

MADICO MADE

Recipe Book



MADICO MADE Recipe Book

Madison County Chamber of Commerce and
Cooperative Extension

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The Madison County Chamber of Commerce and the Madison County Cooperative Extension Service conducted the first annual MADICO MADE Recipe Contest for Madison County youth, Kindergarten through 12th grade. Youth cooks submitted an original recipe featuring ingredients that Madison County farmers produce - examples included chicken, eggs, dairy, beef, pork, strawberries, blueberries, honey, wheat, etc.

This contest was offered through our gracious sponsors: Beck Farms, Four Star Meats, Iron Pin Ranch, Moon Farms, and The Naked Farmer.

Contestants were asked to design their healthy recipe as well as take a picture with the completed dish they made. Contest winners were recognized and awarded prizes.

This book contains all submitted recipes.

Congratulations to the following winners:

Beau Knight, K-3rd Grade Category
Olivia West, 4th-6th Grade Category
Braydon Waldroup, 7th & 8th Grade Category
Clayton Adams, 9th-12th Grade Category

If you have any questions about this contest, you can contact the Madison County Extension office at 706-795-2281 or uge1191@uga.edu.



Beau's Porky Burger Rolls

By Beau Knight

1 lb. ground pork
1/2 c. finely diced onion
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. garlic powder
1 tbsp. Worcestershire sauce
12 egg roll wrappers

12 slices American cheese
1 c. chopped dill pickles

AWESOME SAUCE (for dipping)
6 tbsp. ketchup
4 tbsp. yellow mustard
2 tbsp. mayo

1. Brown pork burger in a large skillet. Add in onion, salt and pepper, garlic powder and Worcestershire Sauce. When brown remove from heat and drain off fat. 2. Place 1 egg roll wrapper on a clean, dry work surface with corners positioned like a diamond. Position slice of cheese towards closest corner. Add ¼ cup ground pork mixture and 1 TBS dill pickles. Carefully lift the bottom point nearest to you and wrap it around the filling. Dip your finger into a small bowl of water and run it along the edges of the wrapper. Fold the left and right corners in towards the center and continue to roll into a cylinder. Repeat with the remaining filling and wrappers. 3. Preheat air fryer to 375 degrees F. Spray all sides of rolls with cooking spray. Cook egg rolls in batches for 10 minutes (turning halfway through) or until golden brown and

crisp. 4. Meanwhile, combine Awesome Sauce ingredients in a bowl. Mix well. 5. Serve immediately with sauce on the side for dipping. Great with your favorite tater for a side. Enjoy!

Number of Servings: 4-5

Personal Notes: Beau is a 2nd grade student at Danielsville Elementary School. His recipe was selected as the winner for the K-3rd Grade Category.



Cheeseburger Dip

By Emily Huff

**1 (2) lb. package of Velveeta cheese
1 lb. ground beef**

**1 small can of Ro-Tel tomatoes and
chilies
1 tbsp. chili powder**

Brown hamburger meat in skillet. Put cheese, meat and Ro-Tell in crockpot. Add chili powder. Melt cheese and stir ingredients together. When melted, serve with tortilla chips.

Number of Servings: 20

Personal Notes: Emily is a 5th grade student at Danielsville Elementary School.



Chicken Rice Casserole

By Braydon Waldroup

2 c. uncooked rice or 2 bags of boil in bag rice salt and pepper to taste

1 can cream of chicken soup

12 1/2 to 13 oz. chicken (shredded)

3 tbsp. mayonnaise

TOPPING:

1/3 c. Ritz crackers, crushed

Preheat oven to 350° Boil rice 20-25 mins. and drain. Place in bowl. Mix all other ingredients with rice. Spray 8x10 pan lightly. Place ingredients into 8x10 pan. Top with Ritz crackers. Cook for 10-15 minutes.

Number of Servings: 8

Personal Notes: Braydon is a 7th grade student at the Madison County Middle School. His recipe was selected as the winner for the 7th and 8th Grade Category.



Chocolate Stra-nana

By Khaileah Lampley

1 Banana
6 Strawberries

Chocolate Chips

1. Cut stems from strawberries 2. Peel the banana 3. Melt chocolate chips 4. Slice banana into six pieces 5. Grab toothpicks and insert in banana then into strawberry 6. Dip into the melted chocolate 7. Place on wax paper 8. Put in freezer until chocolate is hard

Number of Servings: 3

Personal Notes: Khaileah is a 1st grade student at Colbert Elementary School.



Four Berry Chicken Salad

By Olivia West

2 skinless boneless chicken breasts	1 c. fresh sliced strawberries
2 tbsp. honey	1/2 c. fresh blueberries
2 tbsp. lemon juice	1/2 c. fresh raspberries
1 tbsp. soy sauce	1/2 c. fresh blackberries
1/2 tsp. minced garlic	1/4 c. toasted pecans
8 oz. mixed salad greens (I used 50/50 spring mix)	

Mix honey, lemon juice, soy sauce and garlic together. Place mixture in Ziploc bag, add chicken breasts. Place in refrigerator and let marinate overnight. After chicken has marinated, grill until done (internal temperature of 165°). I had supervision from an adult while grilling. Place greens in serving bowl, top with strawberries, blueberries, raspberries and blackberries. Slice grilled chicken breast and arrange on top of greens and fruit. Add pecans and may garnish with cheese. Enjoy with your favorite dressing. I like Thousand Island but my parents prefer Raspberry Vinaigrette.

Number of Servings: 4

Personal Notes: Olivia West is a 5th grade student at Comer Elementary School. Her recipe was selected as the winner for the 4th-6th Grade Category.



Fruit Delight

By Kinley Witcher

5 strawberries
20 blueberries
1/2 ripe banana

2 tbsp. honey
2 pieces of toast

Mash fruits together. Heat fruits if needed. Put half on each piece of toast and drizzle with honey.

Number of Servings: 2

Personal Notes: Kinley is a 5th grade student at Danielsville Elementary School.



Healthy Fruit Salad Surprise

By Elise Sparks

2 c. strawberries, halved

2 c. blueberries

1 3/4 c. grapes, halved

2 c. apple slices

1/4 c. sucralose

Gather the ingredients and then rinse fruit off. Cut the strawberries and grapes in half and measure out needed amount. Cut the apples in slices and measure out the needed amount. Measure the blueberries and sucralose. Mix the ingredients in a large bowl until sucralose is well mixed with other ingredients. Serve and store remaining fruit salad in air tight container afterwards to keep fresh. It is important to eat it as soon as possible.

Number of Servings: 5

Personal Notes: Elise is a 9th grade student at the Madison County High School.



Lemon Chicken Soup with Spinach and Sun-Dried Tomatoes

By Savannah Lee Whitehead

6 chicken thighs, skin removed	1 tbsp. dried basil
64 oz. chicken broth	2 tbsp. lemon zest
1 small onion, diced	2 tbsp. lemon juice
2 stalks celery, sliced	2 c. fresh baby spinach
1/3 c. chopped sun-dried tomatoes	salt (to taste)

Combine chicken, broth, onion, celery, tomatoes, and basil in a Dutch oven. Bring to a boil. Reduce heat and simmer for 30 minutes. Turn off heat and remove chicken to a sheet pan. When chicken is cool enough to handle, remove meat from bones, chop and return to broth and vegetable mixture. Return to medium heat. Add lemon zest, lemon juice and spinach. Simmer until spinach is cooked, about 10 minutes. Add salt to taste.

Number of Servings: 6

Personal Notes: Savannah Lee is a 3rd grade homeschool student.



Mexican Salsa Rice

By Claire Tucker

6 c. white rice, cooked
2 c. finely chopped red tomatoes
1/4 c. mild green chili pepper
1 c. yellow corn cut from the cob
1 small yellow onion, chopped
1 tsp. minced garlic

2 tsp. chili powder
1 tsp. ground cumin
salt to taste
1 tbsp. vegetable oil
1/2 c. diced green onion

Cook rice according to package directions. While rice is cooking, heat vegetable oil in a large frying pan. Sauté yellow onion, garlic, and corn for 1-2 minutes. When rice is done, add it to the onions, garlic and corn. Add chopped tomatoes and green chilis. Cook for approximately 5 minutes, stirring constantly. Add chili powder, cumin, and salt to taste. Garnish with chopped green onions. TIP: Serve with Mexican dishes such as tacos or enchiladas.

Number of Servings: 16

Personal Notes: Claire is a 5th grade student at Colbert Elementary School.



Mom's Easy Chicken and Rice Casserole

By Savannah McDaniel

4 skinless chicken breasts (cooked and shredded)	1 can mushroom soup
2 c. yellow rice	1 c. chicken broth
1 c. sliced carrots	salt and pepper to taste
1 c. frozen green peas	

Boil chicken until done with an internal temperature of 160°. Remove from broth and let cool a bit. Set broth aside. Slice carrots to equal 1 cup. Measure out 1 cup green peas, allow to thaw slightly. Set aside. In a large mixing bowl, shred chicken breast to desired pieces. Add carrots, peas and rice. Stir in mushroom soup and broth. Salt and pepper to taste. Make sure it is mixed well. Grease a 13x9 in. baking dish or pan. Pour mixture into dish. Bake at 350° for 45 minutes.

Number of Servings: 4

Personal Notes: Savannah McDaniel is a 6th grade student at Madison County Middle School.



Sheet Pan Berry Pancakes with Honey Butter Sauce

By Osley Brown

1 3/4 c. all-purpose flour
2 tbsp. granulated sugar
1 1/2 tsp. baking powder
1 1/4 tsp. kosher salt
1 tsp. baking soda
2 c. whole buttermilk
2 large eggs

3/4 tsp. vanilla extract, divided
10 tbsp. butter, melted and divided
1 c. strawberries, chopped or sliced
1 c. blueberries
1/2 tsp. nutmeg
1/2 tsp. cinnamon

Preheat oven to 350°F. Stir together flour, sugar, baking powder, salt and baking soda in a large bowl. Whisk together buttermilk, eggs and 1/2 tsp. of the vanilla in a medium bowl. Gradually stir the buttermilk mixture into the flour mixture. Gently stir a 1/4 c. of the butter (don't overmix; batter should be lumpy). Pour batter in a 15x10 inch pan, lightly greased. Bake for 7 minutes then take out. Add chopped strawberries and non-chopped blueberries. Sprinkle the nutmeg and cinnamon mixture on top. Put back in the oven for 15-18 minutes. Done when toothpick inserted comes out clean. On medium-low heat, stir 1/4 tsp. vanilla, honey and remaining butter in a small saucepan. Leave on heat until warm. Pour over pancakes and enjoy!

Number of Servings: 8

Personal Notes: Osley is a 5th grade student at Danielsville Elementary School.



Strawberry Banana Greek Yogurt Muffins

By Clayton Adams

5/8 c. of 0% vanilla Greek yogurt	1/2 tsp. baking soda
1 egg	1/2 tsp. baking powder
1 egg white	1/2 c. all purpose flour and 1/2 cu. whole wheat flour
1 mashed banana	1 c. strawberries (cut into small pieces)
1 tsp. vanilla extract	1/2 c. pecans
3 tbsp. honey	

Preheat oven to 350°F. Spray muffin tin with cooking spray. In a bowl, beat the egg, egg white, and honey together. Add yogurt, mashed banana, and vanilla and continue beating for 10 minutes. Stir in flour, baking powder and baking soda. Gently fold in diced strawberries. Divide into 10 muffin cups and top with pecans. Bake for 25 minutes. Let cool for 5 minutes. Enjoy!

Number of Servings: 10

Personal Notes: Clayton is an 11th grade student at the Madison County High School. His recipe was selected as the winner for the 9th-12th Grade Category.

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