

# “Produce an Athlete” Potluck Suggestions

Youth sports potlucks are opportunities for team and family fellowship. These can be great opportunities to share cultural heritages, to offer healthy choices and to show-off cooking talents.

Please always follow safe food handling suggestions ... refer to safe food handling checklists and “newsletter” leaflets.

The following is a listing of recipes from our “Food Skills Cookbook.”

Adobo Meat	Fruit Slush #3	Scrambled Tofu
Apple Turnover	Gon Lo Mein	Skillet Fruit
Bean Salad	Granola	Skillet Lasagna
Bean Salad Spread	Ham w/Pork and Beans	Soft Pretzel
Bean Soup	Hamburger Stew	Somen Salad
Beef Tomato	Leafy Tofu	Stew
Bread Pudding	Lemony Ice Water	Sushi Rice Mix
Brown Rice	Milk Smoothie #1	Sushi Rice Sauce
Burritos	Milk Smoothie #2	Sweet and Sour meat
Carrot and Raisin Salad	Milk Smoothie #3	Tartar Sauce
Cereal Square	Oatmeal Cookies	Thousand Island
Cheesy Casserole	Oriental Chicken Salad	Dressing
Chicken and Beans	Oyster Chicken	Trail Mix
Chicken Cacciatore	w/Broccoli	Tuna Dip
Chili	Pansit	Tuna Sunshine Mix
Chop Suey	Pasta Salad	Tuna Tofu patties
Chow Fun	Peanut Butter Cookies	Tuna Tofu Salad
Creamy Vegetable/Fruit Salad	Peanut Butter Log	Vegetable Namul
Egg Fu Yung	Pork Tofu	Vegetable Soup
Eggplant w/Garlic Sauce	Pot Roast Chicken	Vegetable Stir-Fry
Fiesta Rice	Potatoes	Vegetables w/Luncheon Meat
Fiesta Salad	Pumpkin Shortbread	Versatile Quick Bread
Fried Rice	Quesadillas	White Sauce – Medium
Fruit Freezes	Ranch Style Dip	White Sauce – Thick
Fruit Slush #1	Rice Balls	White Sauce – Thin
Fruit Slush #2	Roast on Toast	
	Salsa	