

2021 Special Foods Recipes

Ramsey's Favorite Egg Bake

Ramsey Fouberg

1½ cups frozen O'Brien hash browns
1½ cups diced ham
1 cup shredded cheese
5 eggs
1 cup milk
½ tsp dry mustard

Preheat oven 350 degrees. Grease 7 x 11 pan. Mix hash browns, ham and cheese in a bowl. In another bowl, mix eggs, milk and mustard. Whisk eggs. Pour egg mixture into hash brown mixture and stir. Pour into pan and bake 45-50 minutes. Check temperature. Serve.

Creamy Bacon Pasta

Isaiah Schultz

1 package (9 ounces) refrigerated fettuccine or linguine
1 Tbsp butter
½ pound sliced fresh mushrooms
1 small onion, chopped
10 ounces fresh baby spinach (about 12 cups)
1 jar (15 ounces) Alfredo sauce
¼ pound thinly sliced bacon, coarsely chopped
Coarsely ground pepper, optional

Cook fettuccine according to package directions; drain. Meanwhile, in a large skillet, heat butter over medium-high heat; sauté mushrooms and onion until tender. Stir in spinach just until wilted.

Stir in Alfredo sauce; cook until heated through, 1-2 minutes, stirring occasionally. Add bacon and fettuccine; toss to combine. If desired, top with pepper to serve.

Orange Dreamsicle Smoothie

Trevor Johnson

2 cups ice
1 cup orange juice
1 cup vanilla yogurt
½ tsp vanilla

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

Terrific Taco Bake

Brooklyn Larson

1 lb ground beef
1 Tbsp minced onion
1 cup taco sauce
1/8 tsp garlic powder
1 tsp chili powder
2 cups shredded cheese
2 small flour tortillas

Brown burger and onion. Drain. Add taco sauce, garlic powder and chili powder. Microwave for 1-2 minutes. In greased casserole dish, alternate tortilla, meat, then cheese. Bake at 350° for 20 minutes. Let stand for 5 minutes. Then cut and serve.

Chicken Scampi Pasta

Elisha Schultz

Kosher salt
1 lb. thinly-sliced chicken cutlets cut into ½ inch thick strips
3 Tbsp olive oil
8 Tbsp unsalted butter, cubed
6 cloves garlic, sliced
½ tsp crushed red pepper flakes
½ cup dry white wine
12 oz. angel hair pasta
1 tsp lemon zest plus the juice of 1 large lemon
½ cup freshly grated Parmesan
½ cup chopped fresh Italian parsley

Bring a large pot of salted water to a boil for the pasta. Sprinkle the chicken with some salt. Heat a large skillet over medium-heat until hot, then add the oil. Working in 2 batches, brown the chicken until golden but not cooked through, 2 to 3 minutes per batch. Remove the chicken to a plate.

Melt 4 tablespoons of the butter in the skillet. Add the garlic and red pepper flakes and cook until the garlic just begins to turn golden at the edges, 30 seconds to 1 minute. Add the wine, bring to a simmer and cook until reduced by half, about 2 minutes. Remove from the heat.

Meanwhile, cook the pasta until very al dente, reserving 1 cup of the pasta water. Add the pasta and ¾ cup pasta water to the skillet along with the chicken, lemon zest and juice and the remaining 4 tablespoons butter. Return the skillet to medium-low heat and gently stir the pasta until the butter is melted, adding the remaining ¼ pasta water if the pasta seems too dry. Remove the skillet from the heat, sprinkle with the grated cheese and parsley and toss before serving.

Mexican Meat Cups

Hudson Fouberg

1 lb ground beef
¾ cup water
¼ cup tomato sauce
¾ cup black beans (drained)
¼ cup taco sauce
1 package of biscuits

Preheat oven 350 degrees. Brown ground beef. Check temperature of meat. Add the black beans, tomato sauce, taco sauce and water. Stir, bring to boil. Reduce heat and simmer for 5 minutes.

Spray back of large muffin tin with nonstick spray. Roll biscuit out and place biscuit around muffin tin forming a cup. Bake for 7-10 minutes. Let cups cool. Serve. May be served with sides of your choice: lettuce, cheese, onion, salsa, sour cream.

Tator Tot Hotdish

Victoria Hoffman

1 lb. ground beef
½ cup dry onion
6 cups tator tots
½ cup milk
1 can cream of mushroom soup
1 ½ cups shredded cheese
12 oz. corn

Preheat oven to 350°. In the microwave, brown ground beef with onions; stirring every 3 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 bottom of a 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. Serves 6.

Strawberry Banana Smoothie

Whitney Adams

2 cups frozen strawberries
1 peeled banana
1 cup ice
1½ cup milk
1 Tbsp honey

Place all ingredients in a blender until smooth. 2 servings.

Vegetable Goulash

Shay Bechen

1 lb. ground beef, browned
¼ cup olive oil
1 cup chopped onion
4 tsp minced garlic
1½ tsp paprika
1 tsp salt
½ tsp black pepper
2 cups elbow macaroni, cooked
1 - 6 oz. can tomato paste
2 – 14.5 oz cans diced tomatoes
2 cups vegetable stock
2 cups frozen corn

Garnish: bread crumbs and green onions

Bring water to a boil and add elbow macaroni. Blanch and drain. Brown ground beef and drain. Add oil and onion to ground beef and cook until tender. Add seasonings. Combine soups and frozen corn. Stir well and bring to a boil. Add cooked pasta. Reduce heat to low and simmer 5-10 minutes, stirring often. Sprinkle with bread crumbs when served and garnish with green onions. Serves 6-8.

Chicken Parmesan Bake

Miley Adams

4 chicken breast
4 eggs
1 cup bread crumbs
1 cup parmesan cheese
2 cups spaghetti sauce
2 cups mozzarella cheese
1 tsp oregano
1 tsp garlic powder
½ tsp salt
½ tsp pepper

Preheat oven to 375°. Pat down chicken using paper towels. Mix garlic powder, oregano, ½ cup parmesan cheese, salt and pepper with bread crumbs in a bowl. In separate bowl beat eggs. Dip each chicken breast into egg mixture then roll in bread crumb mixture. Cover cookie sheet with tin foil and spray with cooking spray. Lay chicken on pan and cook for 20 minutes or until 165°. Take chicken out of pan and place in a 8x8 glass dish. Cover with 2 cups spaghetti sauce and 2 cups mozzarella and ½ cup parmesan. Cook 5 more minutes.

Pumpkin Muffins

Hope Baysinger

1 cup flour	½ cup chopped raisins
2 tsp baking powder	½ cup brown sugar
¾ tsp pumpkin pie spice	¼ cup oil
½ tsp soda	¼ cup half & half
½ tsp salt	1 egg (beaten with fork)
1 cup quick oatmeal	¾ cup pumpkin

Mix all dry ingredients together. In a separate bowl, mix together pumpkin, oil, half & half and beaten egg. Add to the dry ingredients. Stir until moistened and put in muffin tin. Bake at 350 degrees for 18 to 20 minutes.

Banana Muffins

Kaylee Adams

1½ cup all purpose flour
1 tsp baking powder
1 tsp baking soda
½ tsp salt
3 medium mashed bananas
¾ cup white sugar
1 egg
1/3 cup melted butter

Preheat oven to 350°. Line muffin tin with paper liners. Mix dry ingredients, ½ cup flour, 1 tsp baking powder, 1 tsp baking soda and ½ tsp salt. Set aside. In small bowl, mash bananas with fork. Add to bananas ¾ cup sugar, 1 egg and 1/3 cup melted butter. Fold in flour mixture and mix on low until smooth. Scoop into muffin pan. Bake muffins for 10-12 minutes until lightly golden brown.

No-Bake Energy Bites

Sury Bechen

¾ cup oatmeal
¼ cup chocolate chips
½ cup peanut butter
¼ cup ground flaxseed
1/3 cup Agave nectar
1 tsp vanilla
½ cup BiPro Protein Powder

Mix all ingredients together. Using rubber gloves, roll into balls that are about 1 ounce size. Refrigerate for about 20 minutes. Makes about 18 balls. Serving size = 3 balls.