

# **GMA Food Concessions Recipes:**

## **Copied from Seacoast Swimming Association**

### **Naked Pasta salad**

**In an effort to keep the pasta salad as fresh as possible throughout the duration of the swim meet, we are going to ask you *not to dress the salad*. We will dress it fresh as we go at the swim meet.**

Shopping List for 5 lbs of Pasta Salad:

5 lb bag\* (or 5-1 lb boxes) of Tri-colored Rotini pasta (squiggly kind)

2 cups chopped red or green peppers (your choice)

2 cups broccoli heads

2 ½ cups baby carrots

1 pint grape or cherry tomatoes.

1 extra large bottle of Italian salad dressing

6 - Gallon size Ziploc Bags

Olive Oil

\*Hannaford sells the 5 lb store brand that works great for the Pasta Salad

Directions:

Cook the pasta according to the directions on the box.

Drain, and rinse thoroughly.

Add a little olive oil and place pasta in gallon size Ziploc bags.

Prepare vegetables by chopping and place in a (1) gallon size Ziploc bag.

Bring all Ziploc bags to the swim meet with a bottle of Italian dressing of your choice.

### **Plain Brownie**

Shopping List 2 Dozen Brownies:

2 boxes Brownie Mix plus ingredients on box

Cooking spray (spray foil pans before baking)

Directions:

Prepare brownies according to the directions on the box.

Cool brownies on a rack.

Cut brownies and wrap individually in plastic wrap.

## **Mile High Rice Krispie Bars**

Shopping List for 1 Dozen Rice Krispie Bars:

12 Cups (check the servings per box to verify number of cups in package)

2 - 10 oz pkg. mini marshmallows

6 TBSP butter

Cooking spray

Plastic Wrap

These treats are easy to make if you spray absolutely everything in your kitchen with PAM before you start (if the children and pet are in the way spray them too). This recipe is divided in half and repeated.

Directions:

Prepare 9”X12” metal pan with PAM.

Find the largest stainless steel or prep bowl that you can and coat with PAM.

Measure 6 cups of Rice Krispies and place in large bowl.

Melt 3 TBSP butter and a 10 oz bag of marshmallows in a large non-stick pot.

Pour marshmallow mixture into bowl with R/K and blend with rubber spatula.

Press into 9X12” metal pan and repeat procedure for second layer.

While you are preparing the second batch place r/k bars in refrigerator.

Press second batch onto first batch, and now you have Mile-high Rice Krispie bars!

Please cut into (12) rectangles and wrap in clear wrap.

## **Chili**

2 lb. Ground Beef

2 cans (8 oz. each) tomato sauce AND

1 cans (14 1/2 oz.) Whole Tomatoes, undrained and broken up

2 cans (15 oz.) Red Kidney Beans, undrained

2 Mild chili seasoning packets (McCormick or store brand)

Directions:

1) Brown beef; drain fat.

2) Stir in Seasoning, tomato sauce or whole tomatoes and kidney beans.

Bring to a boil, cover and simmer 10 min.

3) Place in crock pot on low to keep warm, if using from crock pot OR place in baggies and refrigerate