



2009 MERIT WINNING RECIPES



VEGGIE & CHEESE WRAPS

-Abby Botcher, South Tomah Busy Beavers

2 large flour tortillas (each 9 in. diameter) (can use any flavored tortilla)

6 Tbsp cream cheese at room temperature

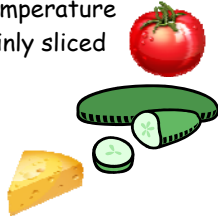
$\frac{1}{2}$ small cucumber, peeled and thinly sliced

1 tomato thinly sliced

1 cup shredded cheddar cheese

1 cup chopped lettuce or spinach

Salt and pepper



Lay tortillas on cutting board. Spread 3 Tbsp of cream cheese over each tortilla. Sprinkle $\frac{1}{2}$ cup cheddar cheese on each tortilla. Divide cucumber and tomato in half and arrange over cheese. Press down gently. Sprinkle lettuce or spinach over tomato. Sprinkle salt and pepper to taste. Roll up the layered tortilla and place the wraps seam side down on cutting board. Cut in half diagonally with sharp knife. Serve immediately. Serves 2.

BROCCOLI-CAULIFLOWER SALAD

-Emma Granger, LaGrange Tunnel-Lites

3 cups fresh broccoli florets

3 cups fresh cauliflower florets

1 medium red onion chopped

3 Tbsp real bacon bits

$\frac{1}{3}$ cup shredded cheddar cheese

$\frac{1}{3}$ cup shredded Colby cheese

$\frac{1}{4}$ cup sunflower nuts

$\frac{1}{3}$ cup sweetened dried cranberries

1 cup mayonnaise

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup apple cider vinegar



In a large bowl combine broccoli, cauliflower, onion, bacon bits, cheddar cheese, Colby cheese, sunflower nuts and sweetened dried cranberries. In a small bowl combine mayonnaise, sugar and vinegar. Pour mayonnaise mixture over vegetable mixture. Mix well to combine. Cover and refrigerate at least $\frac{1}{2}$ hour. Gently stir again just before serving.

CREAMY BROCCOLI-STUFFED CHICKEN BREASTS

-Courtney Pearson, Star Gazers

1 pkg. (6 oz.) chicken stuffing mix

1 cup water

6 small boneless skinless chicken breast halves (1 $\frac{1}{2}$ lb.)

1 pkg. (10 oz.) frozen chopped broccoli, thawed, drained

1 can (10 $\frac{3}{4}$ oz.) 98% fat-free condensed cream of chicken soup

$\frac{1}{2}$ cup fat free milk

1 tsp paprika

2 Tbsp grated Parmesan cheese



Preheat oven to 400° F. Combine stuffing mix and water in large bowl. Let stand 5 minutes. Meanwhile, pound chicken to $\frac{1}{4}$ inch thickness using meat mallet. Add broccoli to stuffing; mix lightly. Spread evenly onto chicken breasts to within $\frac{1}{2}$ inch of outer edges. Roll up each chicken breast from one of the short ends; enclosing the stuffing mixture. Place chicken, seam-sides down, in 13x9 inch baking dish. Mix soup and milk; pour over chicken. Sprinkle with paprika and Parmesan cheese. Bake 30 minutes or until chicken is cooked through (170° F). Makes 6 servings, 1 chicken breast each. Substitute: Using 1 can (10 $\frac{3}{4}$ oz.) 98% fat-free condensed cream of mushroom soup works equally well in this recipe.

CHILLED BERRY SOUP

-Stacey Ebert, Norwalk Clovers

1 quart fresh strawberries, hulled

$\frac{1}{3}$ cup ginger ale

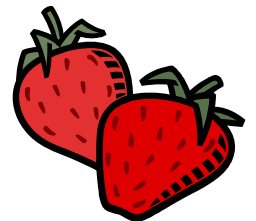
$\frac{1}{4}$ cup milk

$\frac{1}{3}$ cup sugar

1 Tbsp lemon juice

1 tsp vanilla extract

1 cup (8 oz.) sour cream



Place strawberries in a food processor or blender; cover and process until smooth. Add ginger ale, milk, sugar, lemon juice and vanilla; cover and process until blended. Pour into a bowl; whisk in sour cream until smooth. Cover and refrigerate until thoroughly chilled, about 2 hours. Yield: 4 servings.

