



# Shopping List

*\* Made in Oklahoma option listed below*

## Deli

- 2 cups ham, fully cooked and cubed \*

## Dairy/Refrigerator/Freezer

- 5 tablespoons butter \*
- 2 cups 2% milk \*
- 1 cup half-and-half \*
- 1 1/2 cups Swiss cheese, shredded
- 1/2 cup Colby cheese, shredded \*
- 1/4 cup Parmesan cheese, grated

## Produce

- 36 oz baby carrots
- 2 Tbsp fresh parsley, or 1 Tbsp dried parsley flakes
- 1 Tbsp fresh chives, chopped
- 1 red apple
- 1 green apple
- 3 cups baby spinach
- 3 cups baby mixed greens \*
- 1 cup mushrooms, sliced \*

## Pantry

- 2 1/3 cups penne pasta
- 1/4 cup pure maple syrup
- 2/3 cup balsamic vinaigrette
- 1 cup peanut butter, or nut butter of choice
- 12 oz chow mein noodles

## Spices/Baking

- 1 tsp garlic powder
- 1/2 tsp black pepper
- 3 tsp ranch seasoning dry powder
- 1/4 cup seasoned bread crumbs
- 3 Tbsp all-purpose flour \*
- 3 1/2 Tbsp vegetable oil
- 1 cup raw pecans \*
- 12 oz white chocolate disks or chips
- 12 oz butterscotch chips

**Made in Oklahoma Coalition:** This summer, Food, Fun, 4-H is partnering with the M.I.O. Coalition to promote commodities and products produced in Oklahoma. Each month we will identify products owned and produced by our fellow Oklahomans.

## Oklahoma Owned and Produced Brands:

- Dairy products: Hiland Dairy Foods, and Braums's Ice Cream and Dairy Stores
- Mixed salad greens: Scissortail Farms Packaged Salad Mix
- Flour: Shawnee Milling Company
- Mushrooms: JM Farms Mushrooms
- Ham: Bar-S Foods or Schwabs Ham
- Pecans: Miller Pecan Company





# Ham & Swiss Baked Penne

Serving Size: 1 cup; Calories 559; Total Fat 30g; Carbohydrates 41g; Sugars 7g; Fiber 2g; Protein 31g

## Ingredients:

- 2 1/3 cups uncooked penne pasta
- 3 Tbsp butter
- 3 Tbsp all-purpose flour
- 2 cups 2% milk
- 1 cup half-and-half
- 1 1/2 cups Swiss cheese, shredded
- 1/2 cup Colby cheese, shredded
- 2 cups ham, fully cooked and cubed
- 1 cup mushrooms, sliced

## Topping

- 1/4 cup seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 2 Tbsp butter, melted

## Equipment Needed:

- 2-quart casserole dish
- Large saucepan
- Small bowl

Prep Time	Total Time	Servings
15 min	30 min	6



## Instructions:



1. Preheat oven to 375°F. Cook pasta according to package directions for al dente. Reserve 2 1/3 cups of pasta water, then drain.



2. In a large saucepan, melt butter over medium heat. Stir in flour until smooth.

# Ham & Swiss Baked Penne

## Instructions Continued:



3. Gradually whisk in milk and cream. Bring to a boil, stirring constantly. Cook and stir until thickened, about 1-2 minutes.



4. Gradually stir in Swiss and Colby cheeses until melted.



5. In a large mixing bowl, combine cooked pasta, sauce, ham, and mushrooms.



6. Transfer to a greased casserole dish.



7. In a small bowl, mix topping ingredients. Sprinkle over pasta.



8. Bake until bubbly, about 15-20 minutes.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with **#FoodFun4H**





# Haystack Cookies

Serving Size: 1 cookie; Calories 135; Total Fat 5g; Carbohydrates 20g; Sugars 10g; Fiber 1g; Protein 4g

## Ingredients:

- 12 oz white chocolate disks or chips
- 12 oz butterscotch chips
- 1 cup peanut butter, or nut butter of choice
- 12 oz chow mein noodles

## Equipment Needed:

- Microwave safe bowl
- Cookie sheet

Prep Time	Total Time	Servings
5 min	20 min	30



## Instructions:



1. Add the white chocolate and butterscotch chips together in a large microwave safe glass bowl.



2. Microwave in 30 second increments, stirring well in between each one, until fully melted.

# Haystack Cookies

## Instructions Continued:



3. Stir in the chow mein noodles and the nut butter until well mixed.



4. Using a 2 Tbsp sized utensil, scoop out 30 cookies onto two parchment paper lined baking sheets.



5. Place in the refrigerator for 15 minutes or the freezer for 5 minutes to harden before serving.



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# Ranch Carrots

Serving Size: 1 cup; Calories 119; Total Fat 7g; Carbohydrates 14g; Sugars 7g; Fiber 4g; Protein 1g

## Ingredients:

- 36 oz baby carrots
- 3 tsp ranch seasoning dry powder
- 1 tsp garlic powder
- 1/2 tsp black pepper
- 3 1/2 Tbsp vegetable oil
- 1 Tbsp fresh parsley, chopped or 1/2 Tbsp dried parsley flakes
- 1 Tbsp fresh chives, chopped
- Salt, to taste

## Equipment Needed:

- Large-rimmed sheet pan
- Foil
- Medium mixing bowl

Prep Time	Total Time	Servings
3 min	45 min	7



## Instructions:



1. Preheat oven to 400°F. Line sheet pan with foil and lightly grease.



2. In a mixing bowl, combine oil, ranch seasoning, garlic powder, pepper, salt and parsley.

# Ranch Carrots

## Instructions Continued:



3. Stir in baby carrots and toss until mixed well.



4. Place seasoned carrots on a foil lined sheet pan.



5. Bake in 400°F oven for 30-45 minutes.



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# Spinach Apple Salad

Serving Size: 1 cup; Calories 119; Total Fat 7g; Carbohydrates 14g; Sugars 7g; Fiber 4g; Protein 1g

## Ingredients:

- 1 cup raw pecans or walnuts
- 1/4 cup pure maple syrup
- 2 pinches kosher salt
- 1/2 red apple
- 1/2 green apple
- 1 1/2 cups baby spinach
- 1 1/2 cups baby mixed greens
- 1/3 cup balsamic vinaigrette dressing

## Equipment Needed:

- Small skillet
- Cutting board
- Knife
- Large bowl

Prep Time	Total Time	Servings
10 min	15 min	4



## Instructions:



1. Add nuts and maple syrup to a small non-stick skillet over medium heat.



2. When the syrup starts to bubble, reduce heat to low. Make sure the syrup is still slowly bubbling. Simmer for 6 to 8 minutes, stirring occasionally.



# Spinach Apple Salad

## Instructions Continued:



3. When the syrup is mostly evaporated, stir continuously until the liquid is cooked out and the nuts start clumping together. Remove from heat.



TIP: Watch that it doesn't burn or go too far and become powdery, not glossy.



4. Transfer nuts to a sheet of parchment paper in a single layer. Sprinkle with salt.



5. Cool for 5 minutes if eating immediately or 15 minutes to store for later use. Store in a covered container at room temperature.



6. Core apples and cut into thin slices.



7. Place spinach and mixed greens on serving plates. Top with apples and nuts. Add dressing and serve.



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