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Planting the Seeds of Leadership

What an exciting semester of cooking, learning life skills and growing of future leaders!

As the semester draws to a close, I want congratulate each of my Family and Consumer Sciences I students for a job well done this semester.

I couldn't be more proud of the hard work, helpful and friendly attitudes and eagerness to learn new skills.

I will miss each of you and hope to see you in my classroom in the near future!

This newsletter includes each of the recipes you learned to cook this semester.

I hope you continue to hone

your culinary skills and share your creations with your friends and family!

Have a very Merry Christmas!

Mrs. Johnson

FACS Instructor

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"TELL ME AND I FORGET, TEACH ME AND I MAY REMEMBER, INVOLVE ME AND I LEARN."

— BENJAMIN FRANKLIN



Mariah's platter has lots of color.



Regan and Zane showing off their Crudités Platter.



Hailey did a great job!

How to create an Awesome Vegetable (Crudités) Platter

Crudités are traditional French appetizers comprising sliced or whole raw vegetables^[1] which are sometimes dipped in a vinai-grette or other dipping sauce. Crudités often include celery sticks, carrot sticks, bell pepper strips, broccoli, cauliflower, and

asparagus spears; sometimes olives depending on local customs.

Our students practiced their knife skills by chopping, slicing and dicing carrots, cucumbers and celery. Students then arranged the

vegetables in an eye-appealing design and served the veggies with Ranch dip made with Greek Yogurt and a dry Ranch seasoning packet.

Fettuccine Alfredo



Prep Time: 10 Minutes

Cook Time: 10 Minutes Ready In: 20 Minutes

Servings: 4

Ingredients:

1/4 cup butter

1 cup heavy cream

1 clove garlic, crushed

1 1/2 cups freshly grated Parmesan cheese

1/4 cup chopped fresh parsley

1/2 pound dry fettuccini pasta cooked al dente

Directions:

1. Melt butter in a medium saucepan over medium low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through. Stir in parsley and serve over cooked fettuccini pasta



Mrs. Johnson's Pie Crust

Ingredients

2 cup Flour

1 cup Crisco

1 tsp Salt

1/4 cup water

4-5 tbsp. milk

Directions:

Mix ingredients together until it forms a dough ball. Don't overwork the dough.

Divide ball of dough in to two equal parts. (Makes two crusts).

Sprinkle flour on a flat surface and roll out dough using a rolling pin until it is 1/4" thick.

Pour filling into pies and bake at 400°F

"A sweet elderly lady (that made the best pies) shared this recipe with my mom many years ago. It's super easy and you will receive lots of compliments." - Mrs. Johnson



Easy Potato Skins

Prep Time: 20 Minutes

Cook Time: 40 Minutes Ready In: 1 Hour

Servings: 4

Ingredients:

4 baking potatoes, cut into 1/2 inch slices

1/4 cup melted butter

8 slices bacon - cooked and crumbled 8 ounces shredded Cheddar cheese

1/2 cup chopped green onions

Directions:

1. Preheat oven to 400 degrees F (200 degrees C).

2. Brush both side of potato slices with butter; place them on an ungreased cookie sheet. Bake in the preheated 400 degrees F (200 degrees C) oven for 30 to 40 minutes or until lightly browned on both sides, turning once.

3. When potatoes are ready, top with bacon, cheese, and green onion; continue baking until the cheese has melted.

Monkey Bread

Prep time 25 min

Total time 1 hr. 5 min

Ingredients 7

Servings 12

Ingredients

1/2 cup granulated sugar

1 teaspoon cinnamon

2 cans (16.3 oz. each) Pillsbury® Grands!® Homestyle refrigerated buttermilk biscuits

1/2 cup chopped walnuts, if desired

1/2 cup raisins, if desired

1 cup firmly packed brown sugar

3/4 cup butter or margarine, melted

Directions

1 Heat oven to 350°F. Lightly grease 12-cup fluted tube pan with shortening or cooking spray. In large -storage plastic food bag, mix granulated sugar and cinnamon.

2 Separate dough into 16 biscuits; cut each into quarters. Shake in bag to coat. Arrange in pan, adding walnuts and raisins among the biscuit pieces.

3 In small bowl, mix brown sugar and butter; pour over biscuit pieces.

4 Bake 28 to 32 minutes or until golden brown and no longer doughy in center. Cool in pan 10 minutes. Turn

upside down onto serving plate; pull apart to serve. Serve warm.



Crispy Chicken Tenders

Ingredients

8-10 boneless, skinless chicken tenders

1 cup all-purpose flour

1 teaspoon salt

1/2 teaspoon ground black pepper

1 teaspoon garlic powder

2 extra-large eggs

1 tablespoon water

1 1/4 cups seasoned dry bread crumbs (Panko Bread crumbs the best!)

1/2 cup grated Parmesan

Directions

Pound the chicken tenders until they are 1/4-inch thick. You can use either a meat mallet or a rolling pin.

Combine the flour, garlic powder, salt, and pepper on a dinner plate. On a second plate, beat the eggs with 1 tablespoon of water. On a third plate, combine the bread crumbs and 1/2 cup grated Parmesan. Coat the chicken breasts on both sides with the flour mixture, then dip both sides into the egg mixture and dredge both sides in the bread-crumbs mixture, pressing lightly.



Heat 1 tablespoon of butter and 1 tablespoon of olive oil in a large sauté pan and cook 2 or 3 chicken breasts on medium-low heat for 2 to 3 minutes on each side, until cooked through.

Omeletes in a Bag

2 eggs

2 slices of ham chopped

1/2 cup shredded cheese

1 Tbsp. chopped onion-optional

1 Tbsp. chopped green pepper-optional

2 Tbsp. fresh tomato chopped-optional

1 Tbsp. chunky salsa-optional

2 Fresh mushrooms-optional

Directions:

Crack the eggs into a large re-sealable freezer bag. Press out most of the air, and seal. Shake or squeeze to beat the eggs. Open the bag, and add the ham, cheese, onion, green pepper, tomato, salsa, and mushrooms. Squeeze out as



much of the air as you can, and seal the bag.

Bring a large pot of water to a boil. Place up to 8 bags at a time into the boiling water. Cook for exactly 13 minutes. Open the bag, and let the omelet roll out onto a plate. The omelet should roll out easily.



Attention Parents and Students: **Get FCCLA Event Info from Mrs. J**

Text the following message:
@f5da6

Send to this number: 918-779-0451

WYANDOTTE PUBLIC SCHOOLS

Teaching Students 21st Century Life and Career Skills

Find Us on Facebook!

www.facebook.com/WyandotteFCCLA

Wyandotte FCCLA is leading the pack!

Our FCCLA club grew from 12 to 37 members this year. All students 8th—12th grade who have taken at least one FACS class are eligible to participate. So far this year, our club has accomplished the following:

- Traveled to the University of Central Oklahoma to tour the campus and learn about careers related to family and consumer sciences
- Held a Chili Cook Off
- Hand-made Spirit Scarves as a fundraiser
- Opened the FCCLA Coffee Bar (fundraiser)
- Attended the District Leadership Conference
- Hosted the FCCLA Christmas Party
- Competed in District STAR Events
- Volunteered to serve Wyandotte Tribal Elders at the annual Christmas and Thanksgiving Luncheons
- Held several membership meetings
- And we've accomplished all of this in just the Fall Semester!
- Stay tuned for our Spring activities and events!



Big Winners at FCCLA District STAR Events!

FCCLA District NE-4 STAR Competitive Events were held on December 17 at the 1st Baptist Church in Grove.

Students from Miami, Grove, Blue-jacket, Commerce, Welch, Quapaw, Fairland, Afton, NE Vo-Tech, Kansas, Vinita, Ketchum, Chelsea, and Wyandotte competed in several contests for an opportunity to move on to the Regional level.

Martisa Hernandez and Macie King teamed up in the Illustrated Talk division. Their project raises awareness about the dangers of distracted driving.

They earned First Place in the Sen-

ior Illustrated Talk division.

Skylar Biddle competed in FCCLA Creed Speaking Junior Division and placed Second overall. Great job to these outstanding leaders!



Skylar Biddle places 2nd in Creed Speaking



Martisa Hernandez and Macie King place 1st in Illustrated Talk