresh
pecans
(you can use less if you don't
like nuts very much)
2 cups mini marshmallows

Optional:

*1 small can mandarin
oranges (drained well)
*1/2 cup fresh blueberries

Directions

1. Drain the fruit cocktail really good. Too much juice will make the fruit salad watery.
2. Add all the ingredients to a bowl and stir! It's that easy!
3. Now enjoy!

Servings

6

Serving Size

1 cup

Type

No Cook Snack

Prep Time

10 minutes