

2020 Special Foods Recipes

Twice Baked Potato Taco Hot Dish

Shay Bechen

6 large baked potatoes
1 lb. ground beef
3 Tbsp. minced onions
1 package taco seasoning
 $\frac{3}{4}$ cup water
 $\frac{1}{4}$ cup butter
2 cups shredded cheese

Sides: 1 Tbsp/serving sour cream
1 Tbsp/serving salsa
 $\frac{1}{4}$ cup/serving lettuce

Mash the already baked potatoes with the skins still on in a 9x13 baking dish. Brown ground beef. Drain. Add minced onion, package of taco seasoning and water to hamburger. Spread butter over mashed potatoes in baking dish. Sprinkle hamburger mixture over top of mashed potatoes. Top with cheese. Bake at 350° for 15 minutes. Optional sides include sour cream, salsa and lettuce. Garnish with green onion. Serves 6.

Incredible Edible Eggbake

Brooklyn Larson

1½ frozen diced hashbrowns
1½ diced ham
1 cup shredded cheese
 $\frac{1}{4}$ cup diced sweet pepper
5 eggs
1 cup milk
 $\frac{1}{2}$ tsp. dry mustard

Preheat oven to 350°. Grease an 8x8 pan. Mix hashbrowns, ham, cheese and peppers in bowl. In another bowl mix eggs, milk and mustard. Pour egg mixture into hashbrowns and stir. Pour in pan and bake for 45-50 minutes. Serves 6.

One Pot Cheeseburger Casserole

Megan Linke

1½ lbs. ground beef
½ cup dried onion
Salt and pepper to taste
1 tsp. oregano
1 15-oz can diced tomatoes (undrained)
1 15 oz can diced Mexican tomatoes (undrained)
1 8 oz can tomato sauce
2 cups chicken broth
2 cups shredded cheese
¼ cup ketchup
1 Tbsp. mustard
1 lb. rotini pasta
1 tsp. garlic powder
1 small tomato, diced
1 cup salsa

Cook ground beef and onion until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks; season with salt and pepper to taste. Drain excess fat.

Stir in tomatoes, tomato sauce, chicken broth, ketchup, mustard, garlic powder, oregano, salsa, pasta and 2 cups water. Bring to a boil; cover, reduce heat and simmer until pasta is cooked through, about 13-16 minutes.

Remove from heat and top with cheese. Cover until cheese is melted, about 2 minutes. Serve immediately, garnished with tomato.

Sunrise Surprise Smoothie Sury Bechen

¾ cup peach nectar
1 cup milk
2 cups frozen strawberries
1 cup frozen sliced peaches
¼ cup sugar
1 cup ice cubes
1 tsp. vanilla

Put all ingredients in blender. Blend until smooth. Serves 2.

Pizza Meat Cups

Victoria Hoffman

16 oz. ground beef
½ cup oatmeal
1 egg
¼ cup parmesan cheese
2 Tbsp. dry onion
½ tsp oregano
½ cup milk
1/3 cup pizza sauce
1/3 cup shredded mozzarella cheese

Heat oven to 350°. Mix the first 5 ingredients together. Place approximately ¼ cup meat mixture in greased muffin tins. Bake at 350° for 20 minutes. Take out of oven. Divide 1/3 cup pizza sauce by spoonfuls on top of each muffin. Divide 1/3 cup shredded mozzarella cheese between muffins. Place back in oven for 5 more minutes. Meat thermometer should reach 160°. Makes 12 muffins. Serves 6.

Surprise Smoothie

Ramsey Fouberg

1 cup pineapple juice
1 cup low fat vanilla yogurt
1 cup frozen fruit (mixed variety, or your choice)
2 ripe bananas

Place bananas, yogurt, fruit and pineapple juice in blender. Blend until smooth and creamy. Check for large pieces. Blend again if needed. Pour smoothie into serving glasses. Garnish with strawberry. Serves 4.

Banana-Strawberry Smoothie

Kaylee Adams

1 cup 1% milk
½ cup Strawberry Greek yogurt
1 banana
1½ cup frozen strawberries
1 tsp. honey

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

Berry Green Smoothie

Miley Adams

1 cup spinach leaves
½ cup frozen blueberries
½ cup frozen strawberries
1 banana sliced
½ cup 1% milk
2 Tbsp. oatmeal
1 Tbsp. sugar

Combine ingredients in order into blender. Blend until smooth. Serve immediately. Serves 2.

South of the Border Stuffed Avocados

Isaiah Schultz

3 large avocados, cut in half & pitted
3 Tbsp. lemon juice
3 cups shredded deli rotisserie chicken
½ cup sour cream
½ cup salsa
½ tsp. salt
½ tsp. pepper
1½ cups shredded mozzarella cheese

Preheat oven to 350°, scoop about 2 tablespoons avocado from each avocado half; place in a medium bowl, mash, and add 2 tablespoons lemon juice. Combine chicken, 1 tablespoon lemon juice, sour cream, salsa, salt and pepper; spoon into avocado halves. Place avocados on a foil-lined baking sheet; sprinkle with cheese. Bake 15 to 20 minutes or until cheese is melted and avocados are tender.