



# Shopping List

## Meat

- 1 lb ground beef, 96% lean

## Dairy/Refrigerator/Freezer

- 6 oz cream cheese \*
- 2 1/2 cups milk \*
- 4 1/2 low-fat cheddar cheese, shredded
- \* 1 egg
- 1/2 cup cheddar or cheddar-jack chesse, shredded \*
- Sour cream, optional topping \*
- 1/2 cup frozen limeade concentrate
- 8 oz frozen whipped topping

## Produce

- 1 medium tomato, chopped
- 8 cups mixed salad greens \*
- 1/2 cup diced bell pepper
- 1/4 cup thinly sliced red onion
- 1 medium avocado, cubed
- 1/2 cup green onions, chopped
- 1/2 cup chopped onion
- 4 cloves of garlic, minced

## Canned/Boxed

- 3.4 oz vanilla instant pudding
- 2 cups pretzels \*
- 1/3 cup salsa \*
- 1 cup uncooked long grain white rice
- 1 cup green enchilada sauce
- 4.5 oz can milld diced green chiles

## Spices/Baking

- 1 cup granulated sugar
- 1 cup flour \*
- 1 cup cornmeal \*
- 1 tsp. salt
- 3 1/2 tsp. baking powder
- 1/3 cup vegetable oil
- 1 Tbsp olive oil
- 1/2 cup cumin
- 1 low-sodium taco seasoning package



# Easy Cheesy Enchilada Rice

Serving Size: 1 cup; Calories 300; Carbohydrates: 59g; Total Fat 0.5g; Protein 4g

## Ingredients:

- 1 cup uncooked, long-grain white rice
- 2 cups water
- 1/2 Tbsp butter
- 1 Tbsp olive oil
- 1/2 cup chopped onion
- 2 tsp minced garlic, about 4 cloves
- 1 cup green enchilada sauce
- 4.5 oz can mild diced green chiles
- 1/2 tsp cumin
- 1/2 cup shredded cheddar or cheddar-jack cheese
- Salt, to taste

## Equipment Needed:

- Medium saucepan with lid
- Large skillet

Prep Time	Total Time	Servings
10 min	30 min	4



## Instructions:



1. Add rice, water and butter to a medium saucepan over high heat. Bring to a boil, then cover and reduce heat to low.



2. Simmer for 20 minutes, then fluff with a fork. Do not remove the lid during the simmer time, as it can affect how the rice cooks.

# Easy Cheesy Enchilada Rice

## Instructions Continued:



3. Remove from heat, replace lid and let sit for five minutes.



4. In a large skillet, heat olive oil over medium heat for one minute.



5. Add onion and saute for four minutes, or until softened. Stir occasionally.



6. Add in garlic, stir and saute for 30 seconds. Reduce heat to medium-low.



7. Add cooked rice, enchilada sauce, diced green chiles, cumin, and cheese to skillet. Mix until well combined.



8. Heat until everything is warmed throughly and cheese is melted. Serve topped with cilantro, sour cream and/or avocado, if desired.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](https://www.instagram.com/foodfun4h)





# Country Cornbread

Serving Size: 1/6 of recipe; Calories 243; Carbohydrates: 36g; Total Fat 10g; Dietary Fiber 2g; Protein 4g; Sodium: 399mg

## Ingredients:

- 1 cup flour
- 1 cup cornmeal
- 2/3 cup sugar
- 1 tsp salt
- 3 1/2 tsp baking powder
- 1 egg
- 1 cup milk
- 1/3 cup vegetable oil

## Equipment Needed:

- 9" round cake pan
- Non-stick cooking spray
- Large mixing bowl

Prep Time	Total Time	Servings
10 min	35 min	6



## Instructions:



1. Preheat oven to 400°F.



2. In a large mixing bowl, add flour, cornmeal, sugar, salt and baking powder. Mix until combined.

# Homemade Cornbread

## Instructions Continued:



3. Stir in egg, milk and vegetable oil until well combined.



4. Spray nonstick cooking spray into a 9" round cake pan. Pour batter into prepared pan.



5. Bake for 20–25 minutes, or until fully cooked. Test center for doneness with a toothpick. Let cool and serve.



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





# Lucky Lime Pie

Serving Size: 1 slice of pie; Calories 327; Total Fat 16g; Sugars 41g; Protein 5g; Sodium 425mg; Carbohydrates 41g

## Ingredients:

- 6 oz cream cheese, softened
- 1 1/2 cups milk, room temperature
- 3.4 oz vanilla instant pudding
- 1/2 cup frozen limeade concentrate, thawed
- 8 oz frozen whipped topping, thawed
- 1 1/2 cups crushed pretzels
- 1/4 cup granulated sugar
- 4 tablespoons butter, melted

## Equipment Needed:

- Pie plate/pan
- Food processor OR resealable gallon bag and rolling pin
- Small mixing bowl
- Large mixing bowl
- Mixer
- Cooking spray

Prep Time	Total Time	Servings
20 min	3 hr 30 min	8



## Instructions:



1. Preheat oven to 325°F.



2. Crush pretzels using a food processor: Add pretzels to food processor. Seal with lid and pulse until crushed. OR...(continue to next page)

# Creamy Lime Pie

## Instructions Continued:



2. Crush pretzels using a rolling pin: Place pretzels in a resealable bag and remove excess air. Place towel on top to prevent tearing. Gently roll until finely crushed.



3. In a small bowl, mix the crushed pretzels, sugar and butter.



4. Spray a 9" pie plate with cooking spray. Firmly press the pretzel mixture into the bottom and along the sides of the pie plate.



5. Bake for 15 minutes, then cool. While the crust is cooling, begin preparing the pie filling.



6. In a large mixing bowl, beat the softened cream cheese at medium speed until smooth.



7. Reduce mixer speed to low. Add in 1/2 cup of milk and mix thoroughly.



8. With the mixer still on low, add pudding mix, limeade concentrate and remaining milk. Beat until blended.



9. Gently fold in whipped topping.



10. Spoon mixture into completely cooled pie crust.

# Creamy Lime Pie

## Instructions Continued:



11. Refrigerate until pie filling is firm enough to slice, about 3 hours.



12. Decorate the pie with lime slices, crushed pretzels and whipping topping, if desired.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](https://www.instagram.com/foodfun4h)



UNIVERSITY  
OF WYOMING  
EXTENSION







# Beef Confetti Taco Salad

Serving Size: 2 cups; Calories 289; Total Fat 18g; Sugars 2g; Dietary Fiber 4g; Protein 20g, Total Carbohydrates 9g

## Ingredients:

- 1 lb ground beef
- Low-sodium taco seasoning
- 1/3 cup salsa
- 3/4 cup low-fat cheddar cheese, shredded
- 1 medium tomato, chopped
- 6-8 cups mixed salad greens
- 1/2 cup bell pepper, diced
- 1/4 cup red onion, thinly sliced
- 1 medium avocado, cubed
- 1/2 cup green onions, chopped
- Sour cream, to taste

## Equipment Needed:

- Skillet
- Strainer
- Cutting board
- Knife
- Large mixing bowl

Prep Time

15 min

Total Time

25 min

Servings

6



## Instructions:



1. Heat skillet over medium heat. Add ground beef and break into small crumbles, stirring occasionally. Cook for 8 to 10 minutes.



2. Using a strainer, carefully drain grease from pan. Add taco seasoning and water, following directions on back of package.

# Beef Confetti Taco Salad

## Instructions Continued:



3. Combine remaining ingredients into a large mixing bowl. Add beef once it finishes cooking.



4. Toss salad thoroughly and serve. Top with sour cream or plain Greek yogurt, if desired.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with [#FoodFun4H](https://www.instagram.com/foodfun4h)

 UNIVERSITY  
OF WYOMING  
EXTENSION

