

1st Annual
Elementary Cooking
Competition:

Winning Recipes

Eugene School District 4J

South Eugene High School
February 15, 2010

WELCOME!



To our 1st Annual Elementary Culinary Competition! Eugene School District 4J and Sodexo are proud to sponsor this event. Instead of just "serving food" every day, we decided that we can help by providing some programs where we showcase the unprecedented achievement of students and staff. This is one of these programs in which the students of 4J can showcase their talents to the world!

Enjoy the competition!

Rick Sherman, Javier Lopez & Nicole Zammit
Your Nutrition Services Team

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Rory's Oven Tojos

Rory Pearson, 5th Grade
Adams Elementary

4 medium potatoes 2 sprigs fresh thyme $\frac{1}{2}$ tsp salt
Fresh ground pepper 1 sprig fresh rosemary Olive oil

Preheat oven to 425 degrees. Strip rosemary and thyme from stalks and place in a small bowl. Chop herbs with cooking shears. Place herbs, salt, pepper, and olive oil in a large bowl. Stir to blend. Scrub potatoes. Cut potatoes in half lengthwise and then cut each half lengthwise again. Repeat with each quarter wedge so that you have eight wedges from each potato. Place potato wedges in the bowl with the herbs and oil. Toss (hands work best) to coat each wedge evenly. Place wedges on baking sheet, skin down, and place in oven. Roast for 20 minutes or until golden-brown and cooked through.

Wonton Chips

Jared Brouhard, 5th Grade
Adams Elementary

30 wonton wrappers 2 T olive oil
1 garlic clove, minced $\frac{1}{2}$ tsp dried basil, crushed
 $\frac{1}{4}$ c grated Parmesan or Romano cheese

1. Preheat oven to 350 degrees. Using a sharp knife, cut wonton wrappers diagonally in half to form 60 triangles. Coat a baking sheet with non-stick cooking spray. Arrange one-third of the triangles in a single layer on sheet.
2. In a small bowl, stir together oil, garlic, and basil. Lightly brush the wonton triangles on a baking sheet with some of the oil mixture, sprinkle with some of the cheese.
3. Bake 8 to 9 minutes or until golden brown. Cool completely on a wire rack. Repeat with the remaining wonton triangles, oil mixture and cheese. Makes 60 chips.

Tiny Tortilla Pizzas

Ryan Sidhu, 5th Grade
Awbrey Park Elementary

Small corn tortillas
Salsa
Shredded cheddar cheese

Mound a little salsa and cheese on each tortilla. Cook on foil-lined tray in toaster oven until cheese has melted and is brown at the edges.

Cinnamon Monkey Dip

Claire Lehnert, 5th Grade
Coburg Elementary

1 (8 oz) package cream cheese at room temperature
1 tsp cinnamon
3 T honey (brown sugar may be substituted)
 $\frac{1}{4}$ c raisins
 $\frac{1}{4}$ c chopped walnuts (optional)

Combine all of the ingredients in a medium bowl until they are blended well. Cover it and refrigerate until it is needed. Great with apple slices, graham crackers, pretzels, and celery or on toast, a bagel or crackers.

Apple & Ricotta Crepes

Emily Rice, 4th Grade
Camas Ridge Elementary

Ingredients for four apple and ricotta crepes:

4 basic crepes (see crepe recipe below)

Sautéed apple filling (see sautéed apple filling recipe below)

About $\frac{1}{2}$ c low-fat ricotta cheese

Sautéed Apple Filling

3 apples

2 tsp butter

2 shakes cinnamon

Peel, core and then thinly slice apples. Heat a skillet on medium. Add butter and put in apples. Stir regularly until golden brown and soft. Add cinnamon. Remove from heat.

Basic crepe recipe

4 eggs

$\frac{1}{4}$ tsp salt

$\frac{1}{4}$ c melted butter

2 c flour

2 $\frac{1}{4}$ c milk

Combine all ingredients in a blender jar and blend for about 1 minute. Scrape down the sides with a rubber spatula and blend for another 15 seconds or until smooth. Refrigerate for at least 1 hour.

To make crepes, heat pan over medium high heat. Pour 2-3 tablespoons of batter into a non-stick skillet. Immediately tilt pan in all directions, until the crepe batter is coating the whole pan in a thin layer. Cook crepe until bottom is slightly browned and then turn carefully with spatula. Brown on other side for a few seconds. Stack on plate. It takes a lot of practice, but once you get it down it is really fun. Makes about 30 crepes.

Crepes store well wrapped in plastic or foil for 2 to 3 days in refrigerator, and up to 4 months in freezer. When they are made ahead of time they can be filled with all sorts of fillings for a fast easy snack.

To serve, spread a spoonful of ricotta down the center of the crepe, add apple filling, and roll it up. You can try other fillings, such as fresh fruit, or fruit with nuts and yogurt, or basically anything!

Mini Bruschetta

Henry Weiner-Liniger, 4th Grade
Camas Ridge Elementary

16 mini toasts - serves 4 $\frac{1}{2}$ head garlic 2 T olive oil
8 Roma tomatoes $\frac{1}{2}$ large onion Parmesan cheese, shaved (*optional*)

Chop tomatoes in food processor until there are no chunks left. Do the same to onions and garlic. Mix well in large bowl. Sauté in large pan in the olive oil for 5 minutes, stirring gradually in the pan. Take out and pour teaspoon on mini toast and enjoy. Parmesan cheese is optional, if you want it you put two shaves on top.

Fruit Nachos

Sam McKay, 5th Grade
Corridor Elementary

3-6" flour tortillas 1 T orange juice
Cooking spray 8 oz vanilla yogurt
 $\frac{1}{2}$ T sugar $\frac{1}{2}$ c mandarin oranges
1 c chopped strawberries $\frac{1}{2}$ c white chocolate shavings
1 $\frac{1}{2}$ c fresh strawberries

- 1 Heat oven to 350 degrees. Cut the tortillas into 6 triangles per tortilla. Lay them on a baking sheet and spray lightly with cooking spray.
- 2 Sprinkle 1 T sugar over the tortillas and bake for 12 minutes or until crisp.
- 3 Put the 1 $\frac{1}{2}$ cup of strawberries (hulled) in a blender. Add $\frac{1}{2}$ T sugar and orange juice
- 4 Divide cooled chips on 4 plates, divide chopped strawberries and oranges on chips. Put yogurt on top of fruit. Sprinkle with white chocolate shavings.

Stuffed Pepper

Tessa McAninch, 5th Grade
Crest Drive Elementary

1 small red or yellow bell pepper. 1 cucumber
1 3-oz pack tuna 2 T mayonnaise
1 tsp yellow mustard 4 wheat crackers, if you want

First you cut the pepper in half. Then cut the halves in half. Clean out all of the insides of the pepper. Save your pepper for later. Next you cut your cucumber in half long-ways. Scrape out all of the seeds of the cucumber with a small spoon. Then cut the cucumber in half of a cup. Put all the cucumber into a small bowl. Next you mix the yellow mustard, mayonnaise and tuna in the bowl. Mix until well-mixed. Then take the mixture and put into a plastic storage container with the lid on it and put in the fridge until cold. Do the same with the pepper in a different container. Once cold, take them both out of the fridge and stuff the tuna mixture into the pepper pieces. After you stuff it, you put the wheat cracker on the top, just stick it in there. Then you can enjoy the healthy after-school snack!

Graham Cracker Fruit Parfait

Erika Gray, 5th Grade
Crest Drive Elementary

2 graham crackers 1 banana
1 can whipped cream 1 carton strawberries
1 carton vanilla yogurt

Take the banana and cut it into four pieces, then put two in the bottom of the glass. Cut on strawberry into two pieces and place on top of banana. Put one graham cracker on top of the fruit. Then put the rest of the banana on top of the graham cracker, then cut a strawberry in to two pieces and put it in with the banana. Pour the vanilla yogurt on until the glass is full. Take the can of whipped cream, shake for 15 seconds. Make a pile of whipped cream on top. Make sure it does not overflow, then take a spoon and dig in!

Best Banana Bread

Brennan Archer, 5th Grade
Edison Elementary

Butter (for greasing pan)	1/3 c shortening	2 eggs
1 ½ c flour	¼ c sugar	1 c ripe banana pulp
2 ¼ tsp baking powder	¾ tsp grated lemon rind	¼ c water
¼ c wheat germ	¼ c grated carrots	½ c peanut butter
½ tsp salt	¾ c craisins (dried cranberries)	1 c fresh strawberries

Directions: Preheat oven to 350 degrees. Grease pan with butter.

- Sift together: flour, baking powder, wheat germ, salt.
- Blend until creamy: shortening, sugar, lemon rind.
- Beat into a creamy mixture: eggs, banana pulp.
- Add dry ingredients until mixed well, craisins, carrots. Place batter in greased pan, bake about 1 hour. Cool and slice.

Stuffed French Toast

Blain Dykeman, 5th Grade
Edison Elementary

White bread	6 eggs
Cream cheese	Strawberry jam
2 T sugar	No syrup needed!

Mix the cream cheese and jam together in a bowl. Add the sugar, mix. Spread between two pieces of bread. Beat eggs together in another bowl. Dip the bread in the egg mixture until coated. Fry on a frying pan, both sides until done.

Breakfast Mice

Rachael Blumenshine, 5th Grade
Fox Hollow Elementary

2 hard-cooked eggs 8 raisins
Lettuce leaves 1 oz cheddar cheese, shredded
2 radishes, thinly sliced and root ends reserved

Cut two tiny slits near the narrow end of each egg; position two radish slices on each egg for ears. Use the root end of each radish to form tails. Push two raisins into each egg to form eyes. Place small pile of cheese in front of each mouse. Garnish with lettuce leaves.

Frozen Yogananas

Sydney Bowers, 5th Grade
Fox Hollow Elementary

1 to 2 containers (6 oz each) yogurt- any flavor
3 to 4 c cheerios cereal 4 firm ripe medium bananas

1. Line a cookie sheet with foil.
2. Spoon the yogurt into a shallow dish. Pour the cereal into another shallow dish. Peel the bananas and cut each one into 6 pieces.
3. Roll each banana piece into the yogurt. Then in the cereal to coat. Place the coated banana pieces on the cookie sheet. Freeze uncovered until firm, about 1 hour. These are the best eaten the same day they are made.

Oscar's Waldorf Salad

Sophie Brennan, 4th Grade
Gilham Elementary

1 Fuji apple
1 red delicious apple
1 Granny Smith apple

2 tsp lemon juice
1/3 c yogurt

1/2 c celery
1 c sliced grapes

Chop apples; then toss apples with lemon juice. Cut grapes in half. Chop 1/2 c of celery, add to the mix. Stir in 1/3 c yogurt.

Secret Agent Smoothie

Paige Wicks, 4th Grade
Gilham Elementary

1 c milk
1 banana

2 T honey
1 tsp vanilla

4-5 frozen strawberries
1/4 c fresh baby spinach

6-8 cubes of ice

Add all ingredients into a blender and blend well. The spinach adds the good stuff in, but if you blend it good you can't taste it. Makes three smoothies.

No Fishin' around Sushi

Megan Alberts, 5th Grade
Holt Elementary

Need: Bamboo sushi rolling mat	Cucumber, peeled and cut into long strips
4 c sushi rice (white sticky rice)	Avocado, peeled & cut into long slim slices
$\frac{1}{4}$ c rice vinegar	Carrots, cut into long thin slices
1 T honey or 2 T sugar	Red or green pepper, cut into long thin slices
6 sheets from a package of toasted nori or seaweed sheets	Green onion, cut off ends but leave whole
	Low sodium soy sauce

To make rice: put rice in microwavable bowl. In a separate microwavable bowl, put rice and honey (or sugar). Stir, then microwave approx 20 seconds on high. Stir again and then begin adding small amounts of rice vinegar mixture to rice, until rice is moist but not too wet. Put rice (with rice vinegar coating) in microwave and warm rice for approx 30 seconds. You need the rice warm to stick to the nori sheets.

Put nori, shiny side down on rolling mat. Put about $\frac{1}{2}$ to $\frac{3}{4}$ c rice on sheet. Spread rice on nori, covering all of it (about $\frac{1}{4}$ inch thick) except for $\frac{3}{4}$ inch of the top side of the nori sheet. Make a tunnel or dent in the bottom (closest to you) side of the rice. This is where you will put your favorite veggies! Place a row of cucumber, avocado, carrots, green or red pepper and one green onion. You can put whatever kind of veggie is your favorite. Just make sure you don't pile it up too high because this will make it hard to roll.

Once you have filled the tunnel with your veggies, you are ready to roll up your snack. Using the bamboo mat, carefully begin rolling the mat and nori sheet at the veggie side. Sometimes you need to help it with your fingers and mom's help. As you are rolling you will need to stop every once in a while to move the roll closer to the edge of the mat closest to you. This is so your bamboo mat doesn't get rolled up in your sushi. Continue rolling until you have one big roll and all you can see is the green nori sheet. Once the sushi is rolled, I go back and roll the sushi one last time in the bamboo mat. Squeeze gently to make sure everything stays inside. Now comes the really fun part!

Move your sushi to a cutting board and have your parent help you slice your sushi in small sections. Arrange on a plate, get a small bowl and put some soy sauce in it for dipping.

Playground Monkey Bars

Ashton Stowell, 5th Grade
Holt Elementary

1 T butter or margarine	$\frac{1}{2}$ c unsweetened apple juice
2 T light brown sugar	$\frac{1}{2}$ c tsp vanilla extract
1 c granola	$\frac{1}{2}$ c warm water
$\frac{1}{2}$ tsp cinnamon	$\frac{1}{2}$ c dried cranberries
$\frac{1}{2}$ c whole wheat flour	1 c dried crushed bananas or 1 whole banana

1. Heat the oven to 350 degrees. Spray an 8 inch baking pan with veg spray.
2. In a medium bowl, beat the butter and sugar together until creamy. Then add the granola, cinnamon and flour. Mix and fold well.
3. In a small bowl combine the apple juice, vanilla extract and warm water. Then add all this liquid to the dry ingredients. Stir to combine. Then stir in the banana chips and cranberries.
4. Spread the mix into the prepared pan. Bake until the top is golden brown, about one hour.
5. Cool on a wire rack. Cut into 12 bars. These bars can be made ahead and stored in the refrigerator for up to one week.
6. I am a type one diabetic and my family is always on the look out for healthy snacks. I have learned that it is helpful to have a low-carb and high protein snack that will carry me to my next meal.

Fruit Buffet

Clayton Fritts, 5th Grade
Howard Elementary

Apples	Grapes	Blackberries	Cream cheese
Oranges	Blueberries	Raspberries	

First, you get the cream cheese and smear it on the plate. Then you slice the apples and put them on the edge of the plate. Then you peel some oranges and put them in front of the apples. Then you put blackberries in front of the oranges. Then get the raspberries in front of the blackberries. Then you put down the grapes in front of the raspberries. Then put the blueberries in front of the raspberries.

USA Berries

Lili Allbritton, 5th Grade
Howard Elementary

Strawberries	Vanilla yogurt	Parfait cup (to serve)
Blueberries	Shredded coconut	

Take the parfait cup, fill 1/8 with vanilla yogurt. Then, 1/8 strawberries. After that use more yogurt, 1/8 more. All of the sudden pop those blueberries in. Then one more scoop (1/8) of yogurt. Then a spoon full of strawberries. On the top of that is coconut shreds.

Triple Berry Tasty Muffins

Maya Tagwerker, 5th Grade
Buena Vista Elementary

1 c flour	1 T salt	1/3 c raspberries
1 c oatmeal	4 tsp baking soda	1/3 c strawberries
3 T sugar		1/3 c blueberries

1. preheat the oven to 400 degrees.
2. in a large bowl, mix together the flour, oatmeal, sugar, salt.
3. mix in the berries
4. in another bowl, break the egg and use a fork to beat it just a little bit, then add the milk, vegetable oil and mix.
5. Add egg mixture to the dry ingredients in the large bowl
6. Using a mixing spoon, mix about 25 or 30 times. Don't mix too much! Your muffin mixture should be lumpy, not smooth.
7. line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill in each muffin cup about 2/3 of the way up
8. Bake for about 20 minutes
9. When muffins are finished baking, remove from muffin tin and cool them on a wire rack.

Strawberry Spinach Salad

Deshawn Parrish, 5th Grade
Meadowlark Elementary

Lemon	2 T apple cider vinegar	$\frac{1}{2}$ medium cucumber
$\frac{1}{3}$ c sugar	1 T vegetable oil	8 oz strawberries
1 T poppy seeds	1 pkg baby spinach, 6 oz.	$\frac{1}{4}$ c sliver sliced almonds

For Dressing:

1. Wash the lemon.
2. Zest the lemon measure 1 T zest.
3. Juice the lemon by squeezing it, to measure 2 T
4. Combine zest, juice, apple cider, sugar, oil, poppy seeds in small bowl.
5. Whisk until blended well.
6. Cover small bowl and refrigerate until ready to use.

For Salad:

1. Make sure to wash all ingredients.
2. Slice strawberries.
3. Slice cucumbers.
4. Place spinach in large serving bowl.
5. Add strawberries, cucumbers with spinach in large bowl and design.
6. Whisk dressing and pour over salad. Toss salad and coat all ingredients.
7. Spread almonds on top of salad and serve right after.

Yield: 10. Low fat, nutrients per serving (1 cup): calories: 70. Total fat: 3 g. Saturated fat: 0 g. Cholesterol: 0 mg.

Local Nachos

Quinlan Taylor, 4th Grade
River Road Elementary

3 c corn chips	$\frac{1}{2}$ c cilantro	1 c winter squash (or your favorite seasonal vegetable)
1 c grated cheese	$\frac{1}{2}$ can black beans	

- Slice squash in half, remove seeds. Bake in oven at 350 degrees until soft. Can also use microwave.
- Scoop out squash. Mash until consistency of guacamole. Or cube the squash.
- Place chips on baking sheet, add beans, squash and cheese.
- Bake until cheese melts

Salsa

Walter Workman, 4th Grade
River Road Elementary

$\frac{1}{4}$ sweet onion
1 handful cilantro

1 can diced tomatoes
3 roma tomatoes

1 serrano pepper
1 jalapeno pepper

1. cut onion into quarters and put $\frac{1}{4}$ onion into food processor.
2. open and add can of tomatoes
3. wash and cut peppers, take out seeds, add
4. wash, cut tomatoes in half and add.
5. rinse and drain cilantro and add it
6. put lid on processor, pulse till done.
7. eat with tortilla chips.

Pizza Pretzels

Lizzet Evans, 4th Grade
Willagillespie Elementary

1 T extra virgin olive oil
1 T all-purpose flour
28 slices pepperoni
4 tsp grated parmesan cheese

1 T cornmeal
1 can refrigerated classic pizza crust
8 pieces mozzarella string cheese
1 c tomato pasta sauce, heated

Preheat oven to 425 degrees. Brush large cookie sheet with $\frac{1}{2}$ of the oil. Sprinkle cookie sheet with corn meal. Sprinkle flour on surface, then unroll pizza crust dough. Starting at the center, press dough into a 16 x 10-inch rectangle. With a knife, cut dough lengthwise in four (2 $\frac{1}{2}$ inch wide) strips. Evenly place 7 pepperoni slices on each dough strip, leaving $\frac{1}{2}$ inch on each end uncovered. Cut each string cheese in half lengthwise. Place 4 cheese halves on pepperoni on each dough strips, overlapping ends to fit. Bring up sides of each dough strip over pepperoni and cheese, and tightly pinch together, stretching dough as necessary to fully enclose cheese and pepperoni, pinch ends to seal. Lightly roll and shape into 16-inch logs. To make pretzel, shape, form each log into "U" shape, then cross the ends and fold dough over so ends rest on bottom of "U" shape. Place pretzels on cookie sheet. Brush pretzels with remaining $\frac{1}{2}$ tablespoon of oil; sprinkle with parmesan. Bake 13 to 17 minutes or until pretzels are golden brown. Serve with warm pasta sauce for dipping.

Crispy Veggie Oven Fries

Tyra Maxell, 4th Grade
Willagillespie Elementary

1 c flour + 2 T	2 eggs, lightly beaten
2 T prepared mustard	2 c bread crumbs
Salt & Pepper	$\frac{1}{2}$ lb. green beans, trimmed
2 T extra virgin olive oil (EVOO)	2 c grated parmigiano reggiano cheese
2 carrots, peeled and cut into thin sticks	
1 large bell pepper, peeled and cut into $\frac{1}{2}$ inch strips	

Preheat oven to 425 degrees. Set up three shallow dishes on the counter. Place about 1 cup of flour in the first dish. In the last dish, combine the bread crumbs with the grated cheese, salt and pepper. Drizzle about 2 tablespoons EVOO on a baking sheet and place it in the oven until the EVOO is hot, about 5 minutes. While the baking sheet is heating up, coat the veggies in the flour, then the egg mixture and lastly the bread crumb mixture, pressing to set the coating. Take the pan of hot EVOO out of the oven and coat the veggie fries in the EVOO. Roast them in the oven, tossing half way through baking, until golden brown and crispy, about 15 minutes.

Guaca-Shrimp Bruschetta

Hunter Blaylock, 5th Grade
Yujin Gakuen Elementary

Baguette	small shrimp, cooked and peeled	Pinch of salt
Olive oil	2 avocados, peeled and pitted	Cracked pepper
2 T lemon juice	$\frac{1}{2}$ c ricotta	1 garlic clove

Start by taking the baguette and cutting it $\frac{1}{4}$ inch thick. Brush lightly with olive oil on one side. Place on a baking sheet in a 350 degree oven for 8-10 minutes, let cool. Blend the avocados, lemon juice, ricotta, salt and garlic in a food processor until smooth. On Baguette slices, spoon on avocado sauce, then shrimp. Then sprinkle pepper and more ricotta.

Maple Granola-To-Go

Jessica Searl, 5th Grade
Ridgeline Montessori

1 $\frac{1}{2}$ c rolled oats	$\frac{1}{4}$ c plus 2 T maple syrup
$\frac{1}{4}$ c wheat germ	2 tsp vanilla
$\frac{1}{4}$ c green pumpkin seeds	$\frac{1}{4}$ c dried strawberries
$\frac{1}{4}$ c pecan, coarsely chopped	$\frac{1}{4}$ c dried apricots
$\frac{1}{4}$ c almonds, coarsely chopped	$\frac{1}{4}$ c honey
2 T sesame seeds	2 lg. egg whites, lightly beaten
2 T butter	cooking spray

1. Preheat oven to 300 degrees F. toss the oats, wheat germ, pumpkin seeds, pecans, almonds, and sesame seeds in a large bowl.
2. Melt butter with 2 T of the maple syrup in a small saucepan over medium-low heat. Remove from heat and stir in the vanilla. Pour the syrup mixture over the oat mixture and stir to coat evenly.
3. spread the mixture on a baking sheet. Bake until golden brown, stirring every 15 minutes. Remove the mixture from the oven, and turn oven temperature down to 275 degrees F.
4. Transfer the granola to a large bowl. Stir in dried fruit, remaining $\frac{1}{4}$ c maple syrup, honey and the egg whites. Spray twelve nonstick muffin cups with nonstick cooking spray and with the back of a spoon coated with cooking spray, firmly press about 1/3 cup of the mixture in to each cup. Bake until set, about 40 minutes. Transfer the muffin tin to a rack and cool 15 minutes before unmolding. Store cooled at room temperature in a sealed container.

Bird-in-a-Bagel

Tristan MacPhee, 5th Grade
Ridgeline Montessori

$\frac{1}{2}$ apple, finely chopped	1 c shredded cheddar cheese
4 eggs	salt and pepper to taste
1 T butter	2 whole wheat bagels, split
4 slices Canadian bacon, cut into thin strips	

In a bowl, combine the apple (chopped), shredded cheddar, and Canadian bacon. Season with salt & pepper. Place a large nonstick skillet over med-hi heat and the butter. When butter is melted, add the bagels to the skillet, cut-side down (the holes in the center may need to be enlarged, they should be about 2" in diameter). Carefully crack one egg into each of the bagel holes. Place a piece of foil or a lid on the skillet and cook for 3-4 minutes, or until the eggs are firm enough to flip over. Flip gently, then top each bagel with some of the apple mixture, cover the skillet again and cook the bird-in-a-bagel until the cheese melts, 2-3 minutes more.

Gobble-Up Granola Snacks

Grace Marie Gibson, 4th Grade
St. Paul School

2 $\frac{1}{2}$ c crispy rice cereal	$\frac{1}{2}$ c crunch peanut butter
2 c quick cooking oats	1 tsp vanilla extract
$\frac{1}{2}$ c raisins	$\frac{1}{2}$ c packed brown sugar
$\frac{1}{2}$ c light corn syrup	

1. In a large bowl, stir together the rice cereal and oats. Set aside. Grease 9x13 inch baking dish with cooking spray.
2. Combine the brown sugar and corn syrup in a small saucepan over medium heat. Heat until boiling. Remove from heat and stir in peanut butter and vanilla until smooth. Pour over the cereal and oat mixture, and mix well.
3. Press into the pan using the back of a large spoon. Allow to cool, then cut into squares.

Edible Veggie Bowl

Natalie Nowatzke, 5th Grade
O'Hara Catholic School

1 green pepper
1 carrot

1 bunch of celery
Green goddess dressing (or any other kind)

1. Cut the pepper in half (side to side). Clean out seeds from the inside. Take one half and that is your bowl.
2. Cut the other half of the pepper into skinny slices
3. Cut celery into skinny sticks about 4" long.
4. Put a little salad dressing in the bottom of pepper bowl.
5. Put celery, carrots, and peppers into pepper bowl.

Strawberry Sunshine

Jack McGaughey, 5th Grade
O'Hara Catholic School

1 egg
1 slice whole wheat bread
1 heaping tsp butter

3 strawberries
1 T honey

Take a cup and punch a hole in the slice of bread. Then, use a butter knife and spread the butter on both sides of the bread. Set the stove to a medium-high temperature. Take bread and place it on a griddle or skillet and place that on the stove. Crack an egg in the hole of the bread. Keep on the griddle/skillet until egg is fried, flipping once. Then place the bread with egg on a plate. Cut the strawberries and place them on the bread with egg. Pour honey on the bread with egg.