



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**



SOUTH DAKOTA 4-H
***Special Foods
Recipe Book***
2021 - 2024

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Dairy



Purple Cow

Collin Zirbel, Day County

Ingredients

- » 1 c. milk
- » 1 c. vanilla yogurt
- » $\frac{3}{4}$ c. grape juice concentrate
- » 14-15 ice cubes

Directions

Put ingredients into blender. Blend until smooth.

Peach Sunrise

Elliot Johnson, Codington County

Ingredients

- » 1 c. milk
- » 1 c. peach yogurt
- » 1 $\frac{1}{2}$ c. frozen peaches
- » $\frac{1}{4}$ tsp. cinnamon

Directions

In a blender add your milk, yogurt, frozen peaches, and cinnamon. Blend until smooth and serve.

Makes 2 servings.

Orange Julius

Greyson Warrington, Brown County

Ingredients

- » 2 c. milk
- » 1 tsp. vanilla
- » ½ c. orange juice concentrate
- » ½ c. ice

Directions

Combine milk, vanilla and orange juice concentrate in a blender. Add ice cubes. Blend and pulse until completely smooth. Serve immediately with an orange slice to garnish.

Makes 4 servings.

Groovy Smoothie

Corley Atyeo, Deuel County

Ingredients

- » 1 ½ c. strawberries, frozen
- » 1 ¼ c. vanilla low-fat yogurt
- » ¾ c. milk
- » 10 ice cubes
- » Fresh strawberries for garnish

Directions

Using a table knife, cut 1 banana into chunks. Put banana chunks, 1 ½ c. frozen strawberries, 1 ¼ c. yogurt and ¾ c. milk into blender. Cover blender with the lid and blend at high speed for about 1 minute or until the mixture is smooth. Pour drink into pitcher and glass. Garnish with straw and fresh strawberries.

Makes 2 servings.

Hommerun Oreo Shake

Finn Muntefering, Hutchinson County

Ingredients

- » ½ c. milk
- » 2 c. ice cream
- » ⅓ c. vanilla protein powder
- » ½ T. chocolate
- » 1 c. crushed Oreo's

Directions

Combine all ingredients in the blender and blend well. Garnish with ½ Oreo.

Magnificent Macaroni and Cheese

Ruby Bonn, Hughes/Stanley County

Ingredients

- » 6 c. water
- » ½ c. whole milk
- » 8 oz. Velveeta cheese, cubed
- » 3 c. macaroni
- » 1 tsp. salt
- » ½ tsp. pepper
- » Smoked paprika
- » Bacon crumbles

Directions

Boil water over high heat. Add macaroni and boil uncovered until noodles are soft. Drain and return to pan. Add milk, cheese, salt and pepper. Cook on low until the cheese melts. Garnish with smoked paprika and bacon crumbles.

Makes 3 servings.

Chocolate Cooler Drink

Greyson Warrington, Brown County

Ingredients

- » 3 c. vanilla ice cream
- » 2 c. skim milk
- » 15 tsp. chocolate syrup
- » 2 T. malt mix
- » 5 ice cubes

Directions

Put vanilla ice cream in blender. Add milk, chocolate syrup, malt mix and ice. Cover and blend until smooth. Pour into glasses. Garnish with whipped topping and miniature chocolate chips.

Makes 4 servings.

Triple Berry Special

Kolt Johnson, Codrington County

Ingredients

- » 1 c. frozen sliced strawberries
- » 1 c. frozen raspberries
- » ½ c. frozen blueberries
- » 1 c. milk
- » ½ c. buttermilk
- » 1 ½ c. strawberry yogurt
- » 2 T. honey
- » 1 T. flax meal

Directions

Put all ingredients into the blender and mix until smooth. Pour into a chilled glass and enjoy!

Makes 3 servings.

Perfect Berry Smoothie

Kaylin Gjernes, Brookings County

Ingredients

- » 1 c. frozen blueberries
- » 1 c. frozen strawberries
- » 1 frozen banana
- » 1 c. plain yogurt
- » 1 c. milk
- » 1 tsp. vanilla extract

Directions

Add all ingredients in order to blender and blend until smooth. Enjoy!

Makes 2 servings.

Summer Strawberry Smoothie

Olivia Effling, Marshall County

Ingredients

- » 1 ½ c. strawberry yogurt
- » ½ c. milk
- » 1 T. honey
- » 1 c. fresh strawberries, washed and stems removed
- » 5 ice cubes

Directions

Place all ingredients in blender. Mix on high until completely blended. Pour into 2 glasses and enjoy!

Makes 2 servings.

Homemade Mac and Cheese

Micah Stern, Brookings County

Ingredients

- » 1 T. butter
- » ¼ tsp. salt
- » 4 oz. Velveeta cheese
- » 2 c. macaroni of choice
- » ¼ c. flour
- » 2 c. milk
- » 8 oz. shredded cheddar cheese
- » 10 Ritz style crackers

Directions

Heat oven to 350 degrees. Cook macaroni according to instructions on package. Drain macaroni and set aside. Melt butter in large saucepan on low heat. Stir flour and salt into butter in saucepan. Cook and stir for 1 minute. Gradually stir in milk until well blended. Cook and stir until thickened. Add Velveeta and 1 ½ c. cheddar cheese. Cook until melted, stirring frequently. Stir in macaroni. Spoon mixture into a casserole dish. Top with remaining cheddar cheese and crackers. Bake for 20 minutes or until heated through. Garnish and serve.

Strawberry Banana Smoothie

Gracie Feldhaus, Beadle County

Ingredients

- » 1 c. frozen bananas
- » 1 ½ c. frozen strawberries
- » 1 c. milk
- » ⅓ c. orange protein powder
- » ½ c. vanilla yogurt

Directions

Add all ingredients to a blender and pulse until desired consistency. Garnish with strawberry.

Chicken Enchiladas

Rayven Dutenhoffer, Brown County

Ingredients

- » 3 T. butter
- » 3 T. flour
- » About 1 c. heavy whipping cream
- » About 1 c. chicken broth
- » 1 c. sour cream
- » 3 c. shredded cheese
- » 2 – 16 oz. cans chicken (cubed/ shredded)
- » 8 – 9” soft shells
- » 1 red bell pepper

Directions

Pre-heat oven to 350 degrees. Open cans of cubed chicken and drain excess broth into glass measuring up and set aside. Combine chicken, sour cream, and 2 c. cheese in a bowl. Spoon evenly into tortillas. Then roll up and place in 9x13 in. greased baking pan. Set aside. Melt butter in saucepan and add flour. Add heavy whipping cream to the reserved chicken broth until the mixture measures 2 c. Then pour into a saucepan. Cook on medium heat whisking occasionally until it gets bubbly. Chop the red pepper and add to the saucepan mixture. Pour evenly over the tortillas in the baking pan. Top with remaining cheese. Bake for 20 minutes and then broil on high for 3 minutes.

Makes 4 servings.

Rainbow Smoothie

Kaylin Gjernes, Brookings County

Ingredients

- » 1 c. milk
- » 1 c. vanilla yogurt
- » 2 c. frozen strawberries
- » ½ c. frozen blueberries
- » 1 frozen banana

Directions

Blend together and top with whip cream and sprinkles.

Makes 2 servings.

Chloe's Personal Pizza

Chloe Olivier, Moody County

Ingredients

- » 1 – 6 oz. can Italian Style Tomato Paste
- » 3 – 6 inch flat bread style pitas
- » 6 oz. water
- » 1 – 8oz. block of cheddar cheese
- » 1 T. Honey
- » 1 – 8 oz. block of mozzarella cheese
- » 1 T. grated parmesan cheese
- » 1 – 22 oz. container cottage cheese
- » 1/8 tsp. ground black pepper
- » Italian seasoning
- » Fresh chives

Directions

Place the tomato paste, water, honey, parmesan cheese and black pepper in a small mixing bowl. Whisk together. Spread desired amount of sauce on each pita and spread evenly to the edges using a knife, off-set spatula, or basting brush. Cut the block of cheddar cheese into 6 to 8 pieces. Place the cheddar cheese in the food processor, one piece at a time and shred. Remove cheddar cheese into a bowl. Cut the block of mozzarella cheese into 6 to 8 pieces. Place the mozzarella cheese in a food processor, one piece at a time and shred. Remove the mozzarella into a bowl. In a mixing bowl, combine 1/2 c. of the shredded cheddar cheese, 1/2 c. of the shredded mozzarella cheese, and 1 c. cottage cheese. Stir to combine. Scoop 1/3 of the mixture onto each pita and spread with a spatula to near the edge of the pizza. Sprinkle Italian Seasoning to taste onto each personal pizza and bake at 350-degrees for 15 minutes. Remove from oven. Garnish with freshly chopped chives.

Makes 3 servings.

Orange Julius

Bailey Gjernes, Brookings County

Ingredients

- » 2 c. milk
- » 1/2 c. orange juice concentrate
- » 1/4 c. sugar
- » 1 tsp. vanilla
- » 1/2 c. crushed ice

Directions

Combine milk, orange juice concentrate, sugar, and vanilla in a blender. Mix for 25 seconds. Add ice and mix until blended.

Makes 2 servings.

Cheesy Queso Dip and Tortilla Chips

Micah Stern, Brookings County

Ingredients

- » 2 ½ c. cheddar cheese, freshly shredded
- » ½ T. butter
- » ¼ c. onion, very finely chopped
- » 1 small tomato, finely diced (¾ c.)
- » 4 oz. can chopped green chiles, fire roasted
- » 1 T. and 1 tsp. dried cilantro or ¼ c. fresh cilantro, finely chopped
- » 2-3 T. milk
- » 1 T. cornstarch
- » 1 large garlic clove, minced
- » 12 oz. evaporated milk (1 can, not low fat)
- » ¼ tsp. onion powder
- » ¼ tsp. garlic powder
- » ¼ tsp. cumin
- » Tortilla chips

Directions

Mince garlic, chop onion, and dice tomato. Place cheese and cornstarch in a bowl, toss to coat. Melt butter over medium heat in a large saucepan or small pot. Add garlic and onion, cook slowly for 3 minutes or until onion is translucent but not browned. Add tomato (including juices) and cook for 2 minutes until tomato is slightly softened. Add evaporated milk and cheese. Stir, then add chiles and spices. Stir until cheese melts and it becomes a silky sauce. Add salt to taste – amount required depends on saltiness of cheese used – and stir through cilantro. Stir in milk or water to adjust consistency – the dip thickens when it cools, and milk can be added later to adjust to taste. Remove from heat. Serve warm or at room temperature – it will be soft and scoopable even when it cools. Put queso in a bowl with tortilla chips, garnish, and serve.

Strawberry Smoothie

Abigail Johnson, Brown County

Ingredients

- » 2 c. frozen strawberries
- » 1 c. milk
- » ½ c. buttermilk
- » 1 ½ c. strawberry yogurt
- » 2 T. honey

Directions

Plug in blender. Put all ingredients into blender. Hold lid and blend. Unplug blender and pour into frozen glasses. Garnish with a strawberry.

Makes 3 servings.

Orange Dreamsicle Smoothie

Trevor Johnson, Sanborn County

Ingredients

- » 2 c. ice
- » 1 c. orange juice
- » 1 c. vanilla yogurt
- » ½ tsp. vanilla

Directions

Blend all ingredients in blender until smooth. Serve and enjoy!

Hawaiian Pizza

Lauren Patten, Turner County

Ingredients

- » 1 ½ c. all purpose flour
- » 1 ½ tsp. baking powder
- » ½ tsp. salt
- » ¾ tsp. garlic powder
- » ½ tsp. onion powder
- » 1 c. plain Greek yogurt
- » ½ c. pizza sauce
- » 3 oz. mozzarella cheese
- » ½ c. pineapple pieces
- » 18 small Canadian bacon slices
- » Fresh, chopped basil

Directions

In a large mixing bowl, combine 1 c. flour and baking powder. Mix in garlic and onion powder and salt. Add in the Greek yogurt, stir until combined. Add up to an additional ½ c. flour to ensure the dough is not sticky and can be formed into a ball. Generously flour a clean surface and rolling pin and roll the dough thinly. Transfer to a baking sheet that has been sprayed with cooking spray before topping the dough with sauce and desired toppings. Preheat oven to 475 degrees and bake on the bottom rack for 12-18 minutes.



Fruits



Summer Fruit Salad

Kaylin Gjernes, Brookings County

Ingredients

- » 1 c. blueberries
- » 1 ¼ c. drained mandarin oranges (a whole large can)
- » 2 c. grapes halved
- » ½ c. vanilla yogurt
- » 1 tsp. vanilla extract
- » ¼ teaspoon lemon juice
- » ½ teaspoon sugar

Directions

Mix the yogurt, vanilla extract, lemon juice, and sugar in a small bowl and set aside. Mix the fruit in a large bowl. Drizzle the yogurt mixture over the fruit and gently fold. Garnish with granola.

Makes 5 servings.

Orange Julius

Lee Kreutner, Codrington County

Ingredients

- » 16 ice cubes
- » ¾ c. frozen orange juice concentrate
- » 1 tsp. vanilla
- » 1 c. milk
- » 1 c. water
- » ⅓ c. sugar

Directions

Put all ingredients into blender jar. Blend until smooth. Serve.

Summer Fruit Salad

Jack Kreutner, Codington County

Ingredients

Sauce:

- » ¼ c. vanilla yogurt
- » 1 T. honey
- » 1 T. orange juice

Fruit:

- » 2 medium bananas
- » 1 apple cut into pieces
- » ½ c. strawberries,
halved
- » ½ c. seedless grapes,
halved

Directions

Mix sauce ingredients in a small bowl. Put in refrigerator to chill. Peel bananas, slice into large bowl. Cover completely with other fruit. Just before serving, pour dressing over fruit and toss until fruit is coated.

Makes 4 servings.

Strawberry Banana Smoothie

Eli McCloud, Kingsbury County

Ingredients

- » ½ c. sugar
- » ¾ c. orange juice
- » ½ c. vanilla yogurt
- » ¾ c. strawberry yogurt
- » 1 ¼ c. strawberries
- » 1 c. banana
- » 10-12 ice cubes

Directions

Combine all ingredients in blender. Blend smooth.

Makes 4 servings.

Beet the Heat Smoothie

Easton Flisrand, Codington County

Ingredients

- » 14.5 oz. can sliced beets
- » 1 large green apple
- » 2 c. frozen mango
- » 1 banana
- » 1 c. water
- » 10 ice cubes

Directions

Drain juice from beets. Chop the apple, leaving the skin on. Break the banana into pieces. Blend until smooth. Add more water if needed.

Makes 2 servings.

Strawberry Banana Smoothie

Grace Fossum, Union County

Ingredients

- » 1 c. milk
- » ½ c. plain nonfat Greek yogurt
- » 2 c. bananas
- » 1 c. frozen blueberries
- » 1 c. frozen strawberries

Directions

Put milk, Greek yogurt, sliced bananas, frozen blueberries, and frozen strawberries into a blender. Blend until smooth.

Makes 4 servings.

Triple Berry Parfait

Kolt Johnson, Codrington County

Ingredients

- » ¼ c. blueberries
- » ¼ c. raspberries – halved
- » ½ c. strawberries – diced
- » ¼ c. crushed graham crackers
- » 6 oz. vanilla yogurt

Directions

Wash berries and cut up. Crush graham crackers in a bag to get ¼ c. Layer starting with fruit, yogurt, and finally crushed graham crackers. Garnish with fresh raspberry, blueberry, and mint leaf. Serve.

Makes 2 servings.

Fabulous Fruit Salad

Sophie Jahraus, Campbell County

Ingredients

- » 1 box instant vanilla pudding mix (3.4 oz.)
- » ½ c. pineapple juice
- » 1 c. pineapple tidbits
- » ½ c. blueberries
- » 1 c. banana, sliced
- » 2 T. maraschino cherry juice
- » 1 c. strawberries, quartered
- » ½ c. grapes, halved
- » ½ c. maraschino cherries, halved

Directions

In a large bowl, combine pudding mix, pineapple juice, and cherry juice. Whisk well to make smooth glaze. Next add in all the fruit. Pour into cup and enjoy!

Makes 6 servings.

Tangy Fruit Salad

Elise Ulvestad, Brookings County

Ingredients

- » 1 ½ c. fresh pineapple chunks
- » 1 c. strawberries, hulled and quartered
- » 1 c. sliced bananas (or 1 large banana)
- » ½ c. fresh mandarin orange slices
- » ½ c. blueberries
- » Dressing:
- » 2 T. lime juice
- » 1 T. honey
- » 1 tsp. poppy seeds

Directions

In a large bowl toss pineapple, strawberries, bananas, oranges, and blueberries. In a smaller bowl combine dressing ingredients. Gently fold the dressing into the fruit bowl until all ingredients are coated with dressing. Cover and chill in the fridge before serving.

Makes 4 servings.

Strawberry-Peach Smoothie

Holly Greiner, Brookings County

Ingredients

- » 1 ripe banana peeled and broken into 4 pieces
- » 1 T. honey
- » 1 c. frozen strawberries
- » 1 c. frozen peaches
- » 1 c. Greek plain yogurt
- » ¼ c. orange juice

Directions

Place banana and honey in blender. Process until smooth. Add strawberries, peaches, yogurt and orange juice. Scrape the sides of the blender. Continue process until smooth. Pour into glasses and serve.

Makes 2 servings.

Refreshing Fruit Salad

Abraham Larson, Codington County

Ingredients

- » ¾ c. orange juice
- » ¾ c. lemonade
- » 1 c. frozen strawberries
- » 1 c. ice cubes
- » 1 c. banana

Directions

Mix all ingredients well in a blender and serve

Makes 4 servings.

Red, White and Blue Salad

Sara Greiner, Brookings County

Ingredients

- » 2 c. quartered strawberries
- » 1 diced apple
- » 2 c. blueberries
- » 2 tsp. sugar
- » ½ c. walnut pieces
- » 1 c. mini marshmallows
- » 1 c. cool whip

Directions

Dice strawberries into quarter pieces, core and dice the apple. Gather up the walnut pieces, blueberries, and mini marshmallows, keep separate. Toss strawberries, apple, and blueberries in a big mixing bowl with sugar. Fold in walnut pieces and mini marshmallows to sugared fruits and toss to combine. Top each serving with a generous dollop of cool whip or homemade whipped cream and extra walnut or berries as a garnish.

Makes 6 servings.

Honor's Berry Blast

Honor Stern, Brookings County

Ingredients

- » 1 c. strawberries
- » 1 c. blueberries
- » 1 T. honey
- » 1 c. raspberries
- » 2 c. milk

Directions

Measure all of the ingredients and put them in the blender. Blend until smooth. Pour into three glasses. Garnish and serve.

Strawberry-Banana Smoothie

Emily Leitheiser, Hanson County

Ingredients

- » 2 bananas (frozen)
- » 2 c. strawberries
(frozen 16 oz.
container)
- » 2 c. milk
- » 1 c. strawberry yogurt

Directions

Put all ingredients into blender and blend until well mixed. Serve immediately.

Makes 4 servings.

Summer Senska

Summer Senska, Sanborn County

Ingredients

- » 2 c. frozen mixed berries
- » 1 ¼ c. milk
- » ½ c. Greek vanilla yogurt
- » ½ c. fresh spinach leaves
- » 1 tsp. vanilla
- » 1 tsp. honey
- » 1 tsp. lemon juice

Directions

Put all ingredients into blender and blend until smooth. Pour into 3 serving glasses and enjoy while cold.

Makes 3 servings.

Dutch Baby Apple Pancakes

Heidi Carlson, Kingsbury County

Ingredients

- » ¼ c. all-purpose flour
- » 1 ½ tsp. sugar plus 2 T. sugar
- » ½ tsp. salt
- » ¼ c. milk
- » 1 egg, lightly beaten
- » 1 T. butter plus 2 T. butter
- » 3 c. chopped peeled apples
- » ½ tsp. ground cinnamon

Directions

In a small bowl, whisk the flour, milk, egg, 1 ½ tsp. sugar and salt until smooth. Place ½ T. butter into each 4-inch cast iron pie plate. Place in a 400 degree oven for 2-3 minutes or until butter is melted. Pour batter evenly into the 2 pans. Bake for 17-20 minutes or until the edges are lightly browned. In a saucepan, melt 2 T. butter over medium heat. Sauté the apples, cinnamon and 2 T. sugar until the apples are tender. Spoon into baked pancakes. Serve immediately.

Makes 2 servings.

Fruity Splash Smoothie

Addy Fiegen, Moody County

Ingredients

- » 1 c. fat free milk
- » 2 c. frozen strawberries
- » 1 medium banana, cut into chunks
- » 1 T. honey
- » ¾ c. orange juice
- » ½ tsp. vanilla extract

Directions

Combine all ingredients in a blender. Blend until smooth and creamy. Pour in glasses.

Makes 2 servings.

Berry Fast Smoothie

Elsie Ulvestad, Brookings County

Ingredients

- » 2 c. berry blend frozen fruit
- » ½ banana
- » ½ c. vanilla yogurt
- » ¼ c. orange juice
- » 1 T. honey

Directions

Place all ingredients in blender. Process until smooth, about 30 seconds. Stop blender and scrape down sides of blender jar with rubber spatula. Replace lid and continue to process until smooth, about 30 seconds longer. Pour into glasses and serve.

Makes 2 servings.

Strawberry Kiwi Blast

Georgia Wachter, Beadle County

Ingredients

- » 2 c. frozen strawberries,
thawed for 5 minutes
- » 2 medium sized kiwis,
peeled and cut in half
- » ½ c. milk
- » ¼ c. plain yogurt
- » 1 ½ T. sugar

Directions

Add all ingredients to the blender. Start with the kiwi, then milk, then yogurt, then strawberries. Add sugar at the end. Blend for 1-2 minutes until smooth and creamy. Serve with a strawberry garnish on the glass and enjoy.

Makes 2 servings.

Honey Lime Fruit Salad

Elizabeth Fossum, Lincoln County

Ingredients

- » 2 c. fresh strawberries,
sliced
- » 1 c. blueberries
- » 1 c. banana
- » 2 T. honey
- » 2 tsp. lime juice
- » ¼ tsp. lime zest

Directions

In a large bowl, combine fruit. In a small bowl combine the honey, lime juice, and zest. Pour over fruit, gently toss to coat. Refrigerate until serving.

Makes 4 servings.

Fruit Slush

Easton Flisrand, Codrington County

Ingredients

- » ¾ c. frozen orange juice
- » ¾ c. frozen lemonade
- » 16 oz. bag of frozen fruit
- » ½ c. water
- » 18 small ice cubes

Directions

Mix all ingredients well in a blender. Pour into glasses and add strawberry for garnish.

Makes 2 servings.

Basil & Balsamic Berry Salad

Elizabeth Fossum, Lincoln County

Ingredients

- » 5 c. fresh strawberries, quartered
- » 1 c. blueberries
- » 2 T. balsamic vinegar
- » 1 T. olive oil
- » ½ tsp. kosher salt
- » 8 basil leaves, sliced very thin
- » 1 T. sugar, optional (only add if the berries aren't quite as sweet as you would like)

Directions

Rinse berries. Quarter strawberries. Combine strawberries and blueberries in a bowl. Slice basil. Mix together balsamic vinegar, olive oil, and kosher salt. Drizzle over berry blend. Stir gently to coat. Sprinkle with basil and toss once more. Serve immediately or refrigerate for up to an hour.

Makes 6 servings.

Summer Splash Fruit Salad

Halle IntVeld, Brookings County

Ingredients

- » ½ c. sliced strawberries
- » 2-4 oz. bowls diced pears, drained
- » 1 c. pineapple tidbits, drained
- » ½ c. mandarin oranges, drained
- » 1 c. sliced bananas
- » ½ c. blueberries
- » ½ c. seedless grapes, halved
- » 3 oz. package instant vanilla pudding

Directions

Save ¾ cup juice from pineapple and pears. Add instant pudding to juice and blend until smooth. Add to this mixture strawberries, pears, pineapple, mandarin oranges, bananas, blueberries and grapes. Chill for 1 hour. Garnish with a whole strawberry and sliced lemon and serve.

Makes 6 servings.

Purple Fusion Smoothie

Sara Greiner, Brookings County

Ingredients

- » 1 c. blueberries, frozen
- » 1 medium banana
- » 1 c. loosely packed spinach
- » 1 tsp. honey
- » ¾ c. milk or almond milk
- » ½ c. plain Greek yogurt

Directions

Put all ingredients in blender. Blend until smooth.

Makes 2 servings.

Fruit Pizza

Rayven Dutenhoffer, Brown County

Ingredients

Crust:

- » ½ c. butter
- » ¼ c. powdered sugar
- » 1 c. flour

Glaze:

- » 1 T. cornstarch
- » ½ c. apple juice
- » ¼ c. sugar
- » ½ T. lemon juice

Center:

- » 4 oz. cream cheese
- » 3 T. sugar

Toppings:

- » ½ c. grapes
- » ½ c. mandarin oranges
- » ½ c. kiwi
- » ½ c. blueberries
- » ½ c. banana
- » ½ c. strawberries

Directions

Crust: Mix ingredients, spread and press into a 9x9 pan. Bake at 350 degrees for 11 minutes.

Glaze: Mix ingredients and microwave for 5 minutes stirring every 30 seconds.

Center: Mix ingredients and spread on cool crust.

Toppings: Place cut up fruit toppings on cream cheese center. Top with glaze and chill. Garnish with whole strawberry.

Makes 6 servings.

Summer Fresh Fruit Salad

Cooper Bacon, Moody County

Ingredients

- » 1 apple, cut in pieces
- » ½ c. strawberries, halved
- » ½ c. green grapes, halved
- » 2 medium bananas
- » ½ c. vanilla yogurt
- » 1 T. orange juice concentrate
- » 1 T. honey

Directions

Cut the apple, strawberries, and grapes and combine in a large bowl. Peel bananas and slice into the bowl. Cover bowl and chill. When ready to serve, mix last three ingredients. Pour over fruit and mix.

Makes 4 servings.

Orange Julius

Bridgette Leitheiser, Hanson County

Ingredients

- » 12 oz. frozen orange Julius concentrate
- » 1 c. milk
- » 1 c. water
- » ½ c. sugar
- » 1 tsp. vanilla
- » 1 oz. ice cubes

Directions

Combine all ingredients in blender, whip 30 seconds on low speed. Pour into glass and garnish with an orange slice.

Makes 2 servings.

Berry Banana Shake

Cooper Namken, Hamlin County

Ingredients

- » 1 ½ c. fruit flavored Greek yogurt
- » 2 large frozen bananas
- » 1 c. frozen strawberries
- » ½ tsp. vanilla
- » ¼ c. milk

Directions

Place all ingredients in a blender and blend until smooth.

Makes 4 servings.

Fruit Pizza

Annie Rider, Clark County

Ingredients

Crust:

- » ½ c. butter
- » ¼ c. powdered sugar
- » 1 c. flour

Glaze:

- » 1 T. cornstarch
- » ½ c. apple juice
- » ¼ c. sugar
- » ½ T. lemon juice

Center:

- » 4 oz. cream cheese
- » 3 T. sugar

Toppings:

- » ½ c. grapes
- » ½ c. pineapple
- » ½ c. kiwi
- » ½ c. blueberries
- » ½ c. strawberries

Directions

Crust: Mix ingredients, spread and press into a 9x9 pan. Bake at 350 degrees for 11 minutes.

Glaze: Mix ingredients and microwave for 5 minutes stirring every 30 seconds.

Center: Mix ingredients and spread on cool crust.

Toppings: Place fruit toppings on cream cheese center and top with glaze and chill. Garnish.

Strawberry Delight

Allison Leitheiser, Hanson County

Ingredients

- » 1 (15.5 oz.) box frozen strawberries
- » 1 c. milk
- » ¼ c. sugar
- » ¼ tsp. vanilla
- » 8-10 ice cubes

Directions

Combine in blender, whip 20 seconds on low speed. Pour into glass and garnish with strawberries.

Makes 2 servings.

Orange Julius

Eli McCloud, Kingsbury County

Ingredients

- » 2 c. orange juice
- » 6 oz. vanilla yogurt
- » ½ c. sweetened condensed milk
- » ½ tsp. lemon juice
- » 1 tsp. vanilla extract
- » 12-16 ice cubes

Directions

Combine all ingredients in blender. Blend until smooth.

Strawberry Banana Smoothie

Mya McCloud, Kingsbury County

Ingredients

- » ½ c. plain yogurt
- » ¾ c. strawberry yogurt
- » ¾ c. orange juice
- » 1 ¼ c. strawberries
- » 1 banana
- » ½ c. sugar
- » 10-12 ice cubes

Directions

Measure plain and strawberry yogurt and put in blender. Measure and pour in orange juice. Add sugar to blender. Add strawberries and banana to blender. Add ice cubes and blend until smooth.

Makes 4 servings.

Tropical Fruit Slush

Baylor Pazour, Brule County

Ingredients

- » ¾ c. frozen orange juice
- » ¾ c. frozen lemonade
- » 1 c. frozen strawberries
- » 1 banana
- » ½ c. water
- » 1 c. ice cubes
- » Fresh strawberries for garnish

Directions

Mix all ingredients well in a blender. Pour into 1 cup and add strawberries to garnish.

Summer Sunrise Smoothie

Sophie Jahraus, Campbell County

Ingredients

- » 1 c. frozen pineapple
- » 2 c. frozen strawberries
- » 1 c. apple juice
- » 1 c. pineapple juice

Directions

Put frozen fruit and juice into blender. Puree fruit in blender until smooth. Pour into cup and enjoy!

Makes 4 servings.

Orange Delight Smoothie

Kinley Beckstrand, Turner County

Ingredients

- » 6 oz. frozen orange juice concentrate
- » 1 c. milk
- » ¼ c. sugar
- » 1 ½ tsp. vanilla
- » 1 ½ c. ice cubes

Directions

Blend on high for 45-60 seconds or until smooth.

Makes 2 servings.

Berry Explosion

Wren Muntefering, Hutchinson County

Ingredients

- » 1 c. frozen strawberries
- » 1 c. frozen blueberries
- » 1 c. frozen raspberries
- » 1 c. milk
- » ½ c. buttermilk
- » 1 ½ c. strawberry yogurt
- » 2 T. honey
- » 2 T. flax meal

Directions

Combine all ingredients in blender and blend well. Garnish with a strawberry.

Strawberry Twist Smoothie

Ruby Bonn, Hughes County

Ingredients

- » 1 ½ c. strawberries
- » ¼ c. kiwi
- » ¾ c. banana
- » 2 c. ice
- » ¼ c. light vanilla yogurt
- » 2 tsp. honey
- » 1 strawberry for garnish

Directions

Cut the washed fruit into small pieces, reserving one strawberry for garnish. Add the ingredients into the blender. Mix until well blended. Pour the smoothie into a pitcher and pour into a glass. Garnish with a strawberry and enjoy!

Makes 2 servings.

Sporty Sunrise Smoothies

Luke McKeown, Lincoln County

Ingredients

- » 1 ½ c. frozen sliced strawberries
- » ¾ c. milk
- » ¾ c. pineapple juice
- » ½ c. vanilla yogurt
- » ¼ c. frozen pineapple pieces
- » 2 T. sugar
- » 2 T. orange juice
- » 6 ice cubes

Directions

Place all ingredients into blender. Blend until smooth. Garnish with fresh fruit. Serve immediately.

Makes 3 servings.

Strawberry Banana Surprise Smoothie

Summer Senska, Sanborn County

Ingredients

- » ½ c. milk
- » ½ c. vanilla Greek yogurt
- » 1 large banana
- » ½ c. spinach, loosely packed
- » 1 c. (approx.) frozen sliced strawberries, slightly heaping
- » 1 tsp. vanilla
- » 1 tsp. honey

Directions

Combine all ingredients in blender until smooth. Pour into 2 glasses.

Makes 2 servings.

Summer Fruit Salad

Marissa Quale, Brookings County

Ingredients

- » 2 medium bananas
- » 1 apple cut into pieces
- » ½ c. strawberries, halved
- » ½ c. seedless grapes, halved

Sauce

- » ¼ c. vanilla yogurt
- » 1 T. honey
- » 1 T. orange juice

Directions

Mix ingredients in a small bowl. Put in refrigerator to chill. Peel bananas, slice into large bowl. Cover completely with other fruit. Just before serving, pour dressing over fruit and toss until fruit is coated.

Makes 4 servings.

Fruit Salad with Citrus Glaze

Cullan McMillin, Minnehaha County

Ingredients

- » ½ c. orange juice
- » ¼ c. lemon juice
- » ¼ c. brown sugar
- » ¾ orange, zested
- » ¾ tsp. vanilla extract
- » 1 – 20 oz. can of pineapple tidbits, drained
- » 1 – pint fresh blueberries
- » 1 ½ c. red seedless grapes
- » 2 c. diced strawberries
- » 1 ½ c. green seedless grapes, cut in half if large
- » Garnish with fresh mint leaves or edible flowers

Directions

Drain pineapple and place in large fruit bowl. Zest the orange into a prep bowl and then put it in a saucepan. Add to the saucepan the orange juice, lemon juice and brown sugar, then place over medium-high heat. Whisk until sauce is boiling and then reduce heat to medium-low and let simmer until slightly thickened, about five minutes. Remove from heat, add vanilla extract, and set aside to cool. Rinse blueberries and red seedless grapes and add them to the fruit bowl. Wash and dice strawberries; add to the fruit bowl. Wash and cut green grapes; add to the fruit bowl. Pour cooled glaze over top of the fruit and gently fold in until fruit is evenly coated. Cover with lid or plastic wrap and let sit in the fridge or a bowl of ice until serving. Stir salad, serve and garnish.

Makes 6 servings.

Summer Fresh Fruit Salad

Maddison Bacon, Moody County

Ingredients

- » 2 medium bananas
- » 1 apple, cut in pieces
- » ½ c. strawberries, halved
- » ½ c. green grapes, halved
- » ½ c. sugar free yogurt
- » 1 T. orange juice concentrate
- » 1 T. honey

Directions

Peel banana and slice into bowl. Cover completely with other fruit. Cover bowl and chill. When ready to serve, mix the last three ingredients. Pour over fruit and mix.

Makes 4 servings.

Triple Berry Smoothie

Jack Kreutner, Codington County

Ingredients

- » 1 c. banana
- » 1 c. fresh strawberries
- » 1 c. frozen blackberries
- » 1 c. frozen raspberries
- » 1 ⅓ c. almond milk
- » ½ c. vanilla Greek yogurt
- » 1 c. ice

Directions

Add all ingredients to blender and blend all together!

Makes 6 servings.

Strawberry Banana Smoothie

Kade Braaten, Roberts County

Ingredients

- » 1 c. frozen strawberries
- » 1 c. sliced fresh strawberries
- » 1 peeled banana
- » 6 oz. strawberry yogurt
- » ½ c. milk
- » ½ T. honey

Directions

Place all ingredients in a blender until smooth.

Makes 2 servings.

Berry Christmas Delight

Derek Flisrand, Codington County

Ingredients

- » 15 small ice cubes
- » ½ c. milk
- » 1 (10 oz.) pkg. frozen strawberries
- » ½ c. pineapple juice
- » ½ c. sliced bananas

Directions

Put all the ingredients in blender. Blend until smooth.

Makes 2 servings.

Strawberry Banana Smoothie

Rhett Blume, Hughes/Stanley County

Ingredients

- » 2 c. frozen strawberries
- » 1 banana
- » ½ c. apple juice
- » 1 tsp. powdered sugar

Fruit Pizza

Kammi Pelzel, Roberts County

Ingredients

Crust:

- » 1 c. flour
- » ¼ c. powdered sugar
- » ½ c. butter

Glaze:

- » 1 T. cornstarch
- » ½ c. apple juice
- » ¼ c. sugar
- » ½ T. lemon juice

Center:

- » 4 oz. cream cheese
- » 3 T. sugar
- » ½ c. grapes
- » ½ c. oranges
- » ½ c. kiwi
- » ½ c. blueberries
- » ½ c. banana
- » ½ c. strawberries

Directions

Crust: Mix ingredients, spread, and press into 9x9 pan. Bake at 350 degrees for 11 minutes. Let cool

Glaze: Mix ingredients and microwave for 5 minutes, stirring every 30 seconds.

Center: Mix cream cheese and sugar and spread on cool crust. Place fruit toppings on cream cheese center. Top with glaze and chill. Garnish with whole strawberry and mint leaf.

Makes 6 servings.

Orange Julius

Cooper Bacon, Moody County

Ingredients

- » 1 (6 oz.) can of orange juice
- » 1 c. water
- » 1 c. milk
- » 2 T. sugar
- » 1 tsp. vanilla
- » 40 small ice cubes

Directions

Place in a blender. Blend on high for 15-25 seconds or until smooth. Enjoy! Serve immediately.

Makes 4 servings.

Berry Sunrise

Claire Anderson, Hutchinson County

Ingredients

- » 3 c. frozen strawberries
- » 1 ½ c. frozen blueberries
- » 2 ½ c. vanilla almond milk
- » 1 ½ c. honey vanilla yogurt
- » 1 avocado, pitted and peeled
- » 1 T. honey
- » 1 tsp. vanilla

Directions

Put all the ingredients in blender. Mix until smoothie consistency. Enjoy!

Makes 3 servings.

Summer Fruit Salad

Abigail Johnson, Brown County

Ingredients

- » 2 c. sliced strawberries
- » 1 c. blueberries
- » 1 c. grapes, halved
- » 11 oz. can mandarin oranges, drained
- » ½ c. vanilla yogurt
- » 1 tsp. lemon juice
- » ½ tsp. sugar
- » ¼ tsp. vanilla extract
- » Granola to garnish

Directions

In a medium bowl combine strawberries, blueberries, grapes, and oranges. In a small bowl combine yogurt, lemon juice, sugar, and vanilla. Pour yogurt mixture over fruit and fold gently to combine. Sprinkle with granola to garnish.

Makes 5 servings.

Lemon Berry Smoothie

William Jaquet, Brookings County

Ingredients

- » 2 c. 1% milk
- » 6 oz. lemon yogurt
- » 1 c. frozen strawberries, sliced
- » 1 c. frozen blueberries
- » 1 banana
- » 1 lemon juiced

Directions

Measure milk and all fruits using the proper measuring cups. Wash and slice the lemon in half. Using a juicer, squeeze all the juice out of both parts of the lemon. Combine all ingredients in a blender. Turn the blender onto high and blend until all ingredients are thoroughly blended. Pour into glasses and garnish with a strawberry and lemon wheel.

Makes 4 servings.

Tropical Spinach Smoothie

Alexandra Mattson, Deuel County

Ingredients

- » ½ c. frozen mango chunks
- » ½ c. peaches, peeled and sliced
- » ½ c. pineapple chunks
- » ½ strawberries, chopped
- » 2 c. spinach
- » 1 c. Greek vanilla yogurt
- » 1 c. orange juice

Directions

Combine all ingredients in a blender and blend until smooth.

Banana-Berry Smoothie

TJ Rogers, Hand County

Ingredients

- » 2 bananas, chilled
- » 1 c. frozen whole strawberries
- » 1 c. vanilla low-fat yogurt
- » $\frac{3}{4}$ c. milk
- » 10 ice cubes

Directions

Cut bananas into chunks. In a blender combine bananas, frozen strawberries, yogurt, milk, and ice cubes. Cover and blend until smooth. Serve immediately.

Makes 3 servings.

Strawberry-Banana Smoothie

Elizabeth Fossum, Lincoln County

Ingredients

- » 1 c. milk
- » $\frac{1}{2}$ c. strawberry Greek yogurt
- » 1 c. sliced banana
- » 1 $\frac{1}{2}$ c. frozen strawberries
- » 1 tsp. honey

Directions

Place ingredients in blender in order given. Blend until smooth. Serve.

Strawberry Banana Delight

Callie VanderWal, Brookings County

Ingredients

- » 2 c. frozen strawberries
- » 2 medium to large bananas
- » 2 c. milk
- » ½ c. sugar
- » 16 ice cubes

Directions

Put all ingredients in a blender and blend until smooth. Serve.

Makes 4 servings.

Smoothie Bowl

Annie Rider, Clark County

Ingredients

- » 1 c. plain low-fat yogurt
- » 1 T. sugar
- » 1 T. vanilla extract
- » 1 c. frozen raspberries
- » 2 c. frozen mango chunks

Directions

Mix everything together in a blender until smooth. Garnish with fresh raspberries and put in freezer for 5-10 minutes. Then serve.

Makes 3 servings.

Sunrise Smoothie

Isaiah Jahraus, Campbell County

Ingredients

- » 1 c. frozen mango
- » 1 c. frozen peaches
- » 1 c. frozen strawberries
- » ½ c. orange juice
- » ¾ c. apple juice

Directions

Put frozen fruit and juice into blender. Puree fruit in blender until smooth. Pour into cup and enjoy!

Makes 2 servings.

Spinach Berry Smoothie

Megan Horner, Lincoln County

Ingredients

- » 1 c. baby spinach
- » 2 c. frozen triple berry mix
- » 1 c. Greek vanilla yogurt
- » 2 T. honey

Directions

Add almond milk and spinach to blender and mix until the spinach is pureed. Add the rest of the ingredients and blend. Serve right away or refrigerate.

Makes 4 servings.

Autumn Fruit Salad

Harper Hortness, Roberts County

Ingredients

- » 4 oz. light cream cheese, softened slightly
- » 2 T. packed light brown sugar
- » 1 tsp. ground cinnamon
- » 4 oz. light sour cream
- » 1 tsp. vanilla extract
- » 3-4 crisp sweet apples, chilled
- » 1 c. cold water
- » 1 T. lemon juice
- » ½ c. chopped walnuts
- » ⅔ c. dried cranberries

Directions

Dressing: In a mixing bowl using an electric mixer, whip together cream cheese, brown sugar, and cinnamon on high speed until light and fluffy – about 3 minutes. Add sour cream and vanilla. Blend until combined. Chill until ready to serve salad.

Salad: In a medium mixing bowl combine water and lemon juice. Dice apples into cubes. As you are dicing apples, put them into the lemon/water mixture. Drain apples and dab off excess water with paper towels (this reduces browning). Transfer apples to bowl along with about ½ of the walnuts and ½ of the cranberries, and the cream cheese mixture. Toss to coat apples evenly. Sprinkle remaining walnuts and cranberries over top. Keep chilled and serve within an hour for best results.

Orange Julius

Bridget Voeltz, Turner County

Ingredients

- » 6 oz. can frozen concentrated orange juice
- » 1 c. milk
- » 1 c. water
- » ¼ c. granulated sugar
- » 1 tsp. vanilla extract
- » 16 ice cubes
- » 1 T. instant vanilla pudding powder

Directions

Place all ingredients in a blender except for the ice cubes. Blend until mixed. Add ice cubes two at a time. Blend until smooth. Place in the freezer for 15 minutes. Enjoy!

Makes 4 servings.

Fruit Parfait

Maddie Rogers, Hand County

Ingredients

- » 1 c. milk
- » 1 c. yogurt
- » 1 (4 servings) instant vanilla pudding
- » ½ c. blueberries
- » 1 c. strawberries
- » 1 medium banana, sliced
- » ½ tsp. lemon juice

Directions

Mix together milk, yogurt, and pudding mix. Cover and place in refrigerator. Mix together fruit and lemon juice. Spoon about ¼ c. pudding mix in glass. Add ½ c. fruit mixture. Top with remaining pudding mix. Garnish and serve.

Makes 4 servings.

Tangy Fruit Salad

Claire Ulvestad, Brookings County

Ingredients

- » 1 ½ c. fresh pineapple chunks
- » 1 c. strawberries, hulled and quartered
- » 1 c. sliced bananas (or 1 large banana)
- » ½ c. fresh mandarin orange slices
- » ½ c. blueberries

Dressing:

- » 2 T. lime juice
- » 1 T. honey
- » 1 tsp. poppy seeds

Directions

In a large bowl toss pineapple, strawberries, bananas, oranges, and blueberries. In a smaller bowl combine dressing ingredients. Gently fold the dressing into the fruit bowl until all ingredients are coated with dressing. Cover and chill in the fridge before serving. Garnish with mint leaves.

Makes 4 servings.

Banana Baked Oatmeal

Cullan McMillin, Minnehaha County

Ingredients

- » 2 large ripe bananas
((the riper the better)
sliced into ½” pieces)
(approximately 1 ½ c.)
- » 1 ½ c. blueberries
- » ¼ c. agave
- » 1 c. uncooked quick
oats
- » ¼ c. chopped walnuts
- » ½ tsp. baking powder
- » ¾ tsp. cinnamon
- » Pinch of salt
- » 1 c. almond milk
- » 1 egg, whisked
- » 1 tsp. vanilla extract
- » 1 strawberry, sliced, for
garnish

Directions

Preheat oven to 375 degrees. Lightly spray an 8x8 glass baking dish with cooking spray; set aside. Arrange the banana slices in a single layer on the bottom of the glass dish. Sprinkle ¾ c. of the blueberries over the bananas, ¼ tsp. of the cinnamon, 1 tsp. of the agave and cover with foil. Bake 15 minutes. Meanwhile, in a medium bowl, combine the oats, ⅛ c. nuts, ½ tsp. baking powder, remaining ½ tsp. cinnamon, and pinch of salt; stir together. In a separate bowl, whisk together the remaining 3 T. agave, 1 c. milk, egg, and 1 tsp. vanilla extract. Remove the bananas from the oven, then spoon the oat mixture over the bananas and blueberries. Pour the milk mixture over the oats, making sure to distribute the mixture as evenly as possible over the oats. Sprinkle the remaining ¾ c. of blueberries and ⅛ c. of walnuts over the top. Bake the oatmeal for 30 minutes, until the top is golden brown (above 165 degrees). Place the baking dish on the cooling rack for 10-15 minutes for the oatmeal to set. Serve warm. Garnish with strawberry slices.

Makes 6 servings.

Berry Banana Smoothie

Olivia Odden, Hand County

Ingredients

- » ¾ c. milk
- » 1 c. strawberry yogurt
- » 1 c. frozen strawberries
- » 2 sliced bananas
- » 1 T. honey

Directions

In a blender combine milk, yogurt, strawberries, banana and honey. Cover and blend until smooth. Pour into glasses. Garnish with whole strawberry.

Honey Lime Rainbow Fruit Salad

Gavin Mattson, Deuel County

Ingredients

- » 1 c. strawberries, chopped
- » 1 c. pineapple, chopped
- » 1 c. blueberries
- » 1 c. grapes
- » 2 kiwis, peeled and chopped
- » 1 can (15 oz) mandarin oranges, drained
- » 2 T. honey
- » 1 tsp. honey
- » 1 T. lime juice

Directions

Add all fruit to a large mixing bowl. In a small mixing bowl, whisk together honey, lime zest and lime juice. Pour over fruit and toss to evenly coat. Serve immediately.

Strawberry Banana Smoothie

Bella Healy, Yankton County

Ingredients

- » ½ c. plain yogurt
- » 2 c. strawberries, halved
- » 1 banana, quartered
- » 1 c. milk
- » 2 c. ice
- » 2 tsp. honey

Directions

Add all ingredients to a blender. Blend until smooth.

Makes 2 servings.

Berry Smoothie

Claire Anderson, Hutchinson County

Ingredients

- » 1 banana
- » 1 c. frozen blueberries
- » 1 c. frozen strawberries
- » ½ c. frozen raspberries
- » 1 c. honey vanilla
Greek yogurt
- » 2 c. almond milk
- » 1 c. spinach
- » 1 T. honey

Directions

Put all ingredients in a blender and mix. Enjoy!

Makes 2 servings.

Very Berry Smoothie

Hannah Schroeder, Hanson County

Ingredients

- » 1 c. frozen strawberries
- » 1 c. frozen raspberries
- » 1 c. pineapple chunks
- » 1 banana, cut up
- » 1 c. milk
- » 1 ½ c. crushed ice
- » 1 T. sugar

Directions

Peel and slice the banana. Gather all your ingredients and combine them in a blender. Cover and blend until smooth. Garnish with a strawberry. Serve immediately.

Makes 4 servings.

Strawberry Delight

Adrian Flisrand, Codington County

Ingredients

- » 2 c. frozen strawberries, thawed
- » 1 c. 1% milk
- » ¼ c. sugar
- » ¼ tsp. vanilla
- » 8 ice cubes

Directions

Combine in a blender. Whip all ingredients for 20 seconds or low speed or 12 ninja pulses. Pour in glass and garnish with a fresh strawberry.

Makes 2 servings.

Party Time Cooler

Derek Flisrand, Codington County

Ingredients

- » ½ c. unsweetened pineapple juice
- » ¾ c. plain yogurt
- » 1 ½ c. frozen strawberries

Directions

Put all ingredients into a blender. Blend until thick and smooth.

Makes 2 servings.

Fruit Smoothie

Megan Horner, Lincoln County

Ingredients

- » 2 c. vanilla yogurt
- » 2 c. frozen strawberries
- » 1 c. orange juice
- » 1 large banana

Directions

Add the yogurt, strawberries and orange juice to the blender. Peel and slice banana and add to the blender. Blend for 45 seconds or until it is mixed and smooth. Serve right away and refrigerate.

Makes 2 servings.

Summer Fruit Salad

Anna Kahnke, Codington County

Ingredients

Sauce:

- » ¼ c. plain yogurt
- » 1 T. honey
- » 1 T. orange juice

Fruit:

- » 2 medium bananas
- » 1 apple cut into pieces
- » ½ c. strawberries,
halved
- » ½ c. seedless grapes,
halved

Directions

Mix sauce ingredients in a small bowl and put in the refrigerator to chill. Peel bananas, slice in a large bowl. Put the rest of the cut-up fruit into the bowl. Just before serving, pour sauce over fruit and toss until all fruit is coated.

Makes 4 servings.

Orange Julius

Maddison Bacon, Moody County

Ingredients

- » 1 (6 oz.) can orange juice
- » 1 c. water
- » 1 c. milk
- » 2 T. sugar
- » 1 tsp. vanilla
- » 25 ice cubes

Directions

Place in blender. Blend on high for 15-25 seconds or until smooth. Enjoy! Serve immediately.

Makes 4 servings.

Banana Smoothie

Heidi Carlson, Kingsbury County

Ingredients

- » 2 bananas
- » 2 c. strawberries
- » 1 c. strawberry yogurt
- » 1 c. milk

Directions

Put all ingredients into blender and blend until well mixed.

Makes 4 servings.

Strawberry Banana Delight

Callie VanderWal, Brookings County

Ingredients

- » 2 c. frozen strawberries
- » 2 medium to large bananas
- » 2 c. milk
- » ½ c. sugar
- » 16 ice cubes

Directions

Put all ingredients in a blender and blend until smooth. Serve.

Makes 4 servings.

Sunrise Surprise Smoothie

Chloe Weber, Hutchinson County

Ingredients

- » ¾ c. peach nectar
- » 1 c. milk
- » 2 c. frozen strawberries
- » 1 c. frozen sliced peaches
- » ¼ c. sugar
- » 1 c. ice cubes
- » 1 tsp. vanilla

Directions

Put all ingredients in blender. Blend until smooth.

Makes 2 servings.

Mermaid Drink

Ruthanna Larson, Codington County

Ingredients

- » 1 c. milk
- » 2 tsp. vanilla
- » 1 – 6 oz. can frozen orange concentrate
- » 1 ½ c. sugar
- » 1 ½ c. ice

Directions

Blend milk, vanilla, and frozen juice concentrate until mixed. Add sugar and ice cubes. Blend again until ice is dissolved. Enjoy.

Makes 3 servings.

Strawberry Smoothie

TJ Rogers, Hand County

Ingredients

- » 2 c. pineapple juice
- » 1 ½ c. strawberries (frozen with syrup)
- » ¼ c. dry milk powder
- » 10 ice cubes

Directions

Blend until smooth. Serve immediately.

Makes 4 servings.



Vegetables



Frito Corn Salad

Mya McCloud, Kingsbury County

Ingredients

- » 2 c. corn
- » ¼ c. chopped red pepper
- » ¼ c. chopped green pepper
- » ½ c. shredded cheese
- » ¾ c. light miracle whip
- » 1 c. chili cheese corn chips

Directions

Combine all ingredients in bowl except the chips. Crunch up chips and mix in before serving.

Makes 5 servings.

Ballpark Bites

Derek Flisrand, Codington County

Ingredients

- » 1.5 lb. bag small potatoes
- » ¾ tsp. salt
- » 2 T. canola oil
- » ¾ tsp. garlic powder
- » ¾ tsp. dried thyme
- » ¾ tsp. dried rosemary
- » ¼ c. shredded parmesan cheese

Directions

Preheat oven to 375 degrees. Combine herbs, salt, garlic powder, and cheese in a small bowl. Set aside. Place potatoes in a large bowl and drizzle with oil. Toss to coat. Sprinkle with the seasoning mixture, tossing to coat once again. Spread potatoes in 9x9 pan. Sprinkle on any seasoning left in the bowl. Bake for 20-30 minutes until potatoes are tender.

Makes 4 servings.

Burger Salad Bowl

Elizabeth Fossum, Union County

Ingredients

- » 1 lb. ground beef
- » 3 tsp. garlic powder
- » ½ tsp. red pepper flakes
- » ½ tsp. salt
- » ¼ tsp. ground black pepper
- » 4 c. romaine lettuce, chopped
- » 1 c. grape tomatoes, halved
- » ½ c. chopped dill pickles
- » ½ c. red onion, sliced thin
- » 10 bacon slices, cooked and crumbled
- » 1 c. shredded cheddar cheese
- » ½ c. plain Greek yogurt
- » 2 T. ketchup
- » 1 T. soy sauce
- » 2 tsp. yellow mustard
- » ¼ tsp. red pepper flakes

Directions

Fry ground beef, garlic powder, red pepper flakes, salt and pepper over medium-high heat. Cook the ground beef to 160 degrees. Drain. Add bacon. In a small bowl, combine Greek yogurt, ketchup, soy sauce, mustard, and red pepper flakes. Mix until smooth. Mix vegetables, cheese, ground beef, and bacon in a bowl. Drizzle with salad dressing. Serve.

Makes 6 servings.

Broccoli, Bacon and Cheddar Toss

Ashlynn Warrington, Brown County

Ingredients

- » 3 c. broccoli florets
- » ¼ c. chopped onion
- » 8 slices bacon
- » ½ c. shredded cheddar cheese
- » ½ c. salad dressing
- » 2 tsp. lemon juice
- » 1 T. sugar

Directions

Prepare bacon in microwave until crisp. Break into pieces. Add to broccoli, onion and cheese. Mix together salad dressing, lemon juice and sugar and pour over the broccoli mixture. Toss.

Bacon Cabbage Stir-Fry

Larissa Fossum, Union County

Ingredients

- » 6 bacon strips, diced
- » 1 tsp. cabbage, chopped
- » 1 tsp. garlic powder
- » ¾ tsp. salt
- » ½ tsp. ground mustard

Directions

In a large skillet cook bacon until crisp. Remove to paper towels. Drain, reserving 1 tablespoon drippings. Stir-fry cabbage in drippings for 5 minutes. Add garlic powder, salt, mustard, and bacon. Cook and stir until heated through.

Makes 3 servings.

Spring Broccoli Salad

Clair Ulvestad, Brookings County

Ingredients

- » 3 c. broccoli, chopped
- » ½ c. shredded carrots
- » ¼ c. diced red onion
- » ½ apple, diced
- » ¼ c. dried cranberries
- » 2 oz. cheddar cheese, cubed
- » 4 bacon strips, cooked and crumbled

Dressing:

- » ¼ c. mayonnaise
- » ¼ c. plain Greek yogurt
- » 1 T. red wine vinegar
- » ½ T. lemon juice
- » ½ T. sugar

Directions

In a large bowl mix together broccoli, carrots, onion, apple, dried cranberries, cheese, and bacon. In a smaller bowl combine dressing ingredients. Gently fold the dressing into the broccoli bowl until all ingredients are coated with dressing. Cover and chill in the fridge before serving.

Makes 6 servings.

Sausage 'N' Noodle Dinner

Larissa Fossum, Lincoln County

Ingredients

- » 1 lb. pork sausage
- » 6 ½ c. cabbage, thinly sliced
- » 1 c. onion, thinly sliced
- » 1 c. carrot, shredded
- » 2 chicken bouillon granules
- » ¼ c. boiling water
- » 1 ½ c. sour cream
- » 1 tsp. salt
- » ½ tsp. pepper
- » 8 oz. spaghetti noodles

Directions

Boil 4 quarts of water in a large saucepan with ¼ teaspoon salt. Cook noodles for 9-11 minutes, drain. In a large skillet brown and crumble sausage; drain. Add cabbage, onion, and carrot; mix well. Dissolve bouillon in water. Pour over skillet. Cover and cook on medium heat until vegetables are tender, about 10-15 minutes. Reduce heat; stir in sour cream, ¾ teaspoon salt, and pepper. Heat through. Stir in noodles.

Makes 6 servings.

Bacon-Cheese Potato Slices

Derek Flisrand, Codington County

Ingredients

- » 2 T. bacon pieces
- » ½ tsp. garlic powder
- » ¾ c. shredded sharp cheddar cheese
- » 2 medium baking potatoes
- » 2 T. chopped onion
- » 2 T. red pepper
- » ½ tsp. season salt

Directions

Scrub potatoes and trim ends. Cut into slices. Spray pan with pam and put butter in the bottom. Place slices in the pan. Sprinkle with seasoning, onion, red pepper, and bacon. Bake at 350 degrees for 40 to 45 minutes. Sprinkle cheese and bake until melted.

Make 2 servings.

Spring Broccoli Salad

Quinn Ulvestad, Brookings County

Ingredients

- » 3 c. broccoli, chopped
- » ½ c. shredded carrots
- » ¼ c. diced red onion
- » ½ apple, diced
- » ¼ c. dried cranberries
- » 2 oz. cheddar cheese, cubed
- » 4 bacon strips, cooked and crumbled

Dressing:

- » ¼ c. mayonnaise
- » ¼ c. plain Greek yogurt
- » 1 T. red wine vinegar
- » ½ T. lemon juice
- » ½ T. sugar

Directions

In a large bowl mix together broccoli, carrots, onion, apple, raisins, cheese, and bacon. In a smaller bowl combine dressing ingredients. Gently fold the dressing into the broccoli bowl until all ingredients are coated with dressing. Cover and chill in the fridge before serving. Garnish with slivered almond

Makes 6 servings.

Angolemono Greek Soup

Karyne Zdorovtsov, Minnehaha County

Ingredients

- » 1 c. orzo
- » Olive oil
- » 1 yellow onion
- » 1 stalk celery
- » 8 c. chicken broth
- » 3 leaves kale
- » 1 large can (10 oz.) cooked chicken
- » 2 tsp. chicken bouillon
- » ¼ c. lemon juice
- » 2 egg yolks
- » ¼ c. heavy cream
- » Freshly ground pepper
- » 2 tsp. kosher salt

Directions

Dice onions and celery. In a large sauce pan, warm olive oil (enough to coat bottom of pan) on medium heat. Add onions and celery to sauce pan and stir until vegetables soften. Pour in broth and bring to a boil. While waiting for boil, tear and chop kale leaves into small pieces. When boiling add orzo. When orzo is ½ cooked, add chicken, kale and bouillon. Let simmer for 10 minutes. In small bowl mix together egg yolk and cream. Turn off heat and stir lemon juice into soup. Ladle out hot soup and stir into egg mixture and whisk. Slowly stir egg mixture into soup, stirring constantly. Let soup rest for 5 minutes. Season with salt (to taste).

Makes 6 servings.

Air Fryer Egg Rolls

Ellie Jahraus, Campbell County

Ingredients

- » 4 c. cabbage, thinly shredded
- » ½ c. shredded carrots
- » ¼ c. onion, shredded
- » ¾ c. pork sausage, cooked and crumbled
- » 1 T. minced garlic
- » 1 pkg. egg roll wrappers
- » 3 T. olive oil
- » 2 T. soy sauce
- » ⅛ tsp. salt
- » ¼ tsp. black pepper
- » ½ tsp. crushed red pepper flakes

Directions

Prepare pork sausage by browning in pan; set aside. Shred vegetables and place in bowl. Turn on skillet to medium heat. Put 1 tablespoon olive oil in skillet and add to it minced garlic. Add in shredded vegetables. Cook until cabbage is wilted. Add in pork sausage and mix well. Add soy sauce, salt, black pepper, and red pepper flakes. Mix well and turn off heat. Take one egg roll wrapper, fill with about 3 teaspoons of the cooked filling. Wrap egg roll wrapper around filling. To seal, wet with a bit of water on your finger. Brush wrapped egg rolls with olive oil and place in air fryer. Cook for 7 minutes at 360 degrees. Flip egg rolls and brush with olive oil again. Cook another 6 minutes at 360 degrees. Can be served with a dipping sauce - Serve and enjoy!

Makes 4 servings.

Zesty Broccoli and Shrimp Pasta

Brooklyn Schroeder, Hanson County

Ingredients

- » 1 c. rotini noodles
- » 3 T. olive oil, divided
- » 1 lb. shrimp
- » ½ tsp. salt
- » ½ tsp. pepper
- » ½ tsp. garlic
- » 4 c. broccoli, chopped
- » 2 c. mushrooms, chopped
- » 1 T. lemon juice
- » ½ c. parmesan cheese

Directions

Cook 1 cup rotini noodles. Pat shrimp dry with paper towel. Sprinkle evenly with salt, pepper, and garlic. Heat 1 T. olive oil in large deep skillet over medium heat. Add shrimp. Sauté shrimp. Make sure not to overcook, remove shrimp from pan. In same pan, add 2 T. olive oil with broccoli and mushrooms. After broccoli and mushrooms are cooked, add shrimp back into pan along with the drained noodles. Stir in 1 T. Lemon Juice. Top serving platter with ½ cup of Parmesan cheese. Garnish, serve, and enjoy.

Makes 4 servings.

Spectacular Stir Fry

Jeremiah Jahraus, Campbell County

Ingredients

- » 1 c. broccoli, chopped
- » ½ c. steak; cooked and sliced
- » 1 c. carrot, sliced
- » 2 T. olive oil
- » ½ c. onion, sliced
- » 1 T. minced garlic
- » ½ c. red bell pepper, sliced
- » 2 T. soy sauce
- » ½ c. canned mushrooms
- » 2 T. stir fry seasoning mix
- » ½ c. sliced water chestnuts
- » ½ tsp. crushed red chili peppers
- » ½ c. bamboo shoots
- » 1 pkg (14.2 oz) Asian stir fry noodles

Directions

Prepare vegetables and steak. Turn on electric skillet to medium and add olive oil to skillet. Add in minced garlic, broccoli, carrots, onion, red bell pepper. Cook until veggies are just turning tender. Add mushrooms, water chestnuts, bamboo shoots and precooked steak. Saute in skillet until veggies are cooked and warmed through. Add in soy sauce, seasoning mix and crushed chili peppers. Add Asian stir fry noodle package. Mix well and cook until noodles are warm. Serve and enjoy!

Makes 4 servings.

Loaded Baked Potato Salad

Tate Dorrance, Custer County

Ingredients

- » 6 unpeeled potatoes
- » 1 c. sour cream
- » 1 c. shredded cheddar cheese
- » ⅓ c. bacon bits
- » ½ tsp. paprika
- » ½ tsp. salt
- » ½ tsp. black pepper
- » Diced green onions as garnish

Directions

Dice unpeeled potatoes into bite size pieces. Boil diced potatoes for 12 minutes or until fork tender. In a large mixing bowl combine sour cream, shredded cheese, bacon bits, paprika, salt and pepper, set aside. Strain potatoes and add to dressing mixture in large bowl. Stir until all potatoes are coated evenly. Plate, garnish with green onions and serve.

Makes 5 servings.

Veggie Wrap with Hummus

Eleanor Anderson, Clay County

Ingredients

- » 6 tsp. virgin olive oil
- » 3 tsp. lemon juice
squeezed from 1-2
lemons
- » 3 pinches of salt
- » 3 pinches of pepper
- » 3 carrots
- » 1 ½ avocados
- » 3 pieces lavash bread
- » 24 cherry tomatoes cut
in half
- » 1 ½ c. baby spinach

Directions

In small bowl whisk together oil, lemon juice, salt, and pepper. Use vegetable peeler to peel carrots. With knife, trim ends of carrots and discard. Holding thicker end, carefully run carrot over large holes of box grater to shred. Add shredded carrot to bowl with lemon dressing and stir to coat. Use butter knife to cut avocados in half lengthwise around pit. With your hands twist both halves in opposite directions to separate. Use soup spoon to scoop avocado onto cutting board; discard skins and pits. Place avocado halves on cutting board and chop. Place lavash on clean counter. Use back of spoon to spread hummus over lavash, leaving ½ inch border around the edge. Top with carrot mixture, avocados, tomatoes, and spinach. Fold up bottom of lavash over filling. Fold in sides of lavash over filling, then roll tightly into log shape. Cut wrap in half. ENJOY!!!

Makes 3 servings.

Twice Baked Potato Muffins

Kammi Pelzel, Roberts County

Ingredients

- » 3 c. boiled and mashed
potatoes
- » 2 T. butter, room
temperature
- » ½ c. sour cream
- » ¼ c. half and half
- » 12 pieces of bacon,
crumbled
- » 2 T. chives, diced small
- » 2 c. shredded cheese,
divided

Directions

Combine first six ingredients. Add 1 c. of the cheese to the mixture. When combined, use a cookie scoop to fill muffin tins level to the top. Sprinkle remaining cheese on top. Bake at 400 degrees for 30-40 minutes or until cheese is crispy. Let rest for 5 minutes. Garnish with chives and bacon pieces.

Makes 4 servings.

Ingredients

- » 1 T. butter
- » 1 T. olive oil
- » 1 medium onion, thinly sliced
- » 3 garlic cloves, pressed
- » 3 (14.5 oz) can whole tomatoes in juice
- » 1 c. water
- » $\frac{2}{3}$ c. heavy cream
- » 1 T. sugar
- » $\frac{1}{4}$ tsp. crushed red pepper
- » $\frac{1}{4}$ tsp. celery seed
- » $\frac{1}{4}$ tsp. dried oregano
- » Salt and pepper to taste

Directions

In a large saucepan, melt butter in olive oil. Add the sliced onion and pressed garlic and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Add the tomatoes and their juice, the water, heavy cream, sugar, crushed red pepper, celery seed and oregano and season with salt and pepper. Bring the soup to a boil over high heat, breaking up the tomatoes with the back of a spoon. Reduce the heat to moderate and simmer for 10 minutes. Working in batches, transfer the tomato soup to a blender and puree until smooth. Return the soup to a clean pot and rewarm the soup if necessary. Season the soup with salt and pepper.

Taco Pasta

Katelyn Vargas, Lincoln County

Ingredients

- » 2 c. rotini noodles
- » 2 tsp. olive oil
- » 1 lb. ground beef
- » $\frac{1}{2}$ c. water
- » 2 T. taco seasoning
- » 1 $\frac{1}{2}$ c. salsa
- » 2 c. shredded cheddar cheese, divided

Directions

Prepare pasta to package directions. Drain and set aside. In a large pot, heat olive oil over medium heat. Add ground beef, cook and crumble until fully cooked. Drain fat as needed. Add taco seasoning and water to the cooked ground beef. Mix together and cook until water is gone. Add cooked pasta to pot with seasoned ground beef, along with salsa and mix well. Add 1 $\frac{1}{2}$ cups cheese to pot and mix until melted. Remove pot from heat and add remaining cheese to top and allow to melt.

Veggie Bites

Leah Bohlander, Campbell County

Ingredients

- » ½ c. butter, melted
- » 1 egg
- » 2 tsp. water
- » 1 c. flour
- » ½ tsp. salt
- » ½ tsp. paprika
- » 2 c. vegetables, frozen or fresh

Directions

Heat the oven to 450 degrees F. Brush bottom of rectangular pan, 13x9x2 inches, with about 1 tablespoon of the melted margarine. Beat egg and water with a fork in a shallow dish. Mix flour, salt and paprika in another shallow dish. Dip about ¼ of the vegetables into egg mixture. Remove vegetables with a slotted spoon, fork or hands; roll in flour mixture to coat. Repeat with remaining vegetables. Pour remaining butter carefully over each vegetable piece and into pan. Bake uncovered, turning once, until vegetables are crisp-tender and coating is golden brown, 10 to 12 minutes; drain. Sprinkle lightly with Parmesan Cheese as a garnish. Makes 2 cups of Veggie Bites.

Makes 4 servings.

Baked Potato Soup

Ellie Jahraus, Campbell County

Ingredients

- » 4 c. diced russet potatoes
- » ½ tsp. salt
- » 5 slices bacon
- » ½ c. diced onion
- » 2 tsp. minced garlic
- » 1 T. butter
- » 2 T. flour
- » 1 ½ c. chicken broth
- » 1 ½ c. half and half
- » ¼ c. sour cream
- » ¼ tsp. black pepper
- » 1 c. shredded cheddar cheese

Directions

Peel and dice potatoes. Add to pot and cover with water. Add ¼ tsp. salt and boil gently for 20 minutes until fork tender. Drain, gently mash, set aside. While potatoes cook; cook bacon in skillet; remove and set aside when crisp; leave drippings in pan. While bacon is cooking, dice onions. Add diced onion to drippings and cook until soft. Add in butter and garlic and cook 1 minute. Whisk in flour and cook for 1 minute to remove raw flour taste. Add in chicken broth mixing well. Stir in half and half; bring to boil then reduce to simmer. Stir in potatoes, sour cream, ¼ tsp. salt, and pepper. Sprinkle in cheese and stir until combined. Soup will continue to thicken as it sits.

Makes 4 servings.

Loaded Baked Potato Soup

Maggie McKeown, Lincoln County

Ingredients

- » 2 medium potatoes, baked
- » 2 T. butter
- » 1 c. onion, diced finely
- » 2 T. flour
- » 4 c. chicken stock
- » 2 c. cold water
- » 5 T. cornstarch
- » 1 ½ c. instant mashed potatoes
- » 1 tsp. salt
- » ¾ tsp. pepper
- » ½ tsp. dried basil
- » ⅙ tsp. thyme
- » 1 ½ c. half and half
- » ⅓ c. shredded cheddar cheese

Garnish:

- » Shredded cheddar cheese
- » Real bacon bits
- » Sliced green onions

Directions

Wash potatoes and poke with fork. Microwave until fork inserts easily, about 5-6 minutes. Set aside to cool. Melt butter in large saucepan. Add diced onions and saute until translucent. Sprinkle the flour over the onions, stirring to incorporate. Cook for about a minute, stirring gently. Add stock and bring to a simmer. In a small bowl, dissolve the cornstarch in cold water. To the saucepan, add instant mashed potato flakes, dissolved cornstarch water, and seasonings, whisking gently to incorporate all of the ingredients over medium-high heat. Bring the mixture to a boil, whisking often. Reduce heat and simmer for five minutes. Peel and cut the baked potatoes into small bite-sized pieces. To the soup base, add the potato pieces, shredded cheddar cheese, and half-and-half. Bring it back to a boil. Reduce heat and simmer for another 15 minutes, stirring occasionally. Garnish with shredded cheddar cheese, bacon, and green onion slices on top.

Makes 6 servings.

Broccoli and Chicken Shells and Cheese

Ellie Jahraus, Campbell County

Ingredients

- » 8 oz. medium shell pasta, cooked and drained
- » 4 c. broccoli, chopped into florets
- » 1 ½ c. shredded cooked chicken
- » 2 T. unsalted butter
- » ¼ c. all purpose flour
- » 1 c. milk
- » 1 c. chicken broth
- » 1 T. minced garlic
- » Olive oil
- » ¼ tsp. garlic powder
- » ¼ tsp. black pepper
- » ⅛ tsp. salt
- » 2 cups sharp cheddar cheese, shredded

Directions

In large pot of boiling salted water, cook pasta according to package directions. Drain and set aside. In electric skillet, drizzle olive oil and add minced garlic and broccoli florets. Saute' until broccoli is bright in color but crunchy. Remove from skillet and set aside. Melt butter in skillet over medium heat. Add flour and cook, stirring for one minute. Slowly whisk in milk and chicken broth. Season with garlic powder, salt, and pepper. Cook stirring consistently until mixture is bubbling and thickened. Remove from heat and add cheddar cheese. Stir until melted. Add drained pasta, broccoli, and chicken. Stir to combine. If sauce becomes too thick, add milk to thin. Serve and enjoy!

Makes 2 servings.

Summer Salad

Marissa Leonard, Douglas County

Ingredients

- » 2 T. olive oil
- » 1 T. balsamic vinegar
- » ½ tsp. crushed oregano
- » ¼ tsp. black pepper

Salad Ingredients:

- » 1 c. cucumber peeled and sliced
- » ½ c. grape tomatoes, cut and quartered
- » ½ c. black olives, sliced
- » ¼ c. shredded carrots
- » 8 oz. whole wheat rotini pasta

Directions

In a medium pot, bring 2 quarts of water to a boil, add pasta and cook for 15 minutes. Drain well, rinse with cold water. In a medium bowl, mix together dressing ingredients. Add in cucumbers, tomatoes, olives, and carrots. Add cooked and cooled pasta noodles. Toss to combine. Garnish with parmesan cheese (optional).

Makes 4 servings.

Pork Pot Pie

Maddi Gerlach, Davison County

Ingredients

- » 4 oz. potatoes, peeled and cubed
- » 2 T. flour
- » 4 oz. carrots, peeled and sliced
- » 4 oz. cooked pork, cubed
- » 1 c. water
- » ¼ tsp. dried thyme leaves
- » 1 tsp. chicken base
- » ¼ tsp. dried oregano leaves
- » 2 T butter
- » ¼ tsp. garlic powder
- » 2 oz. onion, chopped
- » Salt and pepper to taste

Pastry:

- » 1 c. flour
- » ½ tsp. salt
- » ⅓ c. shortening
- » 3-4 T. water
- » 1 egg, beaten

Directions

Preheat oven to 400 degrees F. Place potatoes and carrots in saucepan with water and simmer for 10 minutes. Drain and set aside. Mix water and chicken base together, set aside. Melt butter in saucepan, add onions and sauté until browned. Stir in flour to make a roux. Gradually stir in chicken flavored broth. Bring mixture to a boil, turn down heat and simmer until it starts to thicken. Remove from heat. Stir pork, thyme, oregano, garlic powder, salt, and pepper into sauce mixture. Add potatoes and carrots, stir.

Pastry: Cut shortening into flour and salt. Add water and stir. Roll crusts out on floured surface. Leave two crusts for bottom of pot pie, cut shapes out of remaining rolled crusts. Place a crust in the bottom of a shallow bowl trim. Add savory mixture to shallow bowl. Place precut crust shapes on top of savory mixture, brush with egg wash. Set bowls on a baking sheet, place in oven and bake for 15 minutes, or until crust is golden brown.

Makes 2 servings.



Grains



Spaghetti and Meat Sauce

Ellie Connor, Miner County

Ingredients

- » ½ medium onion finely diced
- » 2 cloves garlic minced or put through garlic press
- » 1 tsp. Italian seasoning
- » 1 tsp. dried basil
- » ¼ tsp. kosher salt
- » ¼ tsp. granulated sugar
- » 2 tsp. butter (about)
- » 15 oz. canned crushed tomatoes
- » 2 T. water

Directions

In a medium sized pot cook pasta to al dente according to instructions. Drain and set aside. In a medium sized skillet cook ground beef until browned, drain and set aside. In the same skillet, heat the olive oil over high until it shimmers. Sauté the onions, stirring frequently, until they soften and shine, about three minutes. Add the garlic. Stir to combine. Cook for an additional two minutes. Add the basil, salt, and sugar. Stir to combine. Add the butter. Stir, cook for about a minute. Add ½ of the crushed tomatoes. Scrape the bottom of the pan to remove any stuck-on bits. Reduce heat to low. Add remaining tomatoes. Stir in ¼ c. water. If the sauce seems too thick, add additional water. Allow sauce to simmer for 8 minutes to up to one hour. If simmering for longer, stir the sauce occasionally and add additional water as needed to keep the sauce at the correct consistency. Add ground beef back into the pasta sauce and stir to combine. Heat if needed when combined. Serve sauce over pasta.

Makes 2 servings.

Waffle Pizza

Luke McKeown, Lincoln County

Ingredients

- » 1 egg
- » 1 c. flour
- » $\frac{3}{4}$ c. plus 2 T. milk
- » $\frac{1}{4}$ c. vegetable oil
- » $\frac{1}{2}$ T. sugar
- » 2 tsp. baking powder
- » $\frac{1}{2}$ tsp. vanilla
- » $\frac{1}{8}$ tsp. salt
- » $\frac{1}{2}$ c. creamy peanut butter, divided
- » Sliced strawberries
- » Mini semi-sweet chocolate chips

Directions

Preheat waffle iron. Beat egg in a medium bowl with hand mixer until fluffy. Beat in flour, milk, vegetable oil, sugar, baking powder, vanilla, and salt just until smooth. Pour mix onto hot waffle iron. Cook until golden brown. Remove from iron and top each square with approximately 2 T. peanut butter and sliced strawberries. Sprinkle with chocolate chips to garnish. Serve immediately.

Makes 4 servings.

Blueberry Muffins

Paisley Namken, Hamlin County

Ingredients

- » $\frac{1}{2}$ c. oatmeal
- » $\frac{1}{2}$ c. orange juice
- » 1 $\frac{1}{2}$ c. flour
- » 2 tsp. baking powder
- » $\frac{1}{2}$ tsp. salt
- » $\frac{1}{4}$ tsp. baking soda
- » $\frac{1}{2}$ c. sugar
- » $\frac{1}{2}$ c. oil
- » 1 egg beaten
- » 1 cup fresh blueberries, rinsed

Directions

Mix oatmeal and orange juice, let sit 10 minutes. Combine flour, baking powder, salt, baking soda and salt in bowl, stir. Beat egg in a small bowl. Add egg, oil and oatmeal mixture to dry ingredients. Stir to combine. Fold in blueberries. Fill greased muffin cups to $\frac{3}{4}$ full. Bake at 350 degrees for 18 minutes or until done. Makes 6 large or 12 small muffins.

Makes 6 servings.

Applesauce Muffins

Cooper Bacon, Moody County

Ingredients

- » ¼ c. sugar
- » ¼ c. brown sugar
- » ¼ c. vegetable oil
- » 1 large egg
- » ¾ c. applesauce
- » 3 T. sour cream
- » 1 T. milk
- » 1 tsp. vanilla extract
- » 1 c. flour
- » ¾ tsp. baking powder
- » 1 ½ tsp. ground cinnamon
- » ¼ tsp. salt

Directions

Heat oven to 350 degrees. Lightly spray 6 cups in a muffin pan with cooking spray. In a large bowl, stir together the granulated sugar, brown sugar, oil and egg with a whisk. Mix until it's dark in color and thick. Add the applesauce, sour cream, milk, and vanilla extract. Stir with the whisk until combined. Add the flour, baking powder, cinnamon, and salt. Stir with a wooden spoon or spatula just until combined and no flour streaks remain. Scoop the batter into each muffin cup filling each one nearly full. (There may be a little extra batter.) Bake for 17-20 minutes or until the tops are puffy and rounded. Let muffins cool in the pan or eat one warm. Store leftovers in a covered container or gallon-sized Ziploc bag.

Makes 6 servings.

Fluffy Waffles with Homemade Berry Syrup

Clair Ulvestad, Brookings County

Ingredients

- » 2 c. flour
- » 4 tsp. baking powder
- » ½ tsp. salt
- » ¼ c. sugar
- » 2 eggs
- » ½ c. vegetable oil
- » 2 c. milk
- » 1 tsp. vanilla

Directions

Oil the waffle maker. Combine dry ingredients in a large bowl. In a separate bowl, separate egg whites and beat until stiff peaks form. Mix wet ingredients in a separate bowl. Add to dry ingredients and mix well. Fold in egg whites. Cook in waffle iron on medium-high heat for 5 minutes.

Makes 6 servings.

English Muffin Pizza

TJ Rogers, Hand County

Ingredients

- » 6 English muffins
- » 3 T. olive oil
- » ½ tsp. garlic powder
- » ¼ tsp. Italian seasoning
- » ¾ c. pizza sauce
- » ¾ c. shredded mozzarella cheese
- » Choice of toppings

Directions

Move oven rack to the middle position and preheat to 400 degrees. Line a rimmed baking sheet with foil. Place the English muffins on the baking sheet. In a small bowl combine olive oil, garlic powder, and Italian seasoning. Use a spoon to brush about ½ T. of the oil mixture over each English muffin. Spoon 1 T. of sauce over each muffin and use the back of the spoon to spread out the sauce. Sprinkle each muffin with 1 T. of shredded cheese. Add your choice of toppings. Bake for 8-10 minutes or until the cheese is melted and the edges of the English muffins are golden. Cool for 3-4 minutes and then serve.

Makes 6 servings.

Bran Applesauce Muffins

Adrian Flisrand, Codington County

Ingredients

- » ¼ c. whole wheat flour
- » 1 tsp. cinnamon
- » ¾ c. whole bran cereal
- » ½ tsp. nutmeg
- » ½ c. sugar
- » 1 c. applesauce
- » 1 tsp. soda
- » 1 tsp. vanilla
- » ½ tsp. salt
- » 2 eggs
- » ½ c. oil

Directions

Heat oven to 400 degrees. Prepare pan. Lightly spoon flour into measuring cup and level off into a large bowl. Combine all ingredients and mix well. Spoon batter into prepared muffin cups with filling ¾ full. Bake at 400 degrees for 15 to 20 minutes, until toothpick inserted in center comes out clean. Immediately remove from pan and serve warm.

Jalapeno Popper Mac and Cheese

Gabe Mattson, Deuel County

Ingredients

- » 2 T. butter
- » ¼ medium sweet onion, diced
- » 1-2 jalapeno peppers, finely chopped
- » 2 T. all purpose flour
- » 7 oz. milk
- » ¾ c. heavy cream
- » 3 oz. cream cheese
- » 1 c. mozzarella cheese, shredded
- » 1 c. sharp cheddar cheese, shredded
- » ½ tsp. salt
- » ¼ tsp. pepper
- » 4 slices bacon, cooked and crumbled
- » ¼ c. Panko crumbs
- » 8 oz. pasta

Directions

Preheat oven to 350 degrees and lightly grease a 2-quart baking dish. Melt butter over medium heat in a Dutch oven. Add onion and jalapeno and cook for 3 minutes to soften. Add flour and cook and stir for 1 minute. Gradually whisk in milk and heavy cream. Bring to a simmer and simmer for several minutes to thicken. Cut cream cheese into chunks so it will melt faster and add to Dutch oven. Stir until melted. Add mozzarella and stir until melted. Add sharp cheddar, remove from heat, and stir until melted. Stir in salt and pepper. Add pasta and bacon and mix in well. Transfer mixture to prepared baking dish. Combine Panko crumbs and melted butter and sprinkle on top. Bake for 20-25 minutes

Umami Noodles

Isabella Zdorovtsov, Minnehaha County

Ingredients

- » 8 oz. (1/2 box) angel hair pasta
- » 2 tsp. kosher salt
- » 8 oz. button mushrooms
- » 3 T. butter
- » ½ c. shredded parmesan
- » ½ c. miso broth
- » Cilantro leaf (optional garnish)

Directions

Heat ½ pot of water to a boil on medium heat. Wash and slice mushrooms. Put skillet on stove. Measure salt and add to pot of water. Measure butter and put into skillet. Measure miso and cheese and set aside. Heat butter on medium, add mushrooms when melted. Cook for 7-9 minutes. Add miso, turn to low. Boil pasta for 5 minutes, drain when done. Add pasta and cheese to mushrooms and mix. Plate and garnish.

Makes 6 servings.

Buttermilk Pancakes

Kade Braaten, Roberts County

Ingredients

- » 1 c. flour
- » ½ tsp. baking soda
- » 1 ½ tsp. baking powder
- » ½ tsp. salt
- » 2 T. sugar
- » 1 egg
- » 1 c. buttermilk
- » 3 T. oil

Directions

Mix dry ingredients. Add egg, buttermilk, oil and mix until smooth. Heat electric skillet to 250 degrees. Spray skillet with cooking spray. Use ⅓ c. to measure and pour batter onto skillet. Flip pancake when golden brown.

Makes 4 servings.

Applesauce Muffins

Maddison Bacon, Moody County

Ingredients

- » ⅓ c. sugar
- » ⅓ c. brown sugar
- » ⅓ c. vegetable oil
- » 1 large egg
- » 1 c. applesauce
- » ¼ c. sour cream
- » 2 T. milk
- » 1 tsp. vanilla extract
- » 2 c. flour
- » 1 ½ tsp. baking powder
- » 1 ½ tsp. ground cinnamon
- » ½ tsp. salt

Directions

Heat oven to 350 degrees. Line a 12-cup muffin pan with cupcake liners and lightly spray them with cooking spray. In a large mixing bowl, stir together the granulated sugar, brown sugar, oil, and egg with a whisk. Mix until it's dark in color and thick. Add the applesauce, sour cream, milk, and vanilla extract. Stir with the whisk until combined. Add in the flour, baking powder, cinnamon, and salt. Stir with a wooden spoon or spatula just until combined and no flour streaks remain. Scoop the batter into each muffin cup filling each one nearly full. Recipe makes the perfect amount for 12 muffins exactly, so each muffin cup will be full. Bake for 17-20 minutes or until top is puffy and rounded. Let muffins cool in the pan or eat one warm. Store leftovers in a covered container or gallon-sized Ziploc bag.

Makes 4 servings.

Great Grandma's Pancakes

Bridget Voeltz, Turner County

Ingredients

- » 1 c. flour
- » 1 egg
- » 1 c. buttermilk
- » 1 T. melted butter
- » 1 T. baking powder
- » ¼ c. sugar

Directions

Stir all ingredients into a bowl. When well mixed, pour ¼ cup of batter onto the griddle for each pancake. Wait until there are a lot of bubbles then flip. Wait about 1 more minute or until light brown. Repeat until the batter is out.

Quinoa Fruit Salad

Eleanor Anderson, Clay County

Ingredients

- » 1 c. quinoa
- » 2 c. water
- » Pinch of salt
- » Juice of 1 large lime
- » 3 T. honey
- » 2 T. finely chopped fresh mint
- » 1 ½ c. blueberries
- » 1 ½ c. sliced strawberries
- » 1 ½ c. chopped mango
- » Extra chopped mint for garnish – optional

Directions

Using a strainer, rinse the quinoa under cold water. Add quinoa, water, and salt to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes. Turn the heat to low and simmer for about 15 minutes, or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature. To make the Honey Lime Dressing: In a medium bowl, whisk the lime juice, honey, and mint together until combined. In a large bowl, combine quinoa, blueberries, strawberries, and mango. Pour honey lime dressing over the fruit salad and mix until well combined. Garnish with additional mint, if desired. Serve at room temperature or chilled.

Note: Use your favorite fruit in this salad. Blackberries, peaches, kiwi, raspberries, pineapple, grapes, etc. are great options!

Chicken Spaghetti Casserole

Lydia Blachford, Faulk County

Ingredients

- » 4 c. precooked chicken, cut up
- » 1 lb. spaghetti, broken into 2 in. pieces
- » 4 oz. pimientos, drained
- » 1 small diced onion
- » ¼ c. diced bell pepper
- » 2 cans cream of mushroom soup
- » 2 c. chicken broth
- » 2 ½ c. grated cheddar cheese
- » ½ tsp. salt
- » ½ tsp. ground black pepper
- » ⅛ tsp. cayenne pepper

Directions

Preheat oven to 350 degrees F. Cook spaghetti to al dente. Dice the pepper and onion and drain the pimientos. Place the cooked spaghetti, cream of mushroom soup, and 2 c. of cheddar cheese in a large bowl. Then add the pepper, onion, and pimientos, along with the ground pepper, salt, and cayenne pepper. Finally, add the chicken and broth. Stir. Pour the mixture into a 9x13 baking pan and bake for about 40 minutes, or until bubbly.

Makes 6 servings.

Blueberry Peach Muffin

Jack Kreutner, Codington County

Ingredients

- » ¼ c. butter, softened
- » ⅓ c. sugar
- » 1 egg
- » 1 ¼ c. all purpose flour
- » 1 tsp. baking powder
- » ¼ tsp. salt
- » ⅛ tsp. baking soda
- » ½ c. peach yogurt
- » ¾ c. fresh or frozen blueberries
- » 1 tsp. grated orange peel

Directions

In a small bowl cream butter and sugar until light and fluffy. Beat in egg. Combine flour, baking powder, salt and baking soda; add to creamed mixture alternately with yogurt, beating well after each addition. Fold in blueberries and orange peel. Bake at 375 degrees F for 20-25 minutes or until a toothpick comes out from middle clean. Cool for 5 minutes before removing from pan to wire rack. Serve warm. Leftovers may be frozen.

Makes 4 servings.

Pumpkin Waffles

Heidi Carlson, Kingsbury County

Ingredients

- » ¾ c. flour
- » 1 tsp. baking powder
- » ½ tsp. soda
- » ½ tsp. cinnamon
- » ¼ tsp. nutmeg
- » ¼ tsp. ginger
- » ¼ tsp. salt
- » 1 egg beaten
- » 2 t. brown sugar
- » ½ c. pumpkin puree
- » ¾ c. buttermilk
- » 3 T. unsalted butter,
melted and cooled

Directions

In a medium bowl, whisk together the first 7 ingredients. Beat the egg. Add the brown sugar, pumpkin puree, buttermilk and melted butter to the beaten egg. Add the wet ingredients to the dry ingredients and stir until moistened. Pour batter into preheated waffle iron. Bake 2 or more minutes on each side.

Chunky Tuna Sandwiches

Adrian Flisrand, Codington County

Ingredients

- » 1 (6 oz.) can tuna
- » ¼ tsp. onion salt
- » ½ c. chopped celery
- » 1 tsp. lemon juice
- » ⅓ c. onion
- » ⅓ c. cheese
- » ¼ c. mayonnaise

Directions

Drain tuna. Add other ingredients to tuna. Mix with fork. Line pita with lettuce. Enjoy!

Makes 2 servings.

Layered Ham and Cheese Biscuits

Norman Johnson, Brown County

Ingredients

- » 2 ½ c. all purpose flour
- » 2 T. baking powder
- » 1 T. sugar
- » ½ tsp. salt
- » 1 stick butter (8 T.), cold and cut into chunks
- » 1 c. shredded cheddar cheese, divided
- » 1 c. buttermilk
- » 2 slices ham, roughly chopped (about 2 oz.)

Directions

Line a rimmed baking sheet with parchment paper. Pulse the flour, baking powder, sugar and salt in a food processor until combined. Add the butter and ½ c. cheddar and pulse until the mixture looks like a coarse meal. Add the buttermilk and pulse a few times until the dough just comes together. Preheat the oven to 425 degrees. Turn the dough out onto a lightly dusted with flour work surface. Pat into a rectangle about an inch thick. Scatter half the ham and ¼ c. cheese on half the dough. Fold the edges to seal. Pat the dough out again so dough is about an inch thick, scatter the remaining ham and ¼ c. cheddar on top and fold the dough over like a book. Press one more time into a rectangle ½ inches thick. Use a chef's knife to cut the dough into 12 blocks. Transfer to the baking sheet with spatula and brush the tops with buttermilk. Bake until the biscuits are puffed and browned, 18-20 minutes.

Makes 5 servings.

Bunny Hop Muffins

Ruthanna Larson, Codrington County

Ingredients

- » 6 T. milk
- » ⅝ c. sugar (½ c. + ⅛ c.)
- » ¼ c. vegetable oil
- » 1 egg
- » ½ T. poppy seed
- » ½ tsp. vanilla
- » ¾ c. flour
- » ¾ tsp. baking powder
- » ¼ tsp. salt
- » ¼ tsp. lemon juice

Directions

Preheat oven to 350 degrees. Line muffin tin with muffin liners. Mix together milk, sugar, oil, egg, poppy seed, vanilla, and almond extract, and lemon juice. Add flour, baking powder, and salt. Scoop batter into muffin liners. Bake for 20-22 minutes until toothpick comes out clean. Let cool and then serve.

Ingredients

- » 2 c. flour
- » ¼ c. sugar
- » 4 tsp. baking powder
- » ½ tsp. baking soda
- » 1 ¾ c. milk
- » ¼ c. butter, melted and slightly cooled
- » 2 tsp. vanilla extract
- » 1 egg

Directions

Combine dry ingredients. Add milk, butter, vanilla, egg to dry ingredients and whisk together. Allow batter to rest while heating up the griddle to 350 degrees. Grease pans lightly. Flip when underside is cooked. Serve warm.

English Muffin Pizzas

Maddie Rogers, Hand County

Ingredients

- » 6 English Muffins (split in half)
- » 3 T. olive oil
- » ½ tsp. garlic powder
- » ¼ tsp. Italian seasoning
- » ¾ c. pizza sauce
- » ¾ c. shredded mozzarella cheese
- » Choice of toppings

Directions

Move oven rack to the middle position and preheat to 400 degrees. Line a rimmed baking sheet with foil. Place the English Muffins on the baking sheet. In a small bowl combine olive oil, garlic powder, and Italian seasoning. Use a spoon or pastry brush to brush about ½ T. of the oil mixture over each English Muffin. Spoon 1 T. of sauce over each Muffin and use the back of the spoon to spread out the sauce. Sprinkle each Muffin with 1 T. of shredded cheese. Add your choice of Toppings. Bake for 8-10 minutes, or until the cheese is melted and the edges of the English Muffins are golden. Cool for 3-4 minutes and then serve.

Makes 6 servings.

Kendra's Pancakes

Kendra Warkenthien, Clark County

Ingredients

- » 1 large egg
- » 1 c. all purpose flour
- » 1 T. sugar
- » 3 tsp. baking powder
- » Pinch of salt
- » $\frac{3}{4}$ c. milk

Directions

Crack the egg into a medium bowl and beat with a hand beater until fluffy. Add and mix other ingredients. Heat the griddle to 400 degrees. You may butter the griddle, if necessary. For each pancake put about $\frac{1}{4}$ c. of batter on the griddle. Cook pancakes until bubbly on top and the edges look dry. Then flip them and cook the other side.

Makes 2 servings.

Patriotic Pancakes

Larissa Fossum, Lincoln County

Ingredients

- » $\frac{1}{4}$ c. strawberries
- » $\frac{1}{4}$ c. blueberries
- » 1 $\frac{1}{2}$ c. white whole wheat flour
- » $\frac{3}{4}$ tsp. baking soda
- » 2 T. sugar
- » $\frac{1}{4}$ tsp. salt
- » 2 eggs
- » 3 T. vegetable oil
- » 3 T. vinegar
- » $\frac{3}{4}$ c. milk
- » $\frac{1}{3}$ c. sweetened condensed milk

Directions

Slice strawberries the same size as blueberries, set aside. Mix dry ingredients in a pouring bowl. In a different bowl, beat wet ingredients. Put the wet ingredients into the dry ingredients bowl. Add the berries to the mixture. Heat the griddle to 325 degrees. Pour the pancakes in 4–5-inch circles. Flip when bottom side is brown. Serve immediately or freeze.

Mouthwatering Cinnamon Muffins

Bode Sweetter, Lincoln County

Ingredients

- » ½ c. sugar
- » ½ c. milk
- » ⅓ c. vegetable oil
- » 1 egg
- » 1 ½ c. flour
- » 1 ½ tsp. baking powder
- » ½ tsp. salt
- » ½ c. sugar
- » 1 tsp. ground cinnamon
- » 1 stick butter

Directions

Heat oven to 350 degrees. Spray each cup in the muffin pan with cooking spray. Put the first ½ c. sugar, the milk and vegetable oil in medium bowl. Stir until mixed. Crack egg and put in bowl. Beat with fork till mixed. Add the flour, baking powder and salt to sugar mixture. Stir just until flour is wet. Spoon batter into muffin cups until cups are ¾ full. Bake for 20 to 25 minutes. While muffins are baking, mix the second ½ c. sugar and cinnamon in small bowl. Save for later. Put butter in a microwavable bowl. Cover with paper towel. Microwave for 30 to 45 seconds. Cool for 5 minutes. Use potholders to take muffins out. Tip pan on side to take muffins out of cups. Put muffins on cooling rack. Cool for 5 minutes. Roll muffins in melted butter. Then roll them in the sugar-cinnamon mixture so they are coated. Serve warm.

Peanut Butter Energy Balls

Isaiah Jahraus, Campbell County

Ingredients

- » 1 ½ c. quick oats
- » ½ c. creamy peanut butter
- » ¼ c. honey
- » ⅓ c. mini M&M candies

Directions

In mixer, add all ingredients. Mix well. Form into balls using a cookie scoop. Store in air-tight container.

Makes 4 servings.

Corn Bread Muffins

Case Carlson, Kingsbury County

Ingredients

- » 1 ¼ c. all purpose flour
- » ¾ c. corn meal
- » ¼ c. sugar
- » 2 tsp. baking powder
- » 1 tsp. salt
- » 1 c. skim milk
- » ¼ c. vegetable oil
- » 1 egg beaten

Directions

Heat oven to 400 degrees. Grease muffin tins. Combine dry ingredients. Stir milk, oil, and eggs, mixing just until dry ingredients are moistened. Pour batter into greased muffin tins. Bake for 15 min, or until light golden brown.

Makes 6 servings.

Zesty Ranch Rotini

Brinleigh Mack, Brookings County

Ingredients

- » 12 oz. garden (tri-color) rotini pasta
- » ¾ c. sweet peppers, chopped
- » ¼ c. banana pepper rings, chopped
- » 1 c. matchstick carrots
- » 1 – 3.8 oz. can sliced black olives
- » 1.5 oz. salami slices, chopped
- » ⅓ c. mini pepperoni
- » ⅓ c. diced ham
- » 1 – 6.4 oz. bag of co-jack cheese cubes, cut in half
- » ¾ c. ranch salad dressing
- » ¾ c. zesty Italian salad dressing

Directions

Fill a large pot with water and bring to a boil. Once boiling, add noodles and cook for 10-12 minutes. Drain and cool noodles. Rinse sweet peppers, remove seeds, and chop. Drain banana peppers and chop. Drain black olives. Cut salami into bite sizes. Cut cheese cubes in half. In a blender bottle, combine ranch and zesty Italian dressing. Shake well and set aside. Place chopped peppers, black olives, carrots, salami, ham, pepperoni, and cheese into a bowl. Mix in drained and cooled noodles. Stir together. Pour dressing over salad and stir to evenly coat. Serve immediately.

Makes 6 servings.

Goulash

Cody Kiesz, Brown County

Ingredients

- » 1 lb. ground beef
- » 24 oz. marinara sauce
- » 1 c. dry elbow macaroni
- » 2 c. mozzarella cheese
- » ½ tsp. onion powder
- » ½ tsp. garlic powder
- » ½ tsp. oregano

Directions

Preheat oven to 350 degrees. Cook noodles according to package directions. Drain the noodles. Cook ground beef in a skillet until it's no longer pink. Stir marinara and seasonings into ground beef. Mix beef mixture in with noodles. Evenly spread into a casserole dish. Cover the top with cheese. Bake in the oven at 350 degrees for 20-30 minutes, until cheese is completely melted.

Brazilian Black Beans and Rice

Norman Johnson, Brown County

Ingredients

- » 2 (15 oz.) cans black beans
- » 4 servings brown Minute rice
- » 1 to 1 ½ lbs. Fry sausage
- » 1 tsp. onion powder
- » 1 tsp. garlic powder

Directions

Cook rice according to the directions on the box. Heat the beans (do not drain) in a pan over medium heat. While the beans are heating and the rice is cooking, cut sausage into ½ disks then in half again (half-moon shape). Put sausage into the beans and cook until hot, stirring frequently. Add onion powder and garlic powder to the bean and sausage mixture. Mix well. Once rice is done, stir into the bean and sausage mixture.

Optional toppings: onion, hot sauce, ketchup, tomatoes.

Makes 4 servings.



Proteins



Chicken and Roasted Pepper Roll-Ups

Karin Sweeter, Lincoln County

Ingredients

- » 3 boneless skinless chicken breast halves
- » 1 tsp. salt
- » 1 tsp. pepper
- » 1 tsp. paprika
- » 1 ½ c. shredded mozzarella cheese
- » 1 c. baby spinach, shredded
- » 1 c. roasted red peppers
- » 4 green onions, finely chopped
- » ½ c. tomato pesto

Directions

Preheat the oven to 400 degrees Fahrenheit. Place chicken breasts in a Ziploc bag. Using the flat side of a meat mallet, pound each breast to ¼ inch thickness. Season the chicken breasts with salt, pepper, and paprika. Sprinkle mozzarella cheese. Top with spinach, peppers, and green onion. Roll up chicken breasts tightly and place in baking dish. Brush pesto over chicken breasts. Bake for 30-35 minutes or until the chicken has reached 165 degrees. Serve.

Cheeseburger Pie

Bode Sweeter, Lincoln County

Ingredients

- » 1 T. olive oil
- » 1 T. Worcestershire sauce
- » 1 T. salted butter, melted
- » 1 c. shredded cheddar cheese
- » 1 lb. ground beef
- » 2 large eggs
- » ½ c. all-purpose flour
- » ½ tsp. kosher salt
- » 1 c. whole buttermilk, room temperature
- » 1 tsp. baking powder
- » Ketchup and pickle slices, for serving

Directions

Preheat the oven to 400 degrees, Heat a large skillet over medium heat. Add olive oil, ground beef, onion, and salt. Cook, stirring occasionally, until meat is browned and crumbly and onions are softened, 8 to 10 minutes. Add the Worcestershire sauce and cook until absorbed, for about 2 minutes more. Spray a 9-inch pie plate with nonstick cooking spray. Transfer the meat mixture to the pie plate. Whisk together the eggs, buttermilk, and melted butter in a medium bowl until smooth. Add flour and baking powder, whisk until smooth. Pour over the hamburger mixture in the pie plate. Sprinkle all over with cheese. Bake until the top is browned, and center is set, about 25 minutes. Serve the pie in slices with pickles and ketchup.

Steak Strips

Ada Rider, Clark County

Ingredients

- » 32 oz. tenderized round steak
- » ½ tsp. Lawry's seasoning
- » ½ tsp. pepper
- » 1 c. flour
- » Butter

Directions

First cut off the fat on steak and then cut into strips. Mix together flour, Lawry's and pepper in bowl. Next coat the cut-up strips in the seasoned flour, shake off any extra flour. Melt the butter in the pan. Then put the floured steak strips in buttered pan and cook until they are done in the middle, flip them every so often. Finally cut one with a butter knife to make sure they are cooked thoroughly or to 145 to 150 degrees depending on how you like them cooked.

Makes 6 servings.

Cheetos Chicken Bites

Annie Rider, Clark County

Ingredients

- » 32 oz. chicken breasts, cut into bites
- » 5 c. crushed Cheetos
- » 3 eggs
- » 1 tsp. pepper
- » ½ tsp. salt

Directions

Preheat oven to 350 degrees and spray pan with butter spray. Cut fat off chicken and cut into bites and put it in bowl. Add pepper and salt in a bowl and mix with bites. Crush 5 cups of Cheetos in gallon baggies with rolling pin and spread on plate. Beat eggs with teaspoon of water in bowl. Dip chicken bites in egg and then roll in Cheeto crumbs and lay on pan. Put in oven for 30 mins and then turn off oven and leave in for another 5-8 minutes to get crispy. Check bites to make sure they reach at least temp of 165 degrees. Put on serving tray and garnish with herbs. Serve with your favorite dipping sauce and enjoy!

Makes 6 servings.

Easy Baked Chicken Nuggets

Cullan McMillin, Minnehaha County

Ingredients

- » 1 – 12.5 oz. can chicken breast, drained
- » 1 large egg, beaten
- » ½ c. shredded mozzarella
- » 3 T. grated parmesan

Seasonings of Choice: I use 1 ½ tsp. garlic pepper blend

Garnish: dipping sauce and carrot curls

Directions

Preheat oven to 425 degrees F and line a baking sheet with parchment paper. Open and drain the canned chicken. Remove as much excess moisture as possible by placing it in a strainer and squishing out the water with your fingers. In a medium sized bowl, mix together the drained chicken with the egg, mozzarella, parmesan, and seasoning. I DO NOT recommend adding salt because the chicken and cheeses have enough. Use a heaping T. and your hands to mold the chicken mixture together into 12 nuggets. Bake for 10 minutes and then flip the nuggets over and bake another 10 minutes. Enjoy with your favorite dipping sauce and raw vegetables.

Makes 3 servings.

Cheeseburger Mac and Cheese

Bailey Gjernes, Brookings County

Ingredients

- » 1 lb. ground beef
- » 2 c. milk
- » 1 ¼ c. chicken broth
- » 1 ½ c. uncooked elbow macaroni
- » 1 T. cornstarch
- » 2 tsp. garlic powder
- » 1 tsp. sugar
- » 1 tsp. salt
- » ½ tsp. pepper
- » 1 ¾ c. sharp cheddar cheese shredded

Directions

In a small bowl combine cornstarch, garlic powder, sugar, salt and pepper. Set aside. Heat a large skillet over medium high heat. Brown the beef and cook to 160 degrees. Drain any excess fat. Add milk, broth, and macaroni to the beef. Stir in the cornstarch and spice mixture and bring to a boil. Once boiling, reduce the heat and let simmer, covered, for 9 to 12 minutes or until the pasta is cooked through. Stir the mixture occasionally and if needed add more broth or water. Remove from heat and stir in cheese until melted.

Makes 4 servings.

Hamburger Steaks in Creamy Dill Sauce

Carson Fischer, Day County

Ingredients

For Hamburger Steaks:

- » 1 lb. ground beef
- » 4 T. breadcrumbs
- » 2 tsp. minced onion
- » ½ tsp. black pepper
- » 2 T. heavy cream
- » 1 egg

For Cream Dill Sauce

- » 1 T. olive oil
- » 1 T. butter
- » 2 tsp. garlic
- » 2 T. minced onion
- » ½ tsp. salt
- » ½ tsp. all-purpose flour
- » ½ c. beef broth
- » 1 c. heavy cream
- » 2 T. dill weed

Directions

Make the hamburger steaks: In a bowl, mix together the ground beef, breadcrumbs, minced onion, pepper, cream and egg until combined. Form into 4 patties about ¾ inch round. In a large skillet, heat the oil and butter over medium heat. Cook the hamburger steaks until the internal temp reaches 160 degrees F. Transfer to a plate. In the same skillet, add the garlic, minced onion, salt, pepper, and flour until incorporated. Pour in the beef broth while scraping up any browned bits from the bottom of the pan. Add the heavy cream and dill. Bring to a boil, then reduce heat and simmer for 1-2 minutes until thickened slightly. Return the hamburger steaks to the skillet and simmer for 5-6 minutes. Garnish with dill and serve

Cowboy Muffins

Adrian Flisrand, Codington County

Ingredients

- » 1 large green pepper
- » 1 large red pepper
- » 3 stalks green onion
- » ½ c. fully cooked bacon pieces
- » ¼ c. whole milk
- » 1/8 tsp. garlic powder
- » 1/8 tsp. black pepper
- » ½ c. shredded cheddar cheese
- » 8 large eggs

Directions

Preheat oven to 350 degrees and grease 12 cup muffin pan. Place diced bell peppers and green onions in a bowl. Add all other ingredients and whisk until incorporated. Pour mixture equally into the prepared muffin cups. Bake until toothpick comes out clean, about 30 minutes. Let cool slightly before serving.

Makes 6 servings.

Creamy Chicken Tuscan Pasta

Kelsey Fischer, Day County

Ingredients

- » 2 T. sunflower oil
- » 1 tsp. garlic
- » 16 oz. boneless, skinless chicken breasts, cut into cubes
- » 1 tsp. oregano
- » 1 tsp. Italian seasoning
- » ½ tsp. salt
- » ½ tsp. black pepper
- » 14.5 oz. drained diced tomatoes
- » 10 oz. frozen spinach
- » 8 oz. penne pasta, uncooked
- » 14.5 oz. alfredo sauce
- » 2 c. chicken broth
- » 1 ½ c. shredded mozzarella cheese

Directions

Preheat oven to 400 degrees F. Combine chicken, garlic, Italian seasoning, oregano, salt, and pepper in a gallon bag. Toss well to combine. In a deep oven-safe skillet, heat sunflower oil over medium heat. Add the seasoned chicken and cook for 7-8 minutes, until the chicken reaches 165 degrees F. Turn off the heat and add tomatoes, spinach, uncooked penne pasta, alfredo sauce, and chicken broth. Mix well to combine. Pour into baking dish, cover with foil, and transfer it to the preheated oven. Bake for 30 minutes, or until the pasta is cooked. Remove the dish from the oven, uncover, and sprinkle mozzarella cheese evenly over the top. Return the skillet to the oven while uncovered and bake for an additional 5-10 minutes until the cheese is melted and bubbly. Garnish with baby spinach and serve.

Savory Steak Tips

Brinleigh Mack, Brookings County

Ingredients

- » 1.5 lbs. sirloin steak, cubed
- » 1 T. olive oil
- » 1.5 T. brown sugar
- » 1.5 T. Kinders "The Blend" seasoning
- » ¾ tsp. onion powder

Directions

Pre-heat air fryer to 400 degrees. Cube steak and place in gallon sized Ziplock bag; toss with olive oil. Mix remaining dry ingredients in a bowl, shake over steak that has been tossed in olive oil. Seal bag and shake steak to cover with seasoning blend. Place seasoned steak cubes in air fryer basket and let "fry" for 4 minutes; open fryer and shake/turn meat. Return to fry for 4 minutes or until thermometer reads 145-160 degrees. Garnish with seasoned pat of butter.

Makes 6 servings.

Beef and Broccoli Ramen Stir-Fry

Laina Puffer, Beadle County

Ingredients

- » 3 oz. instant ramen,
3 packages, discard
seasoning mix
- » 8 c. water, boiling hot
- » ½ tsp. minced garlic
- » 1 tsp. cornstarch
- » 1 T. sesame oil
- » 1 lime, juiced
- » ¼ c. soy sauce
- » 2 c. broccoli florets
- » 1 T. olive oil, divided
- » ½ lb. flank steak, thinly
sliced
- » ½ medium yellow
onion, thinly sliced

Garnish: 1 ½ tsp. sesame
seeds, toasted

Directions

Place the ramen noodles in a large bowl and pour the boiling water over them. Let sit for 6 minutes, stirring occasionally to break up the noodle blocks. Drain and rinse under cold water. Set aside. In a small bowl, combine the garlic, cornstarch, sesame oil, lime juice, and soy sauce. Stir well, then set aside. Place the broccoli in a large, microwave-safe bowl and microwave for 1½ minutes, until soft. Set aside. Heat 1 tsp. of olive oil in a large, nonstick pan over high heat. Add the steak to the pan and toss with 2 T. of the reserved sauce. Cook until browned, about 2 minutes. Remove from the pan and set aside. Heat another teaspoon of olive oil in the pan, then add the onion. Cook, stirring often, until translucent. Add the broccoli and cook until lightly browned. Remove from the pan and set aside. Add the remaining teaspoon of olive oil to the pan, then add the noodles and the remaining sauce. Cook, stirring constantly, until the noodles soak up the sauce. Return the cooked vegetables and steak to the pan and stir to distribute. Transfer the noodles to a serving dish and garnish with toasted sesame seeds.

Makes 4 servings.

Pizza Burgers

Ruthanna Larson, Codington County

Ingredients

- » 1 lb. ground beef
- » 6 oz. mozzarella
cheese
- » ½ c. tomato soup
- » 1/3 c. ketchup
- » ¼ c. parmesan cheese
- » 1 ½ tsp. oregano
- » ¼ tsp. garlic salt
- » 3 large buns

Directions

Brown ground beef. Drain and cool. Mix remaining ingredients and add to cooled ground beef. Spread mixture on buns. Be sure to cut in half. You will get two burgers out of one bun. Wrap in foil and bake 20-30 minutes at 350 degrees.

Makes 5 servings.

Baked Chicken Parmesan

Ellie Jahraus, Campbell County

Ingredients

- » 2 pieces boneless, skinless chicken breast
- » ¼ tsp. salt
- » ⅔ c. Italian breadcrumbs
- » ½ tsp. garlic powder
- » 1 c. shredded mozzarella cheese
- » 1 egg, whisked
- » ¼ tsp. black pepper
- » ⅓ c. grated parmesan cheese
- » ½ c. marinara or spaghetti sauce

Directions

Preheat oven to 415 degrees. Spray baking pan with non-stick cooking spray and set aside. Cut chicken to create 4 fillets. Place in a zip lock bag and use meat tenderizer or rolling pin to flatten chicken to about ½ inch thick. Place egg in a bowl and whisk together with salt and pepper. Place breadcrumbs, parmesan cheese and garlic powder in a separate bowl. Dip chicken in the egg and then place in the breadcrumbs and cover the chicken. Place chicken in the pan and bake for 20-25 minutes. Flip chicken halfway through. Remove from oven and spoon about ⅓ cup sauce on top of the chicken and top with ¼ cup mozzarella cheese. Bake for an additional 3-5 minutes or until cheese is melted. Serve with angel hair pasta or spaghetti if desired. Enjoy

Makes 4 servings.

Cheeseburger Cups

Georgia Wachter, Beadle County

Ingredients

- » 1 lb. ground beef
- » ½ c. ketchup
- » 2 T. brown sugar
- » 1 T. mustard
- » 1 ½ tsp. Worcestershire sauce
- » Tube of large refrigerator buttermilk biscuits
- » ½ c. shredded Mexican cheese (divided and sprinkle on top)

Directions

In a large skillet, cook beef over medium heat until no longer pink, breaking into crumbles. Drain. Stir in the ketchup, brown sugar, mustard, and Worcestershire sauce. Remove from the heat; set aside. Flatten each biscuit. Then press into the bottom and up the sides of a greased muffin cup. Spoon beef mixture into cups; top with shredded cheese. Bake at 400 degrees until cups are golden brown, 14-16 minutes.

Breakfast Burrito Casserole

Heidi Carlson, Kingsbury County

Ingredients

- » 4 eggs
- » ¼ c. milk
- » ¼ tsp. salt
- » ¼ tsp. pepper
- » ½ lb. sausage
- » ½ c. sour cream
- » 5.5 oz. cream of chicken soup
- » 2 – 10 in. flour tortillas cut into 1 in. pieces
- » 1 c. salsa divided
- » ⅓ c. shredded cheddar cheese
- » ⅓ c. shredded mozzarella cheese

Directions

Preheat oven to 350 degrees. Whisk together eggs, milk, salt and pepper. In a large skillet, spray with cooking spray. Cook and stir egg mixture over medium heat until thickened and no liquid egg remains; remove. In the same skillet, cook and crumble sausage over medium heat until no longer pink (5-7 minutes). Stir together sour cream and soup. Spread half the sour cream and soup mixture into an ungreased 8x8 baking dish. Layer with half the tortilla pieces, half the salsa, the scrambled eggs, sausage and the remaining tortillas and sour cream mixture. Top with remaining salsa, sprinkle with cheeses. Bake uncovered for 30-35 minutes.

Makes 4 servings.

Egg Muffins

Kalista Henke, Hutchinson County

Ingredients

- » 12 eggs
- » ½ tsp. salt
- » ¼ tsp. garlic powder
- » 3 T. diced green onion
- » ¼ c. diced red pepper
- » 1 c. diced ham
- » 1 c. shredded cheddar cheese
- » Pepper to taste

Directions

Preheat oven to 350 degrees. Spray muffin tins with cooking spray. Crack eggs into a bowl and whisk together. Add remaining ingredients to the eggs. Put ⅓ cup mixture into each muffin tin. Bake for 20-25 minutes. Eggs should reach a temperature of 160 degrees.

Makes 6 servings.

Easy Skillet Lasagna

Caleb Fischer, Codington County

Ingredients

- » 1 lb. ground beef
- » 2 tsp. minced garlic
- » 1 T. basil
- » 1 T. oregano
- » ½ tsp. red pepper flakes
- » Salt and pepper to taste
- » 8 lasagna noodles
- » 1 jar spaghetti sauce (24 oz.)
- » 1 ½ c. water (might need more)
- » ½ c. shredded mozzarella cheese
- » 1 c. cottage cheese

Directions

Brown ground beef in a large skillet. Season to taste with salt and pepper. When almost browned stir in garlic and cook for an additional minute or two. Add spaghetti sauce, seasonings and water. Bring to a boil. When boiling, break up the lasagna noodles into pieces and add to the pan. Cover. Turn the heat to med low and simmer 10 minutes. Remove lid, scrape and stir up the noodles that might be stuck to the bottom. If looking dry, may add another ¼ – ½ c water. Dollop spoonful's of cottage cheese throughout the pan, top with mozzarella. Cover and simmer another 5-10 minutes until noodles are tender. Remove from heat and let sit uncovered for about 5 minutes. Then serve and enjoy!

Makes 5 servings.

Game Day Barbeque Sandwich

Gentry Puffer, Beadle County

Ingredients

- » 1 lb. ground beef
- » 1 tsp. onion powder
- » 1 – 10.5 oz. can of chicken gumbo soup
- » ½ c. ketchup
- » 1 T. yellow mustard
- » 1 T. brown sugar
- » 1-2 T. instant oatmeal
- » 6 hamburger buns

Garnish: sliced pickles

Directions

Brown ground beef in a skillet with onion powder. Stir in condensed soup, ketchup, mustard, and brown sugar and 1 tablespoon of instant oatmeal. Simmer over low heat for about 10 minutes, stirring occasionally. Add more oatmeal as needed to thicken barbeque. Serve on toasted buns with pickles

Makes 6 servings.

Breakfast Wrap

Cheyenne Braaten, Roberts County

Ingredients

- » 12 oz. pork sausage
- » 1 c. hash browns
- » 6 eggs
- » ¼ tsp. seasoned salt
- » 6 T. nacho cheese
- » 6 flour tortillas (8 inches)

Directions

Heat electric skillet to 300 degrees. Add pork sausage to skillet. Cover and cook until pork sausage is browned, stirring occasionally. Using a slotted spoon, scoop into separate bowl. Drain excess grease. Add hash browns to skillet; cover and cook until crisp. Add hash browns to pork sausage in bowl. In another bowl, whisk together eggs and seasoned salt. Add to skillet and cook until nicely scrambled. Mix eggs, pork sausage, and hash browns together in bowl. Turn skillet down to warm and carefully wipe crumbs to edge of skillet using paper towel. Place one tortilla on plate. Add ½ cup egg mixture. Top with 1 T. nacho cheese. Roll into wrap. Place in skillet and cover to warm through. Repeat process for remaining tortillas.

Makes 6 servings.

Cowboy Beans

Cooper Namken, Hamlin County

Ingredients

- » ¼ lb. ground beef
- » ¼ lb. bacon, diced
- » ¼ c. onion, chopped
- » ¼ c. ketchup
- » 16 oz. can Bushes original beans
- » 1 tsp. mustard
- » ¼ tsp. salt
- » ¼ c. brown sugar
- » ¼ tsp. liquid smoke

Directions

Brown ground beef, bacon and onion. Add the remaining ingredients and heat through. Pour into a casserole dish and bake at 325 degrees for 20 minutes.

Makes 6 servings.

Lasagna Rolls

Kade Braaten, Roberts County

Ingredients

- » 6 lasagna noodles
- » 16 oz. ground beef
- » 1 ½ c. pasta sauce
- » 1 ½ c. shredded mozzarella cheese
- » ¾ c. ricotta cheese

Directions

Cook lasagna noodles according to package directions; drain noodles. In the microwave brown ground beef, stirring every 1-2 minutes until no longer pink. Drain excess grease. Add pasta sauce and stir. Place one lasagna noodle on plate or board. Spread with 2 T. ricotta cheese; then add ¼ cup meat sauce. Top with 2 T. shredded mozzarella cheese. Carefully roll up noodle and place seam side down in a greased 8-inch square baking dish. Repeat process for remaining noodles. Pour remaining meat sauce over noodles in baking dish and top with remaining shredded cheese. Bake, uncovered, at 400 degrees for 10-15 minutes or until heated through and cheese is melted.

Makes 6 servings.

Farm Fresh Egg Bake

Kennedy Stern, Clark County

Ingredients

- » 6 eggs
- » ½ tsp. onion powder
- » ½ tsp. thyme
- » ¼ tsp. salt
- » ⅛ tsp. pepper
- » ½ c. hash browns
- » 1 c. shredded American cheese
- » 9 oz. diced ham
- » ½ c. chopped green peppers

Directions

Heat oven to 350 degrees. Spray 9-to-10-inch pie pan. Combine eggs, onion powder, thyme, salt, and pepper. Beat well. Stir in potatoes, cheese, ham, and green peppers. Pour into the pie pan. Bake for 45 minutes. Garnish and serve.

Makes 6 servings.

Tex Mex Tater Tot Casserole

Jeremiah Jahraus, Campbell County

Ingredients

- » 1 lb. ground beef
- » 1 (1.25 oz.) packet taco seasoning
- » 1 (15.25 oz.) can black beans, drained and rinsed
- » 1 (15 oz.) can red enchilada sauce
- » 24 oz. package crispy crowns/tater tots
- » ½ c. yellow onion, minced
- » ¼ c. diced green chiles
- » 1 (15.25 oz.) can corn, drained
- » 2 c. shredded cheddar cheese

Directions

Preheat oven to 415 degrees. Brown ground beef with the minced onion until cooked. Drain meat and put back in pan. Add taco seasoning, diced green chiles, black beans, corn, and red enchilada sauce. Mix together and simmer for 3 to 4 minutes. Add in shredded cheese and mix well. Put meat mixture in a sprayed 9x13 inch pan. Layer tater tots on top of meat mixture. Bake for 35 minutes until tater tots are golden. Serve with favorite taco toppings if you wish. Enjoy!

Makes 6 servings.

Marvelous Meatloaf Muffins

Isaiah Jahraus, Campbell County

Ingredients

- » 1 lb. ground beef
- » 1 egg
- » ¼ tsp. salt
- » ½ tsp. garlic powder
- » ½ c. yellow onion, minced
- » ½ c. Italian breadcrumbs
- » ¼ tsp. black pepper
- » 1 small can tomato soup

Directions

Preheat oven to 350 degrees. In a large bowl, add ground beef, minced onion, egg, breadcrumbs, salt, black pepper, garlic powder, and ½ cup of tomato soup. Mix all ingredients together until combined well. Spray muffin tin very well with Pam Spray. Divide meat mixture into 8 even amounts and put meat mixture into a muffin tin cup. Place 1 teaspoon of remaining tomato soup on top of each meatloaf muffin. Place in oven and bake for 30 minutes. Serve and enjoy!

Makes 4 servings.

Creamy Tortellini Soup

Lauren Patten, Turner County

Ingredients

- » 9 oz. cheese tortellini
- » 19 oz. (5 links) mild Italian sausage
- » 1 c. chopped onion
- » 5 cloves minced onion
- » 10 oz. canned diced tomatoes
- » 2 T. tomato paste
- » 1 c. half and half
- » ½ c. shredded parmesan
- » 2 c. baby spinach
- » 2 T. extra virgin olive oil
- » ½ tsp. dried oregano
- » ½ tsp. red chili flakes
- » ½ tsp. Italian seasoning
- » Black pepper and salt to taste
- » 14.5 oz. chicken broth
- » 1 c. water

Directions

Remove sausage from casing and set aside. Set Instant Pot on Sauté and keep in normal. Add olive oil and when the oil becomes hot, brown the sausage along with the chopped onion. Add garlic and sauté for 1 minute. Add chicken stock, water, diced tomatoes, tomato paste and seasonings. Deglaze the pot very well with the help of a spatula so that bottom of the pan is clean. Add tortellini and stir. Cancel the Sauté. Close the lid of the Instant Pot. Seal the valve and press the Pressure Cook button and set it on HIGH for 2 minutes. When the cooking cycle is over, perform a quick pressure release. Open the pot. Turn off the Instant Pot. Add the ½ and ½, parmesan cheese and stir until mixed. Add baby spinach and mix well. Wait for 1-2 minutes and then serve.

Makes 4 servings.

Beef Enchiladas

Callie VanderWal, Brookings County

Ingredients

- » 1 lb. ground beef
- » 8 tortillas (fajita size)
- » 10 oz. enchilada sauce, divided
- » ¼ c. cream cheese
- » 2 c. shredded cheddar cheese

Directions

Preheat oven to 350 degrees. Brown ground beef, drain. Add cream cheese, 5 oz. enchilada sauce and 1 cup cheddar cheese. Stir until combined. Warm in microwave until cheese is melted. Evenly distribute meat mixture between tortilla shells. Roll up and place in 9x13 cake pan. Pour 5 oz. of enchilada sauce over tortillas. Bake in a 350-degree oven for 30 minutes, or until heated through. Sprinkle remaining cheese (1 cup) over enchiladas. Bake 5 minutes or until cheese is melted. Serve with desired toppings.

Hash Brown Quiche Cups

Morgan Stelling, Clay County

Ingredients

- » 1 large egg
- » ¼ tsp. salt
- » ⅛ tsp. pepper
- » 2 c. frozen shredded hash brown potatoes, thawed
- » ¼ c. shredded cheese

Filling:

- » 3 large eggs
- » ⅓ c. shredded colby-moterey jack cheese
- » ⅓ c. fresh baby spinach, thinly sliced
- » 2 bacon strips, cooked and crumbled

Directions

Preheat oven to 400 degrees. Grease 8 muffin cups. In a bowl, whisk eggs, salt and pepper until blended; stir in potatoes and cheese. To form crust, press about ¼ cup potato mixture onto bottom and up sides of each prepared muffin cup. Bake until light golden brown, 14-17 minutes. For filling, in a small bowl, whisk until blended; stir in cheese and spinach. Spoon into crusts; top with bacon. Bake until a knife inserted in the center comes out clean, 6-8 minutes

Pork Chops with Salsa

Darin Hagen, Grant County

Ingredients

- » 2 – 3 oz. boneless pork chops
- » 1 T. olive oil
- » ⅛ tsp. salt
- » ⅛ tsp. cumin
- » ¼ c. medium salsa

Directions

Preheat electric skillet to medium heat. Mix together cumin and salsa. Microwave on high for approximately one minute or until hot. Cover with aluminum foil and set aside. Sprinkle salt equally over pork chops on one side. Add olive oil to the pan and allow to warm. Add pork chops to the pan. Cook on one side for five minutes. Flip pork chop over and cook for three minutes or until the pork chops register 145 degrees or above. Remove pork chops, add half of salsa mixture to the top of each chop, cover with aluminum foil, and allow pork chops to rest for three minutes. Garnish and serve.

Makes 2 servings.

Soup De Tortilla

Hope Karels, Grant County

Ingredients

- » 3 c. shredded cooked chicken
- » 1 c. corn oil
- » 8 small corn tortillas, cut into ¼ inch strips (homemade)
- » 3 tsp. minced garlic
- » 1 large onion, diced (¾ onion stay in pot and ¼ onion go into bowls)
- » 2 dried chilies, pasilla or ancho, stemmed, seeded, and sliced
- » 2 fresh tomatoes (1 blanched and peeled and 1 chopped into the 4 bowls)
- » 6 c. chicken stock
- » 2 T. fresh lime juice
- » 1 tsp. salt
- » 2 tsp. pepper
- » 1 c. chopped fresh cilantro leaves
- » 1 c. shredded Mexican cheese
- » 1 ripe avocado, peeled, pitted and sliced

Directions

Season chicken breast and bake 25 minutes at 425 degrees. Temp check for 165 degrees. Heat the oil in a saucepan over med/high heat for a couple minutes. Begin frying the tortilla strips in batches until golden brown and crisp, turning after a minute or two, about 2-4 minutes in total. Drain on paper towels and set aside. Discard all but 2 tablespoons of the oil and turn the heat to medium. Add the garlic and onion, and sauté until softened, about 5 minutes. Add the chiles, tomatoes and half the tortilla strips and cook another 5 minutes. Add the chicken stock and bring to a boil, then simmer for 20 minutes. Let the soup cool slightly, and then using an upright blender, puree the mixture until smooth. Return mixture to the stove over medium heat, stir in the chicken and heat through. Season with lime juice, salt and pepper. Divide chicken, ¼ onion, fresh tomato among the 4 bowls. Pour blended broth over bowl. Garnish with cilantro and avocado, enjoy!

Makes 4 servings.

Egg Roll in a Bowl

Brooklyn Schroeder, Hanson County

Ingredients

- » 1 T. canola oil
- » ½ medium onion, chopped
- » 16 oz. or 1 lb. sausage or ground turkey
- » 1 red bell pepper
- » 1 ¾ c. coleslaw mix
- » Cooked white or brown rice, optional
- » Chow Mein noodles, or sesame sticks, optional

Sauce:

- » 2 green onions, chopped
- » 3 T. reduced sodium soy sauce
- » 1 T. honey
- » 1-2 tsp. sriracha or other hot sauce

Directions

Heat oil in skillet over medium heat. Chop onion and add with the sausage to the skillet. Cook for 5-7 minutes, breaking sausage into pieces. The temperature of the sausage should be 165 degrees F. Cut the bell pepper removing the seeds and veins. Finely chop the bell pepper. Add bell pepper and coleslaw to the skillet and stir well. Cover and cook for 5-6 minutes. Sauce: Finely chop green onions. Add soy sauce, honey, and sriracha until combined. Pour sauce into the skillet. Cook uncovered for 1-2 minutes or until evenly combined and heated through. Serve with white or brown rice on the bottom and spoon sausage mixture into bowl or plate. Top with Chow Mein noodles or sesame sticks. Garnish and serve.

Makes 6 servings.

French Toast

Joe Patten, Turner County

Ingredients

- » 3 large eggs
- » ½ c. milk
- » ¼ tsp. ground cinnamon
- » ½ tsp. vanilla extract
- » 4 slices of bread
- » 2 T. butter, plus extra for serving
- » Maple syrup for serving
- » Fresh fruit for serving

Directions

Whisk together the eggs, milk, cinnamon, and vanilla extract. Whisk very well and then place in a shallow dish. In a large skillet over medium-high heat, melt the butter. When it is sizzling, dunk each slice of bread quickly in the egg mixture, and then place in the skillet. Cook the slices of bread on each side until golden brown and internal temperature of 160 degrees. Divide between two plates and serve with extra butter, maple syrup and fresh fruit.

Makes 2 servings.

Chicken Alfredo

Kami Pelzel, Roberts County

Ingredients

- » 3 T. butter
- » 2 T. olive oil
- » 2 minced garlic cloves
- » 2 c. heavy whipping cream
- » ¼ tsp. pepper
- » ½ c. shredded or grated parmesan cheese
- » 1 c. mozzarella cheese
- » 24 oz. chicken breast
- » ½ tsp. garlic powder
- » ½ tsp. onion powder
- » ½ tsp. paprika
- » ½ tsp. dried parsley
- » Pasta of choice cooked to box specifications
- » Fresh parsley for garnish

Directions

Season chicken with garlic and onion powder, paprika and dried parsley. Grill chicken for 15 minutes, flipping halfway or when at a safe internal temp. Melt butter with olive oil in saucepan. Add garlic, cream, pepper, and bring to a simmer. Stir often. Add parmesan and simmer until parmesan is melted. Add mozzarella and stir until smooth. Garnish with fresh parsley.

Breakfast Cups

Ayva Winterboer, Lincoln County

Ingredients

- » 36 frozen tater tots
- » 12 large eggs
- » ½ c. diced ham
- » 1 tsp. salt
- » 1 tsp. pepper
- » 1 ½ c. shredded colby jack cheese

Directions

Preheat oven to 350 degrees, grab your muffin pan and lightly spray with oil, place 3 tater tots in each muffin tin. Bake for 15 minutes. Meanwhile crack 12 large eggs into a bowl and whisk till well blended. Add ham, cheese, salt, and pepper, mix. When tater tots are done smash them down in muffin tin. Place ¼ cup of egg mixture in muffin tin on top of tater tots. Bake at 350 degrees for 15 minutes or until meat thermometer reads 160 degrees. Garnish with green onion and salsa.

Makes 6 servings.

Pizza Casserole

Victoria Hoffman, Sanborn County

Ingredients

- » 2 c. uncooked rotini pasta
- » 2 lb. ground beef
- » ½ c. dried onion
- » 1 – 15 oz. can pizza sauce
- » 1 – 6 oz. can tomato paste
- » 1 – 15 oz. can tomato sauce
- » ½ tsp. garlic salt
- » ½ tsp. dried oregano leaves
- » 2 c. shredded mozzarella cheese
- » 15 slices pepperoni

Directions

Preheat oven to 350 degrees. Cook rotini according to package directions and set aside. Meanwhile, cook and stir ground beef and onion in skillet over medium high heat until meat is no longer pink. Combine rotini, pizza sauce, tomato sauce, tomato paste, garlic salt and oregano. Add to beef mixture and stir until blended. Place half of mixture in 3-quart casserole, top with 1 cup cheese. Repeat layers. Arrange pepperoni on top. Bake 25 - 30 minutes or until heated through and cheese is melted.

Makes 8 servings.

Quick Breakfast Muffins

Callie VanderWal, Brookings County

Ingredients

- » 10 large eggs
- » ½ lb. seasoned breakfast sausage
- » ½ c. milk
- » 1 c. shredded cheddar cheese
- » ½ tsp. salt
- » ½ tsp. pepper
- » ½ tsp. dried onion flakes

Directions

Preheat oven to 350 degrees. Brown sausage in a pan or micro cooker. Drain grease. In separate bowl, whisk eggs. Add milk, cheese, salt, pepper and onion flakes. Stir in cooked sausage. Spray muffin pan with cooking spray. Evenly separate egg mixture between muffin tin wells. Bake for 20 minutes, or until thermometer inserted reads 160 degrees.

Makes 6 servings.

Szechuan Beef Noodles

Eleanor Anderson, Clay County

Ingredients

- » 2 scallions
- » 8 oz. shredded cabbage
- » 8 T. sweet soy glaze
- » 12 oz. ramen noodles
- » 1 tsp. cooking oil
- » 2 T. butter
- » 20 oz. ground beef
- » 4 T. Szechuan paste
- » 2 T. beef stock concentrate
- » 1 T. sesame seeds
- » 2 tsp. sugar

Directions

Bring a medium pot of salted water to a boil. Wash and dry produce. Trim and thinly slice scallions, separating whites from greens. Heat a drizzle of oil in a large pan over medium-high heat. Add beef, cook, breaking up meat into pieces until browned and cooked through, 4-6 minutes. Stir in scallion whites and cabbage: cook until tender 2-3 minutes. Stir in Szechuan paste, sweet soy glaze, stock concentrate, and 2 tsp sugar. Cook stirring, until beef mixture is thoroughly coated in sauce. Reduce heat to low. Once water is boiling, add $\frac{2}{3}$ of the noodles to pot. Cook stirring occasionally until tender, 1-2 minutes. Drain and thoroughly rinse under cold water at least 30 seconds. This stops the cooking and helps prevent sticky noodles. Add drained noodles to pan with beef mixture along with 2 T. butter; toss until noodles are warmed through and everything is combined, 1-2 minutes. If needed, add splash of water at a time until noodles are thoroughly coated in sauce. Divide between bowls and top with scallion greens and a pinch of sesame seeds. Serve.

Skillet Hotdish

Parker Zirbel, Day County

Ingredients

- » 1.5 lb. ground beef
- » 1 $\frac{1}{2}$ c. water
- » $\frac{3}{4}$ c. rice
- » 1 package onion soup mix
- » 1 jar (14.5 oz) tomatoes
- » 1 c. frozen peas
- » 1 c. cheddar cheese

Directions

Brown ground beef. Add water, rice, soup mix and tomatoes. Mix and bring to a boil. Reduce heat and simmer for 20 minutes. Add peas and cook for 10 more minutes. Add cheese.

Makes 6 servings.

Lo Mein with Chicken Teriyaki Meatballs

Lauren Pattern, Turner County

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Ingredients

Meatballs:

- » 1 lb. ground chicken
- » ¼ c. panko breadcrumbs
- » 3 T. milk
- » ¼ tsp. black pepper
- » 2 T. reduced sodium soy sauce
- » ¼ c. crushed pineapple without juice
- » 2 T. sliced green onions
- » 2 garlic cloves
- » 1 tsp. fresh ginger

Lo Mein:

- » 3 sliced green onions, separate white and green portions
- » 1 c. sliced baby portobella mushrooms
- » 8 oz. whole wheat pasta
- » 2 T. canola oil
- » 1 red bell pepper
- » 4 c. fresh spinach

Sauce:

- » 3 T. low sodium soy sauce
- » ½ T. honey
- » 1 tsp. toasted sesame oil
- » 1 tsp. sriracha

Directions

Heat oven to 500 degrees. Spray 9x13 baking dish with cooking spray. In a large bowl, add all ingredients and mix well. Form into meatballs about the size of a golf ball and place in baking dish. Yields 21 meatballs. Cook for 15 min or until internal temp is 165 degrees. Cook noodles according to package. In large skillet, brown meatballs in 1 T. oil and remove to a plate once browned. Add 1 T. oil to skillet, add white parts of onion, pepper and mushrooms until soften (5 minutes). Add spinach and stir until wilted (2 minutes). Make sauce with listed ingredients by whisking in a bowl. Add meatballs, cooked noodles and sauce. Gently toss to combine. Garnish with green parts of scallions. Serve immediately.

Makes 4 servings.

Creamy Chicken Stroganoff

Kelsey Fischer, Day County

Ingredients

- » 2 – 8 oz. chicken breasts
- » 3 T. olive oil, divided
- » 2 T. butter
- » ½ tsp. garlic powder
- » ½ tsp. salt
- » ½ tsp. pepper
- » 2 c. flour
- » 2 small onions sliced
- » 8 oz. white mushrooms, sliced
- » 1 T. Worcestershire sauce
- » 1 T. Dijon mustard
- » 3 tsp. minced garlic
- » ¾ c. chicken broth
- » ½ c. sour cream

Directions

Cut chicken into 1" pieces. Sprinkle them with ½ tsp. of garlic powder and ½ tsp. of salt and pepper, then coat each piece in flour. Add 2 tablespoons of the oil to a deep skillet over medium high heat. Once the pan is hot, add the chicken and cook it for about 3 minutes/side until cooked through (165 degrees F) and lightly browned. Transfer the cooked chicken to a dish. Add the butter to the pan and let it melt, then add the mushrooms and onions. Sauté for 6-8 minutes until the mushrooms get a nice sear. Add Dijon mustard, Worcestershire sauce, and garlic to a bowl and pour into pan. Cook for about a minute. Add in the broth and scrape up any brown bits from the bottom of the pan. Add the chicken back in and cook for 2 minutes, stirring occasionally. Stir in the sour cream and let it heat through for about a minute. Garnish and serve.

Impossible Taco Pie

Cheyenne Braaten, Roberts County

Ingredients

- » 1 lb. ground beef
- » ½ c. onion, chopped
- » 1 (1 oz.) envelope taco seasoning mix
- » 1 (4 oz.) can chopped green chilies, drained
- » 1 ¼ c. milk
- » 3 eggs
- » ¾ c. biscuit mix
- » 1 ½ c. shredded Monterey jack and cheddar cheese

Directions

Preheat oven to 400 degrees. Grease a 10-inch pie pan. In the microwave, brown ground beef and onion; stirring every 1-2 minutes until no longer pink. Drain excess grease. Add taco seasoning mix and stir. Add drained green chilies and mix well. Spread in pie pan. In a separate bowl mix the milk, eggs, and biscuit mix. Whisk about 1 minute until smooth. Pour over meat mixture. Bake for 25 minutes. Top with shredded cheese. Bake for an additional 8-10 minutes longer, or until knife inserted in center comes out clean. Cool 5 minutes. Serve with sour cream, chopped tomatoes, and shredded lettuce, if desired.

Makes 6 servings.

Coralee's Eggcellent Quesadillas

Coralee Taylor, Clay County

Ingredients

- » 6 eggs
- » 1/8 tsp. tajin seasoning
- » Dash of pepper (3 grinds)
- » Dash of salt (2 grinds)
- » 1 T. milk
- » 1/4 c. diced bell pepper (yellow and red are best)
- » 1/4 c. diced tomato
- » 2-3 radish, sliced thin
- » 1/4 c. sour cream
- » 1 T. salsa
- » 6 flour tortillas
- » 1 c. shredded cheese
- » Lime wedges

Directions

Toppings: Dice bell peppers and tomato. Set aside for later. Combine 1/4 cup sour cream and 1 T. salsa in a bowl. Set aside for later. Slice radish. Set aside for later. Cut lime into wedges. Set aside for later.

Prepare Egg Mixture: Crack eggs one at a time in a small clear bowl, check for shells before adding eggs to mixing bowl. Add: 1/8 tsp. Tajin, 3 grinds of fresh pepper, 2 grinds of salt, 1 T. milk. Whisk all ingredients together

Cook: Spray skillet with cooking spray. Heat skillet to medium. Measure 1/4 cup egg mixture and put in pan. Swirl pan to get egg mixture to coat bottom of pan. Once egg begins to cook place 1 tortilla on top of egg. Once egg is well cooked you should be able to place a spatula gently on top of the tortilla and get the tortilla and egg to slide around pan. This indicates that it is cooked and ready to flip. Gently flip so the tortilla is on the bottom. While the tortilla is cooking sprinkle the egg mixture with 1/8 cup shredded cheese. Cover the skillet with a lid so the cheese melts. Once the cheese is melted and tortilla slightly crispy remove from pan. Repeat until you have 6 cooked tortillas.

Finish with Toppings: Top egg side of tortilla with 1 T. Salsa/Sour Cream mixture, 1 T. Sliced Bell Peppers, 1 T. Tomato, a few radish slices, a squeeze of lime. Fold in half, slice in triangular wedges with a pizza slicer. Garnish and serve with a side of sour cream and salsa.

Smoky Beef Tacos

Elizabeth Shultz, Brookings County

Ingredients

- » 1 T. olive oil
- » 1 T. minced onion
- » ¼ tsp. kosher salt
- » 2 garlic cloves
- » 1 lb. ground beef
- » 1 tsp. chipotle chili powder
- » 1 tsp. ground cumin
- » ½ c. tomato sauce
- » 2 c. lettuce, shredded
- » ¼ c. cilantro
- » 8 hard taco shells
- » ½ c. shredded cheese

Directions

Heat oil in a large skillet on medium and add onion with salt. Cook until minced onion is tender and add garlic. Cook for 1 minute. Add beef and chop it up while cooking to fully cooked. Add chipotle powder, cumin and salt once beef is almost fully cooked. Stir in tomato sauce and simmer until slightly thickened (about 4-5 minutes). In a bowl, toss lettuce, and cilantro. Fill taco shells with beef mixture and top with cheese and then lettuce. You can add onion or sour cream if you desire.

Makes 4 servings.

Chicken Pad Thai

Gavin Mattson, Deuel County

Ingredients

Sauce:

- » 3 T. tamarind puree
- » 6 T. brown sugar
- » 4 T. fish sauce
- » 3 T. oyster sauce

Pad Thai:

- » 2 T. canola oil
- » 4 oz. rice noodles
- » ½ c. onion, sliced
- » ½ c. red pepper, sliced
- » 2 garlic cloves, finely chopped
- » 5 oz. chicken breast, thinly sliced
- » 2 eggs, lightly whisked
- » 1 ½ c. bean sprouts
- » ¼ c. finely chopped peanuts

Directions

Place noodles in a large bowl, pour over plenty of boiling water. Soak for 5-7 minutes then drain in a colander and quickly rinse under cold water. Mix sauce in a small bowl. Heat 2 T. oil in a large non-stick pan or wok over high heat. Add garlic, onion and pepper, cook for 30 seconds. Add chicken and cook for 1 ½ minutes until mostly cooked through. Push to one side of the pan, pour egg in on the other side. Scramble using a wooden spoon (add a touch of extra oil if the pan is too dry), then mix into chicken. Add bean sprouts and noodles. Add sauce. Toss gently for about 1 ½ minutes until sauce is absorbed by the noodles. Add half the peanuts. Toss through quickly then remove from heat. Serve immediately.

Chicken Parmesan with Pasta

Micah Pelzel, Roberts County

Ingredients

Chicken:

- » ½ c. grated parmesan cheese for chicken
- » ½ c. grated parmesan cheese for topping
- » ¼ c. dry breadcrumbs
- » 1 tsp. dried oregano
- » 1 tsp. dried parsley flakes
- » ¼ tsp. paprika
- » ¼ tsp. salt
- » ¼ tsp. pepper
- » 24 oz. boneless skinless chicken breasts
- » ¼ c. butter, melted

Sauce:

- » 28 oz. can diced tomatoes with Italian seasoning
- » 4 tsp. parsley flakes
- » 2 tsp. oregano
- » 2 tsp. minced garlic cloves
- » 1 tsp. paprika
- » 2 tsp. cornstarch
- » Pasta of your choice – cooked to box specifications
- » Fresh oregano for garnish

Directions

In a large bowl, combine the first seven ingredients. Dip chicken in melted butter and then into crumb mixture. Place in a greased 9x13 baking dish. Bake, uncovered at 400 degrees for 20 minutes. While chicken is baking, puree tomatoes in blender. Transfer to pot and add all other ingredients. Simmer on low for 5 minutes. After chicken has baked, top with sauce and ½ c. parmesan cheese. Return to oven and bake 5-8 more minutes or until chicken is cooked to temp and cheese is melted. Plate one serving of pasta and top with chicken and sauce. Garnish with fresh oregano.

Makes 4 servings.

Island-Style Pork Tenderloin

Karin Sweeter, Lincoln County

Ingredients

- » 2 tsp. salt
- » ½ tsp. pepper
- » 1 tsp. cumin
- » 1 tsp. chili powder
- » 1 tsp. garlic powder
- » 1 tsp. cinnamon
- » 2 – 2-3 lb. pork tenderloins
- » Olive oil
- » ⅓ c. brown sugar
- » 1 c. pineapple juice
- » 1 ½ tsp. minced garlic
- » 1 tsp. apple cider vinegar
- » 2 c. water
- » 2 c. white rice

Directions

Preheat oven to 350 degrees. Mix together spices and rub all over the pork tenderloins. Heat a large skillet on medium-high heat. Add olive oil, just enough to cover the bottom, and brown the pork tenderloins for 2-3 minutes on each side. While browning, mix together the brown sugar, pineapple juice, garlic, and apple cider vinegar. Once the pork is browned, pour the sauce over the pork and put it in the oven. Bake for 20 minutes, or until the pork reaches 145 degrees. Remove from oven and let it rest for 5 minutes. Boil water and pour in rice. Remove from heat and let sit for 5 minutes. Slice tenderloin and serve over rice.

Egg Drop Soup

Kendra Warkenthien, Clark County

Ingredients

- » 2 ¼ c. water
- » 1 T. better than bullion chicken broth
- » ¼ tsp. soy sauce
- » 2 tsp. water
- » 1 tsp. cornstarch
- » 3 eggs beaten
- » 1 tsp. chopped chives

Directions

Combine the chicken broth and soy sauce in a small saucepan over medium heat and bring to a boil. Stir 2 tsp. water and cornstarch together in a small bowl until dissolved; pour into the boiling broth. Turn heat down and slowly stir broth in a circular motion. Slowly pour in beaten eggs. Garnish with fresh chives. Serve with fried egg roll wrappers.

Makes 2 servings.

Breakfast Sliders

Caleb Fischer, Codington County

Ingredients

- » 1 pack of 12 Hawaiian buns
- » 6 American cheese slices
- » 1 lb. browned bulk sausage
- » Salt and pepper to season
- » 6 eggs – scrambled
- » 1 tsp. garlic powder
- » ¼ tsp. pepper
- » 1 c. shredded colby jack cheese
- » ½ stick melted butter
- » 1 T. syrup
- » Everything bagel seasoning

Directions

Cook sausage, season to taste, remove from pan. Scramble eggs, slice rolls and put American cheese slices on the bottom. Add sausage on top of the cheese, scrambled eggs on top of the sausage, top with shredded cheese. Put the top rolls on. Melt butter and syrup. Brush on top of the buns. Sprinkle with bagel seasoning. Bake at 350 degrees for 15 min.

Makes 6 servings.

Pork Chops with Honeyed Rice

Brooklyn Schroeder, Hanson County

Ingredients

- » 4 – 4 oz. pork chops
- » 1 ½ tsp. season salt
- » 2 T. olive oil
- » 1 c. uncooked brown rice
- » ¾ c. water
- » 1 ½ c. frozen peas and carrots
- » ⅓ c. seedless raisins
- » 2 T. honey
- » Garnish with fresh parsley

Directions

Season pork chops with season salt. Brown chops on both sides in 2 T. olive oil in a large skillet over medium- high heat. Remove chops and drain fat. Add all remaining ingredients to same skillet and bring to a boil. Reduce heat, arrange chops over top. Cover and simmer for about 20 minutes, or until rice is tender and liquid is absorbed. Check the internal temperature of pork chops to 145 degrees F. Fluff rice mixture with a fork. Serve chops over or beside rice. Garnish and enjoy!

Makes 4 servings.

Sweet and Sour Pork

Ada Rider, Clark County

Ingredients

- » 2 T. plus paprika
- » 1 ½ lb. boneless pork loin roast, cut into bite size pieces
- » 2 – 4 T. vegetable oil
- » 1 can (20 oz.) pineapple chunks
- » 1 medium onion, chopped
- » ¼ c. cider vinegar
- » 3 T. packed brown sugar
- » 3 T. soy sauce
- » 1 T. Worcestershire sauce
- » ½ tsp. salt
- » 2 T. cornstarch
- » ¼ c. cold water
- » Hot cooked rice, optional

Directions

Sprinkle paprika over the bite sized pork until nicely coated. Select sauté setting on your pressure cooker and adjust for medium heat; add oil. brown the pork in batches, then return all the pork back to the pressure cooker. Drain pineapple, reserving the juice; refrigerate pineapple. Add pineapple juice, onion, vinegar, brown sugar, soy sauce, Worcestershire sauce, and salt to the pressure cooker. Lock lid; make sure vent is closed. Select manual; adjust pressure to high and set time for 10 minutes. When finished cooking, quickly release the pressure that is inside the pressure cooker. Select sauté setting and adjust to high heat; bring liquid to a boil. In a small bowl, mix cornstarch and water until smooth; then gradually stir into the pork mixture. Add the pineapple. Cook and stir until sauce is thickened, 1-2 minutes or more. Garnish and serve over rice.

Short Cut Lasagna

Victoria Hoffman, Sanborn County

Ingredients

- » 1 lb. ground beef
- » 14.5 oz. can tomatoes
- » 8 oz. can tomato sauce
- » 24 oz. can spaghetti sauce
- » ¼ tsp. garlic salt
- » 8 lasagna noodles
- » 2 c. mozzarella cheese
- » 2 c. cottage cheese
- » ½ c. parmesan cheese

Directions

Brown ground beef; drain. Add tomatoes, tomato sauce, spaghetti sauce and garlic salt. Bring to a boil, simmer uncovered 10 minutes. Add noodles to the bottom of a 9 x 9 pan, cover half of beef and sauce mixture, half mozzarella cheese and then add 2 cups cottage cheese. Repeat layers with noodles, beef and sauce mixture, half mozzarella cheese. Top with parmesan cheese. Bake at 350 degrees for 45 minutes. Let set 10 minutes.

Makes 6 servings.

Delicious Chicken Fried Rice

Hannah Schroeder, Hanson County

Ingredients

- » 2 T. sesame oil
- » 2 T. olive oil or vegetable oil
- » 4 - 4oz. skinless, boneless chicken breasts
- » 1 ½ c. frozen peas and diced carrots
- » 3 green onions, chopped
- » 2 garlic cloves, minced
- » 3 large eggs
- » 4 c. cooked rice
- » 3 T. soy sauce
- » ½ tsp. salt
- » ½ tsp. pepper
- » Non-stick spray

Garnish: chopped chives

Directions

In a large skillet, add the oils and chicken. Cook over medium heat for about 5-7 minutes, flipping intermittently. Remove chicken once the internal temperature reaches 165 degrees F. place on a plate; set aside. To same skillet, add peas and carrots, and green onions and cook for about 2 minutes. Add the minced garlic and cook for 1 minute. In a small skillet, spray with non-stick spray and cook 3 large eggs to scramble. Then add the eggs to the pea/carrot mixture. Next, add the chicken after you dice it up to the pea/carrot mixture. Drizzle with soy sauce, salt and pepper. Cook for 5-7 minutes or until chicken is reheated. Garnish and serve. Enjoy!

Bacon Spinach Burgers

Micah Stern, Brookings County

Ingredients

- » 2 pieces of bacon
- » ½ c. torn fresh spinach
- » ¼ c. plum tomatoes, chopped
- » ¾ tsp. dill weed
- » ½ tsp. black pepper
- » 4 hamburger buns, split
- » ¼ c. crumbled feta cheese
- » 1 green onion, chopped
- » ½ tsp. salt
- » 1 lb. ground beef
- » Cilantro for garnish

Directions

Fry bacon and set aside. In a large bowl combine the next seven ingredients. Crumble beef over mixture and mix well. Shape into 4 patties. Lay half a piece of bacon on each patty. Fold the bacon into the burger. Grill or fry covered over medium heat or broil 4 inches from the heat for 4 - 5 minutes on each side or until meat thermometer reads 160 degrees F and juices run clear. Serve on buns with garnish.

Makes 4 servings.

Chicken Enchiladas

Hope Karels, Grant County

Ingredients

- » 2 T. olive oil
- » ½ c. white onion, peeled and diced
- » 1 tsp. minced garlic
- » 1 lb. chicken thighs (16 ounces cooked/shredded)
- » ¼ c. diced green chilies
- » Sea salt
- » Freshly cracked black pepper
- » 1 c. black beans, rinsed and drained
- » 8 almond flour tortillas (8")
- » 2 c. (8 oz.) dairy free colby jack cheese
- » 1 c. green enchilada sauce

Optional toppings: Extra salsa, fresh tomatoes, diced avocado

Directions

Cook and season the chicken with pepper and salt on the stovetop. Cook to 165 degrees. Then shred the chicken. Sauté the filling mixture. In large sauté pan, heat oil over medium-high heat. Add onion and garlic, sauté for 3 minutes, stirring occasionally. Add shredded chicken and green chiles, and season with a generous pinch of salt and pepper. Sauté the mixture for 6-8 minutes, stirring occasionally, or until the chicken is cooked through. Add in the beans and stir until evenly combined. Remove pan from heat and set aside. Preheat oven to 350 degrees. Assemble the enchiladas. To assemble the enchiladas, set up an assembly line including: tortillas, enchilada sauce, chicken mixture, and cheese. Lay out a tortilla and spread one tablespoon of sauce over the surface of the tortilla. Add a generous spoonful of the chicken mixture in a line down the center of the tortilla, then sprinkle with cheese. Roll up tortilla and place in a greased 9 x 13-inch baking dish. Assemble the remaining enchiladas. Then spread any remaining sauce evenly over the top of the enchiladas, followed by any extra cheese. Bake uncovered for 20-25 minutes, until the enchiladas are cooked through, and the tortillas are slightly crispy on the outside. Transfer the baking dish to a wire baking rack. Serve the enchiladas immediately while they're nice and hot and melty, garnished with lots of fresh toppings. Enjoy! Garnish with cilantro.

Makes 4 servings.

Chicken Popovers

Ellie Connor, Miner County

Ingredients

- » 4 oz. cream cheese – softened
- » 1 T. butter – softened
- » 1 T. milk
- » 1 c. shredded chicken
- » ¾ c. peas and carrots – canned and drained
- » ¼ tsp. Rick's salt
- » 1/8 tsp. pepper
- » 1 pop-can croissants (8)
- » 1 small egg

Directions

Preheat oven to 350 degrees F. Line baking sheets with parchment paper. In a medium bowl mix cream cheese and butter until it is blended. (will be chunky if cream cheese not melted, this is ok) Add in shredded chicken, peas and carrots, mix Rick's salt and pepper. On a cutting board, unroll a tube of croissants. They are precut so pinch together 2 triangles to make 4 rectangles. In the center of each rectangle place a ¼ cup of mixture and bring the corners together. Pinch to close. In a small separate bowl whisk egg and brush egg over each croissant. Bake for 13-15 minutes until golden brown. Remove from oven and serve.

Makes 4 servings.

Terrific Tater Tot Egg Muffins

Isaiah Jahraus, Campbell County

Ingredients

- » 18 tater tots
- » 6 eggs
- » 2 T. milk
- » ¼ tsp. salt
- » ½ tsp. black pepper
- » ⅓ c. red bell pepper, finely diced
- » ⅓ c. onion, finely diced
- » ⅓ c. mushrooms, chopped
- » ⅓ c. diced ham
- » ¼ c. shredded pepper jack cheese

Directions

Preheat oven to 400 degrees. In a bowl, whisk together eggs, milk, salt, and black pepper. Set to the side. Spray muffin tin very well with Pam Spray. Place three tater tots into each muffin section. On top of tater tots, sprinkle 1 teaspoon of each - bell pepper, onion, mushrooms, and ham. Pour egg mix over each ingredient filled muffin cup. Bake for 15-20 minutes. Serve and enjoy!

Makes 3 servings.

Taco Salad

Bailey Gjernes, Brookings County

Ingredients

- » 1 lb. ground beef
- » 2/3 c. water
- » 1 package taco seasoning (1.25 oz.)
- » 3 c. shredded iceberg lettuce
- » 1 c. tomatoes diced or chopped
- » 6 oz. shredded cheese any flavor
- » ¼ c. chopped onion
- » 4 c. taco chips or Doritos coarsely broken
- » 2 oz. creamy French salad dressing

Directions

Brown hamburger to 160 degrees. Add the taco seasoning and water and cook until the liquid is gone. Set aside to cool while you get the other ingredients together. Put the chips in a large bowl, add lettuce, tomatoes, shredded cheese, onion, meat mixture and toss together. Drizzle with salad dressing and lightly toss together.

Makes 4 servings.

Hearty Breakfast Pizza

Ryan McKeown, Lincoln County

Ingredients

- » ½ lb. ground breakfast sausage
- » 1 can (13.8 oz) refrigerated pizza crust
- » 2 T. olive oil, divided
- » 6 large eggs
- » 2 T. water
- » ¾ c. nacho cheese sauce
- » ½ c. precooked bacon bits
- » 2 T. chopped green onion
- » 1 c. shredded sharp cheddar cheese
- » 1 c. shredded colby jack cheese

Directions

Preheat oven to 425 degrees. Chop onions; set aside. Brown and drain sausage; set aside. Unroll and press dough onto bottom and up sides of a greased pizza pan. Prick thoroughly with a fork; brush with 1 tablespoon oil. Bake until lightly browned, 7-8 minutes. Meanwhile, whisk together eggs and water. In a nonstick skillet, heat remaining oil over medium heat. Add eggs; cook and stir just until thickened and no liquid egg remains. Spread nacho cheese sauce over crust. Then top with cooked eggs, sausage, bacon, onion, and cheeses. Bake until cheese is melted, 5-7 minutes. Cut into 6 pieces and serve while warm. Garnish with parsley.

Makes 6 servings.

Puff Pastry Chicken

Laina Puffer, Beadle County

Ingredients

- » 4 boneless chicken breasts
- » Olive oil
- » ¼ tsp. black pepper
- » ¼ tsp. salt
- » All-purpose flour (for rolling pastry dough)
- » 2 sheets frozen puff pastry
- » ½ c. onion and chive cream cheese
- » 1 large egg
- » 1 T. water

Directions

Preheat Oven to 425 degrees F. Measure salt and pepper into a bowl. Unroll chicken breasts and lay them flat on a sheet pan lined with parchment paper. Use the knife to trim any dangling chicken parts and straighten any uneven sides so that the breasts are as rectangular as possible. Drizzle the breasts with olive oil and sprinkle salt and pepper mixture evenly. Bake the chicken until they read 165 degrees F approximately 15 minutes, allow to cool for 10 minutes. Reduce oven temperature to 400 degrees F. Meanwhile, lightly flour work surface and roll out the pastry sheets to about 13 inches. Arrange cooked, cooled chicken evenly onto pastry leaving approximately 1 ½ inches between pieces. Divide cream cheese and smear onto chicken. Lightly brush water on the pastry around the chicken to help seal the edges. Place the second pastry sheet onto the chicken and press lightly to close. Cut the chicken pieces apart leaving a ¾ inch rim. Discard any extra dough. Press along edges to seal the pastry. Place chicken pastries onto the baking sheet lined with parchment paper. Prepare egg wash by mixing egg and water into a small bowl and whisk. Brush onto each pastry. Bake 25-30 min. until pastry is golden brown (the chicken is already cooked!). Let rest 15 minutes before serving.

Note: Six servings could easily be made with same amount of pastry dough.

Makes 4 servings.

Homemade Tzatziki Sauce & Lamb Kofta Gyros

Chloe Olivier, Moody County

Ingredients

Tzatziki Sauce:

- » ½ c. sour cream
- » 2 tsp. minced garlic
- » Juice of one freshly squeezed lemon
- » ¼ tsp. dried dill weed
- » ¼ tsp. onion powder
- » ¼ tsp. salt

Gyros:

- » 1 T. olive oil
- » 2 small shallots, chopped
- » 2 tsp. minced garlic
- » 1 tsp. squeezable minced ginger
- » 2 tsp. ground cumin
- » 1 tsp. ground coriander
- » 1 lb. ground lamb
- » Salt and ground black pepper to taste
- » 6 - 8-inch flour tortillas

Directions

Sauce: Add ingredients to a bowl and stir until fully combined. Store in the refrigerator until serving.

Gyros: Chop shallot. Place skillet over medium-high heat. When the skillet is hot, add 1 T. olive oil. Add shallot, garlic, and ginger to the skillet. Sauté for 4-5 minutes. Add cumin and coriander and continue to sauté for 1 additional minute. Remove pan from heat. Stir in the cubed lamb. Season with salt and black pepper. Return to heat and cook over medium heat for 2-3 minutes or until the mixture reaches 145 degrees. Divide the meat equally into 6 8-inch flour tortillas. Top each with shredded lettuce and drizzle with the homemade Tzatziki Sauce. Garnish with Feta Cheese crumbles.

Breakfast Muffins

Ruthanna Larson, Codington County

Ingredients

- » ¼ lb. ground pork sausage
- » 6 eggs
- » ¼ c. green peppers
- » 1/8 c. onion powder
- » ¼ tsp. salt
- » ½ tsp. pepper

Directions

Preheat oven to 350 degrees F. Cook sausage and drain. Grease 2 muffin cups. Mix everything together. Fill the muffin cups with the mix. Bake for 15 - 20 minutes. Use the meat thermometer to check sausage. Should be 160 degrees F. Serve.

Makes 6 servings.

Orange Marmalade Pork Chops

Marissa Quale, Brookings County

Ingredients

- » 4 – 4 oz. top loin pork chops
- » 1 T. lemon pepper
- » 2 T. cider vinegar
- » 1/3 c. orange marmalade
- » Cooking oil

Directions

Brush chops with a little oil and sprinkle with lemon pepper. Heat large non-stock electric skillet over medium high heat; add chops and brown well on each side (about 8-9 minutes total). Check internal temperature of pork chop so it reads 145 degrees F. Remove from pan and keep warm. Lower heat and carefully add vinegar and marmalade to skillet, cooking and stirring, scraping up any brown bits on the bottom of the pan. Return chops to the skillet, turning once to coat. Serve chops with any sauce remaining in pan.

Makes 4 servings.

Cheeseburger Cups

Maddie Rogers, Hand County

Ingredients

- » 1 lb. ground beef
- » 1/2 c. ketchup
- » 2 T. brown sugar
- » 1 T. mustard
- » 1 1/2 tsp. Worcestershire sauce
- » 2 tubes (7.5 oz.) refrigerated buttermilk biscuits
- » 1/2 c. Velveeta

Directions

In a large skillet, cook beef over medium heat until no longer pink, breaking it into crumbles; drain. Stir in ketchup, brown sugar, mustard and Worcestershire sauce. Remove from heat; set aside. Combine two biscuits and press onto the bottom and up the sides of a greased muffin cup. Spoon beef mixture into cups; top with cheese. Bake at 400 degrees F for 14-16 minutes or until cups are golden brown.

Makes 5 servings.

Incredible Edible Eggbake

Hannah Schroeder, Hanson County

Ingredients

- » 1 ½ c. frozen diced hashbrowns
- » 1 ½ c. diced ham
- » 1 ½ c. shredded cheese
- » ¼ c. sweet pepper, chopped
- » 5 eggs
- » 1 c. milk
- » ½ tsp. dry mustard
- » ½ tsp. pepper
- » ½ tsp. salt

Directions

Preheat oven to 350 degrees F. Grease an 8 x 8-inch dish. Mix hashbrowns, ham, 1 cup cheese, and peppers in a bowl. In another bowl, mix eggs, milk, mustard, salt, and pepper. Pour egg mixture into hashbrowns and stir. Pour into a greased dish and bake for 45-55 minutes. Internal temperature needs to be at 160 degrees F. Top serving dish with ½ cup shredded cheese. Garnish, serve and enjoy!

Makes 6 servings.

Savory Pork Rolls

Jaxen Dockter, Roberts County

Ingredients

- » 6 (4 oz.) boneless pork chops
- » ¼ lb. ground beef
- » 2 c. soft breadcrumbs
- » 1 egg, beaten
- » ¼ c. milk
- » ½ c. chopped onion
- » 1 tsp. mustard
- » 1 tsp. salt
- » ¼ tsp. pepper
- » ½ c. flour
- » 2 T. shortening
- » ½ c. water

Directions

Sprinkle pork chops with salt and pepper. Brown ground beef. Put breadcrumbs into bowl. Stir egg and milk into breadcrumbs. Add beef, onion, mustard, salt and pepper. Mix well. Divide stuffing between pork chops. Roll up and fasten with toothpicks. Coat rolls with flour and brown in shortening. Put in baking dish and pour water over pork rolls. Bake at 350 degrees for 35-40 minutes. To make the sauce, heat cream of mushroom soup and milk over low heat and simmer for 2 minutes. To serve, pour sauce over rolls.

Sauce:

- » 1 (10.5 oz.) can cream of mushroom soup
- » ½ c. milk

French Onion Pork Chops

Kelsey Fischer, Day County

Ingredients

- » 2 large, sweet onions, thinly sliced
- » 3 T. butter
- » 3 T. all-purpose flour
- » 1 ¼ c. beef broth
- » 4 boneless pork chops
- » ½ tsp. salt
- » ½ tsp. pepper
- » ½ tsp. dried thyme
- » ¼ tsp. garlic powder
- » 4 provolone cheese slices
- » 1 c. shredded mozzarella

Directions

In a large heavy bottom frying pan or skillet, melt butter on medium heat. Add sliced onions to the pan. Cook for about 10 minutes or until the onions are caramelized and a nice rich brown color. Stir around a few times making sure not to burn them. Add ¼ cup of the beef stock to the pan, stir and allow to reduce into the onions. Once reduced, remove the onions from the pan and set aside in a dish until ready for them again. Season both sides of the pork chops with salt and pepper, dried thyme, and garlic powder. Add pork chops to the pan and sear them on each side until golden-about 6 minutes on each side. Remove from the pan and set aside on a plate until ready for them again. Return onions to the pan and combine with the flour. Cook for a few minutes while stirring. Add beef stock, add the pork chops to the pan and cook for about 15 minutes while spooning the liquid over the top. The liquid should thicken nicely while cooking. Remove pork chops from the pan and place into a 9"x13" glass baking dish. Pour the sauce from the pan into the baking dish and over the pork chops. Next, lay a slice of provolone cheese over the top of each pork chop. Sprinkle the mozzarella over the tops of the provolone slices. Put the baking dish into the oven on the broiler setting to melt the cheese and bring it to a nice golden color on top. This should only take 8-10 minutes so make sure you keep an eye on it. Once the cheese is melted and golden, remove from the oven. Finally, sprinkle fresh thyme leaves over the top of everything and serve.

One Pot Mexi Casserole

Carson Fischer, Day County

Ingredients

- » 1 lb. ground beef
- » ½ c. dried onion
- » ⅛ tsp. salt
- » ⅛ tsp. pepper
- » 3 – 10 oz. cans Rotel
- » 1 – 8 oz. can tomato sauce
- » 2 c. chicken broth
- » ¼ c. ketchup
- » 1 T. mustard
- » 1 tsp. oregano
- » 1 tsp. garlic powder
- » 1 c. salsa
- » 1 lb. rotini pasta
- » 2 c. water
- » 2 c. shredded cheese

Directions

Cook ground beef and onion until beef has reached 160 degrees F. Season with salt and pepper. Drain any excess fat. Stir in rotel, tomato sauce, chicken broth, ketchup, mustard, garlic powder, oregano, salsa, pasta and water. Bring to a boil: cover, reduce heat and simmer for 13-16 minutes until pasta is cooked through. Remove from heat and top with cheese. Cover until cheese is melted. Garnish and serve immediately.

Spring Chicken Salad

Claire Ulvestad, Brookings County

Ingredients

- » 16 oz. chopped cooked chicken
- » 2 stalks celery, chopped
- » ⅓ c. chopped apple
- » ⅓ c. grapes, halved
- » ½ c. mayonnaise
- » ¼ c. sour cream
- » ¼ tsp. black pepper

Directions

Add trivet and 1 cup water to Instant Pot inner pot. Place chicken breasts on top of trivet in a single layer and season with salt and pepper. Set the vent to sealing, and pressure cook on high for 10 minutes. Allow the pressure to release naturally for 5 minutes and then turn the vent to venting. While the chicken cooks, chop celery, apple, and grapes and combine in large bowl. In a separate bowl combine mayonnaise, sour cream, and pepper. Remove chicken from Instant Pot and chop. Add chicken and the mayonnaise/sour cream mixture to the celery, apples, and grapes. Stir to combine. Serve on bread, a bun, or croissant with fresh crisp lettuce.

Makes 4 servings.

Cheese One Pot Mexican Chicken Spaghetti

Carson Fischer, Day County

Ingredients

- » 1 lb. boneless skinless chicken breast
- » 2 T. taco seasoning
- » 3 cloves garlic
- » 2 c. half and half
- » 2 c. chicken broth
- » 2 tsp. chili powder
- » 2 tsp. cumin
- » 2 tsp. onion powder
- » 1 tsp. black pepper
- » 1 small can chopped green chilis
- » 4 oz. cream cheese
- » 8 oz. spaghetti noodles
- » 1 c. shredded monterey jack cheese
- » 1 c. shredded sharp cheddar cheese

Directions

Remove any fat from chicken and cut into 1" cubes. Season with taco seasoning. Heat pan and place olive oil, chicken pieces in skillet over medium heat. Cook, stirring occasionally until the chicken is cooked through. Remove from skillet and set aside. Add garlic to pan and stir for a minute or so to cook through. Add chicken broth, half and half, cubed cream cheese, green chilis, and rest of the seasonings to the pan. Whisk together until thick and hot. Add in uncooked noodles, chicken pieces, and shredded cheeses. Stir well. Turn up heat to bring to a boil, reduce heat to medium low and cover. Cook 8-10 minutes, stirring occasionally until pasta is cooked. Let rest for a couple minutes prior to serving.

Makes 6 servings.

Tator Tot Hotdish

Cheyenne Braaten, Roberts County

Ingredients

- » 1 lb. ground beef
- » ½ c. diced onion
- » 1 ½ c. corn
- » ½ c. milk
- » 1 can (10.5 oz.) cream of mushroom soup
- » 1 ½ c. shredded cheese
- » 3 ½ c. tator tots

Directions

Preheat oven to 350 degrees. In the microwave, brown ground beef with onions; stirring every 2 minutes until no longer pink. Drain excess grease. Add corn to beef mixture. In a separate bowl, mix milk and soup until smooth. Combine beef mixture with soup mixture. Spread in the bottom of a greased 8x8 pan. Sprinkle cheese evenly over meat mixture. Arrange tator tots over cheese. Bake for 30-35 minutes until hotdish is bubbly and slightly brown.

Makes 6 servings.

Grandma's Mini Lasagna

Quinn Ulvestad, Brookings County

Ingredients

- » 8 oz. mini lasagna noodles
- » ½ tsp. better than bouillon, dissolved in ½ c. cooking liquid
- » 8 oz. ground beef
- » 2 c. pasta sauce
- » ½ tsp. Italian seasoning
- » ½ tsp. salt
- » ½ tsp. pepper
- » 6 American cheese slices
- » 9 T. cottage cheese
- » 4 oz. shredded mozzarella

Directions

Cook pasta according to package directions. Drain, reserving ½ cup liquid for bouillon, and set aside. Brown the ground beef. Add pasta sauce, bouillon dissolved in cooking liquid, Italian seasoning, and salt and pepper. Combine pasta and meat/sauce mixture. Grease an 8x8 inch baking dish and fill with one third of mixture. Top with three slices American cheese. Top each slice of cheese with 1 ½ tablespoons cottage cheese and gently spread around. Repeat with another layer of pasta/meat/sauce mixture, cheese slices, and cottage cheese. Add the rest of the pasta/meat/sauce mixture and top with shredded mozzarella. Cover and bake 30 minutes at 350 degrees. Remove cover and bake an additional 10 minutes. Let sit about 5 minutes before serving.

Makes 4 servings.

Egg Bake

Micah Pelzel, Roberts County

Ingredients

- » 1 lb. ground sausage
- » 15 oz. tater tots
- » 1 tsp. salt
- » ½ tsp. pepper
- » ¼ tsp. garlic powder
- » ¼ tsp. onion powder
- » ¾ c. cheddar cheese
- » ¼ c. mozzarella cheese
- » 4 eggs
- » 1 c. milk

Directions

Cook sausage until no longer pink. Drain fat. Toss sausage, tater tots, and cheese together. Pour into lightly greased 9x9 pan. Whisk eggs, salt, pepper, garlic and onion powder, and milk. Pour over tater tot mixture. Cover and refrigerate or bake at 350 degrees for 60 minutes.

Makes 6 servings.

Chicken and Waffles

Lily Hemmingson, Clark County

Ingredients

Waffles:

- » 2 c. all-purpose flour
- » 1.5 tsp. baking powder
- » ¼ tsp. salt
- » ⅓ c. sugar
- » ¾ c. milk
- » 1 egg yoke
- » ½ T. vanilla
- » ½ stick salted butter
- » 2 egg whites

Chicken Tenders:

- » ¾ c. pickle juice
- » ¾ c. milk
- » 1 egg
- » 1 tsp. salt
- » 1 tsp. pepper
- » 1 tsp. garlic powder
- » 1 tsp. onion powder
- » 1 tsp. ranch powder
- » 1 ½ c. flour
- » 2 boneless skinless chicken breasts, about 6 oz. each

Directions

Waffles: Sift flour, baking powder, salt and sugar. In a separate bowl whisk egg yolk, milk, and vanilla. Pour over the dry ingredients. Gently stir and half combined. Melt butter and mix into batter and combine. In a tall cup, beat egg whites with hand mixer until they form stiff peaks. Fold into batter. Preheat waffle iron to regular setting and cook waffles until golden and crispy.

Chicken Tenders: Combine pickle juice, milk and egg. Chop chicken into 3 chunks each. Add Chicken to wet ingredients. Chill for 30 minutes. In a shallow dish, whisk together flour and seasonings. Take out the chicken and put into dry ingredients. Dip back into wet ingredients. Dip back into dry ingredients. Preheat air fryer to 375 degrees. Spray inside air fryer with nonstick spray. Add chicken to the basket and spray again. Cook to 160 degrees, flipping every 4 minutes.

Makes 3 servings.

Breaded Pork Chops

Jacob Frost, Minnehaha County

Ingredients

- » 1 c. seasoned dry breadcrumbs
- » 2 T. grated parmesan cheese
- » ⅓ c. ranch salad dressing
- » 3 pork chops

Directions

Preheat oven to 375 degrees. Combine breadcrumbs and parmesan cheese in a shallow dish. Place dressing in another shallow dish. Dip pork chops in dressing, then coat in crumb mixture. Place in an ungreased 9" by 9" pan. Bake, uncovered, for 25 minutes or until pork is no longer pink. Dish should read 160 degrees on thermometer.

Chicken Broccoli Alfredo

Abigail Lewis, Moody County

Ingredients

- » 8 oz. fettuccine noodles
- » 8 c. water
- » 1 tsp. salt
- » 1 c. broccoli, fresh or frozen
- » 16 oz. chicken breast, boneless
- » 2 T. butter (and/or 2 T. olive oil, optional)
- » 1 Basic Sauce Mix (1/3 cup dry recipe)
 - 2 c. milk (non-fat powdered)
 - 3/4 c. cornstarch
 - 12 tsp. chicken bouillon (instant)
 - 2 T. onion flakes (dried)
 - 2 tsp. Italian seasoning
- » 1 1/4 c. water
- » 1/2 c. milk, non-fat
- » 1/2 c. parmesan cheese (grated)
- » 1/4 tsp. pepper
- » Additional salt and pepper, as needed

Directions

Cook fettuccine according to package directions. (Boil 2 quarts of water for a half pound of dry fettuccine; if desired, add 1 tsp. salt. Add fettuccine and return to a boil. Cook uncovered approximately 11-12 minutes, or until tender, stirring occasionally. Avoid overcooking.) Add broccoli for the last 4 minutes of cooking time. Drain. Heat butter and/or oil in skillet. Add cubed chicken and cook until browned, stirring often. Combine sauce mix and water in saucepan. Bring to a boil and cook until thick. Add milk, cheese, pepper and fettuccine mixture and heat through. Add additional salt and pepper to taste. Serve with additional Parmesan cheese.

Ham Egg Bake

Bella Healy, Yankton County

Ingredients

- » 30 oz. shredded hashbrowns
- » 8 oz. (8 large) eggs
- » 16 oz. sharp shredded cheese
- » 16 oz. diced ham
- » 8 oz. sour cream
- » 8 oz. half and half
- » 4 oz. (1 stick) butter, melted
- » 1 ½ tsp. salt
- » ½ tsp. pepper
- » 1 tsp. garlic powder
- » 1 tsp. onion powder

Directions

Preheat oven to 375 degrees. Prepare a 9x13 baking dish with cooking spray. In a large bowl, combine hashbrowns, eggs, 8 oz cheese, ham, sour cream and seasonings. Pour into baking dish. Top with remaining cheese. Bake for 45-50 minutes until hot and bubbly and the outside edges are puffy. Internal temperature should be 160 degrees.

Korean Beef Bowl

Elizabeth Shultz, Brookings County

Ingredients

- » 1 lb. ground beef
- » 1 tsp. olive oil or vegetable oil
- » ½ c. brown sugar
- » ½ c. reduced-sodium soy sauce
- » 1 ½ T. sesame oil
- » 2 T. minced garlic (divided)
- » ½ tsp. ground ginger
- » ½ tsp. crushed red pepper flakes (add more for preference)
- » Green onion (enough to garnish with)
- » 4 ½ c. white or brown cooked rice

Directions

In a small bowl, whisk together the brown sugar, soy sauce, sesame oil, 1 ½ T. minced garlic, ginger, and red pepper flakes until completely mixed. Set aside. In a large skillet, heat the oil and ½ T. minced garlic. Add ground beef and cook until completely browned and crumbled. Drain the extra fat if necessary. Pour the soy sauce and brown sugar mixture (give it a stir before you pour it in) over the ground beef, mix and let simmer 2-3 minutes. Garnish with thinly sliced green onion and serve over rice, noodles or in lettuce wrap.

Makes 6 servings.

Chicken Street Tacos

Hope Karels, Grant County

Ingredients

Tacos:

- » 1 lb. trimmed boneless skinless chicken breasts
- » ¼ c. fresh lime juice
- » ¼ c. olive oil
- » 3 tsp. garlic powder
- » 2 tsp. ground cumin
- » 1 ½ tsp. chili powder
- » ¼ c. chopped fresh cilantro
- » 1 tsp. salt
- » ¾ tsp. pepper
- » ½ T. olive oil

Cilantro crema:

- » ¼ c. loose cilantro leaves
- » ¼ c. light canned coconut milk
- » ¼ c. ripe avocado diced
- » 1 T. fresh lime juice
- » 1 T. egg-free and soy-free mayo
- » Dash of salt
- » Dash garlic powder

Fajita veggies:

- » ½ c. green pepper
- » ½ c. yellow pepper
- » ½ c. red pepper
- » ½ c. onion
- » 1 T. olive oil

For serving:

- » 16 mini corn tortilla shells, warmed (2 shells per taco)
- » ½ c. diced tomatoes
- » 1 ½ c. shredded lettuce
- » Fajita veggies
- » Cilantro crema sauce

Directions

Add chicken to a gallon size resealable bag. In a small bowl whisk together lime juice, olive oil, garlic, cumin chili powder, cilantro, salt and pepper. Pour mixture over chicken in bag then seal bag while releasing any trapped air. Rub marinade over chicken. Transfer to refrigerator and allow to marinate overnight. Cilantro Crema. Combine all crema ingredients in a small food processor and process until smooth. Makes about ½ cup sauce. Fajita Veggies. Chop peppers, onions and place in pan with oil. Cook until lightly browned. Place a dash of olive oil in pan and warm up 2 tortilla shells. Flip when lightly browned. Repeat with other tortillas. Warm up 1 burner on stove to medium high with ½ Tablespoon olive oil. Remove chicken from marinade and cook until chicken has cooked through, turning once halfway through cooking, about 5-6 minutes per side (thickest center should register 165 degrees F). Transfer to a plate, cover with foil and let rest 5 minutes. Dice chicken into cubes. Sprinkle chicken over 2 tortillas per taco then add in fajita veggies, lettuce, tomatoes, Crema sauce, and cilantro. Garnish with cilantro.

Makes 4 servings.

Pan Fried Walleye

Karin Sweeter, Lincoln County

Ingredients

- » 2 walleye fillets
- » 2 eggs
- » ¾ c. flour
- » 1 c. Italian style breadcrumbs
- » ½ tsp. salt
- » ½ tsp. paprika
- » ¼ tsp. onion powder

Directions

Lightly beat eggs in a dish. In another dish combine flour, breadcrumbs and seasoning. Dip fish in egg, then in flour mixture. Shake off any excess flour. Add oil to a pan and heat pan over medium heat. When the pan is hot, add 3-4 fillets to pan. Cook, 3 minutes per side so each side is nicely browned. Remove fish from pan and place on a towel lined plate and cover the plate so the fish stay warm. Add additional oil to the pan as needed but be sure there is always oil in coating the pan.

Makes 4 servings.

Cowboy Breakfast Skillet

Mya Heinje, Roberts County

Ingredients

- » 1 lb. pork sausage
- » 24 oz. frozen southern style diced potatoes
- » 1 small Vidalia onion, diced
- » 2 tsp. minced garlic
- » ½ c. water
- » ½ tsp. salt
- » ½ tsp. pepper
- » 4 eggs
- » 1 c. shredded cheddar cheese
- » Scallions

Directions

Brown the pork in a large skillet until cooked through. Remove sausage and set aside. Sauté the onion until translucent. Add garlic, frozen potatoes and water. Cover and cook over medium heat for 5 minutes. Uncover and continue cooking for 10 minutes, stirring once. Add sausage back to the pan. Using a spatula, clear 4 small spaces for the eggs. Put 1 cracked egg in each space and stir gently as they cook. Sprinkle cheese onto potatoes. Season with salt and pepper. Gently mix all the ingredients together. Cook until the eggs are set. Garnish with scallions.

Slap Ya Mama Street Tacos

Brinleigh Mack, Brookings County

Ingredients

Corn Salsa:

- » 2 c. white corn, canned or frozen (if using canned, drain before measuring)
- » ¼ c. cilantro, finely chopped
- » ¼ c. red onion, finely chopped
- » 2 T. fresh jalapeno, finely diced
- » 1 T. lime juice
- » 1 T. lemon juice
- » ½ tsp. salt

Street Taco Meat:

- » 1.25 lb. chicken breast, cubed
- » 1 – 14 oz. can diced tomatoes, salsa style
- » 2 tsp. Slap Ya Mama seasoning
- » 1 ½ c. shredded co-jack cheese
- » 1 – 2.25 oz. can black olives
- » Cotija Cheese
- » 15 street taco/small tortilla shells

Directions

Corn Salsa: Combine the cilantro, onion, jalapeno, lemon and lime juice and mix well. In a large bowl add the corn and salt, then add the onion mixture. Mix all ingredients together. Chill for 30 minutes.

Street Taco: Combine chicken, diced tomatoes, and seasoning in frying pan. Simmer until chicken reaches 165 degrees F.

Street Taco Assembly: Divide 4 ounces of chicken mixture between 3 street taco shells; repeat 4 more times for a total of 15 street tacos. Add black olives and cheese to each taco. Top with ⅓ c. corn salsa and Cotija Cheese.

Makes 5 servings.

Honey Garlic Pork Chops

Victorah Buffington, Beadle County

Ingredients

- » 4 pork chops (4 oz. bone out)
- » 1 ½ tsp. salt
- » 1 tsp. pepper
- » 1 tsp. garlic powder
- » ¼ c. chicken broth
- » 2 T. olive oil
- » 1 T. unsalted butter
- » 6 cloves minced garlic
- » ¼ c. honey
- » 2 T. rice wine vinegar

Directions

Preheat skillet on medium-high heat. Season chops with salt, pepper, and garlic powder just before cooking. Heat oil in a pan or skillet over medium-high heat until hot. Sear chops on both sides until golden and cooked through (about 4-5 minutes each side). Transfer to a plate; set aside. Reduce heat to medium. Melt butter in the same pan, scraping up any browned bits from the bottom of the pan. Sauté garlic until fragrant (about 30 seconds). Add the honey, water, and vinegar. Increase heat to medium-high and continue to cook until the sauce reduces down and thickens slightly (about 3-4 minutes), while stirring occasionally. Add pork back into the pan, baste generously with the sauce and broil for 1-2 minutes, or until edges are slightly charred.

Smothered Burritos

Addison Heinje, Roberts County

Ingredients

- » 1 lb. hamburger
- » ½ tsp. sage
- » ½ tsp. pepper
- » 1 tsp. chili powder
- » ½ small onion
- » 1 tsp. minced garlic
- » ¼ can mushroom soup
- » ¼ c. sour cream
- » ¼ can enchilada sauce
- » 6 flour tortillas

Sauce:

- » 1 ½ c. and ¼ c. cheddar cheese
- » ½ tsp. chili powder
- » ¾ can mushroom soup
- » ¾ can enchilada sauce

Directions

Brown hamburger. Add onion and continue cooking for 4 minutes. Add sage, pepper, chili powder, garlic, mushroom soup, sour cream and enchilada sauce. Mix well and place approximately ¼ cup of mixture on a flour tortilla. Fold the tortilla and place with fold down in a microwave safe baking dish. Repeat with remaining tortillas. Mix 1 ½ cups cheddar cheese and other sauce ingredients and pour over the filled tortillas. Top with remaining ¼ cup cheddar cheese. Microwave for 8 minutes. Garnish with parsley.

Easy One-Pot Beef Stroganoff

Bailey Gjernes, Brookings County

Ingredients

- » 1 lb. ground beef
- » 1 medium onion,
chopped (about ½ c.)
- » 1 can (10.5 oz.) cream
of mushroom soup
- » ¾ c. milk
- » 1 c. beef broth
- » 4 c. uncooked wide
egg noodles
- » ½ c. sour cream

Directions

Season the beef as desired. Cook beef and onion in a skillet on medium high heat until beef is 165 degrees F. Stir in soup, milk, broth, uncooked noodles and heat to boil. Reduce heat to medium low, cover and cook for 10 minutes or until the noodles are tender, stirring occasionally. Stir in the sour cream, serve.

Makes 4 servings.

Gabriel Mattson, Deuel County

Ingredients

- » ½ c. chopped broccoli
florets
- » 1 c. cooked chicken,
chopped
- » ¼ c. diced red bell
pepper
- » ½ c. sharp cheddar
cheese, coarsely grated
- » ¼ c. mayonnaise
- » 1 tsp. dried dill weed
- » 1 garlic clove, pressed
- » ¼ tsp. (1 mL) salt
- » 1 pkg. (8 oz.)
refrigerated crescent
dough
- » 1 egg white, lightly
beaten
- » 1 T. (30 mL) silvered
almonds

Directions

Preheat the oven to 375 degrees F. Add the chicken, broccoli, bell pepper, and garlic in a large bowl. Add the cheese and mix gently. Add the mayonnaise, dill, and salt and mix well. Spread the filling evenly over the middle of the dough. To braid, lift two opposite strips of dough up, twist once, then lay over filling so that the ends meet at the center. Lightly pinch the ends together. Continue alternating strips to form a braid. Tuck ends up to seal at end of braid. Brush the egg white over the dough. Sprinkle the braid with almonds. Bake until deep golden brown, about 25-28 minutes.

Mozzarella Meatballs with Buttery Marinara

Jillian Knippling, Moody County

Ingredients

Marinara:

- » 8 oz. tomato sauce
- » 15 oz. petite diced tomatoes
- » 2 T. olive oil
- » 4 T. butter
- » 3 cloves garlic
- » 1 T. Italian seasoning
- » ½ tsp. salt
- » ½ tsp. sugar

Meatballs:

- » 1 lb. ground beef
- » ½ lb. ground turkey
- » ¼ c. yellow onion
- » ½ c. spinach
- » 2 baby portobello mushrooms
- » ½ c. Zucchini
- » 2 garlic cloves
- » ½ c. breadcrumbs
- » 1 tsp. salt
- » ½ tsp. black pepper
- » 5 T. grated parmesan
- » 2 eggs
- » 1 T. Italian seasoning
- » 30-35 pearl mozzarella

Directions

Preheat oven to 400 degrees. Put olive oil and butter in a saucepan on medium heat. Use garlic press to add 3 cloves of garlic. Once fragrant, slowly add tomato sauce, petite diced tomatoes, 1 T. Italian seasoning, ½ tsp salt, and ½ tsp sugar. Once bubbling, turn to low and allow to simmer covered. Rough chop onions, spinach, mushrooms, pressed garlic, zucchini, and add to food processor. Add 1 tsp salt and mix until finely minced. Add vegetable mixture to skillet with 2 tbsp of olive oil on medium heat. Once softened, remove from heat. In bowl mix ground beef, ground turkey, breadcrumbs, salt, pepper, 2 tbs grated parmesan, eggs, Italian seasoning, and cooled vegetable mixture. Mix until combined. Using a 2 tbsp scoop, grab mixture and place mozzarella in middle. Roll into a ball and place on a wired baking sheet. Bake for 15-20 minutes or until internal temp of 160 degrees. Serve over marinara sauce with grated parmesan and basil leaves.

Makes 6 servings.

Mexi-Mac Skillet

Larissa Fossum, Lincoln County

Ingredients

- » 1 lb. ground beef
- » 16 oz. canned tomatoes
- » 1 c. frozen corn
- » 1 ½ tsp. chili powder
- » ½ tsp. salt
- » 2/3 c. shredded cheddar cheese
- » ½ c. chopped onion
- » 1 c. tomato sauce
- » ½ c. water
- » 1 tsp. dried oregano
- » ¾ c. elbow macaroni

Directions

In a large skillet over medium heat cook the beef and the onion until no longer pink. Stir in tomatoes, tomato sauce, corn, water, chili powder, oregano, and salt. Bring to a boil. Stir in macaroni. Reduce heat, cover and simmer for 18-22 minutes or until macaroni is tender. Sprinkle with cheese. Garnish with onion.

Beef Enchiladas

Hannah Beyers, Edmunds County

Ingredients

- » 1 lb. lean ground beef
- » 1 medium onion, chopped
- » ½ c. sour cream
- » 1 c. shredded cheddar cheese
- » ¼ tsp. pepper
- » 2/3 c. water
- » 1 T. chili powder
- » ½ tsp. dried oregano leaves
- » ¼ tsp. ground cumin
- » 1 clove garlic
- » 1 can (15 oz.) tomato sauce
- » 8 corn tortillas

Directions

Heat oven to 350 degrees. Cook beef over medium heat 8-10 minutes, stirring occasionally, until brown, drain. Stir in onion, sour cream, 1 C cheese, parsley, and pepper. Cover and remove the heat. Heat water, chili powder, oregano, cumin, garlic, and tomato sauce to boiling in 2-qt saucepan, stirring occasionally; reduce heat. Simmer uncovered 5 minutes. Pour into ungreased pie plate. Dip each tortilla into sauce in pie plate to coat both sides, spoon about ¼ C beef mixture into each tortilla, roll tortilla around filling, place seam side down in ungreased rectangular baking dish (11x8). Pour remaining sauce over enchiladas. Bake uncovered about 20 minutes or until bubbly. Garnish with shredded cheese, sour cream and chopped onions.

Makes 4 servings.

Southwestern Chicken Wrap

Kara Roshone, Turner County

Ingredients

- » 1 lb. or 6 chicken tenders
- » ½ tsp. season salt
- » ¼ tsp. pepper
- » ½ tsp. garlic salt
- » 4 – 10 in. tortilla soft shells

Guacamole:

- » 2 avocados (mashed)
- » 1 tsp. lemon juice
- » 1 small clove garlic
- » ⅛ tsp. cayenne pepper
- » ¼ c. salsa
- » 1/8 tsp. salt

Cream Sauce:

- » ½ c. sour cream
- » ½ c. salsa
- » 2 tsp. taco seasoning

Toppings:

- » 1 c. Mexican cheese
- » 1 c. chopped tomatoes
- » 1 ⅓ c. finely chopped lettuce
- » 2 T. bacon bits

Directions

Thaw 6 chicken tenders and shred before cooking. Place shredded chicken in a medium frying pan. Add season salt, garlic salt, and pepper to chicken and cook on medium to 165 degrees. Cover and set aside. Prepare the cream sauce and guacamole mixtures in separate bowls. Now it's time to put the wrap together. First spread a thin layer of guacamole on the shell leaving a 1-inch border from the edge. Next, spread on a layer of cream sauce. Then add ½ c. shredded chicken on top of the sauce. Last, add ⅓ c. lettuce, ¼ c. tomatoes, and ¼ c. cheese, and ½ Tbsp. bacon bits on top of the chicken. You can always add more or less of any of the toppings. These are approximate measurements. Fold short sides of shell in, then the top and bottom. Hold together with a toothpick. Garnish and serve.

Skillet Lasagna

Peyton Meyer, Union County

Ingredients

- » 12 oz. ground beef
- » 2 tsp. minced garlic
- » 1 can (14.5 oz.) diced tomatoes
- » 8-9 oven ready lasagna noodles
- » 1 can (14.5 oz.) cream of celery soup
- » 2 large eggs, lightly beaten
- » 1 c. cottage cheese
- » 12 oz. spaghetti sauce
- » 1 c. mozzarella cheese
- » 1 tsp. Italian seasoning

Directions

Brown hamburger and drain. In large skillet combine browned hamburger and garlic. Stir in tomatoes and spaghetti sauce, heat through. Transfer to a large bowl. In a small bowl combine the soup, eggs, cottage cheese, and Italian seasoning. Return 1 cup meat sauce to skillet, spread evenly. Layer cottage cheese mixture, meat sauce, cheese and half the noodles, breaking to fit as needed. Repeat layers ending with meat sauce. Bring to a boil. Reduce heat; cover and simmer for 35 minutes or until noodles are tender. Remove from heat, sprinkle with remaining shredded cheese; cover and let stand for 5 minutes or until cheese is melted.

Breakfast Bake

Jeremiah Jahraus, Campbell County

Ingredients

- » 1 ½ c. diced ham (12 oz.)
- » 6 eggs
- » 2 c. shredded cheddar cheese
- » ½ c. diced green pepper
- » ½ c. diced mushrooms
- » 3 c. frozen hashbrowns
- » 1 ½ c. milk
- » ½ tsp. salt
- » ½ tsp. pepper

Directions

Preheat oven to 375 degrees F. In a large bowl, mix eggs, milk, salt, and pepper together and whisk well. Spray 9X13 inch pan. Add frozen hash browns, diced ham, peppers, mushrooms, and cheese – stir together in the pan. Pour the egg/milk mixture into the dish. Cover with foil. Bake at 375 degrees for 40 minutes. Remove foil and bake for 10 – 15 minutes more until bubbly and cheese is melted. Test with thermometer to 160 degrees.

Makes 6 servings.

Instapot Spaghetti and Meatballs

Ada Rider, Clark County

Ingredients

- » 1 lb. extra-lean (at least 90%) ground beef
- » ½ c. panko crispy breadcrumbs
- » 1 egg, slightly beaten
- » ¼ tsp. garlic powder
- » 2 tsp. Worcestershire sauce
- » ½ tsp. salt
- » ½ tsp. pepper
- » 2 T. olive oil
- » 1 jar homemade pasta sauce
- » 2 ½ c. beef flavored broth
- » 12 oz. uncooked spaghetti, broken in half

Directions

In large bowl, mix beef, breadcrumbs, egg, garlic, Worcestershire sauce, salt and pepper. Shape mixture into meatballs. On Instant Pot, select SAUTE; adjust to normal. Heat oil in insert. Add meatballs; cook without moving, until meatballs release easily from bottom of insert. Turn; cook 2 to 3 minutes or until browned on second side. Turn one more time; cook 2 to 3 minutes on third side, until browned. Check to make sure meatballs are at 160. Select CANCEL. Using tongs, transfer meatballs to plate. Stir pasta sauce and broth into meatball drippings in insert. Stir mixture to loosen browned bits from bottom of insert. Stir in spaghetti, coat in sauce mixture. Place meatballs evenly over spaghetti mixture. Secure lid; set pressure valve to SEALING. Select MANUAL; cook on high pressure 8 minutes. Select CANCEL. Set pressure valve to VENTING to quick-release pressure. Gently stir mixture 30 to 60 seconds or until spaghetti is completely separated. Spaghetti will appear to be stuck together but will separate while stirring. Let stand 5 minutes. Garnish dish.

Makes 6 servings.

Pineapple Topped Ham

Victoriah Buffington, Beadle County

Ingredients

- » 4 slices ham (4 oz.)
- » 1/3 c. brown sugar
- » 1 tsp. mustard
- » ½ c. whole wheat breadcrumbs
- » 4 pineapple slices
- » ¾ c. pineapple juice

Directions

Arrange ham slices in an 8 x 11-inch pan. Combine brown sugar, mustard, and breadcrumbs. Sprinkle evenly over ham. Bake at 350 degrees for 10 minutes. Remove from oven. Top each ham slice with pineapple. Pour pineapple juice all over ham. Bake 15 minutes longer.

Makes 4 servings.

Peanut Butter Protein Energy Bites

Audrey Odden, Pennington County

Ingredients

- » ½ c. peanut butter, creamy
- » ⅓ c. honey
- » 1 tsp. vanilla extract
- » ⅓ c. protein powder
- » ⅓ c. flaxseed meal
- » ½ c. rolled oats
- » ½ tsp. cinnamon
- » 1 T. chia seeds
- » ¼ c. unsweetened flaked coconut
- » 1 T. mini chocolate chips (plus more for coating)

Directions

Add peanut butter, honey and vanilla extract to a medium bowl, mix to combine. Add protein powder, flaxseed meal, oats, cinnamon, chia seeds, chocolate chips and flaked coconut, mix together until combined. Use a cookie scoop or your hands to grab dough and roll into balls. Roll balls in flaked coconut. Refrigerate as necessary until firm.

Makes 4 servings.

Korean Beef

Noah Odden, Pennington County

Ingredients

- » 1 T. sesame oil
- » 1 lb. ground beef
- » ¾ tsp. granulated garlic
- » ¼ c. brown sugar
- » ¼ c. soy sauce
- » ½ tsp. ground ginger
- » ½ c. sliced green onions
- » Lime juice
- » Steamed rice (for serving)

Directions

Heat a large skillet over medium heat. Brown the beef in the sesame oil. Add the garlic towards the end of browning and cook for a couple of minutes. Drain the fat. Add the brown sugar, soy sauce and ginger. Simmer for a few minutes to blend the flavors. Serve over steamed rice and top with green onions and a squeeze of lime juice.

Makes 4 servings.

All-American Sliders

Ryan McKeown, Lincoln County

Ingredients

Homemade BBQ Sauce:

- » ½ c. ketchup
- » 1 ½ T. brown sugar
- » ½ T. apple cider vinegar
- » ½ T. yellow mustard
- » 1 tsp. Worcestershire sauce
- » ¼ tsp. salt
- » ¼ tsp. hot pepper sauce

Sliders:

- » 1 lb. ground beef
- » 1 large egg
- » 2 T. minced onion
- » 1 tsp. garlic powder
- » ½ tsp. salt
- » ½ tsp. pepper
- » 6 slider buns
- » 3 slices American cheese
- » 18 round dill pickle slices
- » ½ T. butter, melted
- » Toasted sesame seeds
- » Dill pickle spears

Directions

BBQ Sauce: In a small saucepan, combine all ingredients; bring to a boil. Reduce heat; simmer, uncovered, until slightly thickened, 5-10 minutes, stirring occasionally.

Sliders: Preheat electric grill. In a large bowl, mix beef, egg, onion, garlic powder, salt, and pepper lightly but thoroughly. Divide into 6 equal portions and form into patties. Place patties on hot grill and cook until internal temperature reaches 160 degrees F. Remove patties and place on bottom halves of buns. Fold cheese slices in half diagonally; place one half on top of each patty. Spread with BBQ sauce. Place in microwave 15-20 seconds or until cheese melts. Top each patty with 3 dill pickle slices and cover with top half of buns. Melt butter in microwave, brush on top of buns. Sprinkle lightly with toasted sesame seeds. Garnish with dill pickle spears.

Makes 6 servings.

Melt in your Mouth Meatballs & Spaghetti

Jeremiah Jahraus, Campbell County

Ingredients

- » ½ c. Italian breadcrumbs
- » ⅔ c. milk
- » 1 lb. ground beef
- » ⅓ c. diced onion
- » 2 tsp. minced garlic
- » 1 large egg
- » 1 tsp. salt
- » ½ tsp. black pepper
- » ¼ c. grated parmesan cheese
- » 1 T. dried parsley
- » 1 – 24 oz. jar spaghetti sauce
- » 8 oz. thin spaghetti noodles

Directions

Preheat the oven to 400 degrees F and line a baking sheet with parchment paper. In a large mixing bowl, add Italian breadcrumbs and milk; combine well. Add ground beef, onion, garlic, egg, salt, black pepper, parmesan cheese, and parsley; mix with your hands until just combined, do not overmix. Portion onto lined baking dish by using a cookie scoop. Roll into meatballs. Bake for 15 – 20 minutes, or until meatballs have an internal temperature of 160 degrees. Remove meatballs from oven; drain off excess fat. Add to your favorite spaghetti sauce. While meatballs are baking, add water to pot and bring to a boil. Prepare spaghetti noodles per package directions. Serve meatballs and sauce over cooked noodles and enjoy!

Makes 4 servings.

Sausage & Egg Casserole

Gentry Puffer, Beadle County

Ingredients

- » ½ lb. pork sausage, browned and drained
- » 1 c. milk
- » ¼ c. green onion, chopped
- » ¼ c. green or red pepper, diced
- » ½ tsp. salt
- » 3 eggs
- » 1 slice bread, cubed
- » ½ tsp. dried ground mustard
- » ½ c. grated cheddar cheese

Directions

Preheat oven to 350 degrees and grease 8x8 glass pan. Beat eggs and milk, add sausage and rest of ingredients. Bake 45 minutes until eggs are set.

Makes 6 servings.

Back Nine BBQ's

Elliot Hortnes, Roberts County

Ingredients

- » 1 lb. lean hamburger – cook until hamburger reaches 160 degrees, drained
- » ¼ c. diced onion
- » 2 T. ketchup
- » 2 T. BBQ sauce
- » 1 T. mustard
- » 2 T. brown sugar
- » 10 ½ oz. tomato soup
- » ½ c. plus 2 T. water
- » ¼ tsp. salt
- » ¼ tsp. pepper

Directions

Brown the hamburger and add diced onions – drain off excess grease. Mix together in separate bowl – ketchup, BBQ sauce, mustard, and brown sugar – stir into the drained hamburger. Add tomato soup and water to the hamburger mixture. Add the salt and pepper – mix well. Simmer barbeque mixture for 15-20 minutes or until liquid is gone. Serve on buns.

Makes 6 servings.

Tyler's Quick Tuna Fish Casserole

Tyler Warkenthien, Clark County

Ingredients

- » 3 c. water
- » 1 T. better than bouillon chicken flavor (or another type of soup base)
- » 1 T. dried onions
- » 1 c. half and half
- » ¼ tsp. black pepper
- » 3 c. pasta
- » 2 pkg. (5 oz.) tuna
- » 1 can (10.5 oz.) mushroom soup

Directions

Pour water into an electric pressure cooker. Add Better Than Bouillon, dried onions, and half and half. Mix with spatula. Layer the pasta, then tuna, and finally the mushroom soup. It is important to layer the last three ingredients in order and not to mix them. Set the electric pressure cooker on high pressure for 2-3 minutes. Quick release pressure when time is up.

Makes 6 servings.

Grilled Chicken and Pepper Party Sandwich

Elliot Hortnes, Roberts County

Ingredients

- » ¼ c. mayonnaise
- » 1 ½ T. bell pepper herb rub
- » 1 lb. chicken tenders
- » 1 T. canola oil
- » 1 small red bell pepper
- » 1 small red onion
- » 1 pkg. (16 oz.)
Hawaiian sweet round bread
- » 1 c. colby jack cheese,
grated

Directions

Heat the double burner grill over medium heat 3-5 minutes. Combine the mayonnaise and ½ T. of the rub in a small bowl; mix well and set aside. In a medium bowl, mix the chicken tenders with the oil and remaining 1 T. rub. Place the chicken in one half of the pan and cover with the grill press. Cook 6-7 minutes, turning with tongs, halfway through cooking. Meanwhile, cut off top of the bell pepper and remove the seeds. Slice the bell pepper and onion in slices and then cut slices in half. Add vegetables to the other half of the pan and lightly spray with oil. Cook 5-6 minutes, stirring occasionally. Remove the bread from the tin and cut the bread in half horizontally leaving a 2" base. Spread the mayonnaise mixture evenly over the cut side of the bread top. Remove the grill press and move the vegetables to same half of the pan as the chicken. Turn the heat off under the pan. Place the bread bottom in empty half of the pan, with the cut side up and sprinkle it with half of the cheese. Using tongs, top the bread with the chicken and vegetables and sprinkle with remaining cheese. Top with the other half of the bread and press the sandwich with the grill press. Let stand about 1 minute in pan until the cheese is melted. Remove the sandwich from pan. To serve, cut in wedges.

Asian Pork Chops

Karin Sweeter, Lincoln County

Ingredients

- » 1 c. vegetable oil
- » 1 lb. boneless pork chops
- » Salt and pepper to taste
- » ½ c. flour
- » 1 egg, beaten
- » 2 T. water
- » 1 c. panko breadcrumbs
- » 1 c. rice

Directions

Heat oil in a large skillet over medium heat. Season pork chops with salt and pepper. Working one at a time, cover the pork chops in flour, dip into egg and water mixture, and coat in Panko breadcrumbs. Add pork chops to the skillet, 2 or 3 at a time, about 5 minutes on each side, making sure to temp. the pork chops. After cooking, transfer them to a paper towel lined plate.

Lemon Chicken with Orzo

Mercedes Jarding, Hanson County

Ingredients

- » ⅓ c. flour
- » 1 tsp. garlic powder
- » ¾ tsp. salt, divided
- » ½ tsp. pepper
- » 4 boneless skinless chicken breasts
- » 3 T. olive oil
- » 2 ½ c. chicken broth
- » 1 ¼ c. orzo
- » 2 c. fresh chopped spinach
- » 1 c. grape tomatoes, cut in half
- » 3 T. lemon juice
- » 2 T. fresh chopped basil

Directions

In a bowl. mix flour, garlic powder, ½ tsp salt, and pepper. Pound each piece of chicken with a mallet to ½ inch thick. Dip both sides of chicken into flour mixture.

In a large skillet heat oil over medium heat. Add chicken. Cook on each side until chicken reaches 165 degrees F. remove from pan and place chicken into an oven safe baking dish. Place dish in the oven at 200 degrees F to keep warm. Wipe skillet clean. In same skillet bring chicken broth to a boil. Stir in orzo and return to a boil. Reduce heat and simmer covered for 10 minutes or until broth is absorbed and orzo is tender. Stir in spinach, tomatoes, lemon juice, basil, and ¼ tsp salt. Return chicken to pan and allow to sit in pan until it reaches 165 degrees F. Garnish with lemon wedge and basil leaves.

Makes 4 servings.

Creamy Smothered Chicken

Brooklyn Schroeder, Hanson County

Ingredients

Chicken:

- » 4-5 boneless skinless chicken breasts
- » 8-10 slices mozzarella cheese
- » 1 T. garlic powder
- » 1 T. seasoned salt
- » 1 tsp. pepper

Creamed Spinach:

- » 1 lb. bag of spinach leaves
- » ¼ c. shredded parmesan cheese
- » 4 oz. cream cheese
- » 2 tsp. minced garlic
- » 3 T. red onion, minced
- » 2 T. olive oil
- » ½ tsp. pepper
- » ½ tsp. salt

Sauteed Mushrooms:

- » 8 oz. package mushrooms, sliced
- » ½ stick butter
- » 2 T. olive oil
- » ½ c. White cooking wine
- » 2 tsp. minced garlic
- » ½ tsp. pepper
- » ½ tsp. salt

Directions

Preheat oven to 350 degrees. Combine the garlic powder, seasoned salt and pepper. Sprinkle on both sides of the chicken breasts. Bakes for about 16-18 minutes. Meanwhile, make a creamed spinach, over medium heat, melt 2 T. olive oil in a skillet. Add the onions and sauté for 2-3 minutes. Add the bag of washed spinach and garlic. It will shrink. When it's cooked through, stir in cream cheese and parmesan cheese. Continue cooking and stirring until melted. Remove from heat. For the mushrooms, melt butter and 2 T. olive oil in another skillet. Put the mushrooms in and brown all over. Deglaze the pan with wine. Add the garlic and season with salt and pepper. Divide spinach and mushrooms over top of each chicken breast. Lay 2 slices cheese over each piece. Bake 12-14 minutes or until chicken reaches 165 degrees. Serve and enjoy!

Makes 5 servings.

Ham and Cheese Egg Muffins

Rayven Dutenhoffer, Brown County

Ingredients

- » 12 large eggs
- » ½ c. milk
- » ½ tsp. salt
- » ¼ tsp. black pepper
- » ¼ tsp. garlic powder
- » ¾ c. shredded cheddar cheese divided
- » 8 oz. ham steak cubed
- » 2 green onions sliced thin

Directions

Preheat your oven to 350 degrees. Spray a muffin tin heavily with cooking spray. (Please note that a silicon muffin tin works best.) Set aside. In a large bowl, whisk together the eggs, milk, and spices. Stir in ½ cup of the shredded cheddar cheese, ham, and the green onions. Fill the muffin tins. Top with the remaining ¼ cup cheese. Bake for 25 to 30 minutes or until the eggs pull away from the side of the muffin tin and are set in the middle.

Makes 6 servings.

Katelyn's Egg Roll in a Bowl

Katelyn Tieszen, Turner County

Ingredients

- » 1 ½ lb. ground pork
- » 1 T. parsley
- » ½ T. thyme
- » ½ T. fennel
- » ½ tsp. granulated garlic
- » 8 c. green cabbage, shredded
- » 4 c. red cabbage, shredded
- » 1 c. sliced carrots
- » ¾ c. coconut aminos
- » ½ c. bunched green onions, sliced
- » ¼ c. orange juice (plus up to ¼ c. more, optional)

Directions

Cook the ground pork in large frying pan with enough water to cover the bottom of the pan on medium. Once pork reaches 145 degrees, add seasoning. Add coconut aminos and carrots and cook. Stir, add orange juice and green cabbage and cook. Stir, add red cabbage and cook. Stir and add green onions. Heat and enjoy.

Makes 6 servings.

Steak with Garlic Parmesan Cream Sauce

Allison Fischer, Codington County

Ingredients

- » 2 – 8 oz. ribeye's – brought to room temp
- » Olive oil for steaks
- » 2 springs rosemary
- » 4 T. butter
- » 2 cloves garlic – smashed

Sauce:

- » ¼ c. butter
- » 2 tsp. minced garlic
- » 3 T. minced onion
- » 2 T. flour
- » 1 c. beef broth
- » 1 tsp. dried basil
- » 1 tsp. dried oregano
- » 1 tsp. dried basil
- » 1 tsp. oregano
- » ½ c. heavy cream
- » ½ c. shredded parmesan cheese
- » SPG to taste

Directions

Steaks: Pat dry. Drizzle with Olive Oil and season generously with Salt/Pepper/Garlic (SPG) blend. Set aside.

Sauce: Melt butter in skillet over medium heat. Add onion and start sautéing, after a minute add the minced garlic, stir frequently. After another minute whisk in flour until lightly browned. About 1 minute. Gradually whisk in beef broth, basil, and oregano. Cook, whisking often, until incorporated. About 1-2 minutes. Stir in heavy cream and parmesan cheese. Another 1-2 minutes. Season to taste with your SPG blend.

Back to steaks: Melt 2 T. Butter in hot pan. Sear the steaks, add the other 2 T. Butter, the smashed garlic cloves, and rosemary sprigs. Spoon the butter mixture of the steaks a few times. Then put your pan of steaks into the oven for approximately 5 min or until reaches desired temp. Take the steaks out of the pan and let rest for a couple minutes. Then slice and plate. Spoon sauce over the steaks and enjoy!

Makes 4 servings.

Zucchini Boats

Lola Wells, Day County

Ingredients

- » 4 medium zucchinis
- » ½ tsp. Italian seasoning
- » Salt and pepper to taste
- » 2 tsp. olive oil
- » 1 lb. ground Italian sausage
- » 2 c. marinara sauce
- » Parsley for garnish
- » Cooking spray

Directions

Preheat oven to 400 degrees F. Coat a large rectangular pan in cooking spray. Cut the zucchini in half lengthwise, then trim off stem ends. Use a spoon to scoop the flesh out. Sprinkle the Italian seasoning, salt and pepper over the zucchini shells. Arrange the zucchini in the baking dish. Heat the olive oil in a large pan over medium high heat. Add the ground sausage and cook for 4-5 minutes. Add the onion and cook for an additional 4 minutes or until onion is softened. Add garlic and cook for 30 seconds. Season the sausage and vegetable mixture with salt and pepper. Pour the marinara sauce into the pan and simmer for 5 minutes. Spoon the meat mixture into the zucchini shells, then top with mozzarella cheese. Bake for 25 minutes or until zucchini is tender and cheese is melted and golden brown. Garnish with parsley and serve.

Sausage and Egg Breakfast Cups

Laina Puffer, Beadle County

Ingredients

- » 1 lb. ground turkey sausage
- » Salt, to taste
- » Pepper, to taste
- » ¼ tsp. garlic powder
- » ¼ tsp. onion powder
- » ¼ tsp. paprika
- » ¼ tsp. dried parsley
- » 6 eggs
- » ¼ c. flour
- » ¼ tsp. baking powder
- » Diced peppers and cheese for topping

Directions

Mix sausage, salt, pepper, garlic powder, onion powder, paprika, and dried parsley in a bowl until well combined. Grease a muffin tin and start to form shells with the sausage mix. Cover the sides and leave room in the middle for the eggs. In a separate bowl, mix the eggs, salt, and pepper. Pour egg mixture into the middle of each cup. Top with shredded cheese, tomatoes, spinach, or toppings of your choice. Bake at 350 degrees F (180 degrees C) for 30 minutes.

Makes 6 servings.

American Meatloaf

Jaxen Dockter, Roberts County

Ingredients

Meatloaf:

- » 3 slices crusty Italian bread
- » $\frac{3}{4}$ c. milk
- » 1 lb. ground beef
- » $\frac{1}{2}$ lb. ground pork
- » 3 large eggs
- » 2 carrots, grated (about 1 c.)
- » $\frac{3}{4}$ c. grated parmesan cheese
- » $\frac{1}{4}$ c. minced fresh parsley
- » 2 tsp. Italian seasoning
- » $\frac{3}{4}$ tsp. salt
- » $\frac{1}{4}$ tsp. black pepper
- » 8 slices bacon

Sauce:

- » 2 – 14 oz. cans diced tomatoes
- » 3 T. brown sugar
- » 1 tsp. ground mustard
- » $\frac{1}{8}$ tsp. cayenne pepper
- » $\frac{1}{4}$ tsp. Worcestershire sauce

Directions

Preheat oven to 350 degrees. Pour milk over the bread in a large bowl and let soak for a few minutes. Use your fingers to smush up the bread into little pieces. Add the beef, pork, eggs, carrots, parmesan cheese, parsley, Italian seasoning, salt and pepper to the bread mixture. Knead with your hands until everything is completely mixed. Place the meat mixture on a foil-lined baking sheet and form it into a loaf shape. Arrange the bacon slices on the meatloaf, overlapping slightly. Bake until internal temperature reaches 160 degrees on a meat thermometer and the meatloaf is no longer pink in the middle, 50-60 minutes. Combine the tomatoes with their juices, brown sugar, ground mustard, cayenne pepper, and Worcestershire sauce in a large saucepan. Bring to a simmer, partially cover and cook, stirring occasionally, until thickened but still saucy, about 30 minutes. Cut the meatloaf into thick slices and top with the sauce.

Makes 6 servings.

Tator Tot Casserole

Addison Heinje, Roberts County

Ingredients

- » 1 lb. ground beef, thawed
- » Tator tots (about 55)
- » 1 can mushroom soup
- » 1 packet onion soup mix
- » 1 T. parmesan cheese
- » 1/8 tsp. salt
- » 1/8 tsp. pepper
- » 1 c. mozzarella cheese

Directions

Preheat oven to 350 degrees F. Brown the ground beef and mix with mushroom soup, onion soup mix, parmesan cheese, salt and pepper. Mix well. Spread 1/4 of the meat mixture in a 10-inch baking dish. Cover meat with tator tots and spread remaining meat mixture over the tator tots. Sprinkle with the mozzarella cheese. Bake for 40 minutes or until cheese is brown. Garnish with parsley.

Burrito Bake

Micah Pelzel, Roberts County

Ingredients

- » 1 lb. ground beef
- » 1 T. taco seasoning
- » 1/2 c. rice
- » 1 (15 oz.) can black beans, drained and rinsed
- » 1 (15 oz.) can corn, drained
- » 1 c. salsa
- » 1/4 c. French dressing
- » 1/4 c. taco sauce
- » 2 c. shredded cheddar cheese
- » Tortilla shells or chips, or corn chips of your choice
- » Sour cream and cilantro to garnish

Directions

Cook rice until tender. Brown ground beef. Add taco seasoning while beef is browning. Add rice, beans, and corn to browned beef. Add salsa, dressing, and taco sauce. Stir until blended. Top with cheese and simmer until cheese is melted. Garnish with sour cream and/or avocado and/or cilantro. Serve in a warm tortilla shell or with tortilla or corn chip.

Makes 6 servings.

Sausage Egg Bake

Isabel Bostrom, Roberts County

Ingredients

- » 1 lb. pork sausage
- » 2 T. milk
- » 1 tube refrigerated crescent rolls
- » 1/8 tsp. pepper
- » 4 eggs
- » 3/4 c. shredded cheddar cheese

Directions

Cheese In a skillet, cook sausage over medium heat until no longer pink, drain. Unroll crescent dough into a lightly greased 9 x 13 x 2-inch baking pan. Press dough 1/2 inch up the sides. Sprinkle with sausage. In a bowl, beat the eggs, milk and pepper; pour over sausage. Sprinkle with cheese. Bake, uncovered at 400 degrees for 15 minutes, or until crust is golden brown and the cheese is melted.

Makes 6 servings.

Protein Peanut Butter Energy Bites

Micah Pelzel, Roberts County

Ingredients

- » 1/2 c. peanut butter, creamy
- » 1 tsp. vanilla extract
- » 1/3 c. flaxseed meal
- » 1/2 tsp. cinnamon
- » 1/4 c. unsweetened flaked coconut
- » 1/4 c. honey
- » 1/3 c. protein powder
- » 1/2 c. rolled oats
- » 1 T. chia seed
- » 1 T. mini chocolate chips

Directions

Add peanut butter, honey and vanilla extract to a medium bowl, mix to combine. Add protein powder, flaxseed meal, oats, cinnamon, chia seeds, chocolate chips and flaked coconut, mix together until combined. Use a cookie scoop or your hands to grab dough and roll into balls. Store in the fridge for up to 1 week or freeze for up to 2 months.

Delicious Pork Chop Dinner

Elizabeth Shultz, Brookings County

Ingredients

- » 4 pork chops
- » ¼ tsp. salt
- » 4 onion slices
- » ¾ c. orange juice
- » ¼ c. brown sugar
- » ½ tsp. allspice
- » 3 T. lemon juice
- » ¾ c. water
- » 1 can (15 oz.) sweet potatoes
- » 4 orange slices

Directions

Cook chops in skillet on medium heat until brown. Drain off fat. Sprinkle with salt. Top with one onion slice each. Stir together orange juice, brown sugar, allspice, lemon juice, and water. Pour mixture into skillet. Heat to boiling; lower heat. Cover; simmer 25 minutes. Arrange on chops, sweet potatoes and orange slices. Cover; simmer for 15 minutes. Serve.

Makes 4 servings.

Tex-Mex Stuffed Peppers

Mya Heinje, Roberts County

Ingredients

- » 12 oz. pork sausage
- » ½ c. water
- » 6 T. quinoa
- » 5 large bell peppers
- » ¾ c. salsa, plus more for serving
- » 1 c. frozen corn, thawed
- » 2 tsp. chili powder
- » ¼ c. shredded Mexican blend cheese

Directions

Preheat oven to 500 degrees F. In a saucepan over medium-high heat, bring water to a boil. Stir quinoa, cover, remove from heat and set aside for at least 5 minutes. Meanwhile, in a skillet over medium-high heat, cook pork, stirring occasionally and breaking it up, until no longer pink, 4 minutes. Also, while quinoa is softening, remove tops from peppers and scrape out seeds. Set aside. In a bowl, combine quinoa, pork, salsa, corn and chili powder. Fill peppers with pork mixture. Arrange peppers in a shallow baking pan, bake 10-15 minutes. Sprinkle cheese on top and continue baking until peppers are tender and stuffing is heated through, about 5 minutes. Garnish with parsley and serve with salsa on the side.

Taco Meatballs with Dipping Sauce

Emily Effling, Marshall County

Ingredients

- » 1 lb. ground beef
- » 3 T. taco seasoning mix
- » 3 oz. chopped, mild green chilies
- » 16 cubes cheddar jack cheese
- » 1 egg white
- » 1 T. water
- » 2 c. crushed Doritos

Sauce:

- » ½ c. taco sauce
- » ⅓ c. honey

Directions

Heat oven to 400 degrees F. Combine ground beef, taco seasoning and green chilies in large bowl. Divide beef into 16 portions, shape each portion around a cheese cube, completely covering cheese. Beat egg white with water until blended. Dip each meatball into egg white mixture, then into chips to coat completely. Spray large baking pan with nonstick cooking spray. Place meatballs into pan. Spray tops of meatballs with cooking spray. Bake for 17-20 minutes. Combine sauce ingredients in small microwave safe dish. Microwave for 30 seconds and serve with meatballs. Enjoy!

Makes 4 servings.

Homemade Spaghetti Sauce

Mallory Carlson, Kingsbury County

Ingredients

- » 1 lb. ground beef
- » 1 medium onion chopped
- » 15 oz. tomato sauce
- » 6 oz. tomato paste
- » ½ tsp. Italian seasoning
- » 1 T. dried parsley flakes
- » 1 tsp. crushed red pepper flakes
- » 1 T. Worcestershire sauce
- » 1 tsp. garlic powder
- » 1 T. granulated sugar
- » 1 c. water
- » Spaghetti noodles

Directions

In a large skillet, add the beef and chopped onion, then brown. Drain excess grease. Add tomato sauce, tomato paste, Italian seasoning, parsley flakes, garlic powder, crushed red pepper, Worcestershire and sugar to the skillet. Stir well to combine and bring to a boil. Add water and stir well. Reduce heat and simmer for 20 -30 min. Cook spaghetti to desired tenderness.

Makes 6 servings.

Spinach Beef Manicotti

William Karels, Grant County

Ingredients

Manicotti Sauce:

- » 1 T. olive oil
- » 1 tsp. minced garlic
- » ½ onion, finely chopped
- » 1 carrot, small, finely chopped
- » 1 celery rib, finely chopped
- » 24 oz. mushroom pasta sauce
- » 2 c. chicken broth, low sodium
- » ½ tsp each thyme, oregano, salt, pepper

Spinach Beef Filling:

- » 1 T. olive oil
- » 1 tsp. minced garlic
- » ½ onion, finely chopped
- » 1 lb. lean ground beef (16 oz.)
- » 8 oz. frozen spinach, chopped, thawed, excess liquid squeezed out
- » 1 tsp. beef bouillon granules
- » ½ tsp. pepper
- » 1 tsp. Worcestershire sauce

Manicotti:

- » 15 manicotti tubes
- » 2 c. mozzarella shredded cheese
- » Chopped parsley, garnish

Directions

Heat oil in a large saucepan or pot over medium high heat. Add garlic and onion, cook 2 minutes. Add carrot, celery, cook 5 minutes. Add pasta sauce and chicken broth, and spices. Then stir. Bring to simmer, lower heat to medium, cover with lid and simmer for 10 minutes. Set aside.

Spinach Beef Filling: Heat oil in a large skillet over high heat. Add onion and garlic, cook 2 minutes. Add beef and cook, breaking it up as you go, until it all changes from red to brown. Stir in spinach, then add beef bouillon granules, Worcestershire sauce, pepper, and 1 cup of manicotti sauce. Stir, cook 2 minutes. Remove and cool slightly.

Assembly and Baking: Preheat oven to 350 degrees. Transfer beef filling into a piping bag. Stand manicotti tubes upright in a container, then pipe filling in. Spread about 1 ¼ cups sauce in a 9 x 13 dish. Lay the manicotti on top, then pour over remaining sauce. Sprinkle with cheese, loosely cover with foil. Bake 25 minutes, remove foil then bake a further 10 minutes until the cheese is bubbly with some golden spots. Remove from oven, baked temperature should be 160 degrees. Sprinkle with parsley (garnish) and serve.

Makes 5 servings.

Loaded Burger Bowls

Caleb Fischer, Codington County

Ingredients

- » 1/3 c. bacon crumbles
- » 1 1/2 c. shredded cheddar cheese
- » 1 lb. lean ground beef
- » 1 1/2 tsp. salt
- » 1 1/2 tsp. pepper
- » 1 tsp. onion powder
- » Serve with dipping sauce of choice and pickles

Directions

Preheat oven to 375 degrees. Spray muffin pan with cooking spray. Mix ground beef with salt, pepper, and onion powder. Divide beef mixture into 6 equal balls. Press each ball onto the sides of a muffin cup, leaving a well in the middle. Mix together cheese and bacon. Divide evenly into the burger cups. Bake for 12-14 minutes. Let rest a few minutes and enjoy!

Makes 6 servings.

Mini Sausage & Cheese Frittatas

Maggie McKeown, Lincoln County

Ingredients

- » 8 oz. ground pork sausage
- » 6 large eggs
- » 4 large egg whites
- » 2 T. milk
- » 1/4 tsp. salt
- » 1/4 tsp. pepper
- » 3 T. chopped green onions
- » 1 c. shredded sharp cheddar cheese

Directions

Brown sausage and drain fat if necessary. Mix eggs, egg whites, milk, salt, and pepper with a whisk. Stir in green onions. Coat 6 jumbo muffin cups with cooking spray. Divide sausage and cheese evenly among muffin cups and top with egg mixture. Bake at 375 degrees for 22-25 minutes, until eggs are cooked to 160 degrees. Carefully run a knife around sides to loosen. Remove to platter. Garnish and serve immediately.

Makes 6 servings.

Shrimp Stir Fry

Ryan McKeown, Lincoln County

Ingredients

Rice:

- » 1 c. rice
- » 2 c. water
- » 1 T. butter
- » 1 tsp. salt

Stir Fry:

- » 3 tsp. canola oil
- » 1 lb. uncooked shrimp, peeled, tail off, deveined
- » 2 T. soy sauce
- » ¼ tsp. garlic powder
- » 1 -14 oz. package frozen stir fry vegetables
- » 2 T. cornstarch
- » ½ c. cold water

Directions

Combine rice, cold water, butter, and salt in saucepan. Bring to a boil, pan uncovered. Reduce heat to low and cover pan with tight-fitting lid. Time for 20 minutes. Do not open pan or stir. Heat oil in electric skillet. Add shrimp and stir until done. Shrimp should be cooked until the internal temperature is 145 degrees. Add soy sauce and garlic powder and mix well. Add frozen vegetables and reduce heat. Cover and cook about 4-5 minutes longer. Mix cornstarch and water and add slowly to stir fry, stirring constantly. Cook until mixture is thickened, and vegetables are coated with a thin glaze. Serve over rice. Garnish with parsley

Makes 6 servings.

Meatloaf

Logan Warrington, Brown County

Ingredients

- » 2 lb. ground beef
- » 1 slightly beaten egg
- » 1 c. oatmeal
- » ¼ c. onion
- » 1 ½ c. milk
- » Dash of salt
- » Dash of pepper

Top with:

- » 1 tsp. dry mustard
- » 2 T. brown sugar
- » ½ c. ketchup
- » Worcestershire sauce to taste

Directions

Combine and put in a lightly greased pan. Cook at 350 degrees for 1 hour. Let stand for 5 minutes before serving.

Makes 6 servings.

Honey Mustard Chicken

Ada Rider, Clark County

Ingredients

- » 24 oz. chicken breasts
- » Ground black pepper
- » 3 T. Dijon mustard
- » ½ c. chicken broth
- » Salt
- » 3 T. honey
- » 1 T. soy sauce
- » 2 tsp. olive oil

Directions

Season both sides of the chicken breast with salt and ground black pepper. Turn on Instant Pot and set the mode to Sauté. Add the olive oil when it's fully heated so the chicken won't stick to the pot. Pan-sear both sides of the chicken breasts until both sides are nicely browned. Mix honey, dijon mustard, soy sauce and chicken broth together while chicken is browning. Stir to combine well. Shut off the Instant Pot and add the honey mustard mixture. Cover the lid and make sure the vent is closed. Select manual and set to High pressure for 12 minutes. When it beeps, turn to Quick release the vent. When the valve drops, remove the lid carefully. Add parsley for garnish and scoop out sauce to add to dish.

Chuckwagon Wheelies

Matilynn Jaquet, Brookings County

Ingredients

- » 1 small onion chopped
- » 2 tsp. minced garlic
- » 1 ½ lb. lean ground beef
- » 2 can(s) (14 oz.) diced tomatoes, undrained
- » 2 tsp. dried parsley
- » 2 tsp. dried basil
- » 1 tsp. dried oregano
- » 3 c. beef stock
- » 1 lb. dry wagon wheel pasta
- » 8 oz. shredded cheddar cheese

Directions

Preheat oven to 350 degrees. Chop onion. Heat ground beef, chopped onion and garlic, in a deep iron skillet and cook until browned. Drain off the fat. Stir in tomatoes, parsley, oregano, beef stock, water and pasta. Cover and cook over medium-low heat stirring often, until macaroni softens about 20 minutes. Cover pasta with shredded cheddar cheese and place pan in a 350-degree oven. Bake in the oven until cheese has melted about 5 minutes.

Makes 6 servings.

Hawaiian Burgers with Sweet Potato Fries

Hope Karels, Grant County

Ingredients

Hawaiian Burgers:

- » 1 lb. lean ground beef
- » ½ tsp. kosher salt
- » ½ tsp. pepper
- » 2 T. teriyaki sauce
- » 1 T. olive oil
- » 1 T. butter
- » 8 oz. Havarti cheese, sliced
- » 4 sesame seed buns
- » 4 slices pineapple
- » Lettuce for serving

Sweet Potato Fries:

- » 1 large, sweet potato, spiralized
- » Vegetable oil for frying
- » 1 tsp. brown sugar
- » ½ tsp. smoked paprika
- » ½ tsp. garlic powder
- » ¼ tsp. onion powder
- » ¼ tsp. black pepper

Directions

Cut the sweet potatoes and put in a large bowl. Cover with water completely and let soak overnight. Place the sliced potatoes on a large towel, cover with another towel, and pat firmly to remove as much water as possible. Heat the oil in a large stock pot over medium-low heat. Fit the pot with a candy thermometer. Heat oil to be around 350 degrees. Line 2 baking sheets with paper towels. Stir together the sugar, paprika, garlic powder, salt, onion powder and pepper. Working in batches, add some of the potato pieces to the oil and fry for 2-3 minutes. They will slightly seem to be crisping or changing texture. Remove with kitchen tongs and place on the paper towel to drain the oil. Repeat with remaining spirals. Once those are finished, you do the second fry. Work in batches again and the spirals will only need 1-2 minutes in the oil. They will turn golden. Remove and place on a paper towel. While still hot, cover the spirals in the seasoning mixture. Place the beef in a bowl and season with the salt and pepper. Add the teriyaki sauce and gently mix with your hands to incorporate, forming 4 patties. Heat a large skillet over medium heat and add the olive oil and butter. Cook the patties until browned on both sides. Temperature check for 160 degrees. A minute or two before they are done, cover the tops with the sliced Havarti and cover the skillet to let the cheese melt. Garnish with parsley.

Makes 4 servings.

Tomato Spinach Mozzarella Frittatas

Ashlynn Warrington, Brown County

Ingredients

- » 6 large eggs
- » 1 T. finely chopped onion
- » 1/8 tsp. salt
- » 1/8 tsp. pepper
- » 1/8 c. fresh spinach, roughly chopped
- » 4 grape or cherry tomatoes, halved
- » 1/8 c. mozzarella cheese

Directions

Preheat oven to 325 degrees F. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray. In a large bowl whisk eggs and onion. Season with salt and pepper. Add egg mixture halfway up into each tin of a greased muffin tin. Divide the three topping combinations into 4 muffin cups each. Bake for 15-20 minutes, until set. Let cool slightly, then serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.

Makes 6 servings.

Hearty Skillet Lasagna

Hannah Beyers, Edmunds County

Ingredients

- » 1 lb. ground pork
- » 12 uncooked lasagna noodles
- » 1 jar pasta sauce (24 oz.)
- » 1 1/2 c. water
- » 1 1/2 c. shredded mozzarella cheese
- » 1/4 c. shredded parmesan cheese

Directions

Place pork into pot. Set stovetop to high. Cook uncovered until pork is browned. Drain pork. Add a thin layer of pasta sauce to the bottom of the pan. Combine remaining sauce and pork. Layer noodles, then pork/sauce mixture until you run out of noodles. Pour water over noodle mixture. Set oven to 350 degrees F. Cover and cook 15-20 minutes or until the noodles are tender. Turn off pot. Stir cheeses in bowl. Spoon cheese over noodle mixture. Cover and let stand until cheese is melted. Serve.

Makes 6 servings.

Delicious Drumsticks

Leah Bohlander, Campbell County

Ingredients

- » ½ c. all-purpose flour
- » 1 tsp. salt
- » ½ tsp. paprika
- » ½ tsp. pepper
- » 6 chicken drumsticks
- » ¼ c. butter (or margarine)

Directions

Heat oven to 425 degrees. Mix flour, salt, paprika, and pepper in a bowl. Dip chicken drumsticks into butter; roll in flour mixture to coat. Arrange in an ungreased pan. Bake uncovered until done, about 50 minutes.

Makes 3 servings.

Shrimp Stir Fry

Aralyn Jurrens, Hamlin County

Ingredients

- » 2 T. olive oil
- » 1 lb. shrimp – peeled and drained
- » Salt
- » Ground black pepper
- » 1 T. sesame oil
- » 1 small head broccoli – cut into small florets
- » 8 oz. sugar snap peas
- » 1 red bell pepper – sliced
- » 3 cloves garlic – minced
- » 1 T. minced ginger
- » ½ c. low sodium soy sauce
- » 1 T. cornstarch
- » 2 T. packed brown sugar
- » Pinch red pepper flakes

Directions

In a large skillet over medium heat, heat olive oil. Add shrimp and season with salt and pepper. Cook until pink, 5 minutes, then remove from heat. Return skillet to heat and heat sesame oil. Add broccoli, peas, and bell pepper and cook until soft, 7 minutes. Add garlic and ginger and cook until fragrant, 1 minute more. In a small bowl, whisk together soy sauce, cornstarch, lime juice, brown sugar, and a pinch of red pepper flakes. Add to skillet and toss to coat. Add shrimp and cook until heated through, 2 minutes.

Makes 6 servings.

Chicken Fried Steak with Mashed Potatoes and Gravy

Kara Roshone, Turner County

Ingredients

- » 1 lb. tenderized round steak
- » ½ c. oil
- » 3 medium potatoes (mashed)
- » Mash with 2 T. butter – ⅓ c. milk

Flour Mixture:

- » 1 ½ c. flour
- » ½ tsp. paprika
- » ½ tsp. baking soda
- » ½ tsp. baking powder
- » ¼ tsp. garlic salt
- » ¼ tsp. garlic powder
- » ¼ tsp. onion powder
- » ½ tsp. season salt
- » 1 tsp. pepper
- » 1 tsp. salt

Egg Mixture:

- » ½ c. milk
- » ½ T. vinegar
- » 1 egg
- » ¼ tsp. tabasco

Gravy:

- » Leftover oil from pan
- » 3 T. flour mixture
- » 1 tsp. chicken seasoning
- » ¼ c. potato water
- » ¼ tsp. Pepper
- » 1 c. milk
- » ½ c. chicken broth
- » ½ c. half and half

Directions

Peel, dice, and boil potatoes in water with a little salt. Blend potatoes with milk and butter. Save potato water for gravy. Tenderize and cut steak into medium-sized portions. Prepare flour mixture in a flat dish and egg mixture in a separate dish. (Mix milk and vinegar together first) Next add ½ cup oil to a frying pan. Turn burner to medium low depending on your stove. Meanwhile, dip the steak into the flour mixture, then into the egg mixture, then back into the flour mixtures. Test your oil by dropping a little flour in first. If it sizzles you are ready to fry the steak. Allow it to fry until golden brown on both sides. (145 degrees) Remove from pan, place in a dish, and keep warm in the oven while preparing the gravy. Combine the remaining oil and 3 T. of leftover flour mixture to form a roux. Turn burner to medium heat and slowly add milk while stirring. Then add chicken seasoning and remaining liquids. Stir until thickened. Remove from heat. Place steak and potatoes on a plate and spoon gravy over it. Enjoy.

Chuck Wagon Beef and Beans

Anna Johnson, Brown County

Ingredients

- » 1 lb. ground beef
- » 3 pieces bacon, chopped
- » 1 c. chopped onion
- » 1 c. barbeque sauce
- » ½ c. ketchup
- » ½ c. water
- » 2 T. mustard
- » 1 (15 oz.) can kidney beans rinsed and drained
- » 1 (15 oz.) can navy beans rinsed and drained
- » 1 (15 oz.) can pinto beans rinsed and drained

Directions

Pre-heat oven to 350 degrees. In a Dutch oven brown bacon over medium heat. With a slotted spoon remove bacon and set aside. Discard excess fat from pan. Put Dutch oven back on the stovetop over medium heat. Brown ground beef, stirring frequently. Stir in onion and continue browning ground beef. Spoon out and discard excess fat. Stir in barbeque sauce, ketchup, water, mustard and bacon. Bring to a simmer then stir in beans. Put lid on Dutch oven, place in oven and bake for 35 minutes.

Makes 6 servings.

Sheet Pan Shrimp Fajitas

Peyton Meyer, Union County

Ingredients

- » 16 oz. shrimp, peeled and deveined
- » ½ yellow bell pepper
- » ½ red bell pepper
- » ½ orange bell pepper
- » ½ small red onion
- » 1 ½ T. olive oil
- » ¼ tsp. ground pepper
- » 2 tsp. chili powder
- » ½ tsp. garlic powder
- » ½ tsp. minced onion
- » ½ tsp. ground cumin
- » ½ tsp. paprika
- » 6 tortillas

Directions

Preheat oven to 450 degrees. In a bowl combine ground pepper, chili powder, garlic powder, minced onion, ground cumin, and paprika; add shrimp and olive oil. Mix well. Slice peppers and onion and add to shrimp mixture. Toss to combine. Spread mixture over prepared baking sheet. Cook at 450 degrees on middle shelf for 8 minutes; then turn and move to top shelf for an additional 3 minutes. Serve in warm tortillas with sour cream, cilantro, cheese or toppings of your choice as desired.

Parmesan Chicken

Wyatt Kiesz, Brown County

Ingredients

- » 4 boneless, skinless chicken breasts
- » 1 c. all-purpose flour
- » 2 tsp. salt
- » 1 tsp. ground pepper
- » 2 large eggs
- » 1 ½ c. seasoned dry breadcrumbs
- » ½ c. grated parmesan cheese
- » 2 T. olive oil
- » 1 T. milk

Directions

To start, pound the chicken breasts to be ¼ inches thick. In a small bread pan, combine flour, salt and pepper. Set aside. In a bowl or another pan, combine eggs and the milk to create an egg wash. Then, in another pan, combine breadcrumbs and parmesan cheese. Coat chicken in flour mixture, then dip in egg wash. Next, coat in breadcrumbs. In a large sauté pan, heat up olive oil over medium heat. Cook chicken two pieces at a time, 2-3 minutes on each side or until cooked through.

Barbeques

Carson Fischer, Day County

Ingredients

- » 1 lb. ground beef
- » 2 T. ketchup
- » 1 T. mustard
- » 1 T. Worcestershire sauce
- » 2 T. brown sugar
- » ½ c. tomato sauce

Directions

Brown ground beef in pan. Cook until beef has reached 160 degrees. Remove pan from heat. Drain excess liquid from ground beef. Add ketchup, mustard, Worcestershire sauce, brown sugar and tomato sauce to pan. Place pan back on heat to simmer and stir for 5 minutes. Serve on bun.

Bacon Cheeseburger Meatloaf

Kelsey Fischer, Day County

Ingredients

- » 1 lb. ground beef
- » 1 c. breadcrumbs
- » ½ c. milk
- » 2 T. ketchup
- » 1 T. Montreal steak seasoning
- » 1 T. Worcestershire sauce
- » 1 egg
- » 8 oz. mozzarella
- » ½ c. BBQ sauce
- » ½ lb. bacon

Directions

Preheat the oven to 350 degrees. Grease the baking dish. In a mixing bowl add 1 lb. ground beef, 1 cup breadcrumbs, ½ cup milk, 2 tbsp. ketchup, 1 T. Worcestershire sauce and 1 T. Montreal steak seasoning (be sure to spread all over meat when putting in bowl). In a small bowl crack egg and beat lightly. Add egg to meat mixture. Mix meat mixture with hands do not over mix. Place ½ the meat mixture in the pan pressing up the sides. Place cheese on top of the meat. Cover with the remaining meat. Put barbecue sauce on top of the meat. Arrange bacon on meatloaf. Bake for one hour. Check meat temp so it is at least 160 degrees. Remove from the oven and allow to rest before cutting.

Delicious Chicken Fried Rice

Hannah Schroeder, Hanson County

Ingredients

- » 2 T. sesame oil
- » 2 T. olive oil or vegetable oil
- » 4 - 4 oz. skinless, boneless chicken breasts
- » 1 ½ c. frozen peas and diced carrots
- » 3 green onions, chopped
- » 2 garlic cloves, minced
- » 3 large eggs
- » 4 c. cooked rice
- » 3 T. soy sauce
- » ½ tsp. salt
- » ½ tsp. pepper
- » Non-stick spray

Directions

In a large skillet, add the oils and chicken and cook over medium-high heat for about 5-7 minutes, flipping intermittently. Remove chicken once the internal temperature reaches 165 degrees F and place on a plate; set aside. Add peas, carrots, and green onions and cook for about 2 minutes. Add the minced garlic and cook for 1 minute. In a small skillet, spray non-stick spray and cook 3 large eggs to scramble. Then add the eggs to the peas and carrot mixture. Next, add diced chicken and cooked rice to skillet with peas and carrots. Drizzle with soy sauce, salt, and pepper. Cook for 5-7 or until chicken is reheated. Garnish and enjoy.

Makes 6 servings.