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**2016 Recipe Booklet**  
**4-H Produced in New York Contest**

The 'Produced in New York' (PiNY) Contest is designed to showcase the wide variety and use of agricultural products grown or produced New York. PiNY is a marvelous opportunity for youth, ages 8 – 19, to demonstrate their food preparation skills while promoting a tasty recipe featuring New York State food products. During the PiNY program, individual 4-H members do a "silent demonstration" which provides an opportunity for viewers to see what they are doing and for the demonstrator to answer questions as they arise. Following are the recipes selected and demonstrated by Columbia-Greene 4-H members in 2016.

**Easy Caprese Bites**

*Demonstrated by Henry Ross, age 6, of the Medway Mountaineers 4-H Club.*

*Serve along with a turkey & cheese sandwich and apple juice.*

*The recipe was found on the Food Network website but changed by Henry to fit his taste.*

**Ingredients:**

Bag of Romaine lettuce  
1 large red tomato  
1 cup grated mozzarella cheese  
¼ cup chopped fresh basil  
¼ cup balsamic vinaigrette dressing  
¼ cup grated Parmesan cheese



**Steps:**

Separate leaves of Romaine; pick smaller parts to use – set aside.  
In a bowl, gently mix together tomatoes, mozzarella cheese, basil and dressing.  
Fill the leaves with the mixture and sprinkle with Parmesan cheese.  
Arrange bites on a serving platter.

**Super Easy Fruit Dip**

*Demonstrated by Levi LaFountain, age 6, of the Medway Mountaineers 4-H Club.*

**Ingredients:**

8 ounces yogurt  
8 ounces whipped cream



**Steps:**

Mix together yogurt and whipped cream with a whisk. Chill for 30 minutes before serving.  
Serve with fruit of choice.

*Building Strong and Vibrant New York Communities*

## Apple Pie Crescents

*Demonstrated by Edward Ross, IV, age 10, of the Medway Mountaineers 4-H Club.*

*Serve along with a slice of lasagna and a glass of water with lemon slice.*

*Henry learned to make this from his 4-H club leader.*

### Ingredients:

- 1 apple (Edward uses MacIntosh), sliced into 8 slices
- 3 Tablespoons butter, melted
- 1 can crescent dinner rolls
- 1/3 cup packed brown sugar
- 1 teaspoon allspice



### Steps:

Heat oven to 375 degrees. Line cookie sheet with parchment paper or grease it. Set aside.

In small bowl, toss apple slices in 1 Tablespoon melted butter. Separate dough into eight triangles.

In small bowl, mix brown sugar and allspice. Divide mixture among the triangles.

Top each triangle with an apple slice. Starting at short side, roll each triangle, wrapping around the apple.

Place on cookie sheet. Brush remaining butter on top.

Bake 10 to 12 minutes or until crescents are golden brown and apples are soft. Cool before serving.

## Strawberry Spinach Salad

*Demonstrated by Nathan LaFountian, age 11 ½, of the Medway Mountaineers 4-H Club.*

### Ingredients:

- |           |                                     |
|-----------|-------------------------------------|
| Dressing: | 1/3 cup olive oil                   |
|           | 3 Tablespoons vinegar               |
|           | ¼ cup sugar                         |
|           | 1 Tablespoon poppy seeds            |
|           | 1 Tablespoon chopped green onions   |
|           | ¼ teaspoon paprika                  |
|           | ¼ teaspoon Worcestershire sauce     |
| Salad:    | 1 bunch fresh spinach               |
|           | 2-3 cups fresh strawberries, sliced |



### Steps:

Mix all the dressing ingredients in a jar and shake well. Refrigerate 1 hour.

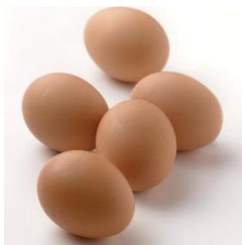
Mix trimmed spinach and sliced strawberries in a large bowl. Just before serving, shake dressing and drizzle over the salad. Toss to coat!

## Magical Egg Salad

*Demonstrated by Jackson LaFountain, age 8, of the Medway Mountaineers 4-H Club.*

### Ingredients:

5 eggs (hard boiled)  
3 Tablespoons mayonnaise  
2 Tablespoons mustard  
2 Tablespoons sweet pickle relish  
1 teaspoon steak sauce  
¼ teaspoon paprika  
¼ teaspoon dill weed  
Salt and pepper to taste



### Steps:

Chop eggs up in a bowl.  
Combine mayonnaise, mustard, relish, steak sauce, paprika and dill weed with the eggs and mix well.  
Season with salt and pepper.  
Serve on salad, bread or crackers. Enjoy!

## Berry, Quinoa & Kale Salad w/ Honey Lime Dressing

*Demonstrated by Benjamin LaFountain, age 13 ½, of the Medway Mountaineers 4-H Club.*

### Ingredients:

Dressing: 1/3 cup olive oil  
Juice of 1 fresh lime  
Zest of lime (1 teaspoon)  
3 Tablespoons honey  
2 teaspoons poppy seeds  
1 teaspoon Dijon mustard  
¼ teaspoon salt

Salad: 2 cups cooked quinoa  
9 ounces baby kale or spinach  
1 ½ cups fresh blueberries  
1 ½ cups fresh raspberries  
5 ounces feta cheese



### Steps:

In a jar, combine all dressing ingredients except for poppy seeds. Shake well then add poppy seeds and refrigerate to chill.  
Toss together salad ingredients in a large bowl. Pour dressing over the top and toss. Serve right after adding the dressing.

## Mozzarella, Tomato and Basil Salad

*Demonstrated by Tobias LaFountain, age 10, of the Medway Mountaineers 4-H Club.*

### Ingredients:

2 ripe tomatoes  
½ pound fresh mozzarella  
¼ bunch fresh basil  
Olive oil  
Balsamic vinegar  
Salt and pepper to taste



### Steps:

Slice tomatoes into 4-5 slices each.  
Slice fresh mozzarella into 8-10 slices.  
Thinly slice basil leaves.  
Place tomatoes out onto a platter. Top each with a slice of mozzarella. Sprinkle with basil.  
Drizzle olive oil and balsamic vinegar over all.  
Season lightly with salt and pepper.

## Deviled Eggs

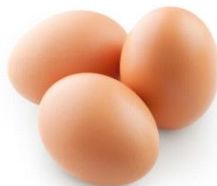
*Demonstrated by Ian Ross, age 7, of the Medway Mountaineers 4-H Club.*

*Serve along with a turkey sandwich and apple juice.*

*This is Ian's great-grandma's recipe – which he likes to make – but he doesn't like to eat them 😊.*

### Ingredients:

6 farm-fresh eggs  
¼ cup mayonnaise  
1 teaspoon spicy mustard  
1 teaspoon Worcestershire sauce



### Steps:

Boil the eggs and set aside to cool. Crack the shells and peel. Slice each egg in half lengthwise.  
Remove the yolks to a medium bowl and place the whites on a serving platter.  
Mash the yolks into a fine crumble using a fork. Add the mayonnaise, mustard and Worcestershire sauce; mix well.  
Evenly disperse the egg yolk mixture into the egg whites. Serve.