



# powerUP

PowerUp Press For Families

Vol 6 Issue 1



## 2017 Power Chef Recipe Contest Winners

Cody Z., 6 years old from Mahtomedi, created the Grand Prize Winning Recipe, **Wham-Bam Veggie Slam**. It was declared the most popular and judges' favorite after several rounds of voting and tasting.

A special thanks to all who submitted recipes and voted. A big Thank You, also goes out to our community partner chefs, including Sam Leon (Acapulco Mexican Restaurant, Stillwater), Bob Fleishmann (Great Harvest Bread Co., Stillwater), Ann Hall (Table 65, New Richmond) and student chefs at

the Hungry Turtle, Amery, who prepared the Top 5 recipes for the judges to sample.

More than 30 kids and families from across the St. Croix Valley and western Wisconsin submitted their original fruit and vegetable-inspired recipes, which were all delicious and made Chomp proud!



### Congratulations to the top 5 WINNING recipes...

- Wham-Bam Veggie Slam *Cody Z., Mahtomedi*
- Chickpea CHOP CHOP Salad *Lucy F., Ellsworth, WI*
- Sassy St. Croix Summer Salad *Hanna L., Stillwater, MN*
- Sloppiest Joes *Brady J., Amery, WI*
- Banana Blast *Tiffanni S., Amery, WI*



## Wham-Bam Veggie Slam

From the kitchen of Cody Z., Mahtomedi, MN  
 Serving size: 1 ½ cups | Serves: Approx 15

### INGREDIENTS

- 1- 32oz box chicken broth
- 1- 15oz can diced tomatoes
- 1- 15oz can light red kidney beans
- 1- 15oz can black beans
- 1- 13oz bag of frozen corn
- 1- 13oz bag frozen chopped carrots
- 4 (uncooked) chicken breasts, cut into chunks
- 1 ½ cups salsa
- ½ teaspoon cumin
- 1 teaspoon chili powder
- ½ cup shredded cheese (any type)



### INSTRUCTIONS

1. Combine all ingredients into a crock pot.
2. Cook for 10 hours on low or 4-6 hours on high.
3. Serve with shredded cheese.

**WATCH FOR YOUR CHANCE TO SUBMIT A RECIPE FOR OUR 2018 CONTEST!**

You can find these top winning, kid-approved fruit and veggie recipes and many more at [powerup4kids.org](http://powerup4kids.org)



AMERY HOSPITAL & CLINIC  
 HUDSON HOSPITAL & CLINIC  
 LAKEVIEW HOSPITAL  
 STILLWATER MEDICAL GROUP  
 WESTFIELDS HOSPITAL & CLINIC





# POWERUP YOUR FAMILY'S FALL CALENDAR!


ALL EVENTS are FREE or low cost. Find times, location and all the details at [powerup4kids.org](http://powerup4kids.org).



## SEPTEMBER

**Thursday**  PowerUp in the Garden Family Class\* | RCS Giving Garden | 6-7 pm

**Thursday**  21 Open Rollerblading and Movie Night | Hippodrome, WBL | 5:30-8pm

**Saturday**  23 Family Fun Fest Stillwater Medical Group | 11am-2pm

## OCTOBER

**Wednesday**  4 National Walk to School Day

**Saturday**   PowerUp in the Parks Adventure William O'Brien State Park | 10am-1pm

**Saturday**  7 PowerUp Cooking Class\* at Cooks of Crocus Hill | 10-11:30am

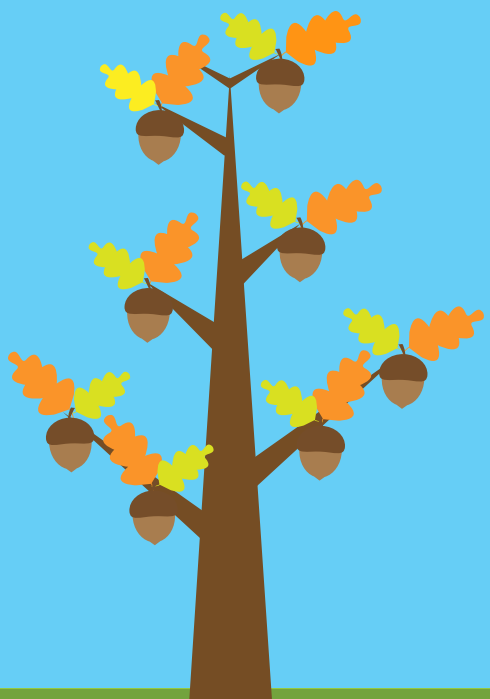
**Saturday**  14 BearPower 6.24K\* White Bear Lake Area High South Campus | 9:30am- 11am

**Friday**  27 PowerUp Open Gym Stillwater Junior High | 6-8:30 pm

**Saturday**   28 PowerUp in the Parks Halloween Adventure\* | Willow River State Park | 5:30-7:30pm

**Tuesday**  31 Happy Halloween! Don't forget Candy Trade-In locations near you!

### LEGEND



### Mark your Calendar full of fun Family Ways to PowerUp!

Visit [powerup4kids.org](http://powerup4kids.org) to register and find more open gyms, cooking classes, events and recipes, too!

\* Requires registration at [powerup4kids.org](http://powerup4kids.org).

**CANDY TRADE-IN!**  
What's better than a bag of candy? PowerUp prizes and a chance to thank those who serve our country!



## NOVEMBER

**PowerUp Candy Trade-In. Visit [powerup4kids.org](http://powerup4kids.org) for times and locations near you. Nov. 1-3**

**OPEN GYMS are back for the season!**  
Visit [powerup4kids.org](http://powerup4kids.org) for dates and locations.



### Chickpea Chop Chop

- INGREDIENTS**
- 1 can black beans, drained & rinsed
  - 1 can chickpeas, drained & rinsed
  - 1 can corn, preferably tri-color, drained
  - 1 pint tomatoes, chopped
  - 1 avocado, peeled and chopped
  - ¼ red onion, peeled and chopped
  - 1 cucumber, chopped
  - ½ yellow bell pepper, chopped
  - 1 small lime
  - 2 tablespoons olive oil
  - ¼ cup feta cheese
  - 3 sprigs cilantro, chopped
  - ½ teaspoon cumin
  - ½ teaspoon chili powder
  - ½ teaspoon fresh ground pepper
  - ¼ teaspoon sea salt

- INSTRUCTIONS**
- In a small bowl, whisk together the olive oil, cumin, chili powder, sea salt and chopped cilantro. Set aside.
  - Mix together black beans, chickpeas, corn, tomatoes, avocado, red onion, cucumber, and yellow bell pepper. Mix gently and top with olive oil mixture. Stir gently but thoroughly.
  - Top mixture with feta cheese. Cut the lime in half and squeeze its juice over the top of the salad. Sprinkle pepper on top and serve immediately or refrigerate up to three days.



From the kitchen of Lucy F., Ellsworth, WI  
Serving size: 1 cup  
Serves: 10



### Sassy St. Croix Summer Salad

- INGREDIENTS**
- 1 head iceberg lettuce broken into bite-size pieces
  - 1 cup frozen peas, thawed
  - 3 celery ribs, sliced thin
  - 1 red bell pepper, chopped
  - 1 cucumber, halved lengthwise, seeded and sliced thin
  - ½ sweet onion, thinly sliced
  - 2 tomatoes, cut into wedges
  - 2 cups cooked rotisserie chicken breast, chopped
  - 4 hard-cooked eggs, chopped
  - 1 cup shredded sharp cheddar cheese
  - ½ cup mayonnaise
  - 2 tablespoons cider vinegar
  - 1 teaspoon hot sauce
  - 2 teaspoons honey
  - 1 teaspoon pepper
  - ½ teaspoon salt

- INSTRUCTIONS**
- Place lettuce in a large serving bowl and sprinkle with salt.
  - Layer onion, eggs, peas, celery, bell pepper, cucumber, chicken and cheese over the lettuce.
  - In a small bowl, whisk together mayonnaise, vinegar, hot sauce, honey and pepper. Spread evenly over top of salad. Cover and refrigerate up to 24 hours.
  - To serve, remove from refrigerator and let stand at room temperature for 15 minutes.
  - Toss until evenly coated with dressing. Garnish with fresh tomato wedges and serve immediately.



From the kitchen of Hanna L., Stillwater, MN  
Serving Size: 1 cup  
Serves: Approx. 10





# PowerUp in the Parks!

## FREE FAMILY FUN EVENTS IN THE PARKS!

PowerUp and Minnesota and Wisconsin State Parks are teaming up to offer two FREE family fun events to help get families outside and playing together.

### OCTOBER 7: PowerUp in the Parks Adventure!

Join PowerUp, BearPower, Minnesota State Parks and Trails and local doctors for a FREE, fun-filled day where families can come play at the park with FREE activities including archery, a bike rodeo, kayaking, canoeing, fire building, hiking and more!

**WHEN:** Saturday, October 7 | 10:00am-1:00pm

**WHERE:** William O'Brien State Park  
Check-in at Shelter 2 by Lake Alice

**FREE BUS TRANSPORTATION** will be provided to and from the event. The bus will leave:

**Amery: 9:00 am**

from Amery High School (North Lot)

**Stillwater: 9:30 am**

from Stillwater Medical Group (Stillwater campus)

**1:00 pm** from the park

return to the clinic in Stillwater at 1:30pm

return to Amery High School at 2:00 pm

### OCTOBER 28: PowerUp in the Parks Halloween Adventure!

Join PowerUp, friends of Willow River and Kinnickinnic State Parks and local doctors on this fun (and even a little spooky) evening where families can come play at the park with FREE PowerUp snacks, crafts, storytelling and more. Don't forget to wear your costume!

**WHEN:** Saturday, October 28 | 5:30pm-7:30pm

**WHERE:** Willow River State Park | Hudson, WI

**FREE BUS TRANSPORTATION** will be provided to and from the event.

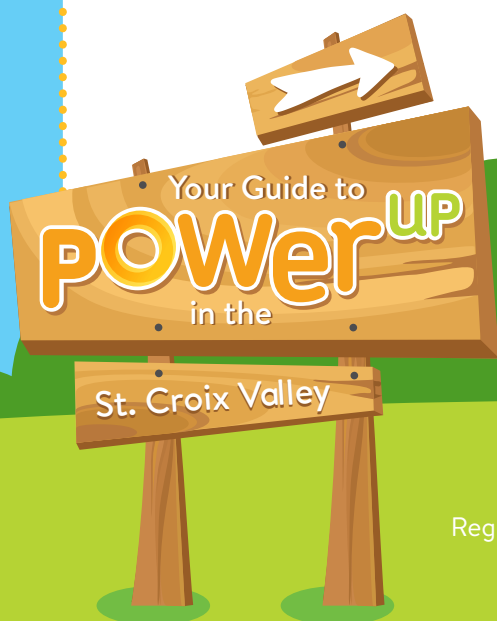
The bus will leave at:

**5:10 pm** from Westfields

Hospital & Clinic,  
535 Hospital Rd,  
New Richmond, WI  
to the park

**7:30 pm** from the park and

return back to the clinic  
in New Richmond



There will be FREE bus transportation to and from these events for families. Registration required and bus schedule and location is available at the registration link below. Please note, if your family decides to drive separately, there is a park entrance fee  
*(A limited number of freepark passes for cars will be available for those who preregister.)*

**Join us to PowerUp in the Parks! To register, and for complete details or to find more fun ways to PowerUp in the Parks visit [powerup4kids.org/parks](http://powerup4kids.org/parks)**