



# Shopping List

*\* Made in Oklahoma option listed below*

## Meat

- 1 lb pork loin

## Spices/Baking

- Smoked paprika, optional garnish
- 1 tsp Italian seasoning
- 1/2 tsp ground black pepper
- 1 1/4 cup all-purpose flour \*
- 3/4 cup granulated sugar
- 1 1/4 tsp salt
- 1/2 tsp pure vanilla extract
- 3/4 cup brown sugar, light or dark
- 2/3 cup old-fashioned rolled oats or quick oats
- 1 tsp ground cinnamon
- 3/4 cup unsalted pecans, chopped \*
- 1/4 cup vegetable oil
- 3 Tbsp light flavored olive oil
- 1/3 cup honey \*
- 1/3 cup soy sauce
- 1 1/2 tablespoons balsamic vinegar
- 2 tbsp minced garlic

## Dairy/Refrigerator

- 12 eggs
- 1/2 cup + 2 Tbsp unsalted butter \*

## Produce

- 6 small onions
- 2 red bell peppers
- 2 small potatoes
- 1-2 medium zucchini
- 1-2 medium squash
- 1 1/2 lbs tomatoes
- 1 large cucumber
- 1/4 small red onion
- 5 large basil leaves
- 5-6 medium peaches, fresh or frozen

## Pantry

- 1/2 cup mayonnaise
- 2 teaspoon white vinegar
- 2 teaspoon yellow mustard \*
- 2-4 tablespoons zesty Italian dressing

**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
- Flour: Shawnee Milling Company
- Honey: Cheatwoods Honey
- Pecans: Miller Pecan Company
- Mustard: Garden Club and Red Boy Mustard



# Cucumber Tomato Salad

Serving Size: 1 cup; Calories 94; Total Fat 7g; Fiber 1g; Protein 1g; Sodium 201mg; Sugar 4g; Carbohydrates 6g

## Ingredients:

- 1 1/2 lbs cherry tomatoes, halved
- 1 large cucumber; peeled, halved, and thinly sliced
- 1/4 small red onion, thinly sliced (optional)
- 5 large basil leaves, thinly sliced
- 3 Tbsp light flavored olive oil
- 1 1/2 Tbsp balsamic vinegar
- 1 tsp sugar
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper

## Equipment Needed:

- Cutting board
- Medium mixing bowl
- Paring knife

Prep Time	Total Time	Servings
10 min	10 min	6-8



## Instructions:



1. Combine tomatoes, cucumber, onion, and basil in a mixing bowl.



2. Drizzle with olive oil and vinegar.

# Cucumber Tomato Salad

## Instructions Continued:



3. Sprinkle with sugar, salt, and pepper.



4. Stir well to coat. Serve immediately, or cover and refrigerate until ready to serve. Enjoy!



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





# Classic Deviled Eggs

Serving Size: 2 prepared egg halves; Calories 140; Total Fat 12g; Protein 6g; Sodium 170mg

## Ingredients:

- 12 eggs
- 1/2 cup mayonnaise
- 2 tsp white vinegar
- 2 tsp yellow mustard
- 1/4 tsp salt
- Ground black pepper, to taste
- Smoked paprika, for garnish

## Equipment Needed:

- Sauce pan
- Knife
- Small mixing bowl
- Fork

Prep Time	Total Time	Servings
20 min	35 min	12



## Instructions:



1. Place eggs in a single layer in a saucepan. Cover with enough water that there's 1 1/2 inches of water above the eggs.



2. Heat on high until water begins to boil. Cover with lid and turn heat to low. Cook for 1 minute.

# Classic Deviled Eggs

## Instructions Continued:



3. Remove from heat and leave covered for 14 minutes.



4. Rinse under cold water continuously for 1 minute.



5. Crack eggshells and carefully peel under cool running water. Gently dry with paper towels.



6. Slice eggs in half lengthwise. Remove yolks and place in medium sized mixing bowl. Place egg whites on a serving platter.



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



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



9. Evenly disperse heaping teaspoons of the yolk mixture into the egg whites. Sprinkle with paprika and serve.



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





# Grilled Veggie Packets

Serving Size: 1 cup; Calories 46; Total Fat 0.3g; Sodium 13.7mg; Carbohydrates 10.6g

## Ingredients:

- 2 small potatoes, thinly sliced
- 1-2 medium zucchini, thinly sliced
- 1-2 medium squash, thinly sliced
- 1 medium onion, thinly sliced
- 2-4 Tbsp zesty Italian dressing
- 1 tsp Italian seasoning
- Salt and pepper to taste
- Ice cubes
- 2 Tbsp butter

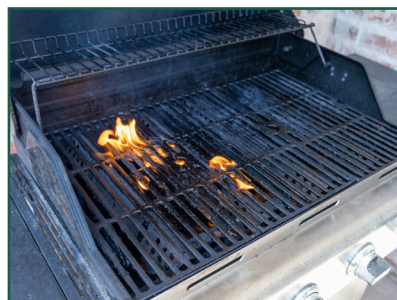
## Equipment Needed:

- Cutting mat
- Knife
- Grill
- Large mixing bowl
- Foil

Prep Time	Total Time	Servings
10 min	30 min	4-6



## Instructions:



1. Preheat grill for 10 minutes.



2. Place potatoes, zucchini, squash, onion, dressing, Italian seasoning, salt, and pepper in a large bowl. Mix until well combined.

# Grilled Veggies Packets

## Instructions Continued:



3. Lay foil wrap on counter. Spread seasoned veggies across, leaving room on the sides and ends to wrap later.



TIP: Divide veggies across multiple sheets of foil. Smaller packets are easier to handle than a large one, and the veggies may cook faster.



4. Slice butter into thin slices and lay over the top. Evenly disperse butter to any other packets if dividing veggies.



5. Add ice cubes and wrap tightly, sealing the edges. If making individual packets, use 1-2 ice cubes per packet. If making larger packets, use 2-3 ice cubes per packet.



6. Cook at medium heat with grill hood closed until vegetables are tender, about 20 to 25 minutes. Flip once, half-way through cooking.

## Tip Corner:

- Feel free to customize with your favorite vegetables and seasonings.
- Packets can also be made in individual serving sizes and customized per person.
- Packets can be cooked in an oven at 375°F for 30-35 minutes in substitution for a grill.



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





# Peach Pecan Crisp

Serving Size: 1 slice; Calories 232.5; Total Fat 17g; Sugars 17g; Protein 3.1g; Sodium 0.4mg; Carbohydrates 26g

## Ingredients:

### Filling

- 5-6 medium peaches, thinly sliced and peeled.
- 1/4 cup all-purpose flour
- 3/4 cup granulated sugar
- 1/4 tsp salt
- 1/2 tsp pure vanilla extract

### Topping

- 3/4 cup brown sugar, light or dark
- 2/3 cup all-purpose flour
- 2/3 cup old-fashioned rolled oats, or quick oats
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 3/4 cup pecans, chopped
- 1/2 cup butter, room temperature

## Equipment Needed:

- Large mixing bowl
- 9-inch baking dish
- Rubber spatula or wooden spoon
- Fork
- Cutting mat
- Paring knife

Prep Time	Total Time	Servings
10 min	1 hr	8-12



## Instructions:



1. Preheat oven to 350°F. Lightly grease 9-inch baking dish. Set aside.



2. Combine peaches, flour, sugar, salt, and vanilla in a large bowl. Toss gently until combined.



# Peach Pecan Crisp

## Instructions Continued:



3. Spoon into prepared baking dish. Set aside and prepare the topping.



4. Whisk brown sugar, flour, oats, cinnamon, salt, and pecans. Make sure all brown sugar lumps are gone before continuing.



5. Add butter and stir until the mixture is crumbly.



6. Evenly sprinkle topping over the peach mixture.



7. Bake 40-45 minutes, or until the topping is golden brown and the peach juice is bubbling on the edges.



8. Allow crisp to cool before serving. Serve warm, room temperature, or cold. Cover leftovers and store in the refrigerator for up to 5 days.



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





# Honey Pork Kabobs

Serving Size: 1 skewer; Calories 640; Protein: 42g; Total Fat 12g; Sodium 290mg; Carbohydrates 77g

## Ingredients:

- 1/4 cup vegetable oil
- 1/3 cup honey
- 1/3 cup soy sauce
- 2 Tbsp minced garlic
- 1/4 tsp black pepper
- 1 lb pork loin, cut into 1 inch cubes
- 5 small onions, cut into 2 inch pieces
- 2 red bell peppers, cut into 2 inch pieces

## Equipment Needed:

- Cutting mat
- Knife
- Grill
- Skewers (if using wood skewers, soak in water for 30 minutes before use)

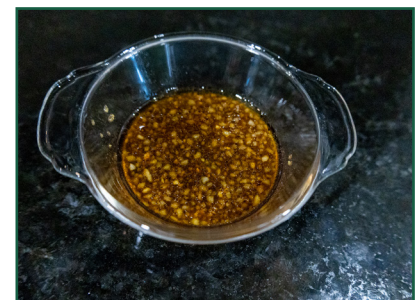
Prep Time	Total Time	Servings
2 hrs 15 min	2 hours 30 min	6-8



## Instructions:



1. In a large bowl, whisk together oil, honey, soy sauce, garlic and pepper.



2. Set aside a small amount of marinade. This will be used to brush onto kabobs while cooking.

# Honey Pork Kabobs

## Instructions Continued:



3. Place pork, onions and peppers in bowl. Mix until combined. Marinate in the refrigerator for at least 2 hours (the longer the better).



4. Preheat grill for high heat.



5. Thread pork and vegetables alternately onto the skewers. Discard remaining marinade.



7. Lightly oil the grill grate. Place skewers on the grill.



8. Cook for 12 to 15 minutes, or until fully cooked. Turn and brush skewers with reserved marinade frequently while cooking.



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

