

NEWMAN-CROWS LANDING UNIFIED SCHOOL DISTRICT

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This year, Newman-Crow Landing Food Services received 18 entries from the schools across the district. Students prepared and presented their recipes at the Future Chefs Challenge. They would like to share them with you. These are easy step-by-step recipes for you to do at home.

No Bake Oreo Truffles

Ingredients:

- 1 package of Double Stuffed Oreos (any flavor)
- 4 oz. cream cheese
- 1 package of white candy melts
- 1 package of chocolate candy melts

First, put the Oreos in plastic bag or food processor. Crush the cookies until they resemble fine crumbs.

Next, pour the cookie crumbs into a bowl. Reserve a small portion of the crumbs for garnish.

Then, mix in the cream cheese with your hands or a spoon. Roll the mixture into 1-inch balls.

Place the balls onto parchment lined cookie sheet. Put in freezer for 10-15 minutes.

Melt the candy melts in the microwave, or a double boiler. Dip the Oreo balls in the melted candy. Place again onto parchment paper.

Top with cookie crumbs that you saved from the beginning. Repeat for all Oreo balls.

Place on freezer for 5-8 minutes. Serve truffles and

Enjoy!

Honey Garlic Shrimp

Ingredients:

- 1, 1 lb medium uncooked shrimps, medium
- 1 tbsp Garlic
- 1/3 cup honey
- ¼-cup Soy Sauce



Strawberry bang Smoothie

Ingredients:

- Milk
- Vanilla Ice Cream
- Strawberries and Banana
- Blender

Put all ingredients together in the blender to your taste. Mix together, pour into glass and Enjoy!

Pomegranate Guacamole

Ingredients:

- 2 ripe avocados (save on pit)
- 3 green onion
- 1 tbsp. cilantro leaves
- 1 tbsp. squeezed lemon juice
- ½ tsp salt
- Pinch of white pepper
- 1/3 cup pomegranate seeds

Mash the avocados in a bowl leaving it a bit chunky.

Mix in the green onions, cilantro, lemon juice, salt, and pepper. Gently fold in the pomegranate seeds.

Transfer the guacamole to a serving bowl.

If not serving immediately, put the reserved avocado pit in the bowl guacamole. Cover with plastic wrap and refrigerate.

Enjoy!

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Continue Honey garlic Shrimp

Ingredients:

2 tsp Olive Oil

Whisk the honey, soy sauce, garlic together in a medium bowl.

Place shrimp in a large zip lock bag. Pour ½ of the marinade mixture on top. Give it a little shake.

Heat olive oil in a pan over medium high heat. Place shrimp in pan.

Cook shrimp on one side until pink, about 45 minutes, and then flip shrimp over.

Pour in remaining marinade and cook it all through, about 1 minute more.

Serve shrimp with cooked marinade sauce. Enjoy!

Easy Sweet Potato and Eggs

Ingredients:

2 tsp unrefined coconut oil, or ghee

1 medium/large sweet potato or yam, washed and cut ends

4 large eggs

Shredded goat cheddar cheese, or other sharp cheese

Salt and pepper

Heat a 9-10 inch skillet that is oven safe over medium.

Add coconut oil. Once hot, place the sweet potato in the pan and stir frequently for about 8-12 minutes.

Set your oven to broil on high.

Spread the sweet potato evenly around the pan and create 3 small wells for the eggs.

Crack eggs one at a time and pour into each well.

Let cook for about 2-3 minutes until the white starts to solidify and turn opaque.

Shrimp Cocktail

Ingredients:

1 Onion

2 Cucumber

1 Cilantro

8 Radishes

4tbs ketchup

1 Lemon

1 bottle Motts clamato juice

2lbs bag shrimp (precooked and deveined)

Salt

Dice onion, cucumber and cilantro and slice radishes. Mix together in mixing bowl and then add shrimp

In a 16oz cocktail glass add 10oz of Motts Clamato, pinch of salt, squished lemon, and 4tbsp of ketchup. Stir thoroughly and add ingredients from mixing bowl to cocktail glass

Place some shrimp on the rim of glass. Serve and Enjoy!

Pizza Bites

1 Loaf of bread

2 cups pizza sauce

¾ cup white cheese

8 oz pepperoni

Pre heat oven to 350° and cut crust off bread

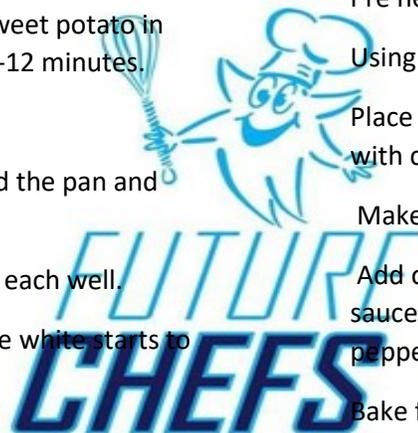
Using a rolling pin flatten each slice of bread

Place each slice on a mini muffin pan (coat pan with cooking spray before placing bread on)

Make sure to press sliced bread down into muffin pan

Add one pepperoni to sliced bread, about 1oz of pizza sauce, 1oz cheese, and top with one more slice of pepperoni

Bake for 8mins, let cool for 5mins. Serve and Enjoy!



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Continue Easy Sweet Potato and Eggs

Sprinkle with cheese and place under the broiler.

Watching closely, until eggs cook to your liking.

Sprinkle with salt and pepper, hold the pan at the angle over a plate, and slide out of the pan with large metal spatula.

Easy Apple Cookies

Ingredients:

2 Apples

2 Lemons

½ Water

4 Tbsp almond butter

½ Chocolate Chips

½ Coconut flaks

¼ Almond slices

Wash and slice apples into wedges

Soak wedges in water and lemon juice for about 5mins

Dry apple slices, and add almond butter to each slice

Place each slice on serving tray, with almond butter facing up

Garnish each slice with chocolate chips, coconut flakes, and almond slices

Serve and Enjoy!

Fruit and Yogurt Salad

Ingredients:

2 cups honey vanilla yogurt

½ cup Strawberries

½ cup blueberries

2 apples

½ cup Raspberries

Wash all fruits

Slice strawberries and apples

Mix all fruits in mixing bowl

And stir while adding yogurt

Chill for 5mins, serve and Enjoy!

Italian Cheese Bombs

Ingredients:

1 (16oz) tube biscuit dough

6oz part skim, low moisture mozzarella (can substitute with cheese sticks)

16 slices (about 2oz) salami

1-2tbsp olive oil

¼ cup parmesan cheese

¼ cup dried Italian seasoning

Preheat oven to 400°

If packages has 8 biscuits, split each biscuit in half to make 16 flats disks.

Divide cheese into 16 equal portions and cut each piece of salami up into 4 pieces.



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Monkey Bread

½-cup granulated sugar

1tsp cinnamon

2 cans (16.3oz each) Pillsbury Grads flakey layers

½ cup chopped walnuts

1-cup brown sugar

¾-cup butter (melted)

Preheat oven to 350°

Grease 12 cups fluted lude pan with cooking spray

In large plastic food bag mix sugar and cinnamon

Separate into 16 biscuits, cut each into quarters

Shake into bag and coat

Arrange in pan, adding walnuts on the biscuits

In a small bowl, add brown sugar and butter. Pour over mixture.

Bake 30-35mins or until golden brown and no longer doughy in center

Cool in pan for 10mins; turn upside down on serving plate.

Pull apart to serve. Enjoy!

Asian Ramen Chicken Salad

Ingredients:

2 12oz bag of broccoli slaw

4 3oz packages of chicken ramen noodles, uncooked and broken up

1-cup slivered almonds

1-cup raisins

3 chicken breast

1 bunch green onions

1 bottle of Girard's Chinese chicken salad dressing

Continue Italian Cheese Bombs

One biscuit at a time, add chunk of cheese and 4 pieces of salami on dough

Then wrap ends around to create a ball. Be sure to seal tight.

Add olive oil to a shallow cup

Add parmesan and seasoning to another shallow cup

Once all the balls have formed, dip each ball in the olive oil and then roll the top in the parmesan seasoning mixture.

Place on a baking sheet with the parmesan seasoning side up

Bake in preheated oven until golden brown about 10-15mins

Serve immediately so the cheese is nice and melty

Enjoy!

Crunchy Tacos

1 Old El Paso taco shells

Ground beef

Lettuce

Cheddar cheese

Tomatoes

Onions

Take taco shells out and place on plater or tray.

Cook ground beef in pan. Season beef to your liking.

While beef is cooking cut up lettuce (this strips), chop tomatoes, and onions.

When ground beef finishes cooking, add it in side of your taco shells

Add all ingredients to the taco and top with cheddar cheese

Enjoy!



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Continue Asian Ramen Chicken Salad

Combine all ingredients, including the seasoning packet from ramen noodles

In large bowl mix until evenly coated

Add chicken and marinade to a baking dish.

Place into oven and bake until cooked through and juices run clear for about 13-15mins

Let cool before dicing into bite-size pieces

Double Bacon Cheeseburger

6 slices bacon ends or thick-cut bacon

2 slices cheese, of your choice

1lbs ground beef chuck

Salt and pepper

2 hamburger bun, lightly toasted

2 dill pickle

1 tomato

1 handful shredded lettuce

1 white onion, or to taste

Mustard

Ketchup

Mayo

Place bacon in a saucepan with enough water to cover it. Bring to a boil and then reduce to a slow simmer for about 45mins, or until the bacon shreds easily.

Meanwhile, form the ground beef chuck into a patty and season with salt and pepper. Reserve.

Remove the bacon from the water and place a small pile on one side of large frying pan. Use a flat metal spatula to press down on the bacon as it cooks, forming into a flat patty.



Garlic Ribeye Steaks w/Cheesy Asparagus

Ingredients:

2 ribeye steaks

Cooking spray

2tsp garlic salt (1tsp per steak)

2tbsp A1 steak sauce (1tbsp per steak)

16 Asparagus

2tbsp pepper

2bsp parmesan cheese

Rub steaks with garlic salt

Set stove to medium-high

Spray pan with cooking spray

Cook steaks 5minutes each side

Set oven to 350 degrees

Pour vegetable oil onto cooking tray

Sprinkle asparagus with parmesan cheese and pepper

Bake in oven for 25mins

Present steak with a side of A1 se4ak sauce and asparagus

Enjoy!

Pizza Master

Flat bread

Turkey bacon

Pepperoni

Green bell peppers

Mushrooms

Cheese

Olives

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Wrap De Pollo

Ingredients:

1 grilled chicken breast

½ Avocado

2 slices of tomato

4 slices of Panela cheese

2oz. of spinach

1oz mustard

1 large flour tortilla

2tsp Olive oil

Pint of salt and pepper

Slice chicken breast, out on tortilla on any end

Add and spread mustard on tortilla to the opposite end of the chicken

Add avocado, cheese, tomato, and spinach on top of chicken.

Spread the 2oz of olive oil on top of ingredients. After you can sprinkle salt and pepper on top.

Carefully fold the wrap into a burrito

Heat tortilla on skillet until golden brown. Cut in half and Enjoy!

Continue Pizza Master

White sauce

Preheat oven to 325degrees

Wash and cut (if needed) toppings

Place flat bread on baking pan

Spread sauce onto break and toppings to your liking

Place in oven for about 15min or until bread is golden brown or cheese has melted.

Enjoy!

