



Cooperative Extension's
Youth Development Program



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North Carolina
Cooperative Extension
and Forsyth County 4-H

presents

4-H Nutrition Fair

Date: 03/14/2017

Time: 6:00 PM



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Name: Grace Shipman

Age: 16

Granola

Mix together the following in a large bowl and set aside:

- 8 cups rolled oats
- 1 1/2 cups wheat germ
- 1 1/2 cups oat bran
- 1 cup sunflower seeds
- 1 c. chopped almonds
- 1 c. chopped pecans
- 1 c. chopped walnuts



Mix together in a saucepan the following:

- 1 1/2 teaspoons salt
- 1/2 c brown sugar
- 1/4 c maple syrup
- 3/4 c honey (local for allergy immunity!)
- 1 c. vegetable oil
- 1 tablespoon ground cinnamon
- 1 tablespoon vanilla

Bring mixture to a boil and stir into the dry ingredients.
Spread on baking sheets.

Put in preheated oven at 250 degrees for 45 minutes, stirring occasionally.

Cool and add 2 cups raisins or dried cranberries.

Store in airtight containers.

If you are going to use in yogurt or cereal you can break it up into smaller sizes.

Beverages

Name: Cana Hooker

Age: 9

Healthy Strawberry Banana Smoothie

- 12 Strawberries
- 1 Frozen banana
- Splash of unsweetened almond milk
- 1 cup ice cubes

Add all ingredients into the blender and blend until smooth.



Name: Evan Crews
Age: 13

E-Sports Energy Shake

- 3 large scoops of vanilla ice cream
- 1 banana, sliced
- 2 scoops vanilla whey protein powder
- 3 Tablespoons of chocolate syrup, more or less to taste
- 1 Cup of milk or your milk-substitute of choice

1. Make sure your blender is clean and ready to use.
2. Place ice cream in the blender.
3. Add the sliced banana
4. Add the protein powder
5. Add the chocolate syrup
6. Add Milk

After the ingredients are in the blender, use your arm muscle power and shake the blender. Then push the blend button on the blender to blend the ingredients for at least 15 to 20 seconds. Push down the sides of un-blended ingredients, then blend for desired consistency. After you pour this into your glass, you can add other desired fruits or a swirl of chocolate syrup on top.

Enjoy!



Name: David Winemiller
Age: 14

Strawberry Power Up Bars

Ingredients:

- 1 cup quick cooking oats
- 1/2 cup all purpose flour
- 1/2 cup whole wheat flour
- 2/3 cup packed brown sugar or low calorie brown sugar substitute
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/4 cup canola oil
- 3 TBS unsweetened apple juice
- 1 jar (10 oz) strawberry spreadable fruit

In a large bowl, combine the oats, flour, brown sugar, baking soda & salt.

Add oil & apple juice; stir until moistened.

Set aside 1/2 cup of mixture to use as a topping.

Press remaining oat mixture into an 11x7x2 inch pan coated with non-stick spray.

Spread the strawberry fruit spread on top to within 1/4 inch of the edges.

Sprinkle with reserved oat mixture.

Bake at 325° for 30-35 minutes or until golden brown.

Cool on a wire rack.

Yield: 16 bars.



Side Dish/Snack

Name: Alex Arrowood

Age: 16

Pineapple Casserole

1 large can pineapple tidbits- 20 oz
3/4 cup sugar
6 TBS flour
1 cup shredded low-fat cheddar cheese
50 Butter crackers, reduced fat
1 stick margarine, melted

Mix melted margarine and crushed crackers together in a separate bowl. Mix sugar and flour together in separate bowl.

Layer in a 7x11 dish

1. Pineapples on the bottom
2. Shredded cheese over pineapple
3. Layer flour/sugar mixture
4. Top with cracker/butter mixture

Bake at 350 degrees for 30 minutes. Serves 6-8.



Bread

Name: Asher Enebrad

Age: 6

Banana Crumb Muffins

1 1/2 Cups All Purpose Flour
1 tsp baking soda
1 tsp baking powder
1/2 tsp salt
2 mashed, ripe bananas
3/4 Cup sugar
1/3 Cup applesauce + pinch of baking powder (this is substituting an egg)
1/3 Cup butter, melted
1/3 Cup brown sugar, packed
2 TBS All Purpose Flour
1/8 tsp cinnamon
1 TBS butter



Preheat oven to 375 degrees. Lightly grease 10 muffin cups or line with liners.

In a large bowl, mix together 1 1/2 Cups flour, baking soda, baking powder and salt.

In another bowl, beat together bananas, sugar, applesauce and melted butter. Stir the banana mixture into the flour mixture just until moistened. Spoon batter into prepared muffin cups.

In a small bowl, mix together brown sugar, 2 TBS flour and cinnamon. Cut in 1 TBS butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.

Bake in preheated oven for 18 to 20 minutes, until a toothpick comes clean out of the muffin.

Dessert

Name: Nolan Enebrad

Age: 6

Great Grandma's Chocolate Chip Cookies

1 Cup + 2 TBS Flour
1/2 tsp baking soda
1/2 tsp salt
1/4 Cup Brown Sugar Packed
1/2 Cup Sugar
1 egg
1/2 Cup Butter
1 tsp vanilla
1 Cup Chocolate Chips

Mix all dry ingredients together.

Add liquid ingredients in this order eggs, vanilla, butter.

Add chocolate chips.

Drop by teaspoonful onto the pan.

Bake 10-12 Minutes in a 375 degree oven.



Name: Laurelyn Ridge

Age: 12

Sweet Potato Soufflé

For the sweet potato layer:

3 cups cooked, mashed sweet potatoes
1/2 cup stevia
1/2 cup brown sugar
1 cup fat-free milk
1 tsp. of vanilla
1 tsp. of orange extract
3/4 tsp. salt
2 TBS whole-wheat pastry flour
3 eggs
1/4 cups melted Butter Substitute
1 tsp. cinnamon
1/4 tsp. ground ginger
1/4 tsp. ground nutmeg
*Coconut oil to grease casserole dish



For the topping layer:

1/2 cup crushed reduced-fat Vanilla-flavored wafer style cookies
1/2 cup chopped pecans
1/2 cup melted butter
1/2 cup brown sugar mixed with 1/4 cup stevia and 1 tsp. cinnamon

Preheat oven to 425 degrees.

Combine mashed and cooked sweet potatoes, milk, vanilla, orange extract, salt, eggs, flour, Butter Substitute, and spices.

Grease a 9 x 13-inch casserole dish with coconut oil, and pour the sweet potato mixture into the dish.

Bake for 45-50 minutes, or until set (cake tester will come out clean when inserted in the center).

Combine crushed reduced-fat Vanilla-flavored wafer style cookies and chopped pecans in a bowl, and coat in melted butter; mix remaining topping ingredients in a separate bowl and stir into wet topping ingredients.

Sprinkle topping thoroughly over soufflé.

Bake an additional 15-20 minutes, or until browned.

Yields 12 servings.

Salad/Vegetables

Name: Luke Arrowood

Age: 12

Bean Salad

1 can of cut green beans 15.25 oz
1 can of red kidney beans 15.25 oz
1 can of wax beans 15.25 oz
1 can of green peas 15.25 oz
1/2 cup green peppers (chopped)
1 purple onion (chopped)
4 sticks celery (chopped)

3/4 cup sugar
2/3 cup vinegar
1/2 cup olive or vegetable oil
1 tsp. salt
1 tsp. pepper
1 TBS Worcestershire

Mix beans, peas, green peppers, onion, and celery.

In separate bowl, make the marinade by mixing sugar, vinegar, oil, salt, pepper, and Worcestershire.

Mix marinade with the bean salad.

Chill if you prefer.

Serves 16.



Name: Benjamin Cook

Age: 9

Taste the Rainbow

1 pound fresh strawberries, quartered
4 kiwis, peeled and diced
2 mangoes, peeled and diced or 1 (15 ounce) can mandarin oranges in juice, drained well and sliced into halves
2 bananas, peeled and diced
12 ounces red grapes, cut into halves
1/2 pineapple, peeled and diced
12 ounces fresh blueberries
1/4 cup honey
2 tsp of lime zest (approximately 2 medium limes)
1 lime, juiced

1. Place sliced fruits in a large bowl.
2. In a small bowl, mix honey and lime juice.
3. Pour the honey and lime mixture over the fruit just before serving and mix.
4. Enjoy!



Name: Victoria Richardson

Age: 10

Country Lemon Coffee Cake

2 cups all-purpose flour, plus extra for sprinkling

1 tsp baking powder

1 tsp baking soda

1/2 tsp salt

3/4 cup granulated sugar

1 cup packed brown sugar, divided

2 tsp ground cinnamon, divided

3/4 cup (1-1/2 sticks) butter, melted

1 cup milk

1-1/2 tsp lemon extract

zest of 1 lemon

2 large eggs

1/2 cup chopped pecans

Coat a 9x13-inch baking dish with cooking spray, then sprinkle with flour.

In a large bowl, combine the 2 cups of flour, baking powder, baking soda, salt, granulated sugar, 1/2 cup brown sugar, 1 tsp cinnamon, the butter, milk, lemon extract, lemon zest, and eggs; beat until well combined.

Pour into prepared baking dish. Cover and chill at least 8 hours, or overnight.

Preheat oven to 350 degrees F.

In a small bowl, combine remaining brown sugar, remaining cinnamon, and the pecans.

Sprinkle over chilled batter. Bake 35 to 40 minutes, or until a toothpick inserted in center comes out clean.

Cut, and serve warm.



Name: Sidney Hooker

Age: 18

Grilled Pesto Chicken and Tomato Kebabs

1 cup fresh basil leaves, chopped

1 clove garlic

kosher salt and fresh pepper to taste

3 tbsp olive oil

1-1/4 lbs skinless chicken breast, cut into 1-inch cubes

24 cherry tomatoes

16 wooden skewers

In a food processor pulse basil, garlic, salt and pepper until smooth.

Slowly add the olive oil while pulsing.

Combine the raw chicken with pesto and marinate a few hours in a bowl.

Soak wooden skewers in water at least 30 minutes (or use metal ones to avoid this step).

Beginning and ending with chicken, thread chicken and tomatoes onto 8 pairs of parallel skewers to make 8 kebabs total.

Heat the outdoor grill or indoor grill pan over medium heat until hot. Be sure the grates are clean and spray lightly with oil.

Place the chicken on the hot grill and cook about 3-4 minutes; turn and continue cooking until chicken is cooked through, about 2 to 3 minutes.



Name: Austin Wise

Age: 16

Easy Venison Chili

2 lbs ground venison (may substitute lean ground beef or ground turkey)
2 TBS dried minced onion (or 1/2 medium onion, chopped)
1 envelope chili seasoning
2 1/2 cups water
1 can (15 ounces) tomato sauce
1 can (15 ounces) pinto beans, drained
2 cans (15 ounces each) chili beans
1/2 tsp salt
1 can (14 1/2 ounces) diced tomatoes and green chilies, undrained
Corn chips, sour cream, and shredded cheddar, optional

1. In large skillet, cook venison and onion over medium heat until meat is no longer pink.
2. Transfer to 5-qt. slow cooker. Add chili seasoning, water, tomato sauce, beans and salt.
3. In a blender, add diced tomatoes and green chilies and process until smooth. Add to the slow cooker. Cover and cook on low for 6-8 hours.
4. Serve with corn chips, sour cream, and cheese if desired.

Yield: 8-10 servings.



Name: Zane Richardson

Age: 12

Waldorf Gelatin with a Tropical Twist

1-1/4 cups apple juice, divided
1 (4-serving) pkg. strawberry flavor gelatin ice cubes
1 cup peeled finely chopped apple
2 medium bananas, sliced
1 fresh pineapple, cored, cut into cubes
2 TBS chopped pecans

- In a small saucepan, bring 3/4 cup apple juice to a boil. Place gelatin in a large bowl and stir in the boiling apple juice for 2 minutes, or until completely dissolved. Place remaining 1/2 cup apple juice in a 1-cup measuring cup and add ice to make 1 cup. Add to gelatin, stirring until slightly thickened. Remove any remaining pieces. Stir in chopped apple, bananas, and pecans. Spoon into individual dessert dishes or a large serving bowl. Chill for 2 hours, or until firm.



Name: Calleigh Wilson

Age: 12

Mandarin Orange Jello Salad

1 large box Lemon Cook & Serve pudding
3 egg yolks
3/4 cup sugar
water
1 large box Orange Jello
1 small box Lemon Instant Pudding
1 cup milk
1 small container of Whipped Topping
1 can mandarin oranges, drained

Prepare the Lemon Cook & Serve pudding according to directions on the box.

Prepare the Orange Jello according to the directions on the box. Mix the two together until smooth and pour into a 9x13 pan.

Let set in the refrigerator several hours or overnight.

For topping, mix the small box of Lemon instant pudding mix with 1 cup of milk, then fold in the whipped topping. Spread over the Orange/Lemon Jello layer.

Decorate the top with the drained mandarin orange segments.



Name: Garret Richardson

Age: 16

30 Minute Cheesy Baked Ravioli

32 pieces fresh or frozen cheese ravioli (approx. 1 lb.)
1 (26 oz.) jar spaghetti sauce
3 ounces sliced pepperoni
1/4 - 1/2 cup shredded parmesan cheese
1/4 - 1/2 cup shredded mozzarella cheese

Preheat oven to 350 degrees.

Place 1/2 of the ravioli in a greased 8x8 glass dish.

Pour half of the sauce on a stir until mixed well.

Make sure ravioli is spread evenly over dish.

Place pepperoni slices in a single layer over ravioli and sauce.

Sprinkle parmesan cheese evenly over entire dish.

Place remaining ravioli in single layer on top of cheese.

Spoon remaining sauce over ravioli, making sure ravioli are well-coated.

Place remaining pepperoni in a single layer on top of ravioli and sauce.

Sprinkle mozzarella over top. Cover dish and bake for 30 min.



Main Dish

Name: Aisha Michelle Riddick

Age: 12

Veggie Lasagna Roll Ups

1 Box of Whole Wheat Lasagna Noodles
1 Package of Frozen Spinach
16 oz. of Mozzarella Cheese
6 oz. of Parmesan Cheese
1 pinch of Nutmeg
1 large egg
Salt and Pepper to taste
1 14 oz. jar of spaghetti sauce
32 oz. of Ricotta Cheese



1. Boil pasta in salted water.
2. Preheat the oven to 350 degrees Fahrenheit.
3. While pasta is boiling, mix together the ricotta, mozzarella, and parmesan.
4. Once pasta is done, lay them out on a flat surface.
5. Spoon mixture onto end of the noodle and roll tightly. Be careful that the mixture does not come out.
6. Put all of the lasagna rolls onto a 11 x 9 nonstick or glass baking pan.
7. Cover rolls in the spaghetti sauce and cheese.
8. Put in oven until cheese is melted.

Name: Stephen Pledger

Age: 13

Very Berry Cheesecake

2 (8 oz.) reduced fat cream cheese, softened
1/3 cup sugar
2 cups thawed fat-free whipped topping
1 graham cracker crust (6 oz.)
2 cups strawberries, halved
1/2 cup blueberries

Beat cream cheese and sugar in large bowl with electric mixer on med. speed until well blended.

Gently stir in whipped topping. Spoon into crust.

Refrigerate 3 hours or until set.

Arrange fruit on top of cheesecake.

Serves: 8



Name: Matthew Richardson

Age: 14

Deep-Dish Layered Southern Banana Pudding

46 Vanilla-flavored wafer style cookies, divided
3 TBS butter, melted
1/2 cup chopped pecans
1/3 cup packed brown sugar
1 tsp ground cinnamon
2 pkg. (3.4 oz.) vanilla flavored instant pudding
2 cups cold milk
1 tub (8 oz.) whipped topping, divided
4 bananas
1 pkg. (8 oz.) cream cheese, softened
1/4 cup granulated sugar



Heat oven to 350 degrees.

Crush 30 wafers; mix next 4 ingredients.

Spread onto bottom of 15x10x1 inch pan sprayed with cooking spray.

Bake 5 minutes; stir. Bake 3 to 5 minutes or until golden brown; cool.

Beat pudding mixes and milk with whisk 2 minutes. (Pudding will be thick).

Stir in 1 cup whipped topping.

Layer 1/3 of the crumb mixture and half each of the bananas and pudding in a 2-quart serving bowl; repeat.

Beat cream cheese and granulated sugar in medium bowl with mixer until blended.

Gently stir in 1 cup of remaining whipped topping; spread over top, sealing to edge of bowl.

Sprinkle with remaining crumb mixture. Refrigerate 3 hours.

Top each serving with remaining whipped topping and whole wafers just before serving.

Name: Andrew Pledger

Age: 16

Apple Nut Coffee Cake

1/2 cup butter or margarine, softened
1 cup sugar
1 egg
1 tsp. vanilla
1 cup plus 2 TBS self-rising flour
1/2 tsp. cinnamon
2 med. tart apples, peeled and chopped
1/2 cup walnuts

In a mixing bowl, cream butter and sugar.

Beat in egg and vanilla; mix well.

Gradually add flour to creamed mixture.

Stir in apples and walnuts.

Transfer to an ungreased 8 inch square baking dish.

Bake at 350 degrees for 35-40 minutes or until toothpick inserted near the center comes out clean.

Cool on wire rack.

Yield: 9 servings

