

May Shopping List

Meat

- 4 small chicken breast halves, boneless, skinless
- 4 slices of bacon, cooked

Canned/Jarred

- 1 lb tricolor rotini pasta
- 2 cups Italian dressing
- 1/4 cup mayonnaise
- 1 teaspoon white vinegar
- 1 teaspoon yellow mustard
- 1 cup BBQ sauce

Dairy/ Refrigerator Section

- 8 oz mozzarella cheese, shredded
- 6 eggs
- 1 cup 2% milk
- 1 carton (12 oz) frozen whipped topping
- 4 slices of Colby-Jack cheese, or your favorite cheese

Bread

- 4 hamburger buns

Produce

- 2 cups cherry tomatoes
- 1 green bell pepper
- 1 red bell pepper
- 3 firm bananas

Spices/Baking

- Salt
- Pepper
- BBQ Seasoning
- 1 1/2 teaspoon vanilla extract
- 1 package (3.4 oz) instant vanilla pudding mix
- 1 graham cracker crust (9-inch)

Classic Deviled Eggs

Prep Time: 20 minutes | Cook Time: 15 minutes | Servings: 4

Serving Size: 1/2 Egg; Calories 80; Total Fat 7g; Saturated Fat 1g; Sodium 65mg;
Total Carbohydrate 0g; Dietary Fiber 0g; Protein 3g

Equipment Needed:

- Saucepan with lid
- Small mixing bowl

Ingredients:

- 6 eggs
- 1/4 cup mayonnaise
- 1 teaspoon white vinegar
- 1 teaspoon yellow mustard
- 1/8 teaspoon salt
- Pepper, to taste



Instructions:



1. Place eggs in a single layer in a saucepan with enough water so there is approximately 1 1/2 inches of water above the eggs.



2. Boil uncovered for one minute. Then cover with lid, turn off the heat and leave covered for 15 minutes.



3. Drain water from eggs and place eggs in an ice bath until cooled.

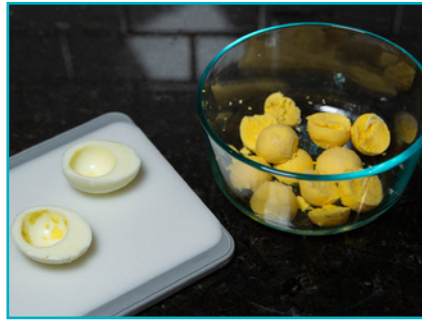
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Classic Deviled Eggs

Instructions Continued:



4. Once cooled, crack egg shells and carefully peel under cool running water. Gently dry with paper towels.



5. Slice eggs in half lengthwise. Remove yolks and place in a small bowl.



6. Mash yolks into a fine crumble using a fork.



7. Add mayonnaise, vinegar, mustard, salt and pepper. Mix well.



8. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Serve immediately. Refrigerate leftovers.



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

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Easy Pasta Salad

Prep Time: 10 minutes | Total Time: 1 hour 10 minutes | Servings: 12

Serving Size: 1/2 Cup; Calories 175; Total Fat 12g; Saturated Fat 2g; Sodium 370mg;
Total Carbohydrate 10g; Dietary Fiber 0g; Protein 4g

Equipment Needed:

- Large mixing bowl
- Strainer

Ingredients:

- 1 lb tricolor rotini pasta, precooked according to package
- 8 ounces mozzarella cheese, shredded
- 2 cups cherry tomatoes, halved
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 cups Italian dressing



Instructions:



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1. In a large mixing bowl, add cooked pasta, mozzarella cheese, tomatoes, bell peppers and dressing.

2. Toss gently. Refrigerate at least one hour before serving.

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Grilled BBQ Chicken Sandwich

Prep Time: 5 minutes | Cook Time: 15 minutes | Servings: 4

Serving Size: 1 Sandwich; Calories 505; Total Fat 39g; Saturated Fat 9g; Sodium 1147mg;
Total Carbohydrate 33g; Dietary Fiber 0g; Protein 39g

Equipment Needed:

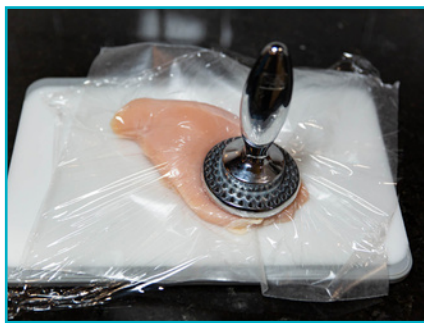
- Gas or charcoal grill
- Meat thermometer
- Tongs

Ingredients:

- 4 small chicken breasts
- 4 hamburger buns
- 1 cup BBQ sauce
- 4 slices of bacon, cooked
- 4 slices of Colby-Jack cheese
- Salt
- Pepper
- BBQ seasoning



Instructions:



1. If chicken breasts vary in thickness, use a meat tenderizer to pound until all are even-sized.



2. Season both sides of the chicken with salt, pepper and BBQ seasoning.



3. Grill chicken over medium heat for six to seven minutes per side. Brush occasionally with BBQ sauce while cooking.

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BBQ Grilled Chicken Sandwich

Instructions Continued:



4. Grill chicken until cooked through to 165°F. Insert meat thermometer horizontally into chicken for proper temperature reading.



5. Top chicken with cheese slices and allow to melt before removing chicken from the grill.



6. Build your sandwich with buns, bacon and chicken. Finish with additional BBQ sauce.

***Note:** Feel free to use your favorite cheese in place of Colby-Jack cheese.



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Old Fashioned Banana Cream Pie

Prep/Total Time: 10 minutes | Servings: 8

Serving Size: 1/8 Dessert; Calories 387; Total Fat 20g; Saturated Fat 5g;
Total Carbohydrate 47g; Dietary Fiber 0g; Protein 6g

Equipment Needed:

- Whisk
- Spatula
- Large mixing bowl

Ingredients:

- 1 cup cold 2% milk
- 1/2 teaspoon vanilla extract
- 1 package (3.4 oz) instant vanilla pudding mix
- 1 carton (12 oz) frozen whipped topping, thawed, divided
- 1 graham cracker crust (9-inch)
- 2 medium firm bananas, sliced
- Additional banana slices, optional



Instructions:



1. In a large bowl, whisk milk, vanilla and pudding mix for two minutes (mixture will be thick).



2. Fold three cups whipped topping into pudding mixture.

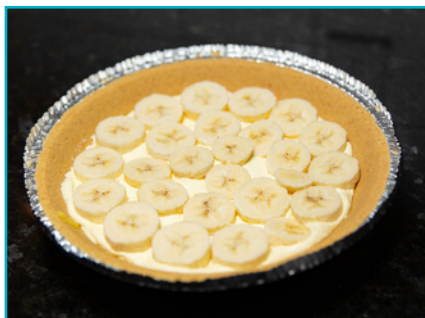


3. Pour 1 1/3 cups of pudding mixture into pie crust.

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Old Fashioned Banana Cream Pie

Instructions Continued:



4. Layer with banana slices.



5. Pour in remaining pudding mixture.



6. Top with remaining whipped topping and additional banana slices if desired. Refrigerate until serving.



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