



Shopping List

** Made in Oklahoma option listed below*

Meat

- 2 boneless, skinless chicken breast

Dairy/Refrigerator

- 3/4 cup butter*
- 1 large egg*
- 8 oz cream cheese, softened*
- 1 (11 oz) container refrigerated pizza crust
- 1 cup shredded Mexican cheese blend
- 1/4 cup finely shredded parmesan cheese

Pantry

- 3/4 cup sugar
- 1 1/4 cup powdered sugar
- 1 1/4 cups flour*
- 1/4 tsp baking powder
- 1 1/2 tsp salt
- 3/4 tsp ground black pepper
- 2 tsp vanilla extract*
- 1/2 cup honey*
- 3/4 cup barbecue sauce*
- 1/3 cup extra virgin olive oil
- 2 Tbsp balsamic vinegar

Bread

- 1 loaf french bread

Produce

- 1 cucumber, sliced
- 1 lime, sliced
- 1 cup lime juice
- 7-10 strawberries, sliced
- 1-2 oranges, sliced
- 1 pineapple, sliced or 1 can sliced pineapple
- 1/2 cup blueberries
- 1 small bunch of grapes, halved
- 1 red onion; 1/2 thinly sliced, 1/2 diced
- 1 1/2 Tbsp garlic, minced
- 7-8 roma tomatoes, diced
- 1 1/4 cup cherry tomatoes, halved
- Small bunch chopped basil ribbons (chiffonade)*
- 1 1/2 cups frozen corn kernels, thawed
- 1 (10 oz) bag frozen shelled edamame

Made in Oklahoma Coalition: This summer, Food, Fun, 4-H is partnering with the M.I.O. Coalition to promote commodities and products produced in Oklahoma. Each month we will identify products owned and produced by our fellow Oklahomans.

Oklahoma Owned and Produced Brands:

- Dairy products: Hiland Dairy Foods, and Braums's Ice Cream and Dairy Stores
- Eggs: Hansens Eggs
- Flour: Shawnee Milling Company
- Vanilla Extract: Griffin Food Company
- Honey: Cheatwoods Honey or Roark Acres Honey Farms
- Barbecue Sauce: Head Country BBQ
- Basil: Scissortail Farms





Quick & Easy BBQ Chicken Pizza

Calories 418; Total Fat 14.1g; Protein 19.7g; Total Carbohydrates 51.7g; Sodium 127g

Ingredients:

- 2 chicken breast, butterflied
- 3/4 cup barbecue sauce, divided
- 1 (11 oz) tube refrigerated pizza crust
- 1/4 cup thinly sliced red onion
- 2 cup shredded Mexican cheese blend, + more to taste

Equipment Needed:

- Pizza pan or large cookie sheet
- Grill or grill pan

Prep Time	Total Time	Servings
10 min	35 min	4



Instructions:



1. Preheat oven to 350°F.



2. Grill chicken or cook using a grill pan. Cook until internal temperature is at least 165°F, about 10 minutes.

Quick & Easy BBQ Chicken Pizza

Instructions Continued:



3. Remove cooked chicken from grill or grill pan. Chop into small pieces.



4. Transfer chicken to a bowl and toss with 1/2 cup of barbeque sauce to cover.



5. Open and unroll pizza crust on baking sheet or pizza pan. Spread remaining barbeque sauce over the crust.



6. Top with sliced onion and chicken; sprinkle Mexican cheese blend on top.



7. Bake in oven until cheese is bubbling and melted, about 13 to 18 minutes.



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Bruschetta

Serving Size: 1 slice; Calories 27; Fiber 1g; Protein 1g; Carbohydrates 4g

Ingredients:

- 1/4 cup extra virgin olive oil
- 1 1/2 Tbsp garlic, minced
- 7-8 roma tomatoes, diced
- 1/4 cup parmesan cheese, finely shredded, + more to garnish
- 1 Tbsp balsamic vinegar, + more to taste
- 3/4 tsp salt, + more to taste
- 1/2 tsp ground black pepper
- 1/4 cup basil, chiffonade
- 1 loaf french bread, sliced into 1/2-inch thick slices, toasted

Equipment Needed:

- Cutting mat
- Paring knife
- Garlic press
- Small saucepan
- Cookie sheet

Prep Time

5 min

Total Time

10 min

Servings

12



Instructions:



1. Position oven rack a few inches below broiler and preheat.



2. Align bread slices on a baking sheet. Broil first side until golden brown, about 1 minute (don't walk away and keep an eye on them. They'll brown quickly).

Bruschetta

Instructions Continued:



3. Flip slices to opposite side. Broil until golden brown, about 1 minute.



4. Heat olive oil in a small skillet or saucepan over medium-low heat. Add garlic and saute until just starting to turn golden (do not let it brown), about 1 minute.



5. Pour into a large mixing bowl. Let cool while you chop the tomatoes and basil.



6. Pour tomatoes into bowl with cooled oil mixture. Add parmesan, basil, balsamic vinegar, salt and pepper. Toss mixture well.



7. Serve right away over toasted bread (spoon some of the juices along with it). Garnish with more parmesan, if desired.



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Cucumber Limeade

Serving Size: 1 cup; Calories 69; Fiber 1g; Protein 1g; Sugars 15g; Carbohydrates 19g

Ingredients:

- 1 cucumber, peeled and sliced
- 1 lime, sliced
- 6 1/4 cups water
- 1 cup lime juice
- 1/2 cup honey

Equipment Needed:

- Blender
- Pitcher
- Mesh strainer
- Cutting mat
- Paring knife

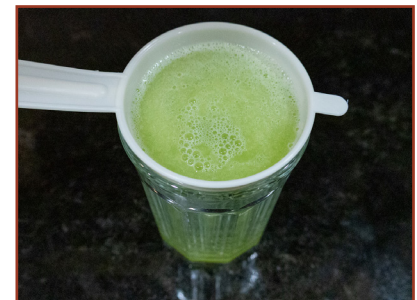
Prep Time	Total Time	Servings
20 min	4 hrs 20 min	9



Instructions:



1. In a blender, pulse one sliced cucumber and 1/4 cup water; blend on high until liquefied.



2. Strain through a fine-mesh strainer into a pitcher, pressing to extract juice. Discard solids.

Cucumber Limeade

Instructions Continued:



3. Add lime juice, honey and 6 cups water. Stir well.



4. Chill for 4 hours. Garnish with lime and cucumber slices.



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Fruit Pizza

Serving Size: 1 slice; Calories 320; Total Fat 15g; Sugars 28g; Protein 3g; Carbohydrates 43g

Ingredients:

- 3/4 cup sugar
- 1 1/4 cups flour
- 1/4 tsp baking powder
- 1/4 tsp salt
- 1 large egg
- 3/4 cup butter, softened
- 2 tsp vanilla extract
- 8 oz cream cheese, softened
- 1 1/4 cup powdered sugar

Suggested Fruit Toppings:

- 7-10 strawberries, sliced
- 1-2 oranges, sliced
- 1 pineapple, sliced
- 1/2 cup blueberries
- 1 small bunch of grapes, halved

Equipment Needed:

- Medium mixing bowl
- 14-inch pizza pan or cookie sheet
- Electric mixer
- Cutting mat
- Paring knife

Prep Time	Total Time	Servings
1 hr 15 min	1 hr 30 min	8



Instructions:



1. Mix 1/2 cup butter, sugar, egg, and 1 tsp vanilla until well combined. You can use an electric mixer or mix by hand if your butter is softened.



2. Add flour, baking powder, and salt. Mix until combined.

Fruit Pizza

Instructions Continued:



3. Chill dough for 30 minutes.



4. Preheat oven to 350°F. Grease a 14" pizza pan, cookie sheet, or baking stone.



5. Roll chilled dough out onto pan, leaving some space around the edge.



6. Bake for 12 minutes, then cool. While the crust is cooling, begin preparing the cream cheese frosting.



7. Using an electric mixer, combine cream cheese, 1/4 cup butter, powdered sugar and 1 tsp vanilla until smooth and creamy.



8. Spread over cooled cookie crust and chill again to firm up the frosting.



9. Top using fruit of your choice. Make a fun design and get creative with this step.



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Corn & Edamame Succotash Salad

Serving Size: 1 cup; Calories 93; Total Fat 7g; Fiber 1g; Protein 1g; Sodium 305mg; Carbohydrates 7g

Ingredients:

- 1 1/2 cups frozen corn kernels
- 1 bag frozen edamame, shelled or in pods
- 1 1/4 cup cherry tomatoes, halved
- 1/2 small red onion, diced
- 5-6 medium basil leaves, chiffonade
- 2 Tbsp extra virgin olive oil
- 1 Tbsp balsamic vinegar
- 1/2 tsp salt + more to taste
- 1/4 tsp ground black pepper + more to taste

Equipment Needed:

- Cutting board
- Large bowl
- Paring knife
- Stock pot

Prep Time

10 min

Total Time

16 min

Servings

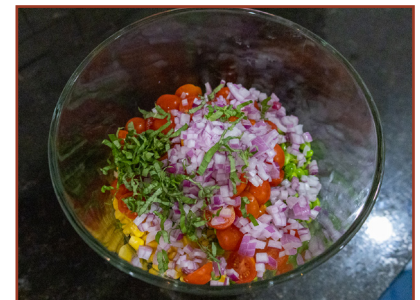
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Instructions:



1. Prepare frozen corn and edamame according to their packages. If the edamame are in pods, remove from pods once cooled.



2. Add corn, edamame, cherry tomatoes, onion, and basil to large bowl.

Corn & Edamame Succotash Salad

Instructions Continued:



3. Drizzle in olive oil and vinegar. Add salt and pepper. Toss well.



4. Taste, and add additional salt and pepper if desired. Serve immediately or refrigerate until ready to serve. Keeps for 2 to 3 days in the refrigerator.



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