




# Pantry Pride



## Recipes Presented by Georgia 4-H'ers





## 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, Feeding Georgia, 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.







Abby Moon

4th : Faithann Rogers

5th : Samantha Floyd

6th : Katie Casey

7th : Jack Williams

8th : Jack Wurst

9th : Reagan Manning

10th : Brook Ellis



Demarion Pearman



Nataleigh Belcher



## Amazing Chicken Taco Soup




By: Abby Moon  
Floyd County

## Ingredients

Tortilla chips  
1/2 tsp of cumin  
Limes for garnish  
1/2 tsp of chili powder  
1/2 tsp of garlic powder  
1 packet of taco seasoning  
1 - 14 oz can of chicken broth  
1 cup of shredded cheddar cheese  
1 - 15 oz can of sweet corn (drained)  
1 - 28 oz can of green enchilada sauce  
1 - 14.5 oz can of petite diced tomatoes  
1 - 15 oz can of pinto beans (drained and rinsed)  
1 - 15 oz can of black beans (drained and rinsed)  
1 - 12.5 oz canned chicken breast (drained and flaked)

## Directions

1. Combine all ingredients (excluding tortilla chips, limes, and shredded cheese) into a large pot and bring to a boil over medium-high heat.
  2. Lower the heat and let simmer for 20-25 minutes.
  3. Serve warm with desired toppings: lime wedges, shredded cheese, and tortilla chips.
  4. Enjoy!
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## Aunt Sam's Burrito Bake



By: Samantha Floyd, Decatur County

Servings: 6

Prep Time: 45 minutes

## Ingredients

1 can of refried beans  
Mashed pinto or black beans  
1 cup salsa or drained canned diced tomatoes  
1 cup of cooked brown rice  
1 cup drained whole kernel corn  
1 cup grated zucchini  
1/2 diced onion  
1 cup shredded cheddar cheese  
12 whole wheat tortillas  
2 cups shredded lettuce  
Sour Cream

## Directions

1. Preheat oven to 375 degrees.
2. Cook rice according to package.
3. In a large bowl, combine beans, salsa, corn, zucchini, onions, and cheese.
4. Add 1 cup of cooked rice and mix well.
5. Spoon roughly 1/3 cup mixture onto each tortilla and fold sides and ends to keep filling inside.
6. Place in greased 9 x 13 baking dish.
7. Cover and bake for 20-25 minutes or until heated through.
8. Sprinkle with shredded lettuce.
9. Serve warm and possibly top with salsa or sour cream.





## Bacon Ranch Chicken Noodle Soup



By: Jack Wurst, Columbia County

Servings: 6

Prep Time: 35 minutes

## Ingredients

2 chopped carrots  
2 chopped stalks of celery  
2 tbsp of butter  
3 tbsp of ranch seasoning mix  
32 oz of chicken stock  
1 - 10.5 oz can of cream of chicken soup  
3 cups of chopped cooked chicken or 2 - 12.5 oz cans of chicken (undrained)  
1/4 cup of bacon bits  
8 oz of pasta  
1 cup of shredded sharp cheddar cheese  
2 cups of milk

## Directions

1. Heat butter in a large, deep stock pot over medium-high heat. Add the celery and carrots and cook until the vegetables are tender.
2. Add the ranch seasoning, stirring to make sure the vegetables are coated. Stir in stock, condensed soup, chicken, bacon, and pasta.
3. Heat to boiling, then reduce to low and cook until the pasta is tender, according to the package.
4. Add cheese and milk. Heat through, about 5 minutes.





## Breakfast with Avocado and Tomato Salsa



By: Elise Sparks, Madison County

Servings: 4

Prep Time: 45 minutes

### Ingredients

#### Salsa:

1 avocado, peeled, pitted,  
and diced.  
1 can diced tomatoes  
2 tbsp of chopped green  
onion  
1 clove of minced garlic  
1 tbsp of lime juice  
1/2 tsp of salt  
1/4 teaspoon of ground  
cumin  
1/4 cup of chopped cilantro  
1/8 cup of plain greek yogurt

#### Burritos:

4 eggs  
1/4 tsp of paprika  
1/4 tsp salt  
1 can chicken breast  
4 10-inch flour tortillas  
Vegetable oil  
2 cups dried black beans  
1/2 tsp of paprika  
1/2 tsp of dried cumin  
1/8 cup of plain greek yogurt  
2 cups shredded mexican cheese

### Directions

1. Sauté for five minutes green onions and canola oil, in big frying pan.
2. Open can of canned chicken into big frying pan sprayed with cooking spray or oil.
3. In separate bowl, add separately one beaten egg at a time. Do this for all four eggs.
4. Scramble eggs on medium heat.
5. Add remaining spices, 2 cups previously soaked dried black beans to separate slightly greased pan and heat to simmer
6. Add 1/8 cup of Greek Yogurt.
7. Fold each tortilla shell into triangle. In first fold, put eggs and chicken mixture, then add to second layer, the vegetable mixture.
8. Garnish tortilla with salsa for serving.







## Chicken Enchiladas



By: Jack Williams, Emanuel County


Servings: 6


Prep Time: 15 minutes

## Ingredients

- 1 packet of taco seasoning
- 1 - 10.5 oz can of cheese soup
- 8 of your favorite tortilla shells
- 1 - 14 oz can of enchilada sauce
- 2 - 12.5 oz cans of chicken drained)
- 2 cups of grated cheddar or colby jack cheese
- 1 - 16 oz can of refried beans or pinto beans (drained & mashed)
- Optional Toppings: 1 cup of chopped lettuce, 1 diced tomato, 1 cup of salsa, 1/2 cup of sour cream, 15 oz can corned (drained)

## Directions

1. In a nonstick skillet on medium heat, add drained chicken, beans, taco seasoning, and soup
  2. Mix until heated thoroughly and well incorporated.
  3. Preheat oven to 350 degrees.
  4. In a 9 x 13 casserole dish, add 1/4 cup enchilada sauce to the bottom of the pan.
  5. Fill the 8 tortilla shells with the chicken mixture.
  6. Roll the enchiladas seam-side down and place in the casserole dish.
  7. Top enchiladas with remaining enchilada sauce.
  8. Top with grated cheese.
  9. Bake for 20 minutes or until bubbly and cheese is melted. Serve with your favorite toppings.
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## Chicken Noodle Casserole



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By: Raegan Manning, Terrel County

Servings: 6

Prep Time: 30 minutes

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## Ingredients

1/2 tsp of salt  
1/2 tsp of pepper  
1/2 cup of canned milk  
1/4 cup of melted butter  
1/2 a sleeve of Ritz crackers  
1 - 12.5 oz of canned chicken  
1 - 12 oz pack of egg noodles  
2 cans of cream chicken soup  
1 - 8.5 oz can of peas and carrots

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## Directions

1. Boil noodles in salted water for 8 minutes. Drain.
2. In a large bowl, mix the noodles, soup, milk, chicken, vegetables, salt and pepper. Stir to combine well.
3. Pour into a greased 9 X 13 baking dish.
4. Mix crushed crackers and melted butter. Sprinkle the buttered crackers on top of the chicken and noodle mixture.
5. Bake in oven for 20 minutes at 350 degrees.





# Chicken Ramen Pad Thai



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By: Alex Justice, Monroe County

Servings: 4

Prep Time: 15 minutes

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## Ingredients

- 1 Whole carrot
- 2 cans of chicken
- 2 packages of ramen
- 3 tbsp of peanut butter
- 1/4 tsp of sriracha sauce
- 1 can of sliced mushrooms
- 1/4 cup low sodium soy sauce

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## Directions

1. In a medium saucepan, bring water to a boil and cook ramen according to package directions, reserving flavor packets.
2. Drain and set aside noodles.
3. In a large nonstick saucepan, add drained mushrooms, cut carrot, and chicken sautéing in reserved flavor packets for three minutes.
4. Remove from heat and add noodles to skillet.
5. Whisk together soy sauce, sriracha, peanut butter, and dash of water. Toss with noodles, vegetables, and chicken.
6. Serve and enjoy.





## Chicken Soup



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By: Dawson Butler, Bulloch County

Servings: 4

Prep Time: 15 minutes

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## Ingredients

1 diced carrot  
1 can of chicken  
Crackers of any kind  
2 packs chicken flavor ramen  
noodles

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## Directions

1. Prepare ramen noodles by package directions.
2. Add diced carrot to boiling water, simmer until carrots are done.
3. Add can of chicken.
4. Top with crackers, and enjoy.





## Chicken Sausage Zuppa Tuscan Soup



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By: De'Marrion Pearman, Terrel County

Servings: 8

Prep Time: 45 minutes

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## Ingredients


2 cups of water  
4 tbsp of butter  
1 tbsp of minced garlic  
1 can of sliced carrots  
4 cups of chopped kale  
4 cans of chicken broth  
salt and pepper to taste  
1/2 Vidalia onion (diced)  
2 cans of diced potatoes  
1 pint or 2 cups of half-and-half  
1 pound chicken sausage (sliced)  
Optional: grated parmesan cheese, bacon bits, saltine or oyster crackers.

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## Directions

1. In a large pot, saute sausage 5 to 6 minutes until browned. Transfer the sausage to a plate and set aside.
2. In the same pot, melt the butter and saute onions over medium heat until translucent. Add garlic and saute for another minute.
3. Add chicken broth, water, potatoes, carrots, salt, and pepper then bring to a boil. Stir in the sausage, kale, and half-and-half. Add additional salt and pepper if needed.
4. Serve with garnish of parmesan cheese, bacon bits, and crackers if desired.





## Creamy Mexican Chicken and Rice



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By: FaithAnn Rogers, Emanuel County

Servings: 4

Prep Time: 40 Minutes

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## Ingredients

- 1 sweet onion
- 1 cup white rice
- 1 green bell pepper
- 8 oz of cream cheese
- 1 tsp of garlic powder
- 1 packet of taco seasoning
- 2 - 5 oz cans of chicken breast
- 1 - 14.5 oz can of diced tomatoes

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## Directions

1. Wash and dice green pepper and onion.
2. Bring 2 cups of water to a boil in a sauce pan.
3. Add rice and stir to separate.
4. Sauté vegetables in tbs of olive oil until tender.
5. Drain water from chicken, and add chicken to the skillet of vegetables.
6. Add canned tomatoes and seasonings and mix.
7. Add cream cheese to chicken and vegetables to melt before serving.





## Creamy Veggie and Chicken Pasta



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By: Brooke Ellis, Ware County

Servings: 6

Prep Time: 30 minutes


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## Ingredients

- 1 tsp of basil
- 1 tsp of garlic
- 1 - 16 oz box of pasta
- 1 - 5 oz can of chicken
- 2 - 16 oz jars of Alfredo sauce
- 3 tbsp of any cooking oil available
- 1/2 of 14.5 oz cans of carrots (drained)
- 1/2 can of 15 oz can of sweet peas (drained)

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## Directions

1. Boil pasta according to directions on box.
  2. Sauté chicken with olive oil on medium in a small pan on the stove.
  3. Strain pasta, add to a bowl.
  4. Add chicken, carrots, and peas to the bowl.
  5. Add 1 jar of alfredo sauce and mix. Continue to add from your second jar to your liking.
  6. Add seasonings.
  7. Mix well and serve.
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# End of the Month Chicken Soup



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By: Skylar Byrum, Jackson County

Servings: 4

Prep Time: 35 minutes

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## Ingredients

- 1/2 tsp of salt
- 1/4 tsp of pepper
- 2 - 5 oz cans of chicken breasts
- 2 - Packages of Ramen Noodles
- 1 - 32 oz container of chicken stock
- 1 - 15 oz can of peas (no salt added)
- 1 - 15 oz can of carrots (no salt added)
- 1 - 15 oz can of diced potatoes (no salt added)

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## Directions

1. Open and drain chicken.
2. Add chicken to the pot and season with the salt and pepper.
3. Cook on medium heat for 5 minutes.
4. Open and drain vegetables.
5. Add chicken stock and vegetables to the pot with chicken.
6. Add both Ramen seasoning packets and bring to a boil.
7. Reduce heat and allow contents to simmer for 15 minutes.
8. Return to boil and add the ramen noodles. Boil for 3 minutes.
9. Remove from heat and let dish set for 5 minutes.
10. Ladle into bowls and serve.







## Orange Chocolate Granola Bars



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By: Marnecia Jackson, Wilcox County

Servings: 8

Prep Time: 45 minutes

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## Ingredients


1/2 tsp of salt  
2 cups of oats  
1/2 cup of honey  
1/2 tsp of cinnamon  
1 cup of Rice Krispies  
1/4 cup of brown sugar  
15 oz can of mandarin oranges (drained)  
1/4 cup of semi-sweet chocolate morsels

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## Directions

1. Preheat oven to 350.
2. Combine all dry ingredients into a large bowl.
3. Add honey to the bowl and stir until ingredients are mixed well.
4. Line a 9x9 baking dish with parchment paper.
5. Place mixture into lined pan and spread flat.
6. Cook for 25-30 minutes.
7. Allow to cool then cut into bars for serving.





## Pineapple Chicken Fiesta Bowl



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By: Nataleigh Belcher, Emanuel County

Servings: 4

Prep Time: 35 minutes

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## Ingredients

1 fresh lime  
8 - tbsp salsa  
1 - diced onion  
1/2 head of lettuce  
1 cup uncooked rice  
8 oz of plain yogurt  
1- packet of taco seasoning  
1 - diced green bell pepper  
1 - 12.5 oz can cooked chicken  
1 - 15.25 oz can of corn (drained)  
1 - 15.5 oz can of black beans (drained)  
1 - 12 oz can of diced pineapple (drained)

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## Directions

1. Prepare rice according to directions. After cooking, add juice from the lime.
2. In hot pan, saute onion, bell pepper, and drained, canned chicken in taco seasoning. Add drained pineapple after bell peppers and onion are softened.
3. Place corn and black beans in a pot and warm over medium heat.
4. Assemble bowl by layering lettuce, rice, pineapple-chicken-veggie mix, and corn/blackbean mix.
5. Top with salsa and yogurt then serve,





## Vegetable Chicken and Ramen Stew



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By: Ryan Johnson, Pickens County

Servings: 4

Prep Time: 15 minutes

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## Ingredients

1 cup of water  
Pepper to taste  
2 cans of chicken  
1 can of peas (drained)  
1 can of carrots (drained)  
1 packet of ramen noodles  
1 can of cream of chicken soup

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## Directions

1. In a medium pot add 1 cup of water and a packet of noodles.
2. Cook over medium-high heat.
3. Drain any excess water out of the pot.
4. Add carrots and peas and one can of cream chicken soup.
5. Cook for 15-25 minutes.
6. Serve and enjoy.





## Lemon Zest Instant Noodles



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By: Agatha Grimes, Candler County

Servings: 1

Prep Time: 10 minutes

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## Ingredients

1 pack of instant Ramen Noodles  
1 lemon to produce 2 tbsp of lemon juice and 1 tsp of lemon zest  
1/4 cup of cheese of your choice

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## Directions

1. In a sauce pan, mix 2 tbsp of lemon juice, 1 tsp of lemon zest, and 1/4 cup of cheese of your choice.
2. Stir these ingredients on low heat for a few minutes or until properly mixed together.
3. In a different pot, bring the water to a boil and place the Ramen inside of the boiling water. Boil Ramen until soft and chewy.
4. Once your noodles are finished, you will then need to pour the sauce in the noodles.
5. Take a tbsp of the water you used to boil the noodles, and pour that into your bowl of noodles.
6. Lastly you will need to top your noodles with items of your choice. Enjoy!





## Mini Chicken Pot Pies



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By: Katie Casey, Bryan County

Servings: 12

Prep Time: 30 minutes

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## Ingredients

- 1 can of chicken
- 1 pack of puff pastry
- 1 can of mixed vegetables
- 1 can of cream of mushroom soup

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## Directions

1. Preheat oven to 375 degrees.
2. Combine the canned chicken, mixed vegetables, and cream of mushroom soup in a medium bowl. Stir until combined
3. Cut the puff pastry into small sections (the size of muffin spaces).
4. Place your cut pastry pieces into the muffin pan and press the pastry all the way down. Make sure the pastry is also on the sides of the muffin slot.
5. Add filling to the muffin pan.
6. Bake for 20-25 minutes or until done.





## Southwestern Chicken Bowl



By: Abby Moon, Floyd County

Servings: 4

Prep Time: 40 minutes

## Ingredients

2 lime  
1 avocado  
2 cups of rice  
1 - 8 oz sour cream  
1 - 16 oz jar of salsa  
1 bag of tortilla chips  
1 packet of taco seasoning  
1 - 16 oz can of black beans  
1 - 15 ounce jar of queso dip  
Butter, Salt, and Pepper to taste  
2 - 12.5 oz can of chunked chicken

## Directions

1. Cook rice according to the directions on the box.
2. Once finished, add diced tomatoes, salt, and pepper. Stir and let it sit in a skillet. Add drained chicken with a dab of butter. Let brown.
3. Once done, add a half a cup of water and taco seasoning into the pan and let it simmer for 10 minutes.
4. In the meantime, warm up your queso and black beans in two separate sauce pans.
5. While everything is cooking, combine the avocado, salsa, sour cream, and lime to make home made guacamole.







## Chicken Pozole Verde



By: Ellery McClain  
Floyd County

## Ingredients

Half a tsp of salt  
1 tbsp of olive oil  
1/2 tsp of dried oregano  
4 cups of chicken broth  
1 1/2 tsp of minced garlic  
Half a cup of fresh cilantro  
Half of a white onion (chopped)  
Half of a 28oz can of tomatillos  
1- 12 oz can of chicken (drained)  
2 - 15 oz cans of hominy (drained)  
Sliced limes for garnish (optional)  
Half of a green pepper (seeded and chopped)

## Directions

1. Preheat the olive oil in a large pot, add the chopped green pepper and onion and cook on medium heat until soft.
2. Add half of the chicken broth, half the drained chicken, half the tomatillos, and all the minced garlic and simmer.
3. Meanwhile, put the other half of the chicken broth, the other half of the canned chicken, the rest of the tomatillos, and half the cilantro in a blender and pulse four or five times (or chop finely as possible).
4. Add the pulsed (or chopped) ingredients into the pot.
5. Add the hominy, dried oregano, and salt to the simmering pot.
6. Before serving, add the rest of the cilantro. If desired squeeze lime slices into bowls for extra flavor.
7. Enjoy!







## Creamy Chicken and Rice



By: Samuel Williams  
Emanuel County

## Ingredients

1 tsp of pepper  
2 cups of cheese  
1/2 tsp pf garlic salt  
2 cups of cooked rice  
1 small onion (grated)  
Fish crackers (crushed)  
1/4 cup of melted butter  
2 - 12.5 oz canned chicken  
1 can of cream of chicken soup  
1 can of cream of mushroom soup  
1 can of peas and carrots (drained)

## Directions

1. Cook rice until tender and drain.
2. In a large bowl, combine the chicken, peas and carrots, rice, soups, onions and spices. Stir well.
3. Preheat oven to 350 degrees.
4. Pour mixture in a 9x13 casserole dish. Cover with foil. Bake for 30 minutes.
5. Crush cheese crackers and melt butter in a bowl.
6. Stir crackers in melted butter and set aside.
7. Remove casserole from oven and uncover. Top with the cracker mixture.
8. Bake uncovered and an addition 10 to 15 minutes.
9. Serve and enjoy!





## Grilled Pita Pocket with Pecan Chicken Salad



By: Savannah McDaniel  
Madison County

## Ingredients

3 tbsp pickle relish  
1/3 cup of minced celery  
6 whole wheat Pita pockets  
1 - 16 oz of canned chicken  
3 tbsp of fat-free mayonnaise  
1/3 cup of minced green onions  
1/3 cup of finely chopped pecans  
1 tbsp of olive oil (1/2 tbsp for 3 pockets - flipping once)

## Directions

1. Drain and shred chicken with fork and set aside while prepping other ingredients.
2. Wash and mince celery and green onion and add to canned chicken.
3. Chop pecans and add to chicken. Stir in remaining ingredients of mayonnaise and pickle relish. Stir all ingredients together until completely covered.
4. Place 4 tbsp of pecan chicken salad into pita pocket.
5. Pour 1/2 tbsp of olive oil in a non-stick skillet and heat pan to medium heat and place 3 filled pita pockets in skillet to brown.
6. Continue with remaining pita pockets, serve and enjoy.





## Orange Coconut Balls



By: Audrey Hanson  
Pike County

## Ingredients

2 tbsp of melted butter  
3/4 cups of orange juice  
1/2 cup oatmeal (crushed)  
2 cups of shredded coconut  
4 cups of confetionary sugar  
1 1/2 of chopped peanuts or walnuts  
2 1/2 cups of vanilla wafers (crushed)

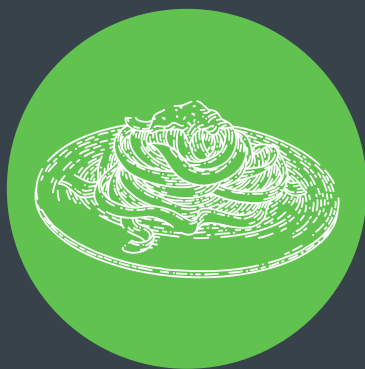
## Directions

1. Toast nuts in the oven at 350 for 6-8 minutes. After cooling, chop the nuts.
2. Place vanilla wafers and oatmeal in food processor and crush.
3. In a bowl, mix vanilla wafers crumbs, oatmeal, nuts, sugar, orange juice, and melted butter. Mix until well combined.
4. Roll into small balls.
5. Roll each of the balls in coconut.
6. Place in airtight container in fridge.
7. Serve later, and enjoy!





## The All Might Chicken Alfredo



By: Carly Coles  
Barrow County

## Ingredients

- 1 - 10 oz bag of frozen broccoli
- 1 - 14.5 oz jar of creamy alfredo sauce
- 2 - 10 oz cans of chunked chicken breast
- 1 - 6 oz bag of shredded parmesan cheese
- Season with salt, pepper, and garlic to taste
- 1 - 12 oz bag of wide egg noodles or 1 box of pasta of choice

## Directions

1. In a large saucepan, bring water to a boil and then add 1 bag of wide egg noodles or pasta of choice. Cook pasta for around 10 minutes.
2. In a large mixing bowl, combine cooked egg noodles, creamy Alfredo sauce, frozen broccoli, and canned chicken. Mix well.
3. Pour mixture into a 9x13 baking dish and top with parmesan cheese.
4. Bake at 350 degrees for 12 minutes.
5. Allow to cool and serve with garlic bread.







## Chickpea and Feta Salad



By: Abby Casey  
bryan County

## Ingredients

1 tbsp of olive oil  
1 or 2 garlic cloves  
1 tsp of lemon zest  
1/2 cup of bell pepper  
2 tbsp of fresh parsley  
salt and pepper to taste  
9 black and green olives  
3 tbsp of fresh lemon juice  
2 cups of canned chickpeas  
3 tbsp of thinly sliced scallions  
1/2 cup of crumbled feta cheese  
1/2 cup of diced English cucumbers

## Directions

1. In a medium bowl, place chickpeas, garlic, scallions, red bell pepper, cucumber, parsley, olives, and feta cheese. Mix together until evenly dispersed.
2. In a small bowl, whisk together the lemon juice and olive oil.
3. Once mixed together, pour over the chickpea mixture.
4. Season to taste with salt and pepper.





## Ethan's Tasty Tuna on Crackers



By: Ethan Patterson  
Bryan County

## Ingredients

1 pack of crackers  
1/2 tbsp of Mustard  
1/4 cup of Mayonnaise  
1 1/2 Sweet pickle relish  
Salt and Pepper to taste  
1 small can of tuna and water

## Directions

1. Open the tuna and drain the liquid. place into a small bowl.
2. Measure and add the Mayonnaise, Relish, and Mustard to the tuna and stir
3. Salt and Pepper to taste, then stir.
4. Use small spoons to place tuna on your cracker.
5. Enjoy!





# Fabulous Fruity Salsa

By: Ella McClain  
Floyd County

## Ingredients



1/2 tsp of salt  
1 tbsp lime juice  
3 tbsp of minced cilantro  
Tortilla chips for serving if desired  
1 cup of finely chopped strawberries  
1 tsp minced seeded jalapeño pepper  
1 cup of finely chopped peeled peaches  
1/2 cup finely chopped peeled ripe avocado (about 2)

## Directions

1. Chop the fruit ingredients.
2. Prepare the cilantro and Jalapeño peppers.
3. Mix all together in a bowl.
4. Add lime juice and salt and mix well. Be careful not to over-mix and break up the fruit too much.
5. Serve with chips or any other appetizer.
6. Enjoy and refrigerate any leftovers.







# Island Salsa


By: Aubree Jones  
Pulaski County

## Ingredients



- 1 ripe avocado
- 2 tbsp of lime juice
- salt and pepper to taste
- 1/3 cup of chopped cilantro
- 3 tbsp of chopped red onion
- 1 jalepeño (seeded and minced)
- 1 1/2 to 2 cans pf drained pineapple
- 1 can of black beans (drained and rinsed)

## Directions

1. In a bowl, combine pineapple, black beans, avocado, red onion, cilantro, and lime juice.
  2. Mix well.
  3. Season with salt and black pepper to taste.
  4. Cover and chill for 30 minutes.
  5. Serve salsa with tortilla chips or pita chips.
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## Snack 'Kabobs


By: Fisher Thornton  
Wheeler County

### Ingredients

- 10 strawberries
- 1 cluster of grapes
- 5 wooden skewers
- 2 apples cut into 8 slices
- 3 bananas cut into thirds



### Directions

1. Make sure skewers are clean and undo splinters by running them under cold water.
  2. Take a skewer and place an apple slice followed by a strawberry. Repeat the pattern a second time.
  3. Repeat the process until you have 5 skewers complete.
  4. Enjoy!
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# Sweet Heat Chicken Canoes

By: Hadley McLean  
Jackson County

## Ingredients



5 tbsp of hot sauce  
1/4 cup of mayonnaise  
salt and pepper to taste  
Celery sticks for serving  
1 - 12.5 oz can of chunk chicken breast  
3 to 4 tbsp of canned pineapple tidbits

## Directions

1. Add drained chicken to the bowl. Shred chicken with a fork.
2. Add the mayonnaise, pineapple, salt, pepper, and hot sauce into the bowl. Mix well.
3. Wash the celery and cut into 3" pieces.
4. Use a spoon to add the chicken into the celery.
5. Enjoy!

