

Johnson County 4-H welcomes you to

# 2017

## 4-H Food Fare:

### Holiday Edition



Johnson County  
**K-STATE**  
Research and Extension

Thank you to all the clubs that participated this year!

Also, a huge thank you to Angie Huber, Family and Consumer Science Office Professional, for her hard work on the recipe nutritional analysis.

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# 4th of July

## Stanley Buccaneers

### Salsa

- 2 medium onions
- 1 can (12 to 16-ounces) tomatoes or 3 to 4 medium tomatoes
- 1 can (8-ounces) tomato sauce or 1 small can tomato paste
- 1 sweet pepper, chopped
- 6 garlic cloves
- 1-1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 tablespoons sugar
- 2 tablespoons vinegar
- 1 tablespoon oregano, chopped, fresh or 1 teaspoon dried
- 1/4 cup chives, fresh, chopped or 2 tablespoons dried
- 1/2 teaspoon cumin, dried
- 1 to 3 hot peppers
- 1/8 teaspoon cayenne pepper
- 1 teaspoon chili powder

Combine all ingredients in a food processor or blender and refrigerate.

Makes 16 servings

### Classic Yellow Cake

- 1 box Classic Duncan Hines cake mix
- 1 cup Water
- 1/3 cup Vegetable Oil
- large Eggs

1. Follow instructions on box.

Note: See cake mix box for nutrition facts.

Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>1/16 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 166mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# 4th of July - Stanley Buccaneers

## Lil' Smokies

2 packages (16-ounces each) Lil' Smokies  
 1 jar (8-ounces) grape jelly  
 jar (12-ounces) chili sauce

1. Combine jelly and chili sauce in crock pot. Stir in Lil' Smokies.
2. Cook on high until heated through, no more than 3 hours.

Makes 12 servings

## Queso Blanco Dip

1 pound (16-ounces) Queso Blanco Velveeta, cut into 1/2-inch cubes  
 1 can (10 ounces) RO\*TEL Diced Tomatoes & Green Chilies, well drained  
 1/4 teaspoon ground cumin  
 1/4 cup chopped fresh cilantro

Microwave all ingredients except cilantro in microwaveable bowl on high for 3-1/2 minutes or until cheese is completely melted and mixture is well blended, stirring after 2 minutes. Stir in cilantro.

Makes 24 servings, 2 tablespoons each



Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1/12 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 7g	<b>35%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 1130mg	<b>49%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber --g	--%
Total Sugars 15g	
Includes --g Added Sugars	--%
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 1mg	6%
Potassium 105mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts	
24 servings per container	
<b>Serving size</b>	<b>2 tablespoons</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>50</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 0mg	0%
Potassium 1mg	0%

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# April Fools Day

Pioneer

## Meatloaf Cupcakes with Mashed Potato Frosting

- 1 pound beef
- 1 cup crushed saltine crackers
- 1 tablespoon soy sauce
- 2 cloves garlic, chopped
- 1 egg
- 1/2 cup chopped onion
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 3/4 cup ketchup

Preheat oven to 350°F.

Mix all ingredients together in a bowl.

Line a cupcake pan with foil cupcake liners and fill liners with meat mixture.

Bake 25 to 30 minutes, or until meat reach an internal temperature of 160°F.

While cupcakes are cooking, prepare mashed potatoes.

## Mashed Potato Frosting

- 1 pound white potatoes (approximately 2 to 3 large potatoes)
- 3 tablespoons butter
- 1/8 to 1/4 cup milk
- Salt and Pepper (to taste)

Peel, slice and boil potatoes. Cook until fork tender, drain and return to sauce pan.

Add butter and 1/8 cup milk; mash until creamy and smooth. Add more milk as necessary. Season with salt and pepper. Make sure potatoes are creamy and smooth so they can be piped onto the meatloaf cupcakes.

Makes 6 servings, 1 cupcake each

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 cupcake</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>460</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 18g	<b>33%</b>
Saturated Fat 8g	<b>40%</b>
<i>Trans Fat</i> 0.5g	
<b>Cholesterol</b> 100mg	<b>33%</b>
<b>Sodium</b> 1310mg	<b>57%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 22g	
Vitamin D 0mcg	<b>0%</b>
Calcium 55mg	<b>4%</b>
Iron 5mg	<b>30%</b>
Potassium 773mg	<b>15%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# April Fools Day - Pioneer

## Grilled Cheese Bread (Butter Pound Cake)

8 ounces cream cheese, room temperature  
1-1/2 cups (3 sticks) unsalted butter, room temperature  
3 cups granulated sugar  
6 eggs, room temperature  
3 cups cake flour  
1 tablespoon vanilla extract

Grease and flour a bundt pan very well, set aside.  
In the bowl of a stand mixer fitted with the paddle attachment (or using a hand mixer), cream butter and cream cheese together until smooth with no lumps.  
Pour sugar slowly into running mixer in a steady stream and beat until light and fluffy, about 2 minutes.  
Add eggs, one at a time, beating very well after each addition, at least one minute per egg. This step is crucial for the best texture.  
Add vanilla.  
Incorporate flour and mix until just combined. Do not over mix!  
Pour batter into prepared bundt pan and place into cold oven.  
Turn oven to 300°F and bake for 80- to 90 minutes or until a toothpick comes out clean.  
Once cake is done, release the edges with a butter knife.  
Allow cake to cool in pan for 10 minutes before inverting onto a cooling rack to finish cooling completely.

Makes 12 servings, 2 thin slices each

Note: Butter Pound Cake will stay fresh for up to 4 days stored in an airtight container at room temperature.

## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>2 thin slices</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>630</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 32g	<b>41%</b>
Saturated Fat 19g	<b>95%</b>
Trans Fat 1g	
<b>Cholesterol</b> 175mg	<b>58%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 78g	<b>28%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 51g	
Includes 50g Added Sugars	<b>100%</b>
<b>Protein</b> 7g	
Vitamin D 1mcg	6%
Calcium 45mg	4%
Iron 3mg	15%
Potassium 105mg	2%

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# April Fools Day - Pioneer

## Cheese for Grilled Cheese (Buttercream Frosting)

1 cup butter, softened  
4-1/2 to 5 cups powdered sugar  
1 teaspoons vanilla  
5 tablespoons heavy cream or milk  
1/4 teaspoon salt  
Yellow Food coloring to the desired color you want for your cheese

In a medium bowl, combine butter, powdered sugar, vanilla, cream/milk and salt. Beat for 5 to 7 minutes until light and fluffy.

Add food coloring to get the desired color.

Add more powdered sugar as needed for thicker frosting.

Add cream/milk, a little at a time, to thin frosting.

To assemble:

Slice the pound cake into 1/2-inch slices. Spread a small amount of butter on one side and grill on a griddle or skillet until toasted looking, being careful not to burn. Let cool completely. Repeat with remaining slices. Once all are cool, cut them each in half to make the two halves of each "sandwich". Spread about a tablespoon of frosting on a non-toasted side of the cake, spreading some to the edges to make it look like melted cheese, and then top with the other half. Repeat with remaining slices. Happy Fooling!

Makes 12 servings

## Nutrition Facts

12 servings per container  
Serving size 1/12 of recipe

Amount per serving  
**Calories 310**

% Daily Value\*

**Total Fat** 15g 19%

Saturated Fat 10g 50%

Trans Fat 0.5g

**Cholesterol** 40mg 13%

**Sodium** 170mg 7%

**Total Carbohydrate** 45g 16%

Dietary Fiber 0g 0%

Total Sugars 44g

Includes 44g Added Sugars 88%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 13mg 2%

Iron 0mg 0%

Potassium 15mg 0%

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## April Fool's Day Drink

Prepare one package of your favorite Jell-O flavor as directed on the package. Pour into a cup, add a straw and refrigerate until set up.

Notes: See Jell-O box for nutritional analysis.

# April Fools Day - Pioneer

## Apple Fries and “Ketchup” Dip

16 individually-wrapped caramels, unwrapped  
1/4 cup water  
8 ounces cream cheese, softened  
1/2 cup brown sugar  
1 teaspoon vanilla  
Few drops of red food coloring  
Apples peeled and sliced like fries

In a medium saucepan over medium-low heat, melt caramels with water, stirring frequently. Remove from heat and set aside.

In a medium bowl, cream together cream cheese, sugar and vanilla.

Lastly, fold in caramel mixture into the cream cheese mixture. Add drops of food coloring to create desired color)

Serve immediately with apples sliced in the shape of fries (add a few drops of lemon to limit browning).

Notes: Nutritional analysis was completed using 8 apples.

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>1/16 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 70mg	<b>3%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 23g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 39mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 147mg	<b>4%</b>

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# Christmas

## Oxford Hustlers

### Gingerbread Cookies

3/4 cup butter, softened  
1 cup packed brown sugar  
1 egg  
3/4 cup molasses  
4 cups all-purpose flour  
2 teaspoons ground ginger  
1-1/2 teaspoons baking soda  
1-1/2 teaspoons ground cinnamon  
3/4 teaspoon ground cloves  
1/4 teaspoon salt  
Vanilla frosting, any

In a large bowl, cream butter and brown sugar until light and fluffy.

Add egg and molasses.

Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to creamed mixture and mix well.

Cover and refrigerate for 4 hours or overnight or until easy to handle.

On a lightly floured surface, roll dough to 1/8-inch thickness. Cut with floured 2-1/2-inch cookie cutters. Place 1 inch apart on ungreased baking sheets.

Bake at 350° for 8 to 10 minutes or until edges are firm. Remove to wire racks to cool.

Tint some of the frosting red and some green. Decorate cookies.

Makes 30 servings, 2 cookies each

Notes: Nutritional analysis was completed without the vanilla frosting.

### Santa Fruit Kabobs

24 green grapes  
1 large banana, cut into 24 slices, or as needed  
24 hulled strawberries, tips removed  
24 miniature marshmallows  
24 toothpicks

Thread 1 grape, 1 banana slice, 1 strawberry (narrow end facing up), and 1 marshmallow onto 1 toothpick to resemble the Grinch's head in his red hat.

Repeat with remaining grapes, banana slices, strawberries, and marshmallows.

Makes 24 servings

### Nutrition Facts

30 servings per container	
<b>Serving size</b>	<b>2 cookies</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 13g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 29mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 150mg	<b>4%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Nutrition Facts

24 servings per container	
<b>Serving size</b>	<b>1 Santa</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	<b>0%</b>
Calcium 3mg	<b>0%</b>
Iron 0mg	<b>0%</b>
Potassium 30mg	<b>0%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Christmas - Oxford Hustlers

## Original Chex Mex

- 3 cups corn cereal squares
- 3 cups rice cereal squares
- 3 cups wheat cereal squares
- 1 cup mixed nuts
- 1 cup bite-size pretzels
- 1 cup garlic-flavor bite-size bagel chips or regular-size bagel chips, broken into 1-inch pieces
- 6 tablespoons butter or margarine
- 2 tablespoons Worcestershire sauce
- 1-1/2 teaspoons seasoned salt
- 3/4 teaspoon garlic powder
- 1/2 teaspoon onion powder

In large microwavable bowl, mix cereals, nuts, pretzels and bagel chips; set aside.

In small microwavable bowl, microwave butter uncovered on high about 40 seconds or until melted. Stir in seasonings.

Pour over cereal mixture; stir until evenly coated.

Microwave uncovered on high 5 to 6 minutes, thoroughly stirring every 2 minutes. Spread on paper towels to cool. Store in airtight container.

Pre-heat oven to 250°F.

Put cereal and seasoning mixture into ungreased roasting pan and bake for 1 hour, stirring every 15 minutes. Spread on paper towels to cool, about 15 minutes.

Makes 24 servings, approximately 1/2 cup each

## Nutrition Facts

24 servings per container  
**Serving size** 1/2 cup

**Amount per serving**  
**Calories** 210

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3.5g 18%

*Trans* Fat 0g

**Cholesterol** 10mg 3%

**Sodium** 320mg 14%

**Total Carbohydrate** 27g 10%

Dietary Fiber 0g 0%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 58mg 4%

Iron 6mg 35%

Potassium 157mg 4%

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# Easter

## Lucky Clover

### Bunny Juice (Mango & Banana Smoothie)

- 1 cup mango
- 1 sliced banana
- 1 cup skim milk
- 2 cups crushed ice
- 1 cup vanilla yogurt
- 1 tablespoon honey

Combine all ingredients in a blender.

Makes 2 servings

### Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>1 smoothie</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>280</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 57g	<b>21%</b>
Dietary Fiber 3g	11%
Total Sugars 50g	
Includes 9g Added Sugars	18%
<b>Protein</b> 12g	
Vitamin D 1mcg	6%
Calcium 372mg	30%
Iron 0mg	0%
Potassium 815mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

### Ham

Heat oven to 350°F.

Warm ham in baking dish with pineapple juice (approximately 15 minutes per pound).  
(Nutritional Analysis found on ham package)

### Cheesy Potatoes

- 1 package (20-ounces) shredded hash browns
- 1 can cream of chicken soup
- 2 cups shredded cheddar cheese
- 3/4 cup sour cream
- 1/4 cup butter

Heat oven to 350°F.

Spray 2 quart glass baking dish with nonstick cooking spray.

In large bowl combine all ingredients; mix well.

Spread into prepared baking dish and bake for 45 minutes or until hash browns are tender.

### Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1/12 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 8g	40%
Trans Fat 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 350mg	<b>15%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 155mg	10%
Iron 1mg	6%
Potassium 172mg	4%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Easter - Lucky Clover

## Deviled Eggs

6 eggs  
1/4 cup mayo  
1 teaspoon yellow mustard  
1/8 teaspoon salt  
Black pepper  
Paprika for garnish

Place eggs in a single layer in a saucepan and cover with enough water that there's 1-1/2 inches of water above the eggs.

Heat on high until water begins to boil, then cover, turn the heat to low, and cook for 1 minute. Remove from heat and leave covered for 14 minutes, then rinse under cold water continuously for 1 minute.

Crack egg shells and carefully peel under cool running water.

Gently dry with paper towels.

Slice the eggs in half lengthwise, removing yolks to a medium bowl, and placing the whites on a serving platter.

Mash the yolks into a fine crumble using a fork.

Add mayonnaise, mustard, salt and pepper. Mix well.

Evenly disperse heaping teaspoons of the yolk mixture into the egg whites.

Sprinkle with paprika and serve.

Makes 6 servings, 2 halves each

## Bunny Tracks Pastel Candy

1/4 cup butter  
1/3 cup corn syrup  
4 cups powdered sugar, divided  
2 teaspoons flavoring or extract  
A couple drops of food coloring (preferably gel or paste)

Combine butter and corn syrup together in a small bowl.

Add two cups of powdered sugar and your choice of extract and beat until well combined. Add 1/2 teaspoon of extract at a time, until it reaches your desired flavor.

Add 1 additional cup of powdered sugar.

Turn bowl over a cutting board that is sprinkled with the last cup of powdered sugar.

Knead mixture until sugar is absorbed and completely smooth.

Knead in the food coloring.

Shape into 3/4-inch balls and roll in sugar.

Flatten gently with a fork.

Let candies sit uncovered at room temperature for one day to harden.

Makes 12 servings, 2 candies each

## Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>2 halves</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 57mg	2%

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## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>2 candies</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 35mg	<b>2%</b>
<b>Total Carbohydrate</b> 47g	<b>17%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 47g	
Includes 47g Added Sugars	<b>94%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 3mg	0%
Iron 0mg	0%
Potassium 2mg	0%

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# **Halloween**

## **Blue River Wranglers**

### **Witches Brew Brownies**

2 boxes brownie mix, plus ingredients listed on back of box

Halloween candy: M&M's, Recess Pieces, Kit-Kats

Edible Eyes

### **String Cheese Witch Brooms Recipe**

String cheese

Mini pretzel sticks

Chives

Cut the string cheese in 2-inch strips.

Insert a mini pretzel stick into one end of the string cheese. Carefully pull or cut the bottom half of the string cheese into strips.

Tie on a chive to finish.

### **Bowl of Bones**

Stick pretzels

Marshmallows

White chocolate

On each pretzel, stick a marshmallow on each end and then dip in white chocolate.

### **Fruit bar**

Granny Smith apples, sliced

Pretzel sticks

Caramel

Sprinkles, M&M's, mini chocolate chips

Dip apple slices in caramel and roll in choice of: sprinkles, mini chocolate chips, or mini M&M's.

# Hanukkah

Frontier Family

## Caramel Apple Upside Down Noodle Kugel

12-ounces wide egg noodles  
6 tablespoons butter, melted  
2 cups cottage cheese (I prefer small curd)  
2 cups sour cream  
1/2 cup plus 1 tablespoon sugar  
6 eggs  
1 teaspoon vanilla extract  
1 teaspoon ground cinnamon  
1/2 teaspoon salt  
2 Granny Smith or cooking/baking apples, peeled, cored and sliced  
1 stick butter, melted  
1 cup light or dark brown sugar

Grease the sides of a 13 x 9-inch baking dish with butter.

Boil the noodles in salted water for about 4 minutes. Strain noodles and shake until dry.

In a large mixing bowl, combine all the ingredients listed before the apples.

Pour the custard over the noodles, mix well, and set aside.

Preheat oven to 375°F.

Pour the stick of melted butter over the bottom of the baking dish then top with the cup of brown sugar, pressing it down evenly so it covers the bottom and soaks up the butter.

Arrange the sliced apples on top of the brown sugar.

Give the noodles another toss to make sure the custard covers them all, and pour over apples. Distribute the noodles evenly over the apples. Cover top of dish with buttered tin foil. Since it's an upside-down kugel, if you don't cover it the whole hour, the usual crunchy noodle top, which is traditional, would be on the bottom and get soggy, so it's pointless.

Bake until the custard is set, about 45 minutes to 1 hour.

If you have a platter larger than 13 x 9 inches, flip the noodle kugel onto the platter, as you would an upside down cake. If not, let cool, then cut slices and flip them over onto each serving plate. Spoon any caramel at the bottom of the pan over slices. Tastes great warm or cold!

Makes 12 servings

## Nutrition Facts

12 servings per container  
Serving size 1/12 of recipe

Amount per serving  
**Calories 470**

% Daily Value\*

<b>Total Fat</b> 23g	<b>29%</b>
Saturated Fat 13g	<b>65%</b>
Trans Fat 1g	
<b>Cholesterol</b> 155mg	<b>52%</b>
<b>Sodium</b> 510mg	<b>22%</b>
<b>Total Carbohydrate</b> 36g	<b>13%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 34g	
Includes 27g Added Sugars	<b>54%</b>
<b>Protein</b> 12g	
Vitamin D 1mcg	6%
Calcium 132mg	10%
Iron 1mg	6%
Potassium 300mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Hanukkah - Frontier Family

## Potato Latkes

3 cups shredded potatoes, rinsed and patted or squeezed dry  
1/4 cup grated onion  
2 eggs, beaten  
6 saltine crackers, crushed  
1 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 cup vegetable oil

Mix potato, onion, eggs, crackers, salt, and pepper together in a large bowl.

Pour enough vegetable oil into a skillet to fill about 1/2-inch deep; heat over medium-high heat.

Drop spoonfuls of the potato mixture, first pressing potato mixture against the side of the bowl to remove excess liquid, into the hot oil; slightly flatten the latkes into the oil with the back of your spoon so they are evenly thick.

Cook in hot oil until browned and crisp, 3 to 5 minutes per side. Drain latkes on a plate lined with a paper towel.

Makes 6 servings

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1 latke</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 20g	<b>26%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 25mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 280mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Sufganiot (Jelly Donuts)

Donut holes

Jelly

Fill pastry bag with jelly. Insert tip into middle of donut. Squeeze jelly slowly while moving tip around to create a pocket for the jelly.

# National Donut Day

## Great Plains

### Chocolate Chip Donuts

1/4 cup softened butter  
1/4 cup vegetable oil  
1/2 cup granulated sugar  
1/3 cup brown sugar  
1 teaspoon vanilla extract  
2 large eggs  
1-1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon ground nutmeg  
3/4 teaspoon salt  
2-2/3 cups all-purpose flour  
1 cup milk  
3/4 cup mini chocolate chips  
1/2 cup finely chopped chocolate

Preheat the oven to 425°F.

Lightly grease two standard donut pans.

Mix oils, sugars, and vanilla together until smooth.

Add eggs, beating to combine.

Stir in baking powder, baking soda, nutmeg, and salt.

Stir flour into the butter mixture alternately with milk, beginning and ending with the flour and making sure everything is thoroughly combined.

Fold in chocolate chips.

Sprinkle 2 teaspoons chopped chocolate into each of the wells of the doughnut pans, shaking the pans to distribute the chocolate.

Divide the batter evenly between the pans, filling each well to within about 1/4-inch of the rim.

Bake the doughnuts for 10 minutes or until done.

Remove the doughnuts from the oven; wait 5 to 7 minutes before turning them out of the pans onto a rack.

Makes 12 servings, 1 donut each

Source: <http://blog.kingarthurflour.com>

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 donut</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>340</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 6g	<b>30%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 48g	<b>17%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 79mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 145mg	<b>4%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



# National Donut Day - Great Plains

## Baked Lemon Donuts with Lemon Glaze

### Donuts:

2 cups all-purpose flour  
1/2 cup sugar  
1-1/2 teaspoon baking powder  
1/4 teaspoon ground nutmeg  
1/2 teaspoon salt  
3/4 cup buttermilk  
2 eggs  
1/4 cup honey  
2-1/2 tablespoons butter, melted  
1 tablespoon vanilla extract  
Zest from 1 lemon

### Glaze:

1-1/2 cups powdered sugar  
Juice from 1 lemon

Nutrition Facts	
12 servings per container	
<b>Serving size</b>	<b>1 donut</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 40mg	<b>13%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 30g	
Includes 29g Added Sugars	<b>58%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 61mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 64mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Grease a donut pan and preheat the oven to 425°F.

In a large bowl, mix together all the dry ingredients (flour, sugar, baking powder, nutmeg, and salt).

In another bowl, mix together all the wet ingredients (buttermilk, eggs, honey, butter, vanilla, and lemon zest).

Combine the wet and dry ingredients in whatever bowl is largest, and mix until just combined. Don't overbeat.

Spoon the batter into the greased donut pan, filling about 2/3 full.

Bake for 6 to 8 minutes, checking frequently, until they are golden brown, spring back when touched gently and a toothpick will come out clean from the center. Allow to cool for a few minutes, then transfer to a wire rack with a parchment sheet underneath.

To make the glaze, whisk together the powdered sugar and lemon juice until smooth and glossy.

Dip the donuts while they're still warm (but not hot) into the glaze. Place the freshly glazed donut back on the rack, glazed side up.

Makes 12 donuts

# National Donut Day - Great Plains

## Baked Funfetti Donuts

### Donuts:

1 cup all-purpose flour  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon ground nutmeg  
1/3 cup granulated sugar  
1/4 cup milk  
1/4 cup Greek yogurt  
1 large egg  
2 tablespoons unsalted butter, melted  
1-1/2 teaspoons vanilla extract  
1/2 cup rainbow sprinkles

### Glaze:

1/4 cup milk  
2 cups powdered sugar  
1 teaspoon vanilla  
Extra sprinkles to sprinkle on top, optional

Preheat the oven to 350°F degrees.

Spray a donut pan with non-stick spray. Set aside.

Whisk the flour, baking powder, baking soda, nutmeg, and granulated sugar together in a medium bowl. Set aside.

Whisk the milk, yogurt and egg together until smooth.

Add the melted butter and vanilla, whisking until fully combined.

Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix. The batter will be very thick.

Fold in the sprinkles gently to ensure they do not bleed their color.

Spoon the batter into the donut cups, filling 2/3 full.

Bake for 9 to 10 minutes or until the edges are lightly browned. Allow the donuts to slightly cool before glazing.

**For the glaze,** combine the ingredients in a medium saucepan over low heat.

Whisk until the glaze is smooth. Remove from heat and immediately begin dunking the donuts, one by one, into the glaze.

Transfer each donut to a wire rack over a baking sheet to catch the glaze drippings.

Take each donut and dunk again if you have enough glaze leftover. Sprinkle with additional sprinkles.

Makes 12 donuts

**Notes: Donuts** may be covered tightly and stored at room temperature for 2 days. May freeze the glazed or unglazed donuts for up to 2 months, thaw overnight in the refrigerator and heat in the microwave, usually a few seconds.

## Nutrition Facts

12 servings per container  
**Serving size** 1 donut

**Amount per serving**  
**Calories** 210

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 20mg 7%

**Sodium** 100mg 4%

**Total Carbohydrate** 41g 15%

Dietary Fiber 0g 0%

Total Sugars 30g

Includes 25g Added Sugars 50%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 51mg 4%

Iron 1mg 6%

Potassium 47mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# National Donut Day - Great Plains

## Toasted Coconut Donuts

1/4 cup melted coconut oil  
1/4 cup vegetable oil  
1/2 cup granulated sugar  
1/3 cup brown sugar  
1 teaspoon vanilla extract  
2 large eggs  
1-1/2 teaspoons baking powder  
1/4 teaspoon baking soda  
1/2 teaspoon ground nutmeg  
3/4 teaspoon salt  
2-2/3 cups all-purpose flour  
1 cup milk  
1 cup toasted coconut

Preheat the oven to 425°F.

Lightly grease two standard donut pans.

Mix oils, sugars, and vanilla together until smooth.

Add eggs, beating to combine. Stir in baking powder, baking soda, nutmeg, and salt.

Stir flour into the butter mixture alternately with milk, beginning and ending with the flour and making sure everything is thoroughly combined.

Sprinkle 2 teaspoons toasted coconut into each of the wells of the doughnut pans, shaking the pans to distribute the coconut.

Divide the batter evenly between the pans, filling each well to within about 1/4-inch of the rim.

Sprinkle the top of each doughnut an additional 2 teaspoons toasted coconut.

Bake for 10 minutes or until done. Remove the doughnuts from the oven; wait 5 to 7 minutes before turning them out of the pans onto a rack.

Makes 12 servings, 1 donut each

Source: <http://blog.kingarthurflour.com>

## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 donut</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>300</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 13g	<b>17%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 19g	
Includes 14g Added Sugars	<b>28%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 2mg	10%
Potassium 105mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# National Youth Science and Technology Day

Comet Tech

## Atoms

12 sausage links

Cook link sausage on griddle and cool. Cut each link into 6 pieces or bites.

Note: See package for nutritional information.

Pancake mix:

2 eggs

2 cups milk

4 tablespoons oil

2 cups flour

1/2 teaspoon salt

tablespoons sugar

teaspoons baking powder

1. Mix together first 3 ingredients; Add dry ingredients that have been stirred together.

Add the wet ingredients to the dry ingredients and mix well.

Let sit 10 minutes to develop gluten for a more tender Atom.

Add 2 tablespoons of pancake batter to the cake ball pop maker. Take a sausage bite and place in the center of ball and cook until light goes off on pop maker.

Turn over the atoms to cook both sides.

Serve with a little pancake syrup.

Note: Nutritional analysis was completed using 2% milk and vegetable oil.

## Nutrition Facts

8 servings per container

**Serving size** 1/8 of recipe

**Amount per serving**

**Calories** 250

**% Daily Value\***

**Total Fat** 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

**Cholesterol** 50mg 17%

**Sodium** 310mg 13%

**Total Carbohydrate** 33g 12%

Dietary Fiber 0g 0%

Total Sugars 9g

Includes 6g Added Sugars 12%

**Protein** 7g

Vitamin D 1mcg 6%

Calcium 153mg 10%

Iron 2mg 10%

Potassium 136mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Molecules

Pretzel rods

Assorted fruits or cheeses, round fruit balls are best

Skewer the fruit balls on each end of the pretzel rod. (These are the molecules.)

Note: See pretzel package for nutritional information.

# St. Patrick's Day

Country Hearts

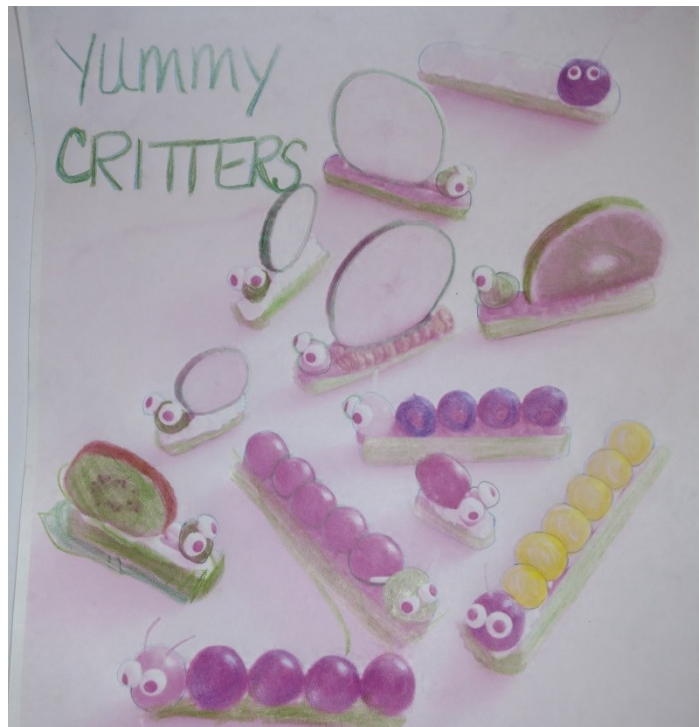
## Yummy Critters

Celery  
Cucumbers  
Kiwi  
Grapes  
Blueberries  
Tomatoes  
Peas  
Guacamole  
Cream cheese  
Cottage cheese  
Hummus

Assemble critters, using any of the ingredients.

Use the guacamole, cream cheese, cottage cheese or hummus to make them stick together.

Note: Nutritional analysis depends on what ingredients are used.



# St. Patrick's Day - Country Hearts

## Irish Soda Bread

- 1-1/2 cups all-purpose flour
- 1/2 cup whole wheat flour
- Sugar substitute equivalent to 2 tablespoons sugar, such as Splenda
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons cold butter
- 1 cup buttermilk, 1%
- 1/2 cup dried currants

In a large bowl, combine the flours, sugar substitute, baking soda and salt; cut in butter.

Stir in buttermilk just until moistened. Fold in currants.

Knead on a floured surface 8-10 times. Shape into a 7-inch round loaf; place on a greased baking sheet.

Bake at 375°F for 20 to 25 minutes or until a toothpick inserted near the center comes out clean. Remove from pan to a wire rack to cool.

Makes 1 loaf, approximately 12 slices

Source: *Taste of Home's Light & Tasty*, February/March 2005

## Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 slice</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 34mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 103mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Super Bowl Sunday

Sharon/Morning Glory

## Crockpot BBQ Chicken Wings

3 pounds chicken wings (approximately 16 wings)

Salt and pepper, to taste

1-1/2 cups barbecue sauce, any variety

1/4 cup honey

2 teaspoons yellow mustard or spicy mustard

2 teaspoons Worcestershire sauce

Hot sauce, to taste, optional

Rinse chicken wings; pat dry. Cut off and discard wing tips then cut each wing at the joint to make two sections. Sprinkle with salt and pepper; place on a lightly oiled broiler pan.

Broil about 4-inches from the heat for 10 minutes on each side or until chicken wings are nicely browned. Transfer chicken to slow cooker.

In a bowl, combine barbecue sauce, honey, mustard, Worcestershire sauce and hot sauce. Pour sauce over chicken wings.

Cover and cook on low for 4 to 5 hours or on high for 2 to 2-1/2 hours.

Serve directly from slow cooker, keeping temperature on low.

Makes about 8 servings, 2 wings each

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

## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>2 wings</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>240</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 540mg	<b>23%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 22g	
Includes 9g Added Sugars	<b>18%</b>
<b>Protein</b> 21g	
Vitamin D 0mcg	<b>0%</b>
Calcium 12mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 150mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Super Bowl Sunday - Sharon/Morning Glory

## Easy Nachos

1 standard size bag (10-ounces) tortilla chips  
1 pound of cheese such as cheddar, Monterrey jack, or Colby jack, shredded  
Optional toppings such as: seasoned ground beef, shredded beef, shredded pork, or shredded chicken, black beans or pinto beans, tomatoes, jalapenos, or chilies, corn, black olives, avocados

Preheat oven to 350°F.

Line a baking sheet with foil or a silicone baking mat.

Spread chips over cookie sheet.

Sprinkle half of the grated cheese over the chips.

Sprinkle toppings over the chips and cheese.

Sprinkle on remaining cheese.

Bake approximately 10 minutes or until cheese is good and melted.

Serve warm with sides such as guacamole, sour cream, or salsa.

## Nutrition Facts

8 servings per container  
**Serving size** 1/8 of recipe

**Amount per serving**  
**Calories** **410**

**% Daily Value\***

**Total Fat** 29g **37%**

Saturated Fat 12g **60%**

*Trans* Fat 0.5g

**Cholesterol** 55mg **18%**

**Sodium** 510mg **22%**

**Total Carbohydrate** 23g **8%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 15g

Vitamin D 0mcg **0%**

Calcium 453mg **35%**

Iron 1mg **6%**

Potassium 43mg **0%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Note: Nutritional analysis was completed without optional toppings.

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



# Super Bowl Sunday – Sharon/ Morning Glory

## Cinnamon Sugar Chex Mix

4-1/2 cups rice cereal squares  
2 cups pecans  
1 cup pretzel twists  
1/4 cup granulated sugar  
1/4 cup packed light brown sugar  
1 Tablespoon ground cinnamon  
1/2 teaspoon kosher salt  
2 large egg whites  
1 teaspoon vanilla extract

Preheat oven to 300°F. Line a baking sheet with parchment. In a large bowl, stir together Chex, pecans and pretzels. In a medium bowl, stir together sugars, cinnamon and salt. In a small bowl, whisk egg whites until frothy. Whisk in the vanilla.

Add the egg whites to the cereal mixture and stir to coat.

Add the cinnamon sugar mixture and stir until all the cereal mixture is fully coated.

Pour onto the prepared pan and spread into an even layer.

Bake for about 35 minutes until crispy and golden brown, stirring halfway through the baking. Cool completely on tray.

Makes 16 servings, approximately 1/2 cup each

Note: Mix may be stored in an airtight container at room temperature for up to 2 weeks.

Source: [www.piesandplots.net](http://www.piesandplots.net)

Nutrition Facts	
16 servings per container	
<b>Serving size</b>	<b>1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 8g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 49mg	<b>4%</b>
Iron 4mg	<b>20%</b>
Potassium 113mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

# Valentine's Day

Prairie Star

## Strawberry Pretzel Dessert

### Crust:

2 cups crushed pretzels  
3/4 cup butter, melted  
3 tablespoons sugar

### Filling:

8-ounces cream cheese, softened  
8-ounces whipped topping  
1 cup white sugar

### Topping:

3-ounces strawberry flavored Jell-O  
2 cups boiling water  
10-ounces fresh strawberries

Preheat oven to 350°F.

Mix together the pretzels, sugar and melted butter.

Press into the bottom of a 9 by 13-inch pan.

Bake for 10 minutes, or until pretzel layer is lightly toasted. Set aside to cool completely.

In a medium bowl, beat the sugar and cream cheese until smooth.

Fold in whipped topping, and mix well to combine.

Spread evenly over the cooled pretzel layer.

Refrigerate until set, about 30 minutes.

In a medium bowl, stir together the strawberry gelatin mixture and boiling water.

Mix in strawberries and refrigerate for 5 minutes.

Pour over the cooled cream cheese layer.

Refrigerate until completely chilled, at least 1 hour.

Makes 16 servings

## Nutrition Facts

16 servings per container

**Serving size** 1/16 of recipe

**Amount per serving**

**Calories** **280**

% Daily Value\*

**Total Fat** 17g **22%**

Saturated Fat 11g **55%**

Trans Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 230mg **10%**

**Total Carbohydrate** 30g **11%**

Dietary Fiber 0g **0%**

Total Sugars 24g

Includes 19g Added Sugars **38%**

**Protein** 2g

Vitamin D 0mcg **0%**

Calcium 22mg **2%**

Iron 0mg **0%**

Potassium 67mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Valentine's Day - Prairie Star

### Chocolate for a Fondue or Fountain

Let the fun begin with this 2 ingredient treat for any occasion!

Ingredients: 1 bag of chocolate chips and 1 tablespoon of coconut oil.

Mix ingredients in a microwave safe bowl.

Cook for one minute at a time, stirring after each minute with a spatula. Be careful! The bowl and the chocolate will get hot. When the chocolate is smooth, add to your fountain or fondue pot.

Notes: Dip your favorites in the chocolate and enjoy! Strawberries, marshmallows, graham crackers, cheesecake and cookies are all yummy in this chocolate treat. Nutritional analysis was completed for fondue only, not what is being dipped in it.

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>1/16 of recipe</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 39mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 76mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.