

Pantry Pride

Recipes From Georgia 4-H Members





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." "No Cook" recipes are denoted by an asterisk (*) in the table of contents.

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



UNIVERSITY OF GEORGIA
EXTENSION



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Apple Slice Delight

Prep Time: 10-15 min. Servings: 5 By: Clayton Haddox, Gordon County

Ingredients

1 large Granny Smith Apple

1 type of spread: peanut butter, nut butter, marshmallow cream, hazelnut spread, etc.

Various toppings: dried fruit, mint chocolate chips, dried coconut, crushed rice cereal, etc.

Chopped nuts (optional)

Directions

1. Wash and core the apple.
2. Slice apple into 5 thick slices.
3. Pat top of apple with paper towel.
4. Add desired spread evenly over apple slices.
5. Sprinkle with desired toppings.



Fruit Icy Pops

Prep Time: 10 min. Servings: 8 By: Audrey Hanson, Pike County

Ingredients

12 oz apple juice

1 small can of
mandarin oranges with
juice

Directions

1. Mix ingredients together and pour into eight popsicle molds.
2. Place in freezer until solid.



Avocado Boats Filled with Tuna Salad

Prep Time: 15 min. Servings: 6 By: Gabe Harris, Wayne County

Ingredients

3 (5 oz) cans light chunk tuna,
in water

1 avocado, mashed

3 avocados to use as boats

Salt and pepper, to taste

1/4 cup plain Greek yogurt

1/4 cup diced yellow bell
pepper

1/4 cup diced red bell pepper

Directions

1. Stir together the tuna, mashed avocado, yogurt, salt, and pepper until combined.

2. Gently stir in the bell peppers.

3. Spoon into avocado halves.

*Serve in tortillas or on a bed of lettuce instead of avocados.

*Tuna could be substituted with 12 ounce can of chicken.



Honey Nut Banana Slices

Prep Time: 5-8 min. Servings: 1 By: Laurel Horne, Columbia County

Ingredients

1 banana

2 tablespoons creamy
peanut butter

Drizzle of Clover honey

Directions

1. Cut the banana into as many slices as desired.
2. Spread the peanut butter on each slice.
3. Drizzle honey over the top of each slice.



Fruit Chicken Salad

Prep Time: 15-20 min. Servings: 3-5 By: Chasity Lykins, Columbia County

Ingredients

2 cans of chicken

1 apple

20-25 grapes

1/2 cup of
banana/strawberry
yogurt

Crackers

Directions

1. Open canned chicken and drain.
2. Cut one apple into slices then dice.
3. Slice grapes into halves..
4. Mix chicken, apples and grapes with yogurt.
5. Serve on crackers or bread.



Tuna Delight

Prep Time: 5-10 min. Servings: 2-3 By: Kellianna Sims, Baker County

Ingredients

1 can of tuna

2 tablespoons
mayonnaise

4 tablespoons chopped
pickled tomatoes

1 medium chopped
apple

Directions

1. Drain tuna into a bowl.
2. Combine all ingredients and mix together.
3. Serve over crackers or can be used as a sandwich spread.



PB&J Sushi Rolls

Prep Time: 30 min. Servings: 10 By: William Sweet, Spalding County

Ingredients

2 slices bread, white or wheat

2 tablespoons peanut butter

2 tablespoons jelly

Directions

1. Remove crust from bread.
2. Roll peanut butter jar over bread to completely flatten.
3. Spread 1 tablespoon of peanut butter and 1 tablespoon of jelly on each slice of bread.
4. Roll each slice tightly.
5. Cut each roll into 4 pieces.



Peanut Butter Balls of Goodness

Prep Time: 30 min. Servings: 10 By: Ashton Torres, Decatur County

Ingredients

3 bananas

4 cups whole grain chex cereal
(rice, wheat or corn)

1/2 cup peanut butter (creamy or
crunchy)

1/4 cup cocoa powder

3 tablespoons powdered sugar

1/2 cup chopped nuts (optional)

Directions

1. Peel and mash bananas in a mixing bowl.
2. Add peanut butter and stir well. Set aside.
3. Put cereal in a resealable plastic bag and crush until fine.
4. Pour crushed cereal into banana mixture and stir well.
5. Mix powdered sugar with cocoa powder in a small bowl.
6. Shape peanut/banana/cereal mixture into 1-inch balls.
7. Roll balls into cocoa sugar mixture to coat.
8. Optional to roll in chopped nuts.
9. For extra goodness, freeze for 30 minutes



Black Eyed Pea Hummus

Prep Time: 10 min. Servings: 10 By: Jack Wurst, Columbia County

Ingredients

15 ounce can of black eye peas,
drained

1/4 cup peanut butter

2 tablespoons olive oil

3 tablespoons lemon juice

1 teaspoon minced garlic

1/4 teaspoon of salt

Pita chips, bagel chips or raw
vegetables for serving

Directions

1. Combine peas, peanut butter, oil, lemon juice, garlic and salt in food processor.

2. Pulse and scrape sides as needed until hummus is smooth.

3. Serve with your choice of pita chips, bagel chips or raw vegetables.



Pantry Fried Rice

Prep Time: 35 min. Servings: 6-8 By: Ann Parker, Bulloch County

Ingredients

1 can mixed vegetables,
drained (carrots, corn, green
beans, peas, lima beans, etc.)

1 can chicken, drained

1 cup dried rice

3 teaspoons butter/oil
(vegetable oil, olive oil, etc.)

Salt and pepper

Soy sauce (optional)

Directions

1. Cook rice according to package.
2. While rice is cooking, open and drain the cans into a colander.
3. When rice is finished, add 1 teaspoon of oil/butter to a medium skillet. Heat oil/butter for 1 minute on medium-high heat.
4. Add drained vegetables and chicken to skillet and cook for one minute. Then add cooked rice.
5. Cook all ingredients together for 8-10 minutes or until rice is browned.
6. Season with salt, pepper and soy sauce as desired.



Sausage, Egg and Potato Scramble

Prep Time: 15-20 min. Servings: 5 By: Clinton Parker, Polk County

Ingredients

6 eggs
1 ½ pounds potatoes, peeled and cubed
½ cup grated sharp cheddar cheese
1 medium onion, diced
1 pound of pork sausage
Salt and pepper, to taste
2 tablespoons olive oil
1 red bell pepper, cored

Directions

1. Crack eggs into a large bowl, and whisk until scrambled. Add salt and pepper.
2. Heat oil in cast iron skillet on medium high. Add sausage and cook until brown.
3. Add potatoes, pepper, onions and ¼ of the cheese.
4. Cook until peppers and onions are soft and potatoes are crispy, and cheese is melted.
5. Add eggs and stir constantly.
6. When the eggs have softened, lower heat and add remaining cheese on top and let melt.



Easy Peazy Corn and Onion Casserole

Prep Time: 1.5 hours Servings: 8+ By: Molly Prevette, Bibb County

Ingredients

1 small onion, diced

1 to 2 tablespoons butter, melted

16 ounce can whole kernel corn

2 eggs, beaten

1 1/2 cups sour cream

1 tablespoon sugar

Salt and pepper, to taste

Directions

1. Preheat oven to 350 degrees.
2. Place chopped onion and butter in pan. Saute' until translucent.
3. Mix in remaining ingredients and simmer on low heat for 5 minutes.
4. Pour into greased casserole dish.
5. Bake for 1 hour.



Chicken Macaroni Casserole

Prep Time: 50 min. Servings: 12 By: Autumn Samsel, Habersham County

Ingredients

4 cups uncooked elbow macaroni

2 (50 oz) cans chicken, drained

2 (10 oz) cans mixed vegetables, drained

2 (10 oz) cans cream of chicken soup

1/2 - 1 stack crackers

Directions

1. Heat oven to 350 F.

2. Boil macaroni according to package directions. Drain and return to pot. Mix 1 can of soup into the macaroni.

3. In a large bowl, mix chicken and vegetables. Combine with 1 can of soup.

4. In a 9" x 13" baking dish, layer macaroni and chicken and vegetable mixture.

6. Break up crackers and sprinkle on top of the dish.

7. Bake for 25 minutes.



Chicken Vegetable Rice Casserole

Prep Time: 20 min. Servings: 6-8 By: Chase Wiggins, Bulloch County

Ingredients

2 (12.5 oz.) cans chicken
1 (10.5 oz.) can cream of mushroom soup
1 (10.5 oz.) can cream of chicken soup
1 (15 oz.) can peas
1 (15 oz.) can carrots
1 (15 oz.) can corn
2 cups rice, uncooked
3 cups water
2 cups crushed corn flakes
1/4 cup butter, melted
Salt and pepper, to taste

Directions

1. Drain chicken, peas, carrots and corn.
2. Mix chicken, cream of mushroom soup and cream of chicken soup in a bowl.
3. Add water and mix well until combined.
4. Add uncooked rice and mix well again.
5. Gently stir in peas, carrots and corn. Add salt and pepper to taste.
6. Pour all ingredients into a 9x13 casserole dish and cover with foil. Bake at 350 degrees for 45 minutes.
7. After 45 minutes, remove foil and sprinkle on the crushed corn flakes and melted butter. Cook for 15 minutes.



Chicken Pepper Bake

Prep Time: 35 min. Servings: 4 By: Marshall Amerson, Emanuel County

Ingredients

- 1 medium bell pepper, diced
- 1 (8.8 oz) package Uncle Ben's Ready Rice Spanish Style
- 1 (5 oz) can chunk chicken breast, drained
- 1 (15.5 oz) can black-eyed peas, drained
- 1/2 cup cheddar cheese, grated
- 2 tablespoons olive oil

Directions

1. Preheat oven to 350 degrees.
2. Cook bell pepper in skillet on medium heat with olive oil until tender.
3. Add rice, chicken, and black eyed peas and cook until heated.
4. Place mixture in a 9 X 9 baking dish and top with cheese.
5. Bake for 5 minutes.



Sassy Chicken Pizza

Prep Time: 45 min. Servings: 8 By: Dianah Anderson, Dougherty County

Ingredients

1 (6 oz) can tomato paste
1 cup tomatoes, diced
1 teaspoon dried rosemary
1 teaspoon garlic powder
3 teaspoons onion flakes
3 teaspoons dried parsley
1 teaspoon dried oregano
1 teaspoon dried basil
1 teaspoon dried Italian seasoning
1/2 teaspoon crushed red pepper
Salt and black pepper, to taste
3 tablespoons applesauce
1 tablespoon sugar
2 cups water
1/2 bell pepper, chopped
1 onion, chopped
1 cup canned chicken
1/4 cup black beans
1 1/2 cup cheese
Pizza dough

Directions

1. Mix tomato paste, diced tomatoes, dried seasonings, applesauce, sugar, and water in a 2-quart sauce pan and stir well.
2. Add fresh chopped onions and bell pepper. Cook on medium heat until mixture boils.
3. Reduce heat and cook for 10 minutes. Let cool.
4. Using your favorite pizza dough, prepare the pizza crust
5. Once sauce is cool, spread sauce evenly over the pizza crust.
6. Spread 1 cup of cheese evenly on top of sauce.
7. Sprinkle chicken evenly over the cheese.
8. Add beans and remaining cheese.
- 9 Follow the cooking directions for the pizza dough or cook until brown.



Honey Bear Bars

Prep Time: 15 min. Servings: 1 By: Sarah Anderson, Wayne County

Ingredients

2 tablespoons peanut butter

1 granola bar

1 banana

6 strawberries

Directions

1. Place granola bar in a small zippered bag and smash into small pieces.

2. Peel banana and slice. Wash strawberries and slice.

3. In a parfait cup or bowl, layer the granola, peanut butter and fruit.



A Leaf of Faith Casserole

Prep Time: 1.5 hours Servings: 8 By: Faith Bautista, Bryan County

Ingredients

2 (12.5 oz) cans chicken
1 (14.5 oz) can black beans
1 (14.5 oz) can red beans
1 (14.5 oz) can stewed tomatoes
2 tablespoons butter, melted
1/2 teaspoon sea salt
1/4 teaspoon celery salt
1/4 teaspoon dried oregano
1 large onion, chopped
1 (14.5 oz) can green beans
2 cups dry rotini pasta
20 butter crackers
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon black pepper
1/4 teaspoon garlic powder
1/4 teaspoon cayenne pepper

Directions

1. Preheat oven to 325 degrees.
2. Boil pasta according to package directions.
3. Drain all cans of chicken, beans and tomatoes.
4. Melt butter and add crushed crackers to coat and set aside for casserole topping.
5. Combine remaining ingredients together and pour into casserole dish.
6. Sprinkle cracker mixture on top.
7. Bake for 35 minutes.



Rotisserie Chicken Pot Pie

Prep Time: 45 min. Servings: 8 By: Abby Bennett, Decatur County

Ingredients

1 pre-cooked rotisserie chicken
or 2 (10 oz) cans chicken

1 (32 oz) package chicken
broth

1 (15 oz) can whole kernel corn

1 (15 oz) can early peas

1 (15 oz) can diced tomatoes

1 (15 oz) can diced potatoes

1 (12 oz) bottle barbecue sauce

Soup crackers

Directions

1. Drain corn, peas and potatoes and place in large pot along with tomatoes and chicken broth.

2. Cook on high for 15 minutes while deboning chicken and removing skin.

3. Stir in chicken and barbecue sauce to pot, and cook on medium heat.

4. Cover and cook for an additional 30 minutes. Stirring occasionally.

5. Season to taste and serve with soup crackers.



Hearty Fiesta Chicken Wrap

Prep Time: 45 min. Servings: 10 By: Kaylee Rae Bradford, Wayne County

Ingredients

- 1 (12.5 oz) can chicken
- 1 (15.25 oz) southwest corn salsa
- 1 (15.5 oz) can black beans
- 1 (10 oz) can diced tomatoes and peppers
- 2 cups lettuce, shredded
- 1 cup pepper jack, grated
- 1/2 cup sour cream
- 10 wheat tortialla wraps

Directions

1. Drain chicken and cut into chunks (sizes may vary). Add to medium sauce pan.
2. Drain and rinse black beans. Add beans, corn salsa, and canned tomatoes and peppers to the sauce pan.
3. Cook for 20 minutes on medium low heat.
4. Warm tortillas according to the package, if desired. Add cooked mixture to each tortilla.
5. Top each on with lettuce, cheese, and sour cream. Add other toppings of your choice.



Clucking Creamy Chicken with Rice

Prep Time: 30 min. Servings: 6 By: Zy'Keria Bronner, Bibb County

Ingredients

2 cups instant rice

1 can chicken, drained

1 can condensed cream of chicken soup

Directions

1. Bring rice to a boil in a large pot and cook according to package directions.
2. Drain the water from the rice.
3. Add the rice to a large pot.
4. Add the can chicken to pot and stir over low heat.
5. Add the can cream of chicken soup and mix well.
6. Cook for about 10 minutes or until heated throughout.



Tuna Casserole

Prep Time: 25 min. Servings: 5 By: Joleigh Butler, Bulloch County

Ingredients

16 oz. pasta (choose your favorite), uncooked

2 (5 oz) cans tuna (or chicken)

1 can cream of mushroom soup

1 cup milk

1 cup cheese, grated

Salt and pepper, to taste

Directions

1. Cook pasta according to package directions.
2. Place pasta in large bowl and add remaining ingredients. Mix well.
3. Spray 9 x 13 casserole dish with cooking spray. Pour in pasta mixture.
4. Bake at 350 degrees for 30 minutes.



Mandarin Pepper Chicken

Prep Time: 30 min. Servings: 4 By: Tiffany Erthal, Bibb County

Ingredients

2 (12.5 oz) can chicken
1 (11 oz) can mandarin oranges
2 (3 oz) packages of ramen noodle
soup (oriental, lime or chicken flavor)
1/4 cup onions, diced
1/4 cup red bell peppers, diced
1 small jalapeno pepper, seeded and
diced
2 tablespoons teriyaki sauce
2 tablespoons vegetable oil
1 ounce can chow mein noodles
(optional)

Directions

1. Boil 4 cups of water in a saucepan, add ramen noodles and cook for 3 minutes.
2. Drain noodles, toss with one seasoning packet and set aside.
3. Heat oil and teriyaki sauce in a skillet over medium heat.
4. Add chicken, onions, and peppers and cook for 2 minutes.
5. Add remaining seasoning packets to skillet and toss.
6. Add mandarin oranges and cooked ramen noodles to skillet.
7. Cook for an additional minute.
8. Plate and garnish with chow mein noodles.



Sweet Potato Casserole

Prep Time: 30 min. Servings: 12 By: Amanda Hollingsworth, Wilcox County

Ingredients

2 (28 oz.) cans sweet potatoes,
drained

2 cups unsweetened or
cinnamon applesauce

1/2 cup chopped nuts of your
choice

2 tablespoons margarine

1 dash nutmeg (optional)

Directions

1. Mix sweet potatoes, applesauce,
nutmeg. Mash together with potato
masher or hand mixer.

2. Spread into casserole dish.

3. Cut margarine into small pieces and
place on top. Sprinkle nuts over
mixture..

4. Bake at 350 degrees for 25-30
minutes.



Beef and Cheese Stroganoff

Prep Time: 30 min. Servings: 8 By: Rebekah Ibbotson, Harrison County

Ingredients

1/2 cup onions, chopped
1 pound ground beef
1 package egg noodles
2 cans cream of mushrooms soup
1 can mixed vegetables, drained
2 teaspoons Worcestershire sauce
1/2 cup beef stock
2 tablespoons salt
2 cups mozzarella cheese, shredded

Directions

1. Cook the noodles according to the directions on the package.
2. In a medium skillet, brown the onion and meat until no longer pink. Drain off grease. Return to skillet.
3. Add cream of mushroom soup, mixed vegetables, beef stock, Worcestershire sauce, salt and cheese to meat. Keep warm.
4. When noodles are done, mix in the meat and cheese sauce into the noodles.



A Taste of Mexico Vegetarian Style

Prep Time: 30 min. Servings: 4-5 By: Rylie Ibbotson, Haralson County

Ingredients

1 pouch pre-cooked rice
1 can black beans, rinsed
1 can Mexican corn
1 can diced tomatoes and peppers
2 tablespoons taco seasoning
1/2 small onion, chopped
1 cup cheese, shredded
1/2 tablespoon canola oil

Directions

1. Prepare rice according to the package directions. When heated, add 1 tablespoon of taco seasoning and mix well.
2. In a medium skillet, sauté onions in canola oil until translucent.
3. Add Mexican corn, diced tomatoes and peppers, black beans, 1 tablespoon taco seasoning and simmer.
4. Mix the rice and the vegetable mixture together and top with cheese.



30 Minute Chicken Veggie Chili

Prep Time: 40 min. Servings: 8 By: Delaney Millerick, Newton County

Ingredients

1 (10 oz) can chicken breast,
drained
1 (15 oz) can red beans, rinsed
1 onion, diced
3 medium carrots, sliced
1 (28 oz) can crushed tomatoes
1 (29 oz) can tomato sauce
2 tablespoons chili powder
1 clove garlic, minced
12 oz package whole wheat egg
noodles
1/2 cup cheddar cheese, shredded
2 tablespoons oil
Salt and pepper, to taste
1/2 cup sour cream

Directions

1. In a large pot, add oil, onion, garlic, and carrots and sauté on medium heat until the carrots are soft and the onions are translucent.
2. While the vegetables are cooking, place the beans in a colander and rinse under cool water. Once the vegetables are done, add the beans to the pot.
3. Add crushed tomatoes, tomato sauce, chili powder, chicken, salt and pepper. Turn up heat to medium high and bring to a boil.
4. Once boiling, cover and reduce heat to low and simmer for 15-20 minutes.
5. While chili is simmering, cook egg noodles according to package directions.
6. Distribute into bowls and top with cheese.



Ally's Southwest Fiesta of Flavor

Prep Time: 45 min. Servings: 8 By: Ally Runyon, Columbia County

Ingredients

4 thin chicken breasts, cubed
1 can black beans, drained and rinsed
1 can corn, drained
1 can diced tomatoes, drain and save juice
1 packet taco seasoning
2 cans queso blanco sauce
2 packs Spanish rice
Tortilla chips, crushed
4 cups water
3 tablespoons olive oil

Directions

1. Combine black beans, corn, tomatoes and queso blanco in a mixing bowl. Mix well and set aside.
2. In a medium sauce pan, boil water and add rice. Cook rice according to package directions.
3. Cut up chicken into bite size pieces. Combine 1 tablespoon olive oil, chicken and taco seasoning packet in a frying pan. Cook thoroughly.
4. Once chicken and rice are done, add chicken to the rice..
5. Add vegetable and cheese mixture to the sauce pan. Heat through, stirring often.
6. Serve 1/2 cup in a bowl and sprinkle crushed chips on top.



Kai's Kickin' Chicken Tacos

Prep Time: 10 min. Servings: 4 By: Kai Thomas, Bibb County

Ingredients

4 cans chicken
Salt and pepper
2 teaspoons chili powder
2 teaspoons cumin
1/2 teaspoon garlic powder
1/4 teaspoon paprika
1/4 teaspoon cayenne pepper
8 corn tortillas
Toppings: thinly sliced red
onion, canned diced tomatoes,
shredded Monterey jack, diced
avocados, fresh cilantro, lime
wedges

Directions

1. In a large skillet over medium heat, add chicken and season with salt and pepper.
2. Cook until golden brown (about 6 minutes).
3. Add spices and stir until coated for one minute.
4. Build tacos: In tortillas, layer chicken and desired toppings.
5. Serve with lime wedges.



Four Bean Turkey Chili

Prep Time: 45 min. Servings: 8 By: Parker Varnadoe, Madison County

Ingredients

1 pound ground turkey
1/2 cup onion, chopped
1/2 cup green pepper, chopped
2 (14 1/2 oz.) cans stewed tomatoes, chopped
1 (16 oz.) can kidney beans, rinsed and drained
1 (16 oz.) can chili beans, undrained
1 (15 oz.) can pinto beans, rinsed and drained
1 (15 oz.) can black beans, rinsed and drained
1 jalapeño pepper, seeded and chopped (optional)
1 tablespoon chili powder
1 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon cayenne pepper

Directions

1. In a Dutch oven or soup kettle, cook the turkey, onion and green pepper over medium heat until meat is no longer pink. Drain.
2. Stir in the remaining ingredients.
3. Bring to a boil.
4. Reduce heat; cover and simmer for 20 minutes.



Tuna Melt Casserole

Prep Time: 10-15 min. Servings: 8 By: Kaley Wilder, Spalding County

Ingredients

2 (7.25 oz) boxes of mac and cheese dinner

2 (4 oz) cans of tuna

1 (15 oz) can English peas

Directions

1. Cook mac and cheese dinner according to the directions on the package.

2. Drain tuna.

3. Add tuna to mac and cheese.

4. Heat peas for 1 minute in sauce pan on medium heat or in the microwave.

5. Add peas to tuna and mac and cheese.

6. Stir everything together and serve.



Buffalo Chicken Pasta Bake

Prep Time: 45 min. Servings: 6-8 By: Carly Williams, Wayne County

Ingredients

1 (12.5 oz) can chicken, drained

1 box spiral rotini noodles,
uncooked

1 can black beans, drained and
rinsed

2 oz Texas Pete hot sauce

1/2 cup ranch dressing

3/4 cup mild cheese, shredded

Directions

1. Drain chicken. Add to medium bowl and shred.
2. Drain and rinse beans and add to the chicken.
3. Cook noodles according to box. Once done, drain and add noodles to the bowl.
4. Add hot sauce, ranch, and 1/2 cup cheese to the bowl and mix thoroughly.
5. Pour mixture into casserole dish. Top with 1/4 cup cheese and spread evenly.
6. Bake at 350 degrees for 25 minutes.

Participants and Winners



1st place winner Marshall Amerson,
Emanuel County: 2nd place winner: Amanda
Hollingsworth, Wilcox County, and 3rd
place winner: Ally Runyon, Columbia
County



Pantry Pride Finalists competed live at the
Georgia National Fair.



Marshall Amerson,
Emanuel County