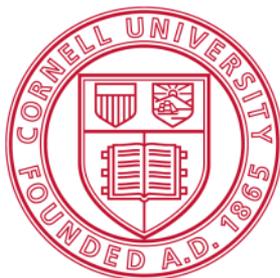


2020
SENECA COUNTY
4-H NY
PRODUCED IN
NEW YORK



Recipe Booklet





Produced in New York State 4-H Food Contest

This educational event gives youth an opportunity to showcase their food preparation and presentation skills. Youth gain skills in ideal nutrition practices while adapting recipes, learning about nutritional value of ingredients and planning well balanced meals to pair their recipes with. The program also encourages youth to learn where foods come from.

This program incorporates two of the three NYS 4-H mission mandates: Healthy Lifestyles and Science, Engineering and Technology.

NYS farmers provide many foods that we all enjoy every day. We would like to offer a great big thank you to the farmers who supply us with healthy, nutritious, economical and diverse foods for our tables each day.

The recipes in this contest booklet feature foods grown and/or produced in New York State. Give these recipes a try – they just might become favorites!





Table of Contents

Apple Muffins — Grace Benjamin.....	2
Fresh Fruit Salad — Hayden Benjamin.....	3
Fruit Salad Pudding — Eliza Farwell.....	4
Orange Creamsicle Milkshake — Abigail Freier.....	5
Blueberry Banana Walnut Bread — Josiah Freier.....	6
Santa Grinch’s — Addilyn Hooker.....	7
Cheesecake — Lucas Hooker	8
Blueberry Pancakes — Zackary Hooker	9
Purple Cow — Bailey Lavarney.....	10
Corn Salad — Kelsey Marshall	11
Crustless Spinach Quiche — Caleb Parsons	12
Ants on a Log & Glass of Milk — Tyler Roorda-Compton	13
Twice Baked Potatoes — Abby Sherry.....	14
Blueberry Sour Cream Cake — Ellie Updike	15
Chili — Amelia Williams.....	16



Apple Muffins

Featuring: Apples, Butter, Eggs, Milk

Ingredients:

- 2 cups flour
- ½ cup granulated sugar
- 3 tsps. baking powder
- 1 ½ tsps. Cinnamon, divided
- ½ tsp. salt
- 2 eggs
- ¾ cup milk
- 1 medium apple, peeled, cored, & finely chopped
- 6 Tbsps. butter, melted
- 1/3 cup Walnuts, chopped
- ¼ cup brown sugar, packed

Directions:

1. Preheat oven to 375 degrees. Coat a 12 cup muffin pan with non stick cooking spray.
2. In large bowl combine flour, sugar, baking powder, 1 tsp. cinnamon, & salt. Mix well.
3. In another large bowl, beat eggs with milk. Stir in chopped apple & melted butter. Add the apple mixture to the flour mixture & stir just until moistened. (Batter will be stiff.)
4. Fill muffin cups 2/3rds full with batter, distributing evenly.
5. Combine walnuts, brown sugar, & ½ tsp. cinnamon. Mix well. Sprinkle nut mixture evenly over batter.
6. Bake for 20 to 25 minutes or until done when toothpick inserted into muffin comes out clean.

Grace Benjamin



Fresh Fruit Salad

Featuring: Apples, Blueberries, Strawberries, Yogurt

Fruit Ingredients:

- 1 cup strawberries, halved
- 1 cup blueberries
- 1 kiwi, peeled & sliced
- 1 banana, sliced
- ½ cup seedless grapes, halved
- 1 apple, cored & chopped

Dressing Ingredients:

- ¾ cup vanilla yogurt
- ¾ tsp. lemon juice
- ½ tsp. sugar
- ¼ tsp. vanilla extract

Directions:

1. In bowl, combine fruit.
2. In a small bowl, combine all other ingredients & mix well.
3. Put fruit in serving dishes.
4. Top each with dressing.

Hayden Benjamin



Fruit Salad Pudding

Featuring: Dairy, Eggs, Strawberries

Ingredients:

- 3 cups of Buttermilk
- 2 boxes of French vanilla pudding mix
- 1 8oz. whipped cream
- 6 cups of fruit
- Crumpled cookie topping

Directions:

1. Mix buttermilk, pudding night before use. Day of fold in whipped cream then fold in fruit. Add cookie crumbs for topping.

Eliza Farwell



Orange Creamsicle Milkshake

Featuring: Dairy

Ingredients:

- 1 cup of orange sherbet
- 1 cup of vanilla ice cream
- 3/4 cup of freshly squeezed orange juice
- ½ cup of milk
- Whipped Cream
- Sliced oranges for garnish

Directions:

1. Combine the sherbet, ice cream, juice and milk in a blender.
2. Blend together until all are completely combined.
3. Pour into a tall glass and top with whipped cream and garnish with a slice of orange. Use a straw if desired and enjoy!

Abigail Freier



Blueberry Banana Walnut Bread

Featuring: Blueberries, Dairy, Eggs

Ingredients:

- ½ cup butter, softened
- 1 cup sugar
- 2 eggs beaten
- 4 ripe bananas
- 1-½ cups flour
- 1 tsp. baking soda
- ½ tsp. salt
- 1 tsp. vanilla
- 1 cup blueberries
- 1 cup chopped walnuts

Directions:

1. Preheat oven to 350 degrees.
2. In the bowl of an electric mixer, add butter and sugar. Cream together on medium speed until light and fluffy, about 3-4 minutes.
3. Add eggs and bananas to mixing bowl. Mix on medium speed until combined.
4. Add flour, baking soda, salt and vanilla to mixing bowl. Mix on low speed until just combined.
5. Add blueberries and walnuts to mixing bowl. Fold in walnuts and blueberries until just combined.
6. Pour batter in a greased and floured loaf pan.
7. Bake for 55 minutes.
8. Turn oven off and leave bread in oven for additional 15 minutes.
9. Cool bread on rack for 10 minutes. Remove from pan to serve and enjoy.

Josiah Freier



Santa Grinch's

Featuring: Grapes, Strawberries

Ingredients:

- 3 strawberries
- 3 green grapes
- 3 banana slices
- 3 mini marshmallows
- 3 skewers

Directions:

1. Peel banana & carefully cut off 3 slices.
2. Cut tops off 3 strawberries.
3. Put on skewer 1 banana slice, then 1 grape, then 1 strawberry, then 1 mini marshmallow.
4. Repeat 2 more times.

Addilyn Hooker



Cheesecake

Featuring: Cream Cheese, Eggs, Sour Cream, Strawberries

Crust Ingredients:

- 1 3/4 cups Graham Cracker crumbs
- 1/3 cup butter, melted
- 1/4 cup sugar

Filling Ingredients:

- 1 cup sugar
- 3 (8oz. pkgs.) cream cheese
- 2 tsps. vanilla extract
- 3 eggs
- 1 cup sour cream

Directions:

1. In bowl, combine crumbs, butter, & 1/4 cup sugar.
2. Press on bottom & 1½ inches up side of an 8 or 9 inch springform pan. Set aside.
3. In bowl, with electric mixer at high speed, beat cream cheese, remaining sugar and vanilla until creamy. Beat in eggs, one at a time. Blend in sour cream. Spread in prepared pan.
4. Bake at 350 degrees for 60 to 70 minutes until center is set. Turn off oven leaving door slightly ajar & leave cheese cake in oven for 1 hour. Remove from oven & chill 4 hours or overnight.

Lucas Hooker



Blueberry Pancakes

Featuring: Blueberries, Dairy, Egg

Ingredients:

- 1 cup flour
- 1 egg
- 1 tsp. salt
- 1 1/8 cups buttermilk
- 1 tsp. baking soda
- 2 Tbsps. butter, melted
- 1/2 cup blueberries

Directions:

1. Preheat & lightly grease a large skillet or electric griddle.
2. Mix the flour, salt, & baking soda together in a bowl. Add the egg, buttermilk, & butter. Stir together lightly, but keep it lumpy. The batter should look thick, spongy, & puffy. Gently stir in blueberries.
3. Drop 1/3 cup batter onto the cooking surface, spreading lightly with bottom of a cup. Cook until lightly browned on each side, 1 to 2 minutes per side.

Zackary Hooker



Purple Cow

Featuring: Dairy, Grape Juice

Ingredients:

- 2 cups purple grape juice
- ½ cup milk
- 1 Tbsp. sugar
- ½ tsp. vanilla extract
- 1 cup ice cream
- 14 ice cubes

Directions:

1. Put all ingredients in blender. Blend well. Enjoy!

Bailey Lavarney



Corn Salad

Featuring: Vegetables

Ingredients:

- 4 cups fresh or frozen corn, defrosted
- 1 cup cherry tomatoes, halved
- 1/3 cup crumbled feta cheese
- 1/4 red onion, finely chopped
- 1/4 cup basil, thinly sliced
- 3 Tbsps. extra-virgin olive oil
- Juice of 1 lime
- Kosher salt
- Freshly ground black pepper

Directions:

1. Toss all ingredients together in a large bowl, then season with salt and pepper.

Kelsey Marshall



Crustless Spinach Quiche

Featuring: Dairy, Eggs, Ham, Vegetables

Ingredients:

- 1 cup chopped onion
- 1 cup sliced fresh mushrooms
- 1 Tbsp. vegetable oil
- 1 package (10 ounces) frozen chopped spinach, thawed and well drained
- 2/3 cup finely chopped fully cooked ham
- 5 large eggs
- 3 cups shredded Muenster or Monterey Jack cheese
- 1/8 teaspoon pepper

Directions:

1. In a large skillet, sauté onion and mushrooms in oil until tender. Add spinach and ham; cook and stir until the excess moisture is evaporated. Cool slightly. Beat eggs; add cheese and mix well. Stir in spinach mixture and pepper; blend well. Spread evenly into a greased 9-in. pie plate or quiche dish. Bake at 350° for 40-45 minutes or until a knife inserted in center comes out clean.

Source: <https://www.tasteofhome.com/recipes/crustless-spinach-quiche/>

Caleb Parsons



Tyler's Ants on a Log & Glass of Milk

Featuring: Dairy, Fruit, Vegetables

Ingredients:

- 1 stalk of celery
- Peanut Butter
- Raisins
- 1 cup whole milk
- 2 spoonfuls of chocolate powder

Directions:

1. Carefully wash & cut off ends of celery. Cut into desired lengths.
2. Spread on peanut butter
3. Top with raisins
4. Pour milk into drinking glass, add chocolate, and stir well.

Tyler Roorda-Compton



Twice Baked Potatoes

Featuring: Bacon, Dairy, Potatoes

Ingredients:

- 4 large baking potatoes
- 8 slices of bacon
- 1 cup of sour cream
- ½ cup of milk
- 4 Tbsps. of butter
- ½ Tbsp. of salt
- ½ Tbsp. of pepper
- 1 cup of shredded cheese (divided)
- 8 green onions (sliced and divided)

Directions:

1. Preheat oven to degrees.
2. Bake potatoes in preheated oven for 1 hour.
3. Meanwhile, place bacon in a large, deep skillet. Cook over medium heat until evenly brown. Drain, crumble and set aside
4. When the potatoes are done, let them cool for 10 minutes. Cut potatoes in half lengthwise and scoop the flesh into a large bowl but save the skins.
5. To the potato flesh, add sour cream, milk, butter, salt, pepper, ½ cup of cheese, and ½ cup of green onions. Mix with a hand mixer until well blended and creamy. Scoop the mixture into the skins. Then top with the remaining bacon, cheese, and onion.
6. Bake for another 15 minutes.

Abby Sherry



Blueberry Sour Cream Cake

Featuring: Blueberries, Eggs, Sour cream

Lemon Glaze Ingredients:

- 1 cup confectioners' sugar
- 2-3 Tbsps. lemon juice

Lemon Glaze Directions:

1. Mix until a smooth consistency and drizzle over cake.

Ingredients:

- 1 cup (8 ounces) sour cream or plain Greek yogurt
- 2 large eggs
- ½ cup oil
- 1 tsp. vanilla
- 1-1/3 cups fresh or frozen blueberries rolled in 2 Tbsps. flour
- 1-½ cups sugar (use 1 cup if concerned about the sugar in the glaze)
- 2 cups flour
- 2 tsp. baking powder

Directions:

1. Lightly spray bundt pan. Preheat oven to 350 degrees.
2. In large mixing bowl, combine the dry ingredients. Set aside.
3. In a separate bowl, beat eggs with sour cream. Pour in the oil and vanilla; mix well. Mix the wet ingredients with the dry ingredients. The batter will be thick. Fold in the blueberries.
4. Bake 40-45 minutes. Let cool in pan for at least 30 minutes before transferring to wire rack to cool completely. Drizzle with lemon glaze when cooled completely.

Ellie Updike



Chili

Featuring: Beans, Beef, Onion, Pepper, Tomatoes

Ingredients:

- 1.25 lbs. lean ground beef
- ½ tsp. salt
- ½ tsp. pepper
- 1 small onion diced
- 1 small green pepper diced
- 1 can (15 oz.) red kidney beans
- 1 can (15 oz.) petite diced tomatoes
- 1 can (10 oz.) tomato sauce
- 1 Tbsp. brown sugar
- 1 Tbsp. chili powder
- Shredded cheese
- Sour cream

Directions:

1. In a large saucepan or soup pot, cook ground beef, salt, pepper, green pepper, and onion over medium-high heat until beef is cooked and no longer pink.
2. Add the remaining ingredients and let it come to a low boil. Once boiling, reduce heat to medium low and let simmer for 15-20 minutes. Recipe can also be prepared in a crock pot (my family's preference).
3. Serve with a sprinkling of shredded cheese and dollop of sour cream.

Amelia Williams

Thank You to our Volunteers!



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