

Child Nutrition & Wellness
Kansas State Department of Education
Presents

**Team Up
for
Smart Snacks
Recipe Challenge
Celebration Edition**

Recipe Booklet

New Summer 2017

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Recipe Challenge – Celebration Edition
Recipe Booklet
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Kansas State Department of Education



“Team Up for Smart Snacks” Recipe Challenge – Celebration Edition



**Wanted – healthy recipes that are
smart snack compliant, taste good and
work well for celebrations!**



Family and Consumer Science educators, students, and School Nutrition Program staff “teamed up” to enhance the healthy school environment. Child Nutrition & Wellness collaborated with Career, Standards and Assessment Services-Career and Technical Education to reach out to schools to encourage them to serve up “smart snacks” for celebrations as part of healthy school initiatives. Schools were challenged to build a team consisting of a Family and Consumer Science educator, one or more students, and a School Nutrition Program staff person. Teams were encouraged to use their ingenuity and food innovation skills to develop recipes that taste great, that students will want to eat, and that meet the “Smart Snacks in School Nutrition Standards.”

Over 102 teams from 24 Kansas Nutrition and Culinary classes took on the challenge. The effort tapped into the creativity of students from large schools, small schools, private schools, high schools and middle schools.

Team submitted their recipes to KSDE Child Nutrition & Wellness. Recipes were evaluated for compliance with the “Smart Snacks in School Nutrition Standards” and judged for taste. Selected recipes are presented in this “Team Up for Smart Snacks Recipe Challenge – Celebration Edition” Recipe Book. We hope you enjoy creating the recipes developed by school teams as part of the “Challenge” experience!



Berry Whipped Waffles

HACCP: Other

Recipe Source: Eisenhower High School USD 265

Team: Eisenhower White

Ingredients	6 servings		Directions
	Weight	Measure	
Waffles: Almond Milk, vanilla, unsweet. Eggs, large Stevia Vanilla extract Kamut flour Oil, soybean or other	8 oz. 4 oz. - - - 5 oz	1 c. 2 each 1 T. 1 tsp. 2 ¾ c. 1 T.	1. Wash and sanitize equipment to be used. Wash hands. 2. Preheat waffle iron on medium heat. 3. Mix dry ingredients (Stevia and flour) in a large bowl. 4. Mix liquid ingredients (almond milk, eggs, vanilla, oil) in a separate bowl. 5. Make a well in the center of the bowl of the dry ingredients and pour liquid ingredients into the well. Incorporate until blended.
Berry whipped cream: Strawberries, fresh or frozen Blackberries, fresh or frozen Raspberries, fresh or frozen Reddi whip, low fat, low calorie Spearmint leaves, fresh, chopped Spearmint leaves		¼ c. ¼ c. ¼ c. 2 T. 2 T. 6 each	6. If using fresh berries, rinse, and remove tops of the strawberries. 7. Mash berries until consistency of a thick liquid like substance (or pulse in a food processor). 8. Chop the fresh spearmint and add it to the berry puree. 9. Add half of the berry puree to the whipped cream into a bowl. 10. Pour 1 cup batter into waffle iron and cook until golden brown. 11. Place cooked waffle on a plate, dollop with 1 T of berry whipped cream and drizzle with 1 T of berry puree on top of the berry whipped cream. 12. Garnish with a spearmint leaf.

Serving Size (ounces)	Serving Size (grams)	Yield
7 ounces	200 grams	6 Waffles

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	183	Calories from Fat	46
Total Fat	5.29 g	Sodium	47.2 mg
Saturated Fat	1.06 g	Sugars	2.5 g
Trans Fat	0 g		

Team: Eisenhower White
FACS Educator: LaDena Laha
Nutrition Program Representative: Eileen Blick
Students: Matt Marrissey, Lauren Herron, Kiley Jeffries

Parfait Bites

HACCP: Process 1

Recipe Source: Fredonia High School USD 484

Team: Fredonia Jr Sr Culinary Team 1

Ingredients	12 servings		Directions
	Weight	Measure	
Strawberries, fresh, medium Yogurt, low fat vanilla Granola, low fat	1 pint 16 oz.	20 each 2 c. 12 T. (3/4 c.)	<ol style="list-style-type: none"> 1. Wash and sanitize hands, utensils and equipment. 2. Rinse and remove tops from the strawberries. 3. Cut 3 strawberries into slices, top to bottom, to yield 12 slices. 4. Blend together the remaining strawberries and yogurt in a blender or food processor. 5. Portion and place the granola into the cups of a muffin pan lined with 12 cupcake liners. 6. Portion and pour the yogurt blend over the granola. 7. Garnish with a strawberry slice. 8. Freeze for a few hours. 9. Remove from the freezer about 5 minutes before service. 10. Hold cold at 41°F or below.

Cupcake liners.

Serving Size (ounces)	Serving Size (grams)	Yield
2 ounces	56.70 grams	12 parfait bites

This fruit product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	73	Calories from Fat	9.9
Total Fat	1.17 g	Sodium	37.4 mg
Saturated Fat	0.39 g	Sugars	3.29 g
Trans Fat	0 g		

Team: Fredonia Jr Sr Culinary Team 1
FACS Educator: Tricia Couch
Nutrition Program Representative: Joyce Whitson
Students: Jordan Smith, Caedyn Hauge, Brianna Freeman

Flavor-packed Gingerbread Cookies

HACCP: Other

Recipe Source: Macksville High School USD 351

Team: Nutrition and Wellness Red Team

Ingredients	36 servings		Directions
	Weight	Measure	
Flour, white whole wheat Flour, all purpose Baking soda Ginger, ground Cinnamon, ground Allspice Cloves, ground	1.13 oz. 1.14 5.84 oz.	1 5/8 c. 1 3/8 c. 1 tsp. 2 tsp. 1 tsp. 1/2 tsp. 1/4 tsp.	1. Wash and sanitize hands, utensils and equipment. 2. In a medium mixing bowl, combine flour, baking soda and spices.
Margarine ,softened Sugar, brown, firmly packed Applesauce Egg, fresh Molasses, dark	1 1/2 oz. 5.78 oz. 4.3 oz. 2 oz. whites 3.7 oz.	3 T. 3/4 c. 1/2 c. 2 each 1/3 c.	3. In a large mixing bowl, beat the margarine, sugar and applesauce until smooth. 4. Separate egg whites from the egg yolks and add the whites to the bowl. 5. Add molasses and mix well. 6. Add dry ingredient blend to the wet ingredient blend. Mix well. 7. Divide the dough into 2 flat sections; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
Flour, all purpose Jelly beans, small or similar candy		Dusting 72 pieces	8. Preheat conventional oven to 350°F. 9. Take one dough section from refrigeration at a time. Generously dust the working surface with flour. Roll the dough out to 1/4 inch thickness, sprinkle a little flour on top of the dough if it's a little sticky. (We rolled between waxed paper.) If dough is too soft, put rolled dough in freezer for about 10 minutes to more easily separate it from the waxed paper. 10. Cut the gingerbread with a cookie cutter shape of your choice. 11. Place cookie 1 or 2 inches apart on a silpat-lined baking sheet or cookie sheet lined with parchment paper. Bake 10-12 minutes; cookies should still be a bit puffy and soft. 12. Place 2 candies for buttons on the warm cookie. 13. Remove from pan to cooling rack.

Plastic wrap; wax paper; parchment paper

Flavor-packed Gingerbread Cookies, continued

Serving Size (ounces)	Serving Size (grams)	Yield
.9 ounce (slightly less than an ounce)	26 grams	36 cookies

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	81	Calories from Fat	12
Total Fat	.99 g	Sodium	49.9 mg
Saturated Fat	0.21 g	Sugars	8.3 g
Trans Fat	0 g		

Team: Nutrition and Wellness Red Team
FACS Educator: Terri Renfro
Nutrition Program Representative: Joy Sallee
Students: Jennifer Ortiz, Jenna Russell

Santa's Tortilla Snacks

HACCP: Other

Recipe Source: Macksville High School USD 351

Team: Nutrition and Wellness Gray Team

Ingredients	12 servings		Directions
	Weight	Measure	
Tortillas, whole wheat, 6" Taco seasoning mix, dry, low sodium Cooking spray	10 oz.	6 each 1 T. Light spray	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 375°F. 3. Cut tortillas with Christmas cookie cutters into desired shapes or cut into quarters. 4. Lightly spray tortilla shapes with pan spray so taco seasoning will stick. 5. Sprinkle with taco seasoning mix. 6. Bake for 6-8 minutes.
Salsa, low sodium	12 oz.	1 ½ c.	7. Serve with salsa

Serving Size (ounces)	Serving Size (grams)	Yield
½ tortilla 1 ounce salsa	42 grams	12 servings

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	58	Calories from Fat	9
Total Fat	1.06 g	Sodium	196 mg
Saturated Fat	0.51 g	Sugars	0.08 g
Trans Fat	0 g		

Team: Nutrition and Wellness Gray Team
FACS Educator: Terri Renfro
Nutrition Program Representative: Joy Sallee
Students: Jaxton Knorr, Vanessa Ramirez, Kevin Waters

Tuity Fruity Fun Pops

HACCP: Process 1

Recipe Source: Woodson USD 366 Yates Center High School

Team: Jalyssa

Ingredients	10 servings		Directions
	Weight	Measure	
Blueberries, frozen, unsweetened Bananas, medium Yogurt, Greek, low fat plain	14 oz. 8 oz.(12 oz.AP) 14 oz.	1 package 2 each 2 cont.	<ol style="list-style-type: none"> 1. Wash and sanitize hands, utensils and equipment. 2. Peel and slice bananas. Place a banana slice in the bottom of each 4 oz. dixie cup. 3. Portion and spoon the yogurt into the cups on top of the banana slices 4. Portion and sprinkle 1 cup of the frozen blueberries on top of the yogurt. 5. Blend the remaining 2 cups of blueberries and the rest of the banana slices until smooth. Portion and spoon the fruit blend into the cups on top of the yogurt and blueberries. 6. Stir together the granola and honey in a small bowl. Sprinkle the coated granola on top of the fruit blend. 7. Cover each cup with plastic wrap or foil. Insert a popsicle stick into the center of the cup, held in position by the wrap/foil. Freeze until firm. Hold frozen at 0°F or below.
Granola Honey		1 c. 2 T.	

4 oz plastic dixie cups; popsicle sticks, foil or plastic wrap

Serving Size (ounces)	Serving Size (grams)	Yield
4 ounces	113.4 grams	10 pops

This fruit product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	135	Calories from Fat	18.9
Total Fat	2.1 g	Sodium	34 mg
Saturated Fat	0.69 g	Sugars	11.14 g
Trans Fat	0 g		

Team: Jalyssa
FACS Educator: Kacey Preston
Nutrition Program Representative: Andrea Denoon
Students: Jaylie Weseloh, Alyssa Ballin, and Essy Vargus

Smoothie Surprise

HACCP: Process 1

Recipe Source: Woodson USD 366 Yates Center High School
Team: Dafodill

Ingredients	servings		Directions
	Weight	Measure	
Strawberries, fresh	10 oz.(12oz.AP)	1 ½ c.	1. Wash and sanitize hands, utensils and equipment. 2. Blend all ingredient in a blender or food processer to a smooth consistency. 3. Hold cold at 41°F or below.
Bananas, medium	8 oz.(12oz.AP)	2 each	
Ice		2 c.	
Orange juice		1 c.	
Yogurt, Greek, honey vanilla	10.6 oz.	2 cont.	

Serving Size	Serving Size (grams)	Yield
8 ounces (1 cup)	226.8 grams	8 servings

This fruit product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	79	Calories from Fat	2.7
Total Fat	0.31 g	Sodium	13.6 mg
Saturated Fat	0.09 g	Sugars	11.18 g
Trans Fat	0 g		

Team: Dafodill
FACS Educator: Kacey Preston
Nutrition Program Representative: Andrea Denoon
Students: Sydnee Kobel and Cheyanne Floyd

Banana Protein Pancakes

HACCP: Other

Recipe Source: Montezuma USD 371 South Gray High School
Team: Nutrition Team #1

Ingredients	6 servings		Directions
	Weight	Measure	
Banana, fresh, medium	4 oz.(6 oz AP)	1 each	1. Wash and sanitize hands, utensils and equipment. 2. Peel the banana, mash and put into a blender or food processor. 3. Beat eggs and add to the blender. 4. Add protein powder, cinnamon, and flour to the blender. 5. Blend batter until smooth.
Eggs, fresh, large	4 oz.	2 each	
Protein powder, whey, vanilla	1 oz.	¼ c.	
Cinnamon, ground	-	⅛ tsp.	
Flour, whole wheat	3 oz.	¼ c.	
Cooking spray		Light sprays	6. Heat skillet sprayed with cooking spray. 7. Pour ¼ cup batter into the skillet. 8. Evenly cook each side of the pancake until fully cooked.

Serving Size (ounces)	Serving Size (grams)	Yield
1.6 ounces	45.36 grams	6 pancakes

This protein product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	74	Calories from Fat	18
Total Fat	2.15 g	Sodium	33 mg
Saturated Fat	0.5 g	Sugars	2.6 g
Trans Fat	0 g		

Team: Nutrition Team #1
FACS Educator: Audrey Maxwell
Nutrition Program Representative: Martha Ohnick
Students: Jeremy Berg, Kaylia Colbert, Brock Davis, Abram Enns, Kaylee Gleason

Cauliflower Crust Pizza

HACCP: Process 2

Recipe Source: Montezuma USD 371 South Gray High School
Team: Nutrition Team #2

Ingredients	15 servings		Directions
	Weight	Measure	
Tomato, Roma, fresh, medium Jalapeno pepper, fresh Onion, fresh, medium Garlic, fresh Olive oil, virgin	18 oz. 1 oz. 4 oz.	9 each 1 each ½ each 12 cloves 1 T. + 1 tsp	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 375°F. 3. Rinse tomato and cut into large dices. 4. Rinse jalapeno peppers, removes seeds and cut into large dices. 5. Peel and cut onion into large dices. 6. Peel garlic and separate into cloves. 7. In a mixing bowl, combine olive oil, tomato, peppers, onion, and garlic, coating the ingredients well. 8. Place the coated vegetables in a casserole dish and roast until the tomatoes are brown on the outside. Remove from the oven and allow to cool slightly (5 minutes). 9. Place cooked vegetables in a blender or food processor and blend to make a sauce.
Ground beef, lean	8 oz.		10. In a skillet cook ground beef to a proper internal temperature of 160°F of higher. Drain off excess fat.
Cauliflower, fresh Egg, fresh, large Cheese, parmesan, grated Italian seasoning Garlic, fresh Salt	2 lbs. 2 oz.	1 head 1 each ½ c. 1 T. ½ tsp. ½ tsp.	11. Preheat conventional oven to 450°F. 12. Rice the cauliflower and put into a microwavable bowl. Microwave for 5-8 minutes. Press out excess water from cooked cauliflower, using a fine mesh strainer or paper towel. 13. Peel and crush garlic. 14. Combine cauliflower, egg, parmesan cheese, Italian seasoning, crushed garlic and salt to make a dough. 15. Spray a muffin tin. Portion and pat the dough into each cup. Bake dough for 10-15 minutes in muffin tin. Remove from oven.
Cheese, mozzarella, shred Peppers, green	4 oz. 3 oz.		16. Rinse bell peppers, removes seeds and cut into small dices. 17. Add sauce to the crust, then cooked beef, shredded cheese, and diced bell peppers. 18. Bake again to melt cheese, heat sauce, and cook the peppers.

Cauliflower Crust Pizza

Serving Size (ounces)	Serving Size (grams)	Yield
5 ounces	143 grams	15

This vegetable product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	83	Calories from Fat	22.5
Total Fat	2.5 g	Sodium	192 mg
Saturated Fat	0.8 g	Sugars	1.3 g
Trans Fat	0 g		

Team: Nutrition Team #2
FACS Educator: Audrey Maxwell
Nutrition Program Representative: Martha Ohnick
Students: Terry Guenther, Marcelo Neufeld, Gwen Racy, Kinsey Riley, Brvanna Sidebottom