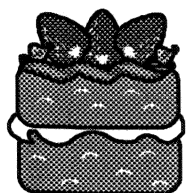
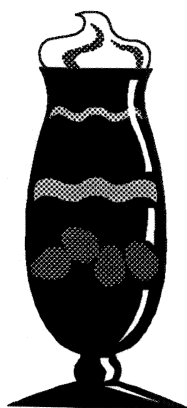


Chapter 4

Desserts



Apple Crisp - Microwave

- 4 apples, peeled, sliced
- 1 cup brown sugar
- 1/2 cup flour
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1/2 cup butter
- 1/2 cup oatmeal, quick

Instructions

Mix everything except apples until crumbly

Grease a glass baking dish, layer apples in dish.

Sprinkle mixture on top, cover with plastic wrap.

Leave a small hole in wrap, microwave on high 7 minutes (check and see if apples are tender, if not microwave 3-5 minutes more).

Let stand 3 minutes, serve with cool whip or ice cream.

Recipe Notes

Source: Lora Thompson, Centennial Middle School

Apple Roll

2 cups flour
2 tablespoons sugar
3 teaspoons baking powder
1 teaspoon salt
2 tablespoons shortening
3/4 cup milk
1 1/2 cups sugar
2 cups water
3 cups apples, cut up
1 tablespoon butter
1/2 teaspoon cinnamon

Instructions

Sift together flour, sugar, baking powder and salt. Finely cut in shortening

Slowly stir in milk enough to make soft dough.
Set aside.

Place 1 1/2 cup sugar and 2 cups water in a metal 13x9 inch pan. Cook for 5 minutes or until sugar is dissolved.

Roll dough to 1/3 inch thick and spread with apples, dot with butter and sprinkle on the cinnamon. Roll into a long roll. Pinch edge into roll to seal.

Slice 1 1/2 inch pieces.

Place cut pieces side down in the pan of boiling syrup or lay entire roll in syrup.

Bake at 450 degrees for 20-25 minutes.

Serve warm with cream.

Recipe Notes

Source: Terilee Herbon, Hunter High School
Food Service/Culinary Arts

Apple Crisp - Baked

5 medium apples, peeled, cored and sliced thin
1 tablespoon flour
1 tablespoon sugar
1/2 teaspoon cinnamon
3/4 cup flour
1/2 cup sugar
3/4 teaspoon baking powder
1/2 teaspoon salt
1 egg
1/4 cup vegetable oil

Instructions

Preheat oven to 350 degrees.

Measure 3/4 cup flour and 1/2 cup sugar into a bowl. Measure baking powder and salt into the bowl. Add unbeaten egg and oil to dry mixture and mix with fork--if it is not crumbly add 1 tablespoon more of flour.

Filling:

Wash, peel and core the apples then slice into thin slices into a glass bowl.

Add 1 tablespoon flour, 1 tablespoon sugar, cinnamon and stir. Cook in the microwave for approx. 2 minutes.

Put apples in 8 x 8 inch pan.

Sprinkle topping over apples in pan. Sprinkle cinnamon on top.

Cook for about 20-25 minutes.

Check after 20 minutes with a knife in the center, if it comes out clean and the apples are soft it is done.

Recipe Notes

Source: Box Elder Middle School
Life Skills

Apple Crisp

- 3 medium apples, peeled, cored, quartered
- 1 tablespoon lemon juice
- 1/2 cup oats, quick
- 1/2 teaspoon cinnamon
- 1/4 cup flour
- 1/4 can margarine, chilled, cut into 6 pieces
- 1/4 cup brown sugar, plus 2 tablespoons

Instructions

Preheat oven 375 degrees

Peel, core and quarter the apples

Position disc in bowl with slicing side up and slice apples

Empty apples into square baking pan

Sprinkle lemon juice over apples

Position knife blade in bowl

Measure and add remaining ingredients. Process until crumbly, about 10 seconds
Crumble over apples

Bake until apples are tender about 30 minutes

Top with whipped cream

I use this with a small appliance unit. I use it with fried rice, chocolate swirl ice cream and chocolate waffle drops.

Recipe Notes

Source: Jodi Willson, San Rafael Junior High School
TLC, 8th Grade Life Skills, Food Service/Culinary Arts

Apples - Old Fashioned Baked

- 4 apples
- 1/4 cup brown sugar
- 1/2 teaspoon cinnamon
- 1 teaspoon margarine

Instructions

Wash and core apples.

Make shallow cut in skin completely around each apple, one inch from bottom (to keep skin from shrinking during cooking).

Place apples in casserole dish.

Combine ingredients, and stuff into the center of each apple.

Pour 1 cup water into the bottom of the casserole dish.

Cover.

Bake at 375 degree until tender about 45 to 60 minutes.

Recipe Notes

Source: Connie C. Sorensen, Timpanogos High School
Food and Fitness

Baked Apples

- 6 apples
- 2 tablespoons pecans or walnuts, chopped
- 2/3 cup brown sugar
- 2 tablespoons raisins
- 6 tablespoons unsalted butter, cut into 6 pieces
- 6 cinnamon sticks, 3 inch

Instructions

Preheat oven to 375 degrees.

Cut the top off each apple. Core and seed the apples; do not cut through the bottoms.

Blend together the nuts, brown sugar and raisins. Fill the apples with the mixture.

Dot with butter. Put a cinnamon stick in each apple.

Butter a baking dish. Put the apples in the dish and add 1/4 inch of water to the dish.

Bake until the apples are soft but still retain their shape (about 25 minutes).

Serve hot or warm with softly whipped cream.

Recipe Notes

Source: Aimee Beck, Gerry Fairbanks, Bingham High
Food Service/Culinary Arts, Food and Fitness, Food for Life

Baked Apples- Microwave

- 4 medium cooking apples, washed and cored
- 4 tablespoons brown sugar
- 2 tablespoons margarine
- 1/4 teaspoon cinnamon

Instructions

Make shallow cut in skin completely around each apple, one inch from bottom (to keep skin from shrinking during cooking).

Place each apple in custard baking cup.

Put brown sugar and butter in center of each apple.

Cover with wax paper. Microwave on High 3-4 minutes or until apples are tender.

Recipe Notes

Source: Connie C. Sorensen, Timpanagos High School
Food and Fitness

Bird Nest Clusters

- 1 cup chocolate chip
- 1/4 cup peanut butter
- 2 cups chow mein noodles

Instructions

Melt chocolate chips and peanut butter over low heat until completely melted. Add the chow mein noodles.

Mix the noodles with a fork until evenly coated with the chocolate/peanut butter mixture.

Lay a piece of wax paper on a cookie sheet.

Drop golf-ball size clusters on the covered cookie sheet to cool and set.

You may add a few colored candies as "eggs" to the nest.

Recipe Notes

Source: Rebecca Irving, Hunter Junior High School
8th Grade Life Skills

Caramel Corn - Microwave

8 cups popped popcorn
1/2 cup brown sugar
2 tablespoons corn syrup
1/4 cup margarine
1/4 teaspoon salt
1/4 teaspoon baking soda
1/2 teaspoon vanilla extract

Instructions

Combine brown sugar, corn syrup, margarine, and salt into a glass mixing bowl.

Microwave on HIGH for 45-90 seconds.

Stir.

Continue to microwave for 90 seconds, stirring every 30 seconds.

Add soda and vanilla to mixture and stir well.

Pour mixture over popcorn in the bag and shake well.

Microwave 45 seconds, shake bag.

Microwave 20 seconds more, shake.

Microwave 20 seconds more, shake.

Pour out on counter or cookie sheet to cool.

Recipe Notes

Caramel Corn - Miracle

- 2 gallons popcorn
- 1/2 cup margarine
- 1/2 cup light corn syrup
- 1 pinch baking soda
- 2 cups brown sugar
- 1 tablespoon water

Instructions

Each student needs 2 medium-strength brown paper grocery bags. Place popped corn in the bottom of the 2 medium brown paper bags (1 bag has been placed inside the other). Bag should be about 1/3 full. Roll down the edges of the bag to the inside about 2 inches.

Melt butter in a saucepan; add brown sugar, corn syrup and water. Mix and place on medium/high heat. Stir constantly and bring to a hard boil. Add a pinch of soda. Remove immediately from heat and pour syrup over popped corn in paper bags. Close bag at top and shake carefully.

Then knead the bag with both hands over and over until the popcorn is well coated with syrup. The bag will get soggy but will last. Form into a ball or leave in a cluster.

Serve immediately or place in containers for storage. Popcorn may be frozen for several weeks.

Recipe Notes

Source: Dixie Badger, North Layton Junior High

Caramel Cream Dessert

- 5 ounces cream cheese
- 2 cups cool whip
- 1 jar caramel, topping
- 1/2 pound cake, cut into 1/2" cubes
- 1/2 cup pecan, chopped
- 1 can peach slice, canned, 30 oz.
- 1 package raspberry

Instructions

In a large bowl, beat cream cheese until fluffy, add 1/2-3/4 cup caramel and whipped topping.

Beat together until well blended.

Use a trifle bowl. Place cubed pound cake in the bottom of the bowl until covered. Drizzle caramel over the cake.

Spread half of the cream cheese mixture over the pound cake and caramel. Place half of the peaches and raspberries over the cake.

Recipe Notes

Source: Brighton High

Cheesecake - New York High Fat

- 1 tablespoon margarine, melted
- 3 square graham crackers
- 3 ounces cream cheese
- 3 tablespoons sugar
- 1/4 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1 egg

Instructions

Preheat oven to 325 degrees

CRUST:

Melt margarine in covered dish in microwave. In a plastic bag with a rolling pin, crush crackers into crumbs. Mix crumbs and margarine. Spray individually-sized pie tin with pan spray. Press crumb mixture evenly into bottom and up the sides of pie tin. Set aside.

FILLING:

Place softened cream cheese in small bowl. With small electric mixer, beat in sugar, vanilla, and lemon juice. Blend until smooth. Add egg and beat well. Pour into crumb-lined pie tin. Set tin on a light cookie sheet and bake for 30 minutes.

Refrigerate several hours before serving.

Makes 1 individual cheesecake (4 slices); approximately 42 calories per slice.

Compare to Low Fat New York Cheesecake.

(See Cheesecake - New York Low Fat recipe)

Recipe Notes

Kathy Stevens, West Jordan High
Food and Fitness

Cheesecake - New York Low Fat

- 1 square graham crackers
- 3 ounces light cream cheese
- 1/4 cup sugar
- 1/4 cup nonfat cottage cheese
- 1 tablespoon flour
- 1/4 teaspoon vanilla extract
- 1 teaspoon lemon juice
- 1 tablespoon egg

Instructions

Preheat oven to 325.

CRUST:

In a plastic bag with a rolling pin, crush cracker into crumbs. Spray individual-sized pie tin with pan spray. Sprinkle crumbs into bottom of pie tin. Set aside.

FILLING:

In a blender combine the cream cheese, sugar, cottage cheese, flour, vanilla and lemon juice. Process until smooth. Add egg and process until just blended. Slowly pour mixture over crumbs in pan.

Bake 30 minutes or until cheesecake is set so that knife comes out clean.

Refrigerate several hours before serving.

Makes 1 individual cheesecake (4 slices); approximately 7 calories per slice.

Compare to High Fat New York Cheesecake.

(See Cheesecake - New York High Fat recipe)

Recipe Notes

Kathy Stevens, West Jordan High
Food and Fitness

Cheesecake - Quick Cherry

- 5 graham crackers, crushed
- 2 tablespoons margarine, melted
- 2 teaspoons sugar
- 4 ounces cream cheese
- 1 cup whipped cream topping
- 1/2 teaspoon lemon juice
- 2 tablespoons powdered sugar
- 1 can cherry pie filling, canned, or fresh fruit

Instructions

Crush graham crackers and mix with melted margarine and 2 teaspoon sugar. Press firmly in bottom of 6 custard cups or an 8x8 inch pan. Bake 5 minutes in a 350 degree oven. Allow crust to cool before adding filling.

Filing:

Cream together softened cream cheese and whipped topping. Add lemon juice and powdered sugar and mix with an electric mixer until smooth and creamy. Spread cream cheese mixture over the cooled graham cracker crust. Spoon pie filling or put fresh fruit on the top of cream cheese mixture.

Variation:

Chocolate Cheese Cake

Add 1 teaspoon cocoa or melted semi-sweet chocolate to cream cheese mixture.

Chocolate Crust;

Use chocolate wafers instead of graham crackers to make the crust.

Use 10 individual chocolate wafers instead of 5 graham crackers.

Recipe Notes

Source: Brighton High School

Cheesecake - Sweet

- 8 ounces cream cheese
- 1 can sweetened condensed milk
- 1/2 cup lemon juice, bottled
- 1 teaspoon vanilla extract
- 1 9-inch graham cracker pie crust

Instructions

Beat cream cheese until light and fluffy. Add sweetened condensed milk and blend in. Stir in lemon juice and vanilla. Pour into pie crust. Chill at least two hours or overnight if possible. Good served with canned cherries, apples or berries.

Recipe Notes

Source: Pam Mitchell, Millcreek Junior High
8th Grade Life Skills, Food and Fitness

Cheesecake Biscuits - Caramel Apple

- 1 roll of biscuits
- 3 ounces cream cheese, softened
- 2 tablespoons granulated sugar
- 1 teaspoon vanilla extract
- 1/2 apple, peeled & chopped
- 2 tablespoons chopped nuts, optional
- 1/4 cup caramel topping

Instructions

Preheat oven to 375 degrees. Roll each biscuit to 3 inches in diameter. Blend together cream cheese, sugar and vanilla until smooth. Spread cheese mixture on biscuits, sprinkle with apple and nuts and drizzle caramel topping across top of apples. Bake 15 minutes or until golden brown.

Recipe Notes

Source: Pam Mitchell, Millcreek Junior High
8th Grade Life Skills, Food and Fitness

Cheesecakes - Mini

- 6 each vanilla wafers
- 4 ounces cream cheese
- 3 tablespoons sugar
- 1 each egg
- 1/4 teaspoon vanilla extract
- 1 teaspoon lemon juice

Instructions

Place one vanilla wafer in each of the six muffin cups in a muffin pan.

In a mixing bowl combine cream cheese with sugar, eggs, vanilla and lemon juice.

Beat until light and fluffy. Spoon cream cheese mixture on top of the vanilla wafers to 2/3 full.

Bake at 350 degree for 15-20 minutes.

Cool overnight in the refrigerator.

Recipe Notes

Source: LeeAnn Bitner, Alta High

Churros - Fritters

- 1 1/4 cups flour, sifted
- 1/2 cup butter
- 1 cup water
- 3 eggs, slightly beaten

Instructions

Heat water and butter together to boiling.

Remove from heat and gradually add flour.

Return to heat stirring constantly, until dough no longer adheres to the spoon.

Remove from heat and gradually add eggs, blending thoroughly.

Put dough into a pastry bag or cookie super shooter, using a star tip.

Heat cooking oil in an electric wok.

Squeeze dough in lengths of 8 to 10 inches into hot oil.

Fry to a golden brown. Drain on a paper towel and sprinkle with sugar or cinnamon/sugar while warm.

Recipe Notes

Source: Linda A. Stokes, South Jordan Middle
8th Grade Life Skills, Food and Fitness

Cold Peach Strawberry Soup

- 1 peach, peeled and sliced
- 1 cup strawberries, fresh or frozen, sliced
- 8 ounces yogurt, peach flavored
- 2 tablespoons sugar
- 2 tablespoons lemon juice

Instructions

In food processor bowl with metal blade or blender container, combine all ingredients.

Process until smooth.

Pour into a medium bowl. cover and refrigerate 1-2 hours or until thoroughly chilled.

Spoon into soup bowls, garnish with lemon slices and or fresh mint springs.

Recipe Notes

Source: Terilee Herbon, Hunter High School
Food Service/Culinary Arts

Cookie Basket

- 1/4 cup butter
- 1/4 cup brown sugar
- 1/4 cup corn syrup
- 3 1/2 tablespoons flour
- 1/2 cup almonds, finely chopped
- 1 teaspoon vanilla extract

Instructions

Melt butter and add sugar and corn syrup.

Stir over high heat until it boils.

Remove from heat.

Add flour, almonds and vanilla.

Spray cookie sheet with pan.

Pour large spoonful of batter on diagonal corners of the cookie sheet.

Bake at 325 degree for 10 minutes.

Remove from oven and stand by while cookies begin to cool. As soon as it is moldable, shape over a small tupperware cup and cool.

Fill with scoop of ice cream and top with fruit or hot fudge.

Recipe Notes

Source: Terilee Herbon, Hunter High School

Food Service/Culinary Arts

Corn Flake Easter Baskets

- 2 tablespoons butter or margarine
- 20 large marshmallows
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon green food coloring
- 2 cups corn flakes
- 15 jellybeans

Instructions

In a large microwave safe bowl place 2 tablespoons butter or margarine and marshmallows. Microwave on HIGH for 30-40 seconds.

Remove from microwave and stir with a heavy plastic stirring spoon. Return to microwave and cook 20 seconds more. Stir.

If butter or marshmallows are not melted, microwave 10 seconds at a time until they are melted.

Add vanilla, food coloring and corn flakes to melted mixture. Quickly stir in.

Drop by spoonfuls onto a cookie sheet covered with wax paper and sprayed with vegetable spray.

Create a pile of corn flakes for each person in the group. Have each person grease their fingers before shaping piles into nests. Work quickly so mixture does not set up. Place three jelly beans in each nest. Set aside to finish cooling.

Note: Corn flake Christmas wreaths can be made using the same ingredients. Shape the corn flake piles into wreaths and place red hots on wreaths to look like berries.

Recipe Notes

Source: Pam Mitchell, Millcreek Junior High
8th Grade Life Skills, Food and Fitness

Crackerjacks

- 1 pound brown sugar
- 1/2 cup corn syrup
- 1/4 teaspoon salt
- 1/4 cup butter
- 1/2 teaspoon baking soda
- 2 quarts plain yogurt

Instructions

Combine sugar, syrup, salt and butter. Boil for 5 minutes. Add baking soda and pour over popped corn. Place on a jellyroll pan. Bake at 250 degrees for 20 minutes. Cool.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Dirt Cups

- 1 cup milk, cold
- 3 ounces instant pudding, chocolate
- 1 cup whipped cream topping
- 1 chocolate, cookie, per person

Instructions

Crushed chocolate cookie one per person

One small cup per person

Pour cold milk into bowl. add pudding mix.

Beat with wire whisk until well blended. Let pudding stand 5 minutes.

Stir whipped topping into pudding until well mixed.

Fill small cup about 3/4 full with pudding mixture.

Top each cup with a crushed chocolate cookie.

Put cups into refrigerator to chill until set, about 1 hour.

Place gummy worm on top of dirt, serve.

Recipe Notes

Source: Laurie Giauque, Olympus High School
Food and Fitness, Food and Science

Egg Custard

2 large eggs
1/2 cup sugar
1 dash salt
2 cups milk
1 teaspoon vanilla extract

Instructions

In a small, but heavy saucepan, beat together eggs, sugar and salt.

Add milk to egg mixture.

Stirring constantly with a wooden spoon, cook custard 15-20 minutes over low heat until it coats the back of a metal spoon.

Remove from heat and add vanilla.

Place pan in a bowl of ice water and stir until cool.

Recipe Notes

Source: Nancy Gudmundson. Alta High School

Frozen Dessert

- 1 package graham cracker, crushed
- 2 tablespoons margarine, melted
- 1 tablespoon sugar
- 1 6 oz. can evaporated milk, unsweetened
- 1/2 teaspoon Kool-Aid, any flavor
- 1/2 cup sugar

Instructions

To make crushed graham crackers, place in ziploc baggie and then crush with rolling pin.

Mix together crumbs, melted margarine, and 1 tablespoon sugar, spread in bottom of an 8 x 8 pan.

Reserve some crumbs to place on top of whipped milk

Whip CHILLED (make sure the canned milk is chilled or it will not whip) evaporated milk until foamy.

When foamy, add Kool-Aid and 1/2 cup sugar fold together. Do not over mix or you will lose the foam you created.

Spread over graham cracker crust

Sprinkle reserved crumbs over top

Place in freeze and freeze 4-6 hours or until firm.

Recipe Notes

Source: Laurie Hansen, Carbon High School

Fruit Baskets

- 2 large shredded wheat biscuits
- 1/4 cup coconut
- 1 tablespoon brown sugar
- 1/4 cup margarine, melted

Instructions

Crumble shredded wheat biscuits; stir in coconut and sugar. Drizzle with melted margarine; toss to coat.

Line six 6-ounce muffin cups with foil. Press mixture onto the bottoms and up the sides of lined cups. Bake in a 350 degree oven about 10 minutes or until crisp. Cool in cups. Remove from cups by lifting foil. Peel foil off baskets.

Cut up fruit, if necessary (apples, bananas, pears, berries, plums, peaches, or melon). Top with vanilla yogurt (or banana-strawberry yogurt). Sprinkle sparingly with nutmeg or cinnamon (optional).

Recipe Notes

Source: Sandy Embry, South Summit Middle School
TLC, 8th Grade Life Skills, Food for Life

Fruit Pizza - With Pineapple Glaze

- 1/2 cup margarine
- 3/4 cup sugar
- 1 egg
- 1/2 teaspoon baking soda
- 1 teaspoon cream of tartar
- 1 3/4 cups flour
- 8 ounces cream cheese, softened
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 2 teaspoons pineapple juice
- 1 cup pineapple juice
- 1 tablespoon cornstarch

Instructions

Crust:

Using an electric hand mixer, cream margarine and sugar. Add egg. Beat together. Combine soda, cream of tartar, and flour. Add to creamed mixture, using a wooden spoon. Press into a greased 12 or 14 inch pizza pan. Bake 15-17 minutes at 350 degrees.

Filling:

Using an electric hand mixer, mix together cream cheese, 1/2 c. sugar, 1 tsp. vanilla and 2 tsp. vanilla and spread on cooled crust. Arrange well-drained fruit in a decorative circular pattern on chilled filling, working from outside toward center.

Glaze:

Dissolve cornstarch in 1 cup pineapple juice, using wire whip. When completely dissolved, bring to a boil and cook until slightly thickened (about 1 minute). Pour over fruit. This keeps the fruit from turning brown. Chill before serving.

Light cream cheese may be used and you can omit the glaze to save time.

Recipe Notes

Source: Louise Chamberlain, Woods Cross High
Food and Fitness

Fruit Pizza - Easy

- 1 1/2 cups vanilla wafers, crumbs
- 1/3 cup powdered sugar
- 6 tablespoons margarine
- 1/2 cup whipped cream topping

Instructions

Melt butter in microwave safe bowl.

In bowl, combine wafers, sugar and butter. Mix.
Press mixture onto bottom of a pie pan.

Spread whipped topping over crust.

Arrange fresh or drained canned fruits in circles on topping.

Recipe Notes

Source: Rebecca Irving, Hunter Junior High School
8th Grade Life Skills

Fruit Pizza - Fantastic

- 1/4 cup margarine
- 1/4 cup shortening
- 3/4 cup sugar
- 1 egg
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/4 cups flour, plus 2 tablespoons
- 1 teaspoon cream of tartar

Instructions

Cream margarine, shortening, and sugar together.

Add remaining ingredients and mix with flat beater.

Press onto sprayed pizza pan and bake 8-10 minutes in a 375 degree oven.

Cool.

Top with whipped cream and fruit of your choice .

Recipe Notes

Source: Laurie Cline, Bonneville Junior High School
Food and Fitness

Fruit Pizza - Fresh

- 1/2 box white cake mix, approximately 1 3/4 cups
- 2 tablespoons sugar
- 1 egg
- 2 tablespoons butter
- 2 tablespoons water
- 4 ounces cream cheese
- 8 ounces whipped cream toppings
- 1/4 cup sugar

Instructions

Mix first five ingredients with a mixer and spread on a cookie sheet or pizza pan that has been sprayed with PAM

Bake at 350 degrees for 15-20 minutes or until light golden brown

Cool

When cool, mix cream cheese, whipped topping, and sugar and spread on top of crust

Top this with 3 different kinds of sliced fruit

Recipe Notes

Source: Shirley Slack and Louella Hall, North Sanpete High School
Food and Fitness

Fruit Pizza - Great

- 1/4 cup butter
- 1/4 cup shortening
- 1/4 cup sugar
- 1/4 cup powdered sugar
- 1 egg (2 tablespoons)
- 3/4 teaspoon vanilla extract
- 1 cup flour, plus 2 tablespoons
- 1/4 teaspoon baking soda
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon salt

Instructions

Crust:

Cream together butter, shortening, sugar, powdered sugar, egg and vanilla.

Add the rest of the ingredients. Mix together well.

Spread dough evenly on a 12-inch pizza pan.

Bake at 375 degrees for 10-12 minutes.

Allow to cool.

Topping:

Cover entire cookie with 3 ounces cream cheese. Layer will be very thin. Cover with whipped topping. Arrange fruit of your choice on top of pizza. Suggested fruits include: apples, oranges, mandarin oranges, pineapple, kiwi fruit, bananas, cherries, grapes, pears, peaches, melons, etc. Cut and serve pizza.

Recipe Notes

Source: Cindy Gulbranson, Roy High
Food and Fitness, Food for Life

Fruit Pizza - Individual

- 2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup shortening
- 3/4 cup lowfat vanilla yogurt
- 1 large egg
- 2 tablespoons orange juice
- 2 tablespoons sugar

Instructions

Cover baking sheet with parchment paper. Combine flour, 1/2 cup sugar, baking powder and salt. Stir in shortening until mixture resembles course crumbs. Combine yogurt and egg. Stir into flour mixture to form a soft dough. On floured surface pat dough to 1/2-inch thickness.

Cut eight shapes with 3 1/2-inch cookie or biscuit cutter. Arrange on baking sheet. Brush with egg and sprinkle with additional sugar.

Bake 13-15 minutes at 375 degrees until golden brown. Do not overbake. Cool.

Combine fruits (raspberries, blueberries, sliced strawberries, sliced peaches or others of choice), orange juice and sugar. To serve, hollow out centers of cakes and fill with fruits.

Recipe Notes

Source: Dixie Badger, North Layton Junior High
9th Grade Food and Fitness

Fruit Pizza - With Cake Mix

- 1/2 package lemon cake mix
- 1/3 cup graham cracker crumbs
- 1/4 cup butter or margarine, softened
- 2 tablespoons eggs
- 4 ounces cream cheese, softened
- 1/3 cup sugar
- 1 cup whipped cream topping

Instructions

Preheat oven to 350 degrees. Place about 4 large graham crackers in a plastic bag and crush with a rolling pin to make crumbs. Measure out 1/3 cup.

In a mixing bowl, combine cake mix, cracker crumbs and softened margarine. Beat at low speed until crumbly. Blend in egg. Press onto an ungreased pizza pan. Bake for 15 minutes or until golden brown. Put in refrigerator to cool.

Beat cream cheese until fluffy. Gradually add sugar. Carefully fold in cool whip. Spread on cooled pizza crust.

Choose 4 or 5 of the following fruits and arrange on top of the crust:

- 1 banana
- 1/2 red apple, sliced with skin still on
- 1/2 cup pineapple tidbits
- 1/2 kiwifruit
- 1/2 cup peach slices
- 1/2 cup strawberries
- 1/2 cup green grapes

Cut into wedges before serving.

Recipe Notes

Source: Rosemary Steele, Northridge High
Food and Fitness

Fruit Pizza - With Fruit

- 2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup shortening
- 3/4 cup lowfat vanilla yogurt
- 1 large egg
- 2 tablespoons orange juice
- 2 tablespoons sugar

Instructions

Cover baking sheet with parchment paper.

Combine flour, 1/2 cup sugar, baking powder, soda and salt. Cut-in shortening until mixture resembles course crumbs. Combine yogurt and egg. Stir into flour mixture to form a soft dough.

On floured surface pat dough to 1/2 inch thickness. Cut 8-10 shapes with a 3 1/2 inch cookie or biscuit cutter.

Arrange on baking sheet. Brush with egg and sprinkle with additional sugar.

Bake 13-15 minutes at 3375 until golden. Do not overbake. Cool.

FRUIT: raspberries, blueberries, sliced strawberries, sliced peaches, mandarin oranges, pineapples, Kiwi, apple or others.

Combine fruits, orange juice and sugar. To serve, hollow out centers of cakes and fill with small amount of cheesecake filling, then top with fruits.

CHEESECAKE FILLING:

- 12 ounce pkg cream cheese
 - 1 can sweetened condensed milk
 - 1/3 cup lemon juice
- Beat all ingredients together.

Recipe Notes

LaDonna D. Davis, North Layton Junior
8th Grade Life Skills

Fudgesicles

3 ounces chocolate pudding, (non-instant)
1/3 cup sugar
3 cups milk
1 cup whipping cream

Instructions

Cook pudding, sugar and milk over a double boiler until slightly thickened.
Remove from heat and add cream, cool slightly.
Pour into molds and freeze.

Recipe Notes

Source: Connie Wyckoff, Northwest Middle School
TLC, 8th Grade Life Skills

Ice Cream - Chocolate Swirl

- 1 cup whipping cream
- 1 cup half & half
- 1/2 cup sugar
- 2 teaspoons vanilla extract
- 1/4 cup chocolate syrup

Instructions

Combine all ingredients. Stir until sugar is dissolved.

Freeze as follows:

Put freezer cover in place. Position cream canister in ice bucket.

Layer ice and salt solution as follows:

Pour 1 cup cold water into ice bucket.

Place 1 inch layer of ice around canister.

Sprinkle 1/4 cup rock salt on ice.

Continue layering ice and salt to the top.

Pour 1 cup cold water on top ice layer.

Remove freezing cover.

Insert paddle and put mixing cover in place.

Place ice bucket cover on ice bucket. Latch!

Turn on unit (canister should rotate easily.)

As ice melts, add more ice. For each 1 cup of ice cubes added, add 1/4 cup salt

Process until desire consistency is reached.

Do not let motor turn after canister stops. Motor will be damaged.

Add 1/4 cup chocolate syrup and let canister rotate one turn.

I use this in a small appliance lab. I use it with fried rice, apple crisp and chocolate waffle drops.

Recipe Notes

Source: Jodi Willson, San Rafael Junior High School
TLC, 8th Grade Life Skills

Ice Cream - Country Style Vanilla

- 1 quart milk
- 2 cups sugar
- 1/4 cup flour
- 1 teaspoon salt
- 4 eggs
- 1 tablespoon vanilla extract
- 1 1/2 quarts half & half

Instructions

Scald milk, stirring constantly with a wire whip. Mix sugar, flour and salt. Stir 1 cup hot milk into the sugar and flour mixture to make a thick paste. Slowly stir paste into hot milk.

Cook over low heat stirring constantly, until mixture thickens slightly, about 15 minutes.

Add 2 cups hot mixture to beaten eggs, stirring constantly. Slowly stir egg mixture into milk mixture. Stir and cook over low heat, stirring constantly until mixture thicken, about 2 minutes. (Using a wire whip for the entire process will help prevent scorching and lumps)

Cool quickly in the refrigerator or sink of cold water. Add vanilla and half and half to the cooked mixture and pour into freeze can. Fill only 2/3 full to allow room for expansion.

Freeze according to directions for your freezer.

Makes 1 gallon.

Variations:

Chocolate - stir in 1 1/4 cups chocolate syrup with the half and half.

Strawberry - Increase sugar by 1/2 cup for a total of 2 1/2 cups. Stir in 26 ounces of frozen thawed strawberries with the half and half.

Recipe Notes

Source: Louise Chamberlain, Woods Cross High
Food and Fitness

Ice Cream - In A Can

- 1 cup milk
- 1 cup whipping cream
- 1/2 cup sugar
- 1/4 teaspoon vanilla extract
- 1/2 cup rock salt

Instructions

Put the milk, whipping cream, sugar, vanilla and any nuts or fruit desired in a 1-pound coffee can with a tight plastic lid.

Place the can with ingredients inside a 3-pound can with a tight-fitting plastic lid.

Pack larger can with crushed ice around smaller can. Pour at least 1/4 cup rock salt evenly over ice. Place lid on 3-pound can.

Roll back and forth on a table or cement slab for 10 minutes.

Open outer can. Remove inner can with ingredients. Remove lid. Use a rubber spatula or knife to stir mixture; scrape sides of can. Replace lid.

Drain ice water from larger can. Insert smaller can, pack with ice and 1/4 cup more rock salt as before.

Roll back and forth for 5 more minutes.

Makes about 3 cups.

Recipe Notes

Source: Ruth Dallas, Taylorsville High
Food and Fitness

Ice Cream - In A Tin Can

- 1 cup milk
- 1 cup whipping cream
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract

Instructions

Put all ingredients in a 1-pound coffee can with a tight-fitting plastic lid. Place lid on can.

Place can with ingredients inside a #10 can with a tight-fitting plastic lid.

Pack larger can with crushed ice around smaller can.

Pour at least 3/4 cup of rock salt evenly over ice. Place lid on #10 can.

Roll back and forth on a table or cement slab for 10 minutes. Open outer can. Remove inner can with ingredients.

Remove lid. Use a rubber spatula to stir up mixture; scrape sides of can. Replace lid.

Drain ice water from larger can. Insert smaller can; pack with more ice and salt.

Roll back and forth for five more minutes.

Makes about 3 cups.

Recipe Notes

Source: Teri Cullimer, Mount Logan Middle School
Life Skills

Ice Cream - Snow

- 1 cup powdered sugar, sifted
- 1 cup cream
- 1 tablespoon vanilla extract

Instructions

Mix together and add enough new clean snow to make the consistency of ice cream. This ice cream is grainier than regular ice cream but has a great flavor.

I usually use this as a demonstration and give everyone a small taste.

Recipe Notes

Source: Janice Wuckert, Oquirrh Hills Middle School
Food and Science, Food Service/Culinary Arts

Ice Cream - Strawberry

- 1 cup strawberries, crushed
- 1 egg
- 1/2 cup sugar
- 3/4 cup milk
- 3/4 cup whipping cream
- 1/8 teaspoon almond extract
- 1 pinch salt

Instructions

In a large mixing bowl, beat egg until foamy. Gradually add sugar. Beat until thickened. Add milk, cream, almond extract and salt. Blend in strawberries. Chill. Churn and freeze.

Recipe Notes

Source: Ruth Dallas, Taylorsville High
Food and Fitness

Ice Cream - Vanilla/ Mint Cho. Chip

- 8 eggs
- 4 1/2 cups sugar
- 6 cups whipping cream
- 3 tablespoons vanilla
- 1/2 teaspoon salt
- 12 cups milk
- 2 tablespoons peppermint extract
- 12 ounces chocolate chips, Hershey's mini choc. chips

Instructions

Beat eggs and blend in sugar, whipping cream, vanilla, salt and milk. (Add peppermint extract if making mint chocolate chip)

Pour into ice cream freezer.

Using approximately 2 bags of ice and 4 c. of rock salt, alternate 2 inches of ice and a handful of rock salt. Turn on freezer.

Freeze 5 minutes and add chocolate chips.

Freeze until freezer stops. Cure (let sit in the ice) 20 minutes.

If you have some left, put it in an plastic containier and freeze. It freezes well.

Recipe Notes

Source: Debra Adams, Rocky Mt. Jr.

Food and Fitness

Ice Cream -Tin Can

- 1 cup cream
- 1 cup milk
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract

Instructions

Mix ingredients together in 1 quart zip-lock bag. If desired, add fruit for flavor. Put bag inside large can. Pack crushed ice around bag. Pour 1/2 cup rock salt over crushed ice. Secure lid over can. Roll for 10 minutes. Undo lid and mush bag with hands. Add more ice if needed, secure lid and roll for 5 more minutes. Cut hole in corner of bag after all salt has been removed. Squeeze ice cream out hole. Serve in cups.

Recipe Notes

LaDonna D. Davis, North Layton Junior
8th Grade Life Skills

Ice Cream -Tuity Fruity

- 1/3 cup whipping cream
- 1 cup whole milk
- 1/3 cup evaporated milk
- 1/2 cup sugar
- 1/2 lemon, juice from
- 1/2 orange, juice from
- 1/4 cup crushed pineapple
- 1/2 banana, mashed
- 1/4 cup maraschino cherry, cut-up
- 1/2 cup strawberries, cleaned and mashed

Instructions

Stir sugar and canned milk together in a large bowl.

Add the juice from the lemon and orange. Add all other fruit. Mix well.

Add whipping cream and milk. Pour into a clean ice cream freezer.

Chill. Churn and freeze.

Recipe Notes

Source: Ruth Dallas, Taylorsville High
Food and Fitness

Lasagna - Apple Breakfast

- 1 cup sour cream
- 1/3 cup brown sugar
- 12 slices french toast, frozen
- 1/2 pound ham, sliced, broiled
- 2 cups cheese, Sarento 3 cheese blend
- 1 can pie filling, 20 oz. (apple)
- 1 cup granola, with raisins

Instructions

In a small bowl blend sour cream and brown sugar, chill.

Place 6 slices of french toast in the bottom of a greased 9x13 inch baking pan. Layer ham, 1 1/2 cups of cheese and the remaining 6 slices of french toast. Spread apple pie filling over the top. Sprinkle with granola.

Bake at 350 degrees for 25 minutes. Top with remaining 1/2 cup cheese and bake 5 minutes or until cheese is melted.

Serve with the sour cream mixture.

Recipe Notes

Source: Jerrie Lin Hansen, Fremont High
Food for Life

Layered Dessert

- 1/2 cup flour
- 1/4 cup margarine, soft
- 2 1/4 ounces whipped cream toppings
- 4 ounces cream cheese
- 1/2 cup powdered sugar
- 1 package instant pudding, small
- 1 cup whipped cream topping

Instructions

This desert is made in four layers.

First layer: Combine flour and soft margarine. Press into an 8 x 8" pan. Bake at 325 degrees until light brown.

Second layer: Mix together 2 1/4 oz whipped topping , cream cheese and powdered sugar.

Layer cream cheese mixture onto cooled crust.

Third layer: Following directions on package mix up pudding. Layer pudding onto cream cheese mixture.

Fourth layer: Layer remaining whip topping onto pudding. Refrigerate until set, about 3 hours.

Cut and serve.

Recipe Notes

Source: Connie Wyckoff, Northwest Middle School
Life Skills

Popcorn - Caramel Microwave

- 1 cup unpopped popcorn
- 1 cup brown sugar
- 1/2 cup corn syrup
- 1 cup margarine
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda

Instructions

Pop the corn and put it in a double layer paper bag.

Place ingredients in glass bowl and microwave on HIGH until mixture boils (approximately 3 min. 20 sec). Stir, place back in microwave and boil for 2 more minutes. Remove from microwave and stir in baking soda until mixture is light and foamy, then immediately pour over popped popcorn in paper bag; shake thoroughly. Put paper bag in microwave and microwave on HIGH for 2 minutes. Remove and shake again. Place bag back in microwave and cook 2 more minutes. Remove from microwave and shake thoroughly. Pour popcorn onto lightly greased cookie sheet. Let cool. Popcorn will harden as it cools.

Recipe Notes

Diane Cluff, Camille Williams, LaDawn Porter - Provo High
Food and Fitness, Food for Life, Food and Science, Food Service/Culinary Arts

Popcorn - Cinnamon

- 2/3 cup corn syrup
- 2/3 cup margarine
- 1 cup sugar
- 1/4 teaspoon cinnamon oil
- 1/4 teaspoon food coloring, red
- 1 dash salt
- 1 gallon popcorn, popped, non-buttered

Instructions

Bring corn syrup, margarine, sugar and salt to a boil. Boil 1 minute.

Add oil of cinnamon and food coloring. Pour over a large bowl of non-buttered popped popcorn.

Recipe Notes

Source: Debra Adams, Rocky Mt. Jr.
Life Skills, Food and Fitness

Popcorn - Pick And Choose

1/4 cup unpopped popcorn

Instructions

Pop corn (approx. 4-6 cups popped).

Place popped corn in a large mixing bowl. Toss with one of the following seasonings:

PARMESAN: Stir together 2 Tablespoons melted margarine, 2 Tablespoons grated Parmesan cheese, and 1 tablespoon finely snipped parsley. Toss with warm, popped popcorn.

TACO: Stir together 2 tablespoons melted margarine, and 1 teaspoon taco seasoning mix. Toss with warm popped popcorn.

CHEESE: Stir together 2 tablespoons melted margarine and 1 tablespoon grated American cheese. Toss with warm popped popcorn.

Drop some Cheese Popcorn into the Taco Popcorn and voila - Taco-Cheese Popcorn!

Recipe Notes

Source: Sandy Embry, South Summit Middle School
TLC, 8th Grade Life Skills

Popcorn Balls - Fruit Flavored

- 6 quarts popcorn
- 1 cup sugar
- 3 ounces Jello
- 1 cup corn syrup

Instructions

Heat sugar, fruit-flavored jello, corn syrup and a dash of salt over medium heat, stirring constantly. Bring syrup to boil; boil 1 minute. Make sure sugar is dissolved. Pour over popped corn. Toss lightly. (Popcorn can be measured into a brown paper grocery bag. Then pour the syrup over it and shake the bag to mix.) Form into balls or press into buttered angel food cake pan.

Recipe Notes

Sharon Monday, Hunter Junior High
Elaine Miller, Evergreen Junior High

Popcorn Balls - Grandma Waldram's

2 cups granulated sugar
1 cup butter
1/4 cup vinegar
1/2 cup corn syrup
2 tablespoons water
5 1/2 quarts popcorn, popped

Instructions

Combine sugar, butter, vinegar, syrup and water in a 3-quart saucepan.

Cook until syrup reaches a softball stage (240 degrees).

Pour over popped corn stirring constantly to evenly distribute.

Grease hands with butter and while syrup and corn are still fairly hot, shape into medium-size balls.

Place on wax paper and let cool completely.

Makes approximately 10-15 balls.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Pudding - Apple

- 1/4 cup margarine
- 1 cup sugar
- 1 egg
- 1 cup flour
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon baking soda
- 2 1/2 cups raw apples, peeled & grated
- 1/2 cup chopped nuts
- 3 tablespoons hot water
- 1 teaspoon vanilla extract

Instructions

Cream shortening and sugar. Add egg. Sift flour, salt, spices and soda together. Add to creamed mixture. Then add apples, water, nuts and vanilla to mixture.

Bake in a 9 x 9-inch pan at 375 degrees for 45 minutes. Serve warm with sauce.

Can top with whipped topping.

Sauce

Combine 3 tablespoons butter, 1 cup water, 1 1/2 tablespoons cornstarch, 1/2 cup sugar, 1/4 teaspoon nutmeg, 1/4 teaspoon cinnamon and 1 teaspoon vanilla in a saucepan. Cook and stir all ingredients until thickened and clear.

Recipe Notes

Source: Jane Webecke, Davis Young Parents
Food and Fitness

Rhubarb Crunch

- 4 cups rhubarb, cut 1" thick pieces
- 1/2 cup sugar
- 1 tablespoon flour
- 1 teaspoon orange peel, grated
- 3/4 cup flour
- 3/4 cup brown sugar
- 1 dash salt
- 1/4 cup butter or margarine
- 1/2 cup sour cream
- 2 tablespoons powdered sugar
- 1/2 teaspoon vanilla extract

Instructions

Combine rhubarb, white sugar, 1 tablespoon flour and orange peel. Place into an 8 1/4-inch by 1 3/4-inch baking dish.

Combine 3/4 cup flour, brown sugar and salt. Cut in butter. Sprinkle on top of rhubarb. Bake at 350 degrees for 40-45 minutes.

Serve warm. Combine sour cream, powdered sugar and vanilla. Spoon on top of each serving.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food for Life

Sparkling Sorbet / Strawberry Sauce

- 1 cup sugar
- 1 1/2 cups water
- 1 1/4 cups sparkling wine
- 2 tablespoons lemon juice
- 2 pints strawberries, cleaned and de-stemmed
- 1/4 cup sugar
- 1 tablespoon cornstarch

Instructions

Boil 1 cup sugar and 3/4 cup of water for 2 minutes. Cool.

Add sparkling wine, 3/4 cup of water and lemon juice.

Place mixture into chilled bowl and freeze.

After frozen put mixture in food processor to blend until smooth. Refreeze.

Strawberry Sauce:

Purée strawberries with a hand blender or food processor.

Heat three-fourths of puréed strawberries and 1/4 cup sugar to a slow simmer.

Mix cornstarch and remaining strawberries thoroughly.

Add cornstarch mixture to heated mixture. Simmer until thickened.

Cool. If needed, thin with a little sparkling wine.

To serve, spoon sauce in large wine glass. Place a scoop of sorbet in center.

Garnish with mint sprig or fresh strawberry.

Recipe Notes

Source: Barbara Harrison, Copper Hills

Food and Fitness, Food Service/Culinary Arts

Strawberry Trifle

- 2 1/2 tablespoons vanilla instant pudding
- 1/2 cup sour cream
- 1/2 cup milk
- 1 teaspoon orange peel, grated
- 1 cup whipping cream, whipped
- 1/4 10-inch tube angel food cake, cut in cubes
- 2 cups strawberries, sliced

Instructions

In a large mixing bowl place instant pudding, sour cream, milk and orange peel. Beat at low speed, scraping bowl often, until thick and well mixed (1 to 2 minutes). By hand, fold in whipped cream. In glass bowl, place 1/2 of the cake pieces, 1/3 of sliced strawberries and 1/2 of pudding mixture. Repeat layers. Arrange remaining strawberries on top. Cover; refrigerate at least 2 hours.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food for Life

Surprise Lab

- 2 tablespoons margarine
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 4 large marshmallows
- 4 canned crescent rolls

Instructions

Preheat oven to 400 degrees.

Grease a muffin pan with cooking spray.

Melt margarine in a small cup in the microwave.

In another cup, combine the sugar and cinnamon.

Roll the marshmallow in the melted margarine completely coating.

Next roll the marshmallows in the sugar/cinnamon mixture.

Wrap each marshmallow in a biscuit, hiding the marshmallow completely inside the biscuit. Seal the edges of the biscuit by pinching together.

Place the biscuit with the pinched edges down in the muffin cups.

Place a small sheet of foil under the pan in the oven to catch any spills which might occur during baking.

Bake at 400 degrees for 8-10 minutes or until biscuits are golden brown.

Recipe Notes

Source: Connie Snow, Indian Hills Middle
TLC

Yogurt Cups

3/4 cup flour
1/4 cup margarine
3 tablespoons powdered sugar
3 teaspoons water
1 cup yogurt

Instructions

Heat oven to 375 degrees.

Mix flour, margarine and powdered sugar until crumbly; sprinkle in water, 1 teaspoon at a time, stirring until dough forms.

Press about 3 tablespoons of dough in bottom and up side of each 4 ungreased 6 ounce custard cups to within 1/2 inch of top.

Bake until golden brown, 10 to 12 minutes; let cool 10 minutes.

Carefully remove from cups with a small metal spatula; let cool completely on wire rack.

Fill each cup with 1/3 cup of yogurt (any flavor); garnish with fresh fruit if you like.

Recipe Notes

Source: Rachel Gonzales, Lakeridge Junior High
TLC, 8th Grade Life Skills

Yummy O's Nutritious Snack

2/3 cup peanut butter
2 cups marshmallows
2 tablespoons margarine
2 1/2 cups Cheerios cereal

Instructions

Put the peanut butter, marshmallows, and margarine in microwave safe mixing bowl and place in microwave oven for one minute on high power.

Remove from microwave and stir ingredients with the wooden spoon to blend. Return to microwave for 30 seconds more on high power.

Remove from microwave and stir ingredients until smooth.

Add cereal and stir.

Form mixture into 1 1/2 inch balls and place on waxed paper until cool.

Variations--other ingredients can be added with the cereal: raisins, chocolate chips, etc.

Recipe Notes

Source: Box Elder Middle School
Life Skills