

# Produced in New York Food Demonstrations



**January 23-25 & February 1, 2020**

4-H Demonstrator's Recipes

**Cornell Cooperative Extension** | Livingston County

# Welcome to the Produced in New York Food Demonstrations...

## Thank You to Our Judges!

Joyce Benham • Mary Clark • Carolyn Czarnecki • Ann Davis • Bekah Finster • Marci Frutkoff  
Tim Hayes • Donna Lindsay • Gardner Low • Anna Macauley • Becky Minnich • Ron Niedermaier  
Mary Ann Scharmberg • Holly Watson • Sue Werner • Michelle Wolgast

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## Peanut Butter Honey Truffles

### Ingredients:

1/4 c. oats	1/2 tsp. vanilla
1/2 c. natural unsweetened peanut butter	Pinch salt (skip if peanut butter already has salt)
1/4 c. honey (use 3 tbsp. for less sweet flavor)	2-3 tbsp. dried shredded coconut

### Directions:

Pulse the oats in a blender for 30-45 seconds till they become a powdery flour. In a mixing bowl, stir together peanut butter, honey, vanilla, salt and oat flour. Roll the peanut butter mixture into 1-inch balls. Roll each ball in dried coconut to coat. Place truffles in the refrigerator. Chill for at least 30 minutes. Serve cold. Store truffles in the refrigerator.

**Source:** <https://toriavey.com/toris-kitchen/peanut-butter-honey-truffles/> | **Chef:** Adelyn Ver Hague

## Maple Snickerdoodles

### Cookie Ingredients:

1-1/2 c. butter, softened	4 tsp. vanilla extract	1 tbsp. ground cinnamon
1-1/2 c. sugar	2 eggs	2 tsp. cream of tartar
1/2 c. brown sugar	4 tsp. baking soda	1 tsp. salt
1/2 c. pure maple syrup	2-1/2 c. flour	

### Cinnamon Sugar Coating Ingredients:

1/2 c. sugar	2 tbsp. ground cinnamon
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### Directions:

Cream butter, sugar and brown sugar together, until light and fluffy. Add in maple syrup, vanilla extract and egg; beat until well combined. Sift dry ingredients together in a separate bowl and slowly incorporate into wet ingredients. Chill dough for at least one hour. Preheat oven to 375°F and line a baking sheet with parchment paper. Mix cinnamon and sugar together in a small bowl. Roll dough into about 1-1/2" balls, and roll in cinnamon and sugar. Place 2" apart on baking sheet and bake for 8-10 minutes, or until tops have cracked and the cookies are set.

**Source:** Pinterest | **Chef:** Howie Sexton

## Plum Kuchen

### Dough Ingredients:

½ c. sugar	½ c. milk	½ tsp. salt
2 c. flour	6 tsp. oil	
2 tsp. baking powder	1 egg	

### Topping Ingredients:

12 plums	½ c. sugar
1/1 stick butter	½ c. flour



### Dough Directions:

Mix sugar, butter, egg and milk. Mix flour, baking powder and salt in separate bowl. Slowly add dry ingredients into wet ingredients. Spread on cookie sheet. Spread plums on top.

### Topping Directions:

Mix sugar and flour then add butter (with a fork) until crumbly. Spread on plums.

**Source:** <https://lof.cce.cornell.edu/crop.php?id=49> & <https://enych.cce.cornell.edu/crop.php?id=49>

**Chef:** Audrey de Wit

## Strawberry Banana Smoothie

### Ingredients:

10 oz. strawberries	¾ c. vanilla yogurt
1 ripe banana	1-1/2 c. 2% milk

### Directions:

Use a tableknife to cut strawberries in half and set aside. Peel the banana and roughly chop it into chunks. Carefully put strawberries and bananas into blender with vanilla yogurt and milk. Put lid on securely. Blend until mixture is thick and smooth. Pour into glasses. Serve at once.

**Source:** Mommy & Me Start Cooking | **Chef:** Eden Arnold

## Worms in Dirt

### Ingredients:

1 15-oz. package chocolate sandwich cookies (like Oreos)	8 oz. whipped topping (like Cool Whip)
1 3.9-oz. package chocolate instant pudding	24 gummy worms
2 c. cold milk	

### Directions:

Place cookies in a large zip-top plastic bag. Use a rolling pin to crush into small pieces. Next, make the pudding. Pour dry pudding mix into a large bowl. Add cold milk. Whisk everything together until all of dry pudding dissolves and it's smooth/free of lumps. Let pudding sit for about 5 minutes until it thickens. Add the whipped topping and approximately half of cookie crumbs. Gently stir everything together until streaks of whipped topping disappear and cookies are well-mixed into pudding. Divide the pudding mixture evenly between eight cups. Tap cups on the countertop a few times to level pudding. Insert 3 gummy worms into pudding and press them down a little so that they're embedded. Pour cookie crumbs over pudding and gummy worms so entire top is covered with "dirt." Smooth it into an even layer with hands.

**Source:** <https://www.ohnuts.com/blog/dirt-pudding-cups-with-gummy-worms-recipe/>

**Chef:** Tucker Drum

# Steak Fajitas

## **Ingredients:**

1/4 c. extra-virgin olive oil, plus more for cooking  
Juice of 1 lime  
1 tsp. dried oregano  
1/2 tsp. ground cumin  
1/2 tsp. chili powder  
1 lb. skirt steak  
Kosher salt

Freshly ground black pepper  
1 bell pepper, thinly sliced  
1 large onion, sliced into half moons  
Tortillas, for serving  
Sour cream, for serving  
Cilantro, for serving  
Pico de Gallo, serving

## **Directions:**

In a large bowl, whisk together olive oil, lime juice, oregano, cumin, and chili powder. Toss steak in mixture and cover. Refrigerate for 20 minutes to 4 hours. Preheat pan to medium-high and drizzle a thin layer of olive oil to coat. Add onion and bell pepper and season with salt and pepper. Cook, stirring occasionally, until veggies are soft, about 5 minutes. Remove from heat. Meanwhile, shake off excess marinade from steak and season both sides with salt and pepper. Place on grill and cook to your liking, about 4 minutes per side for medium-rare. Let rest 10 minutes before slicing (against the grain!) into strips. Add sliced steak to skillet with veggies. Garnish steak and veggies with cilantro and serve immediately with tortillas, sour cream, cilantro, and pico de gallo.

**Source:** Taste of Home online | **Chef:** Aydan Low

# Pumpkin Pastries

## **Pastry Crust Ingredients:**

1-1/4 c. all-purpose flour	5 tbsp. cold butter, cut into chunks
1 tbsp. granulated sugar	3 tbsp. vegetable shortening
1/4 tsp. salt	4-6 tbsp. ice water

## **Filling Ingredients:**

1 c. canned pure pumpkin	1/8 tsp. ground nutmeg
1/4 c. granulated sugar	1/8 tsp. ground cinnamon

## **Directions:**

Place flour, sugar, and salt in a food processor. Pulse a few times to combine. Scatter butter and shortening over flour mixture. Pulse until mixture resembles coarse yellow meal with no white powdery bits remaining. Transfer mixture into a large mixing bowl. Sprinkle 4 tbsp. of cold water over mixture. Toss mixture together with a spatula until it starts clumping together. If it's too dry, add more water 1 tbsp. at a time. Gather dough into a ball and pat it into a disk. Wrap it in plastic wrap and refrigerate for at least 1 hour. Combine pumpkin, sugar, nutmeg, and cinnamon in a mixing bowl and mix well. Preheat oven to 400°F. Roll out dough 1/8" thick. Use a saucer to cut out 6" circles. Put 2-3 tbsp. of filling in center of each circle of dough. Moisten edges with water. Fold dough over the filling and use fingers to seal edges. Cut slits to make vents. Bake on an ungreased cookie sheet for 30 minutes or until browned.

**Source:** The Unofficial Harry Potter Cookbook

**Chef:** Onnolee Shutt

# Ricotta Fruit Dip

## **Ingredients:**

8 oz. low-fat ricotta cheese  
1/2 c. non-fat vanilla yogurt  
3 tbsp. of your favorite fruit preserves or jam  
1/2 tsp. ground cinnamon

## **Directions:**

Mix ricotta cheese, non-fat vanilla yogurt, fruit preserves or jam, and ground cinnamon. Serve with cut up fresh fruit or whole wheat crackers. Or, use as a spread on whole wheat toast, bread, or pancakes.

**Source:** Cooking Matters hand out

**Chef:** Aryia Marcellus



# Carrot Cake with Cream Cheese Frosting

## Carrot Cake Ingredients:

1 c. applesauce (vegetable oil)	2-1/2 c. shredded carrots	1/4 tsp. nutmeg
1 c. sugar	2 c. all-purpose flour	1/8 tsp. ground clove
1/2 c. brown sugar	2 tsp. baking soda	1 c. buttermilk
3 eggs (room temperature)	1/2 tsp. salt	Cream cheese frosting
2 tsp. vanilla extract	2 tsp. cinnamon	

## Cream Cheese Frosting Ingredients:

8 oz. cream cheese, cold	1 c. powdered sugar	1 tsp. vanilla extract
1/2 c. (1 stick) unsalted butter, room temperature		

## Carrot Cake Directions:

Preheat oven to 350°F. Grease and flour 3 round cake pans. Set aside. In large bowl, cream together oil, sugar, and brown sugar. Mix in eggs and vanilla extract. Fold in carrots. Set aside. In medium bowl, whisk together flour, baking soda, salt, cinnamon, nutmeg, and clove. Gradually mix dry ingredients into wet ingredients, alternating with the buttermilk until well combined. Pour batter evenly into prepared cake pans. Bake for 15-18 minutes or until moist crumbs cling to a toothpick inserted into the center. Do not over bake. The cake will continue cooking as it cools. Once cooled frost with cream cheese frosting.

## Cream Cheese Frosting Directions:

Place cream cheese in a mixing bowl. Using a hand mixer, beat until smooth. Gradually add butter two tablespoons at a time, and continue beating until smooth and well blended. Add powdered sugar and vanilla all at once. Blend until combined and smooth. (Don't beat too long or frosting will be too soft to pipe. If this happens, place frosting in the refrigerator or freezer until it firms back up.)

**Source:** Pinterest (Divas Can Cook & dessertnowdinnerlater.com) | **Chef:** Lucy Sexton

# Pierogies

## Ingredients:

- 1 stick butter, melted
- 1/2 c. milk
- 3 eggs
- 1/2 c. sour cream
- 1 tsp. salt
- 4 c. flour
- Pierogi filling of your choice



## Directions:

Melt butter and mix with milk, egg, and sour cream in measuring bowl. Set aside. In mixer bowl, put flour and salt. Turn mixer on low. Use dough hook. Slowly pour wet ingredients into flour. Beat until dough forms. Roll dough into a thin layer. Cut out circles. Fill with filling of your choice. Fold circle in half and pinch closed. When finished, put into boiling water. Boil until pierogies float. Remove from water. Put in bowl with butter and fried onion.

**Source:** Pinterest - St. Stan's Polish Kitchen, Buffalo, NY

**Chef:** Emily Vattimo

# Applesauce Pancakes

## Ingredients:

- 2 c. dry pancake mix
- 1 tsp. ground cinnamon
- 2 eggs
- 1 c. applesauce
- 1/2 c. almond mix
- Maple syrup

## Directions:

In a large bowl, stir together pancake mix and cinnamon. Add eggs, applesauce, and milk. Stir until smooth. Heat a lightly oiled frying pan over medium heat. Pour about 1/4 cup of batter onto pan. Brown on both sides. Serve warm with maple syrup.

**Source:** Adapted from online recipe

**Chef:** Kiara Gramkee

# “The Vanishing Oatmeal Chocolate Chip Cookies”

## **Ingredients:**

1 c. (2 sticks) butter	1 tsp. vanilla	½ tsp. salt (optional)
1 c. brown sugar	1 ½ c. all-purpose flour	3 c. uncooked rolled oats
½ c. white sugar	1 tsp. baking soda	1 c. chocolate chips (original recipe raisins)
2 eggs	1 tsp. cinnamon	

## **Directions:**

Heat oven to 350°F. Beat together butter and sugars until creamy in mixer. Add eggs and vanilla, beat well. Combine flour, baking soda, cinnamon, salt and chocolate chips. Mix well. Add flour mixture slowly to wet mixture in mixer. Stir in oats and mix well. Drop rounded tablespoonful's onto cookie sheet. Bake 10-12 minutes or until golden brown. Place on cooling rack with spatula for a minimum of 1 minute. Enjoy!

**Source:** Internet

**Chef:** Rian de Wit



## Venison Chili

### **Ingredients:**

2 lb. ground venison  
1 can light red kidney beans  
1 can dark red kidney beans  
1 can mild chili beans  
2 diced tomatoes  
Chili seasoning  
Sweet corn

### **Directions:**

Brown venison. Blend tomatoes until smooth. Add all ingredients to the crockpot. Cook 6-8 hours on low.

**Source:** Daddy | **Chef:** Ty Halpenny



## Fruit Dip

### **Ingredients:**

½ c. brown sugar  
½ c. white sugar  
8 oz. softened cream cheese  
4 oz. sour cream  
½ tsp. cinnamon  
½ tsp. vanilla  
Favorite fruit\*

\*For this recipe, I chose strawberries, cantalope, pear, honeydew, blueberries, and grapes.

### **Directions:**

Mix sugars together in a bowl. Mix cream cheese and sour cream slowly with a mixer in a separate bowl. Add sugars to the sour cream/cream cheese mixture. Add cinnamon and vanilla and mix. Wash, peel, cut, and arrange the fruit - and dip as necessary.

**Source:**

Grandma

**Chef:**

Luca Mennucci



## Greek Feta Pasta Salad

### Ingredients:

1 lb. pasta  
1 c. broccoli  
3/4 c. carrots  
Cherry tomatoes  
1/2 c. feta cheese

### Dressing Ingredients:

1/4 c. wine vinegar  
2 tbsp. Mayo  
1 clove garlic  
2/3 c. olive oil

### Directions:

Cook pasta until tender and drain (but don't rinse). Place pasta on a cookie sheet to cool and drizzle with olive oil. Add broccoli and carrots two minutes into the cooking pasta.

After the pasta and veggies are cooled, add cherry tomatoes and feta cheese.

For the dressing, add wine vinegar, Mayo, garlic, and olive oil.

Source: Aunty Theresa

Chef: Maddalena Mennucci



## Tortilla Bowl Deluxe

### Ingredients:

1 medium (4 oz.) boneless, skinless chicken breast, grilled or cooked as desired, and cut into bite size pieces  
1/4 c. diced avocado  
1/4 c. orange bell pepper  
1/4 c. diced tomato  
1/4 c. shredded Monterey Jack cheese  
Salt and fresh ground pepper  
1 tortilla bowl

### Directions:

In a medium bowl, toss together the chicken, avocado, bell pepper, tomato and cheese. Season with salt and pepper. Scoop into the tortilla bowl and serve immediately.

Source: Kidshealth

Chef: Kaelub Rodgers



## Apple Flower Dip

### Ingredients:

1 apple  
1 c. vanilla Greek yogurt  
3 tsp. honey  
1 tsp. cinnamon

### Directions:

Get a bowl. Put yogurt in bowl. Mix in the honey. Stir until blended. Add in cinnamon. Stir until blended. Cut apple into slices. Garnish (if desired) and dig in!

Chef: Rowyn Carter



## Dolphin Fruit Cup

### Ingredients:

1 banana  
4 different fruit  
Large glass  
Black marker  
Blueberries

### Directions:

In a large plastic cup, cut end off one banana - about 1". Slit other end of banana about 1-1/2" for mouth. Insert blueberry in slit or mouth of dolphin. Make eyes on banana peel with marker. Put banana in cup with mouth up and arrange fruit around banana.

Chef: Kyle Harvey



## Yonanas & Whipped Cream

### Ingredients:

Frozen bananas  
Frozen strawberries  
Frozen blueberries  
1 c. heavy cream  
2 tbsp. sugar  
1/2 tsp. vanilla

### Directions:

Turn on yonanas machine. Put bananas in machine. Push down with plunger. Put berries in machine. Push down with plunger. Catch yonanas in bowl. Put all ingredients in a jar with a lid. Shake until fluffy.

Source: Yonanas

### Chef:

Giuseppe Mennucci



## Pancakes

### Ingredients:

1 c. flour  
1 tsp. baking soda  
1 tsp. baking powder  
1 egg  
1 c. milk  
1 tbsp. applesauce  
Chocolate chips

### Directions:

Mix dry ingredients. Mix wet ingredients. Add the wet ingredients to the dry ingredients. Use 1/4 c. to spoon batter onto skillet. Add chocolate chips. Flip when edges are cooked and bubbles appear on top. Cook another 2-3 minutes.

Chef: Finn Cole



## Apple Sour Cream Coffee Cake

### Ingredients:

1/2 c. (1 stick) unsalted butter, softened	1/2 tsp. salt
1 c. sugar	1 tsp. vanilla
2 large eggs	2 medium apples, cored and finely diced (about 1 1/2 c.)
1 c. sour cream	1/2 c. brown sugar
1 tsp. baking soda	2 tsp. cinnamon
1 3/4 c. flour	1/2 c. finely chopped pecans, almonds, or walnuts
1 1/2 tsp. baking powder	

### Directions:

Preheat oven to 350°F. Grease a 9x3" springform pan and line the bottom with parchment paper. Cream butter and sugar together in a stand mixer until fluffy. Add eggs one at a time, mixing well after each addition. Mix baking soda in with sour cream. Combine flour, baking powder, and salt and gently whisk until evenly incorporated. Add half of the sour cream mixture to the batter, followed by half of the dry ingredients. Mix well and scrape down the sides of the bowl then repeat with remaining sour cream and dry ingredients. Add vanilla extract then fold in apples until evenly distributed. In a small bowl, whisk together brown sugar and cinnamon. Spread half of the batter into the prepared cake pan. Sprinkle with half of the sugar mixture and nuts; gently swirl a few strokes through the batter with a knife. Repeat with remaining batter, sugar and nuts. Bake for about 50 minutes or until top is golden brown and toothpick removes cleanly. Cool on a wire rack. Run a knife around the edge to release then remove the springform sides.



Source: <https://www.loveandoliveoil.com/2017/10/apple-sour-cream-coffee-cake.html>

Chef: Devon Flick



## Worms in Dirt

### Ingredients:

1 box instant pudding          6 Oreo cookies          6 worms

### Directions:

Make pudding according to directions on the box. Put Oreos in a baggie and crush them. Pour pudding in a dessert dish and sprinkle Oreos on top to make dirt. Insert worms. Enjoy.

Chef: Elizabeth Mensinger

## Apple Pancakes

### Ingredients:

1-1/2 c. flour	1 tbsp. sugar	2 egg whites
3-1/2 tsp. baking powder	1/2 tsp. cinnamon	2 tbsp. butter, melted
1 tsp. salt	1-1/4 c. milk	Apples

### Directions:

Combine flour, baking powder, salt, sugar, and cinnamon together in a large bowl. Make a well in center and pour in milk, egg whites, and melted butter. Mix until smooth. Take your apple and remove the core. Cut the apple into slices. Heat a non-stick skillet to medium heat. Drop 1/4 cup of the pancake batter onto skillet. Once the batter has stopped spreading, place apple round on top. Cook until bubbles appear on surface of pancake and edges are dry. Flip pancake and cook the other side until golden brown. Repeat with remaining batter and apple rounds.

Source: Stepmother | Chef: Valarie Ellis



## Philly Cheesesteak Stuffed Portobello Mushrooms

### Ingredients:

4 medium portobello mushrooms (no cracks)	3/4 c. diced green pepper
6 oz. thin sliced sirloin steak	1/4 c. light sour cream
1/8 tsp. kosher salt	2 tbsp. light mayonnaise
Black pepper, to taste	2 oz. light cream cheese, softened
Cooking spray	3 oz. shredded mild provolone cheese (or cheese of your choice)
3/4 c. diced onion	

### Directions:

Preheat oven to 400°F. Spray baking sheet with oil. Gently remove the mushroom stems and scoop out the gills. Spray the tops of the mushrooms with oil, then season with 1/8 tsp. salt and fresh pepper. Season steak with salt and pepper on both sides. Spray large skillet with cooking spray and heat on high. Let the pan get very hot, then add steak and cook on high. Heat about 1 to 1-1/2 minutes on each side until cooked through. Transfer steak to cutting board and slice thinly, then set aside. Reduce heat to medium-low, spray skillet with more oil and saute onions and peppers for 5-6 minutes or until soft. Combine all of the ingredients in a medium bowl. Transfer to the mushroom caps (about 1/2 c. each). Bake in the oven until the cheese is melted and the mushrooms are tender (about 20 minutes).

Source: [www.skinnytaste.com](http://www.skinnytaste.com)

Chef: Reid Shutt



## Apple Cider Floats

### Ingredients:

2 c. apple cider  
3 scoops vanilla ice cream  
Caramel sauce

### Directions:

Pour 1 cup each of apple cider into 2 cups.  
Put 1-1/2 scoops of vanilla ice cream into each glass. Drizzle caramel sauce on top.

Chef: Sophia Young



## Corn Pudding

### Ingredients:

1/2 c. butter  
1 egg  
1 c. sour cream  
1 (8 1/2 oz.) box Jiffy cornbread mix  
1 (14 1/2 oz.) can cream corn  
1 (14 1/2 oz.) can whole kernel corn, drained

### Directions:

Preheat oven to 350°F. Melt butter in microwave in 30 second intervals. Once completely melted, pour into a casserole dish. In a medium mixing bowl, mix all remaining ingredients together and pour into the casserole dish. Bake in the oven for 1 hour.

Chef: Adrianna Robb

## Fruit Smoothie

### Ingredients:

1 c. Greek yogurt	1/2 banana	1/4 c. fruit of your choice
Splash of milk	1/4 c. fruit of your choice	2 oz. maple syrup

### Directions:

Partially thaw fruit then mix fruit in a blender.

Source: Internet | Chef: Michaela Bugman



## Meatball Sliders

### Ingredients:

1 pkg. Hawaiian Dinner Rolls	1 tbsp. chopped parsley	1 tsp. salt
1 lb ground beef	1 c. shredded mozzarella	1 tsp. pepper
2 tbsp. butter, melted	1/2 c. shredded parmesan	1 tbsp. olive oil
2 cloves garlic, minced	1 tbsp. dried oregano	1 jar marinara or Spaghetti Sauce

### Directions:

Preheat oven to 350°F. Cut holes in each Hawaiian roll, large enough for meatballs to fit. Add 2 cloves minced garlic and 1 tbsp. chopped parsley to 2 tbsp. of melted butter. Brush the mixture on each roll. Toast rolls in oven until golden brown, about 10 minutes. Meanwhile, make meatballs. Put ground beef, parmesan and 1 tsp. of oregano, salt and pepper into a large bowl, mix until evenly distributed. Roll 12 meatballs. Heat 1 tbsp. of olive oil in sauté pan on medium heat. Brown meatballs on all sides and remove from heat when cooked thoroughly. Place each meatball and tablespoon of sauce into bread hole, top with shredded mozzarella. Place back in oven until cheese is melty.

Chef: Kamryn Jerome

## Chicken Wing Dip

### **Ingredients:**

1 (8 oz.) package cream cheese      2 c. chicken  
1 c. wing sauce                              2 c. cheese

### **Directions:**

Mix cream cheese and chicken in crock pot. Add wing sauce and stir. Put cheese over top. Stir for 15 minutes on high.

**Source:** Internet | **Chef:** Meredith Bugman

## Blueberry Pancakes

### **Ingredients:**

1-1/2 c. all-purpose flour	1-1/2 c. buttermilk or full cream milk + 1 tsp. vinegar
1/4 c. confectioner's sugar (or 1/4 c. regular sugar)	1/4 c. melted butter
1/2 c. cornstarch	1/2 tsp. vanilla
4-1/2 tsp. baking powder	1/2 tsp. cinnamon
1/2 tsp. kosher salt or sea salt	2 dry pints of blueberries, washed and dried
2 eggs, separated	Extra melted butter for the griddle

### **Directions:**

Place dry ingredients in large bowl and whisk to combine. If you're using separated eggs, place egg whites in a clean, dry metal bowl. Whisk egg whites until foamy and soft peaks are formed. Set aside. Place all other wet ingredients in a large Pyrex bowl. Whisk until everything is well combined. If you're using whole eggs instead of separated eggs, you can add the whole eggs with the rest of the wet ingredients and whisk everything until well-mixed. Add 1/2 of wet ingredients into dry ingredients and gently mix to combine. Then add the rest, while continuing to mix. Mix enough to get a smooth batter. Do not over-mix. If you whisked the egg whites separately, then add the egg whites next. Add half of the egg whites and gently fold it in. Then add the other half and gently fold that in as well. You do not have to completely mix in egg whites. Bits of unmixed egg white foam make pancakes even fluffier. Allow pancake mix rest for about 5 minutes, while you preheat griddle. Heat griddle to medium - medium high heat. When it's hot, brush with some melted butter. Pour about 1/2 cup of batter onto hot griddle. Do not spread batter. Take about a scant 1/4 cup of blueberries and sprinkle them over pancake batter. Let pancakes cook for about 3 minutes, or until edges are set and bottom is golden brown. Carefully flip pancake and cook for another 3-4 minutes. Place cooked blueberry pancakes on wire rack. Keep them warm in a warm oven if needed. Serve with maple syrup, extra blueberries and butter.

**Source:** Pinterest/The Flavor Bender | **Chef:** Aaron Lubberts

## Peanut Butter Energy Bites

### **Ingredients:**

1.5 c. oatmeal (quick cooking oats)	1/4 c. mini chocolate chips	2 tbsp. honey
1/4 c. flax seed meal	1 c. peanut butter	

### **Directions:**

Mix dry ingredients. Add wet ingredients. Mix well. Refrigerate about an hour or more. With enough to fill your palm, form into balls/bites. Store in freezer or refrigerator.

**Chef:** Brigid Cole

## Apple Cinnamon Muffins

### **Muffin Ingredients:**

2 c. all-purpose flour	1/2 tsp. salt	1/3 c. unsweetened applesauce
1 tbsp. cinnamon	1 c. sugar	1-1/2 tsp. vanilla extract
1 tsp. baking powder	1/2 c. vegetable oil	1-1/2 c. chopped apples
1/2 tsp. baking soda	2 eggs, lightly beaten	

### **Crumb Topping Ingredients:**

1/3 cup light brown sugar	1/4 teaspoon cinnamon
2 tablespoons all-purpose flour	1 tablespoon butter, cut into small pieces

### **Directions:**

Preheat the oven to 375°F. Grease a 12 cup muffin pan. In a medium bowl, stir together flour, cinnamon, baking powder, baking soda and salt. In another bowl, stir together oil and sugar. Stir in eggs, applesauce and vanilla. Pour wet ingredients into dry ingredients and stir just until combined. Gently stir in apples. Spoon the mixture into prepared muffin pan, dividing batter equally between cups. In a small bowl, combine brown sugar, flour and cinnamon. Cut in the butter with a fork or a pastry blender until it resembles coarse crumbs. Sprinkle the crumb over the batter in the muffin pan. Bake muffins until a tester inserted in the center comes out clean, about 20 minutes. Let the muffins sit in the pan before removing to a cooling rack to cool completely. Store leftover muffins in an airtight container.



**Source:** Pinterest - Taste & Tell | **Chef:** Cheyenne Lubberts

## Apple Cinnamon Cake

### **Ingredients:**

Cooking spray	1/4 tsp. nutmeg
2 apples, peeled, cored, thinly sliced	1/2 c. (stick) butter, softened
Juice of half a lemon	1 c. sugar
1/2 c. lightly packed brown sugar, plus 2 tbsp.	2 large eggs
1-3/4 c. all-purpose flour	1 tsp. vanilla extract
3/4 tsp. baking powder	3/4 c. milk
1 tsp. salt	Sugar for sprinkling on top
2 tsp. cinnamon	

### **Directions:**

Preheat oven to 350°F. Grease 9" spring form pan with cooking spray. In large bowl, toss together apples, lemon juice, and 2 tbsp. brown sugar. In large bowl, whisk together flour, baking powder, salt, cinnamon, and nutmeg. In another large bowl, use hand mixer to beat together butter, sugar, and 1/2 c. brown sugar until light and fluffy. Then add eggs and vanilla and beat until mixed. Add 1/2 dry ingredients to wet ingredients and mix until combined. Pour milk and mix until combined. Then add remaining dry ingredients and stir until combined. Pour batter into a prepared pan and arrange apples in a spiral overlapping the layers. Sprinkle with sugar. Bake until toothpick inserted in middle comes out clean. This is about 1 hour. Let cool for 10 minutes before removing the sides of the spring form pan.

**Source:** Delish.com

**Chef:** Loghan Nowak



## Blueberry Smoothie - Featuring Blueberry Sand Dairy

### **Ingredients:**

1 pint (approx. 2 c.) blueberries  
1/2 c. milk

1 c. vanilla yogurt or flavor of choice  
2 tbsp. sugar



### **Directions:**

Combine in blender and blend until smooth.

**Chef:** Madelyn Mulvaney



## Strawberry Smoothie

### **Ingredients:**

1 c. yogurt                      2 c. strawberries

### **Directions:**

Put yogurt and strawberries in blender and blend until smooth. Enjoy!

**Source:** Mommy | **Chef:** Payton Halpenny



## Macaroni & Cheese

### **Ingredients:**

1 lb. of elbow pasta or penne  
4 tbsp. of butter  
1/4 c. all-purpose flour  
1/2 tsp. salt  
1/2 tsp. dry mustard  
1/4 tsp. black pepper  
2 tsp. paprika  
1 c. vegetable/chicken stock  
2 c. milk  
3 c. Cheddar cheese  
1 c. American cheese or Velveeta

### **Directions:**

Boil pasta in salted water until al dente according to package directions. Drain and rinse with cool water to stop cooking and set aside. In a saucepan over medium heat, add butter. When butter has melted, add flour, salt, dry mustard, pepper and paprika. Stir until thoroughly mixed.

**Source:** New York Kitchen

**Chef:** Colten Potts

## Salsa

### **Ingredients:**

Jar taco sauce  
Cans diced tomatoes with green chiles  
Bunches chopped green onions  
2 cans chopped black olives  
2 chopped tomatoes  
Tbsp. lemon juice  
2 tbsp. Cavender's Greek seasoning  
1 tsp. garlic powder  
Tortilla chips

### **Directions:**

Combined the taco sauce, undrained tomatoes, green onions, olives, tomatoes, lemon juice, Cavender's Greek seasoning, and garlic powder into a bowl and mix well. Serve with tortilla chips.

**Source:** Cooking by the Bootstraps

**Chef:** Courtney Potts



## Chicken Fried Rice Stir Fry

### **Ingredients:**

2 chicken breasts, sliced	1 carrot, sliced	Crushed red pepper
Canola oil	3 celery stalks, sliced	2 c. rice
1 onion, sliced	Parsley	3 c. water
1 pepper, sliced	Garlic	2 eggs

### **Directions:**

Cut chicken into cubes/bite-sized pieces. Cut up onion, pepper, carrot, and celery. Add oil to pan. Add vegetables and chicken into pan with spices and soy sauce to taste. While that is cooking, add rice and 3 cups of water into rice maker and let cook. Add 1 cup of water to pan to help tenderize. Once rice is done cooking, add into chicken and vegetable mixture. Make a hole in rice and crack in 2 eggs. Let cook and serve.

**Chef:** Victoria Charlebois

## NY Banana Berry Split

### **Ingredients:**

1 small banana	½ c. whipped cream (slightly sweetened if desired)
½ c. blueberries, thawed	¼ c. finely chopped walnuts
½ c. raspberries thawed	2 tbsp. blueberry syrup
1 ½ c. vanilla ice cream	

### **Directions:**

Peel banana. Using a small knife, carefully slice banana lengthwise in half. Lay banana in serving dish. Arrange three scoops of ice cream between slices of banana. Spoon berries over ice cream. Spoon whipped cream on top. Drizzle blueberry syrup on whipped cream. Sprinkle chopped walnuts on top and serve.

**Chef:** Nathalie Gelb

## Egg-Less Chocolate Chip Cookies

### **Ingredients:**

1 c. all-purpose flour	4 unsalted butter, at room temperature
¼ tsp. baking soda	2 tbsp. plain yogurt
¼ tsp. fine salt	½ tsp. alcohol-free vanilla extract
½ c. packed light brown sugar	1/3 c. semi-sweet mini chocolate chips
¼ c. granulated sugar	



### **Directions:**

Microwave flour in small microwave-safe bowl for 1 minute. Remove and stir well. Microwave for an additional minute or until temperature reaches 180°F. Sift into a medium bowl, then whisk in baking soda and salt (see Cook's Note). Beat brown sugar, granulated sugar, butter, yogurt and vanilla extract with an electric mixer on medium-high speed in large bowl until well combined, about 2 minutes. Add flour mixture and mix on low speed until well incorporated. (Turn off beaters and use your hands to help combine if needed). Fold in chocolate chips with rubber spatula or mix them in with your hands. Refrigerate in an airtight container for up to 5 days. If you want to bake dough, roll tablespoons of dough into balls. Space evenly out on a parchment lined baking sheet and bake at 350°F until the bottoms are golden brown, about 10 minutes.

\*Cook's Note - Microwaving flour to 180°F may reduce risk of foodborne illness associates with eating it raw or undercooked.

**Chef:** Amara Jerome

# Lily's Luscious Lemon Bars Crisp

## Shortbread Crust Ingredients:

1 1/2 c. all-purpose flour  
3/4 c. cold butter, diced

1/4 c. powdered sugar  
Zest of 1 lemon



## Lemon Filling Ingredients:

4 large eggs  
1 c. powdered sugar

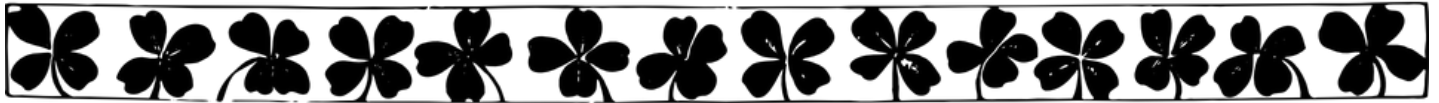
1/2 c. freshly-squeezed lemon juice  
2 tbsp. all-purpose flour

## Directions:

Preheat oven to 350°F. Grease an 8x8-inch baking pan and set aside. Combine all crust ingredients in a food processor. Pulse until mixture reaches a fine crumble consistency. You want the butter to be well combined, but to stop before mixture turns into a ball. (Alternately, you can combine crust ingredients together in mixing bowl with a pastry cutter or fork.) Sprinkle crust mixture evenly into prepared pan. Press mixture down firmly to form an even layer. Bake crust for 20 minutes, or until it is lightly golden on top. Whisk lemon filling ingredients together in a medium mixing bowl until combined. Once crust is done baking, remove pan from oven and immediately pour lemon filling on top of hot crust. Return pan to oven and bake for 18-20 minutes, or until lemon filling has set. Remove pan from oven and transfer to a wire baking rack to cool until bars reach room temperature. Then transfer to refrigerator and let bars chill for at least 2 hours. Sprinkle tops of bars with extra powdered sugar, if you would like, then slice and serve!

Source: <https://www.gimmesomeoven.com/lemon-bars/>

Chef: Lily Sharp



# Blueberry Scones

## Ingredients:

2 c. flour, plus more for work surface  
1/2 c. sugar  
2 1/2 tsp. baking powder  
1/2 tsp. cinnamon  
1/2 tsp. salt  
1/2 c. (1 stick) unsalted butter, frozen and grated with a box grater

1/2 c. heavy cream, plus extra for brushing  
1 egg  
1 1/2 tsp. vanilla  
1 heaping c. frozen blueberries (not thawed)  
Coarse sugar for topping



## Directions:

Whisk heavy cream, egg, and vanilla together in a small bowl. Whisk flour, sugar, baking powder, cinnamon, and salt together in a large bowl. Add grated butter (still cold) to dry ingredients and combine with a pastry cutter into pea-sized crumbs. Drizzle wet ingredients over flour mixture. Add blueberries and mix until everything appears moistened. Pour onto a floured surface and work into a ball using floured hands. The dough will be sticky. Add a little more flour or heavy cream if necessary. Divide into two balls and press each into a 6 inch disk. Use a knife or bench scraper to cut each disk into 8 wedges. Refrigerate scones for 15 minutes. Preheat oven to 400°F. Place scones on a parchment paper lined baking sheet. Brush with heavy cream and sprinkle with coarse sugar.

Bake for 22-25 minutes or until golden brown.

Source: <https://sallysbakingaddiction.com/my-favorite-blueberry-scones/>

Chef: Lindsay Flick

## Cauliflower Soup

### **Ingredients:**

1 small head of cauliflower  
1 ½ c. water  
1 red pepper (chopped)  
2 cloves of garlic (chopped very finely or crushed)  
1 tsp. turmeric

½ tsp. cumin  
Salt to taste  
Pinch of ground black pepper  
3 tbsp. sour cream



### **Directions:**

Wash and chop cauliflower, pepper and garlic. Put in saucepan with the water. Add salt and ground pepper. Bring to a boil and reduce to a medium simmer. Simmer for 15-20 minutes, until cauliflower is soft. Mash contents in pot. Add a little more water if desired. Add turmeric and cumin, and stir well. Simmer for 5 more minutes. Ladle into soup bowls and add small dollops of sour cream as a garnish.

**Chef:** Fiona Gelb

## Gluten Free Italian Rainbow Cookies

### **Ingredients:**

8 oz. almond paste  
16 tbsp. butter (2 sticks) softened  
¾ c. sugar  
4 large eggs at room temp, beaten  
1 tsp. good quality almond extract  
2 c. all purpose gf flour

1 tsp. xanthan gum - unless flour mix already has it  
¼ tsp. kosher salt  
Approx. 8-10 drops red liquid food coloring  
Approx. 8-10 drops green food coloring  
Seedless raspberry jam  
Apricot jam

### **Chocolate Topping Ingredients:**

6 oz. semi-sweet chocolate, chopped      2 tbsp. unsalted butter      1/3 c. heavy cream

### **Directions:**

Heat oven to 350°F. Line 9x12" sheet pans with unbleached parchment paper. Using mixer, cream almond paste and butter until well-combined. Some small pieces of almond paste may still be visible - That is OK! Add sugar, eggs, and almond extract, beating well after each addition (batter should be thick). Add GF flour, xanthan gum, and kosher salt a little at a time until dough comes together and is smooth. Divide dough into 3 equal parts and put in separate bowls. In one, add green food coloring and mix well. Leave second part uncolored. Add red food coloring to third part and mix well. Divide the 3 prepared doughs into 3 prepared pans, stretch and press dough into an even layer in each pan, using wet fingers and a wet spatula (dough will be sticky). Place each pan 1 at a time in the center of the preheated oven and bake for approximately 10 minutes or until dough begins to brown slightly around the edges. Do not over bake. Lift parchment paper from pan and cool on a rack. To assemble, begin with green layer. Place carefully on a clean piece of parchment paper and spread small amount of raspberry jam on top (just enough to cover all). Layer uncolored layer on top - remove baking parchment paper if it sticks to it. Add apricot jam to this layer removing any large lumps of fruit (add just enough jam to cover cookie layer. Carefully add red layer over uncolored layer. Add a fresh piece of parchment paper over red layer and weigh down layers with a heavy cutting board or cookbook. Place in refrigerator for at least 30 minutes to compress layers. Make chocolate topping by placing chopped chocolate in a medium heat safe bowl. In a small saucepan, heat cream and butter over medium-low heat, stirring frequently until butter is melted and cream is beginning to simmer. Pour hot butter and cream mixture over chopped chocolate, and mix to combine (chocolate should be smooth and shiny). Pour melted chocolate over cookie layers and spread with spatula until all covered. Chill in refrigerator until chocolate topping is set. Using a large serrated knife, trim off all edges and slice into about 21 even rectangle slices.

**Chef:** Alyssa Healy