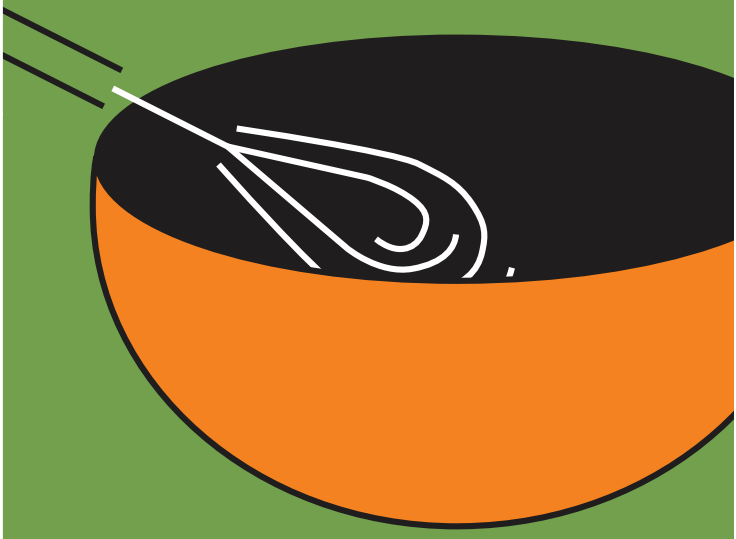
WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2013 Cookbook



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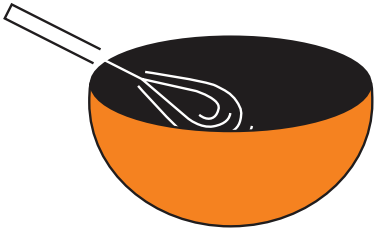

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2013 Cookbook

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This publication is available from:
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Madison, WI 53703

608-266-3509
http://fns.dpi.wi.gov/

Bulletin No. 14009

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This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture Team Nutrition. The contents of this publication do not necessarily reflect the view of policies of the US. Department of Agriculture; nor does the mention of trade names, commercial products, or organizations imply endorsement by the U.S. government or the Wisconsin Department of Public Instruction.

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Printed on Recycled Paper

Acknowledgements

This cookbook provides a variety of recipes developed by the students of Wisconsin. The following people and organizations made this publication possible. Enjoy!

Funding

The United States Department of Agriculture Team Nutrition
Wisconsin Milk Marketing Board

Formatting and Cover Design

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WHIPPING UP
WELLNESS
Wisconsin Student Chef Competition
2013
FINALIST

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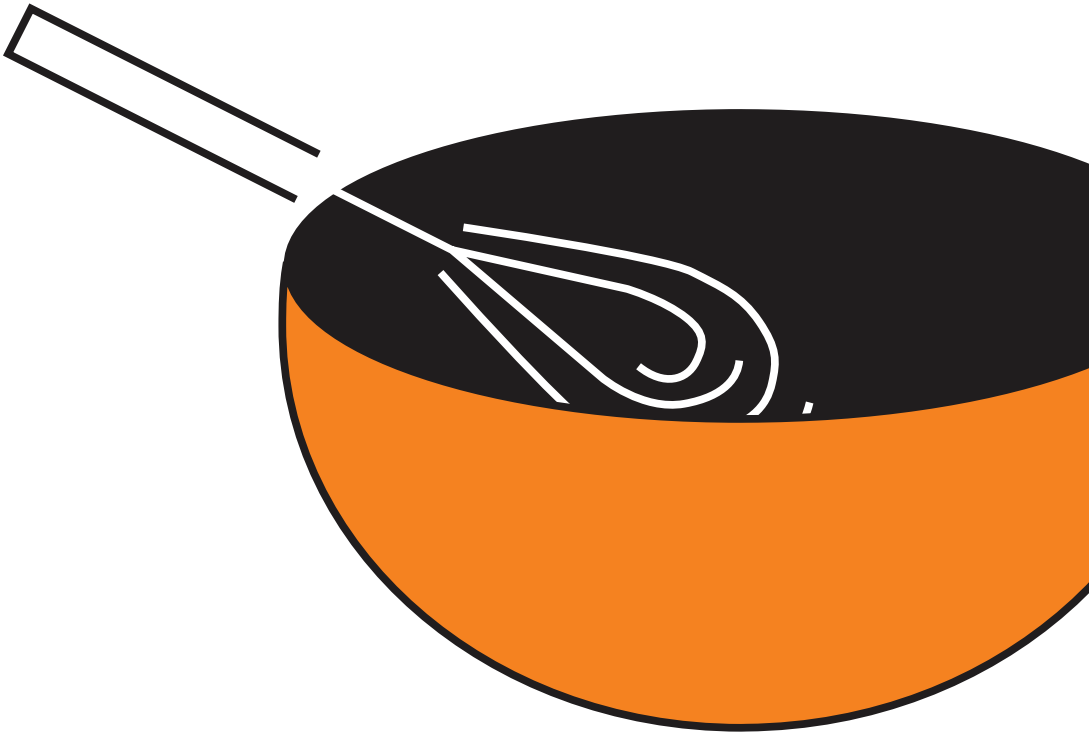

Introduction

The 2013 Whipping Up Wellness Wisconsin Student Chef Competition had student teams across the state developing and cooking recipes full of Wisconsin produced fruits, vegetables, and dairy products. Creative student teams of three to five middle and high school students gained hands-on cooking experience and the knowledge and skills to prepare healthy meals. The competition consisted of a Recipe Contest and a Cooking Competition. All recipes had to include Wisconsin grown fruits or vegetables and a Wisconsin dairy product. Additionally, recipes had to contain less than 35% of calories from fat, less than 10% of calories from saturated fat, and less than 600mg of sodium.

For the Recipe Contest, over 45 teams submitted recipes for review. Recipes were scored based on their nutritional analysis, incorporation of Wisconsin grown products, recipe creativity, and student appeal. The top five teams from the Recipe Contest were invited to participate in the Cooking Competition at the University of Wisconsin – Madison on May 16, 2013. The teams invited to the Cooking Competition were:

- **Team Nutrition**, Kromrey Middle School, Middleton-Cross Plains Area School District
- **Wellness Academy Team #1**, Mukwonago High School, Mukwonago School District
- **Healthy Plymouth Panthers**, Plymouth High School, Plymouth School District
- **Maniac Mixers**, Prescott Middle School, Prescott Public School District
- **Culinary Arts Team #3**, Waupun Area High School, Waupun Area School District

The Cooking Competition had students preparing their recipes, plating their finished dishes, and presenting their dishes to a panel of judges. The final dishes were scored on taste, appearance, presentation, originality, and student appeal. After two hours of cooking and the presentation of five delicious dishes, the Maniac Mixers of Prescott Middle School were declared the winners. The Wellness Academy from Mukwonago High School took second place and the Kromrey Middle School Team Nutrition team placed third. Congratulations to all participants!

The Wisconsin Student Chef Competition was made possible through the 2010 Team Nutrition Training Grant. Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the nation's school children. This plan involves schools, parents, and the community in efforts to continuously improve school meals and to promote the health and education of school children. The Wisconsin Department of Public Instruction received grant funding from the United States Department of Agriculture to promote nutrition education in schools that reinforce positive nutrition messages and encourage students to choose a healthy lifestyle. The Whipping Up Wellness Student Chef Competition was one of the projects funded by the grant.

Wisconsin Team Nutrition is pleased to present this collection of recipes. The top twenty recipes are included in this cookbook, featuring the recipes prepared by the top five teams at the Whipping Up Wellness Wisconsin Student Chef Cooking Competition. For more information about the Wisconsin Student Chef Competition please visit: http://ne.dpi.wi.gov/

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Meet the Judges:

- **Karen Doster,** Regional Program Manager for the Wisconsin Milk Marketing Board. Karen works closely with schools and the media in her area of Northeast Wisconsin to promote the consumption of Wisconsin dairy products. Karen also appears on "Living with Amy," a cooking and lifestyle show, demonstrating the preparation of recipes using Wisconsin cheese.

- **Monique Jamet Hooker,** noted chef and author. Chef Hooker's first book, *Cooking with the Seasons*: a Year in My Kitchen, co-authored with Tracie Richardson received "Best Cookbook of the year" Awarded by the International Cookbook Revue Magazine. She is a board member of the "Healthy Kids Task Force" and has been working with the Vernon County F2S program and with the national "Chefs Move to School" program.

- **Jim Degan,** Food and Nutrition Services Manager for the School District of Janesville and President-Elect for the School Nutrition Association of Wisconsin. Jim has been employed in the service industry for 35 years – including 17 years of being the working owner of three restaurants. Jim currently supervises 80 employees serving 1.4 million student meals at 19 locations year round.

- **Julie A. Cox,** RDN, CD, Assistant Director for the WI Department of Public Instruction School Nutrition Team. Julie leads a team of Public Health Nutritionists that are assisting schools in implementing the new meal pattern requirements. She also supervises the administration of USDA Foods/ Commodities in WI and works with the Team Nutrition team promoting nutrition education throughout the state.

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BAKED ITALIAN PASTA

Maniac Mixers
Prescott Middle School
Prescott Public School District

Preparation Time: 20 minutes
Cooking Time: 40 minutes

Yield: 8
Serving Size: 1c

Nutrition Facts
Calories: 293
Total Fat: 6g
Saturated Fat: 2.9g
Sodium: 363mg
Fiber: 9g

Be transported to Italy with this mouth-watering, zesty dish. The sauce, noodles, and vegetable mix of zucchini, carrots, and spinach creates an incredible combination. Melted mozzarella cheese tops the dish creating a snazzy finish.

Ingredients

- 10 oz whole grain penne pasta
- 1 – 15 oz can cannellini beans, drained and rinsed
- 1 c frozen spinach
- 1 c shredded zucchini
- 4 c no-salt added pasta (tomato) sauce
- 1 c shredded carrots
- 8 oz mozzarella cheese, park-skim-milk, shredded

Instructions

1. Preheat oven to 350° F.
2. Cook pasta according to package directions, drain, return to pot.
3. Shred zucchini and carrots.
4. Add spinach, zucchini, carrots, cannellini beans, and sauce to pot.
5. Stir ingredients together over low heat until mixed.
6. Transfer mixture to a creased 8x8 pan and cover with aluminum foil.
7. Bake for 40 minutes or until hot.
8. Remove foil and add cheese.
9. Bake in oven an additional 10 minutes or until cheese is melted.
10. Serve and enjoy!

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BUTTERNUTTY WILD RICE

Wellness Academy Team #1
Mukwonago High School
Mukwonago School District

Preparation Time: 15 minutes
Cooking Time: 40 minutes

Yield: 8
Serving Size: 1 c

Nutrition Facts
Calories: 344
Total Fat: 7g
Saturated Fat: 2.4g
Sodium: 371mg
Fiber: 7.6g

This is a fantastic fall dish of savory butternut squash puree served atop delectable wild rice. It is slow cooked in low-sodium vegetable broth, mixed with a complementary array of onions, fresh green beans, and red bell peppers. All garnished with fresh, finely shredded Wisconsin parmesan cheese.

Ingredients

- 11 c low-sodium vegetable broth
- 2 Tbsp oliv oil
- ½ c onion, finely chopped
- 3 c wild rice
- 10-20 oz butternut squash puree (frozen or from recipe below)
- 4 Tbsp sage, fresh and chopped
- 1 c Wisconsin parmesan cheese, finely shredded
- ½ c red bell pepper, diced
- 1 ½ c green beans, fresh and chopped

Instructions for Butternut Puree

1. Wash 1 ½ pounds of squash and halve lengthwise
2. Place cut sides down in a baking dish with water (2 Tbsp)
3. Cover dish with plastic wrap (keep vented) and microwave for 7-10 minutes rearranging once and let stand for 5 minutes
4. Scoop flesh out of skins and mash until smooth.

Instructions

1. In a medium saucepan heat broth until hot but not boiling. Reduce heat to low, cover to keep warm.
2. In a large saucepan heat oil over medium heat. Add onion and cook until softened but not browned (6-8 minutes).
3. Add rice to onion/oil mix and cook while stirring for 1 minute.
4. Add 1 cup of hot broth and simmer over medium heat while stirring frequently until broth is absorbed. Continue adding broth 1 cup at a time until all broth is added.
5. Add squash, sage, and ¾ c cheese.
6. Fold in red peppers and beans.
7. Garnish with remaining cheese.
8. Serve immediately and enjoy!

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ALBINO PASTA

Team Nutrition
Kromrey Middle School
Middleton-Cross Plains Area School District

Preparation Time: 15 minutes
Cooking Time: 16 minutes

Yield: 6
Serving Size: ¾ c

Nutrition Facts
Calories: 391
Total Fat: 11.8g
Saturated Fat: 3.4g
Sodium: 199mg
Fiber: 3.5g

This extraordinary and colorful dish makes a health meal to share with family and friends. Each bite is filled with a blast of mouth-watering flavor. This delicious pasta dish with its blend of juicy, ripe, and fresh vegetables can be enjoyed by anyone.

Ingredients

- 16 oz dry, whole grain rotini pasta
- 3 Tbsp olive oil
- 2/3 c broccoli
- 2/3 c asparagus
- 2/3 c cherry tomatoes
- 2/3 c feta cheese
- 3 Tbsp balsamic vinegar
- 1/3 c basil
- ½ tsp garlic pepper seasoning

Instructions

1. Preheat oven to 375° F.
2. Bring a large pot of water to boil and add pasta and cook 8-10 minutes or until soft.
3. Cut asparagus and broccoli to bite-sized pieces and place on foil-covered cookie sheet.
4. Drizzle vegetables with oil and sprinkle with garlic pepper seasoning mix.
5. Place pan in oven and cook for 6 minutes or until tender.
6. Drain pasta and mix cooked vegetables.
7. Cut cherry tomatoes in half and add to pasta.
8. Using scissors, cut basil into small pieces.
9. Add basil and cheese to pasta.
10. Drizzle pasta with balsamic vinegar and enjoy!

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HIDDEN HARVEST PASTA

Healthy Plymouth Panthers
Plymouth High School
Plymouth School District

Preparation Time: 45 minutes
Cooking Time: 30 minutes

Yield: 8
Serving Size: 1 c

Nutrition Facts
Calories: 346
Total Fat: 9.7g
Saturated Fat: 3.3g
Sodium: 252mg
Fiber: 8.4g

A creamy medley of red and orange vegetables are blended together to create this savory pasta dish. Hidden within the rich sauce is a touch of fresh sage with melted Parmesan cheese that compliments the whole wheat pasta.

Ingredients

- 16 oz dry, whole grain rotini pasta
- 2 Tbsp olive oil
- 6 garlic cloves, finely chopped
- 2 medium onions, finely chopped
- ¼ c sage leaves
- 1 ½ c reduced sodium chicken stock, divided
- 1 c canned pumpkin
- 1 c reduced sodium tomato sauce
- 1 c grated Parmesan cheese
- 1 c whole milk

Instructions

1. Prepare whole wheat pasta as directed on packaging.
2. Place olive oil in a large saucepan over medium heat.
3. Sautee garlic and onion 3 to 5 minutes until the onions are tender.
4. Add sage and ¾ c chicken stock.
5. Cook for an additional two to three minutes to reduce broth by half.
6. Add remaining stock, pumpkin, and tomato sauce.
7. Stir until sauce begins to bubble.
8. Reduce heat and gradually stir in cheese (keep small amount of cheese for garnish).
9. Simmer mixture 5 minutes or until cheese is melted.
10. Add whole milk and heat .
11. Pour the sauce of the cooked pasta and toss over low heat for about 1 minute.
12. Garnish with grated Parmesan cheese and fresh sage and enjoy!

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TORTELLINI CREAM SOUP

Culinary Arts Team #3
Waupun Area High School
Waupun Area School District

Preparation Time: 45 minutes
Cooking Time: 30 minutes

Yield: 8
Serving Size: 2 c

Nutrition Facts
Calories: 241
Total Fat: 4.5g
Saturated Fat: 2.2g
Sodium: 413 mg
Fiber: 2.8g

This is a creamy, thick soup with soft potatoes and chewy, colorful tortellini noodles. The rich flavor of garlic, spinach, and onions combined with the savory taste of chicken broth makes for a delicious dish.

Ingredients

- 9 ounces tortellini noodles, colored and cheese filled
- 1 Tbsp olive oil
- 1 Quart 2% milk
- 1 ½ pounds whole baby red potatoes (8-10 potatoes), chopped
- 1 large white onion, finely diced
- 4 cloves garlic, minced
- 4 Tbsp all-purpose flour
- 2 Tbsp oregano, crushed
- 1 c fresh spinach, coarsely chopped
- 14 fl oz low-sodium chicken broth

Instructions

1. Sautee the onion and garlic in olive oil over medium heat until the onions become translucent.
2. Add the flour and make a roux.
3. Let the flour mixture cook for about a minute before adding milk.
4. Cook tortellini according to package directions.
5. Add potatoes to roux.
6. Gradually add chicken broth while allowing mixture to thicken.
7. Once all broth is added and mixture is thickened, add the cooked tortellini, spinach, oregano.
8. Simmer until soup is heated.
9. Serve and enjoy!

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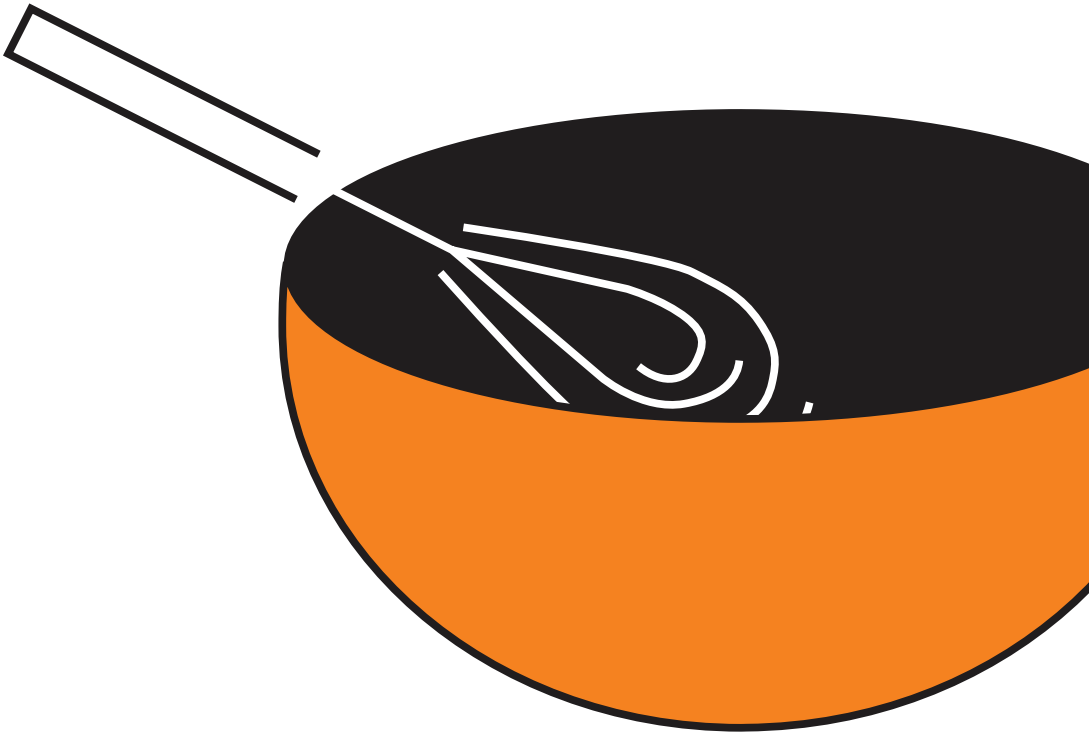
BREAKFAST



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FRUIT CASSEROLE

Sautéed with Excellence

Kromrey Middle School
Middleton-Cross Plains Area School District

Preparation Time:
10 minutes
Cooking Time:
7 minutes

Yield: 8
Serving Size: 1 c

Nutrition Facts
Calories: 195
Total Fat: 2.9g
Saturated Fat: 0.8g
Sodium: 76mg
Fiber: 3.8g

This crunchy combination is a quick and easy snack that refreshes your taste buds. It is the perfect combination of juice and sweet. Easy to make and ready when you are, this any-time snack will not disappoint.

Ingredients

- 2 c fresh strawberries, sliced
- 1 ½ c fresh raspberries
- 16 oz low-fat vanilla yogurt
- 1 ½ c low-fat granola
- 2 Tbsp honey
- 4 tsp backed brown sugar

Health Note: Store bought granolas are frequently high in calories, fat, and added sugar. Consider making your own granola by mixing 1 c oats, ¼ c sunflower seeds, 2 Tbsp honey, 1 Tbsp safflower oil, 1 tsp vanilla extract, and ¼ tsp cinnamon. Bake until golden brown (10-20 minutes) on a baking sheet that has been sprayed with a no-stick spray in an oven preheated to 300° F. Granola can be made to suit your taste by adding different nuts, seeds, or dried fruit.

Instructions

1. Mix the granola, honey and brown sugar slowly in a small mixing bowl.
2. Pack together and line the bottom of a 9x9 pan.
3. Spread a thin layer of yogurt over the granola.
4. Slice the strawberries and evenly layer over the yogurt.
5. Spread a layer of yogurt over the strawberries.
6. Evenly layer the raspberries over the yogurt.
7. Finally, drizzle remaining yogurt over raspberries.
8. Enjoy your fruit masterpiece!

***Note** – dish is at its best when enjoyed the same day it is prepared.

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CREAMY BERRY PARFAIT

Culinary Arts Team #2
Waupun Area High School
Waupun Area School District

Preparation Time: 25 minutes
Cooking Time: 0 minutes

Yield: 8
Serving Size: 1 c

Nutrition Facts
Calories: 214
Total Fat: 4.6g
Saturated Fat: 0.5g
Sodium: 262mg
Fiber: 1.1g

This parfait consists of creamy vanilla yogurt, light chocolate pudding, and the sweet flavor of strawberries. The honey and oats cereal give a sweet, crunchy surprise.

Ingredients

- 2 c non-fat vanilla yogurt
- 1 c strawberries, sliced
- 2 cups honey and oat cluster cereal
- 2 – 3.5 oz packages of chocolate instant pudding mix
- 4 c skim milk

Instructions

1. Mix pudding with milk until thick (5 minutes).
2. Wash and slice strawberries
3. Whip yogurt until smooth and thick.
4. In an 8oz serving glass layer 1/8 c yogurt, 4-5 strawberries, 2 Tbsp cereal, and a dollop of pudding.
5. Cool parfaits for 10 minutes.
6. Serve and enjoy!

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SPONGY EGG BAKE

The E-lemon-ator
Kettle Moraine High School
Kettle Moraine School District

Preparation Time:
15 minutes

Cooking Time:
30-40 minutes

Yield: 8

Serving Size:
2x4" square

Nutrition Facts
Calories: 98
Total Fat: 3.3g
Saturated Fat: 1g
Sodium: 249mg
Fiber: 1.2g

This delicious egg bake will tingle your taste buds to your heart's delight. Any kid will be entranced by the cheesy topping and colorful peppers. The many flavors and colors are a sure hit that can be served for breakfast or lunch.

Ingredients

- 1c nonfat milk
- 4 eggs, large
- ¼ tsp basil, dried
- ¼ tsp black pepper
- ¼ tsp salt
- 3 tsp margarine like spread, 40% fat
- ¼ c green onion, minced
- 1 Tbsp fresh parsley
- ½ c green bell pepper
- ¾ c red bell pepper
- ½ c mushrooms, canned
- ½ c all-purpose flour
- Salsa (optional)

Instructions

1. Preheat oven to 350° F.
2. Melt butter in a large skillet over medium heat.
3. Cook and stir mushrooms, onions, and peppers until tender; drain.
4. Beat eggs in bowl and mix in milk, flour, parsley, basil, salt, and pepper.
5. Put mushroom/onion/pepper mix into an ungreased 8x8 pan, pour egg mixture over.
6. Bake for 35-40 minutes.
7. Let stand for 10 minutes.
8. Serve with salsa as desired and enjoy!

Health Note: Egg bakes offer a wonderful way to incorporate vegetables into your breakfast. This recipe calls for onions, bell peppers, and mushrooms but you could easily include chopped spinach, broccoli, and tomatoes. When cooking at home, be sure to include your favorite veggies!

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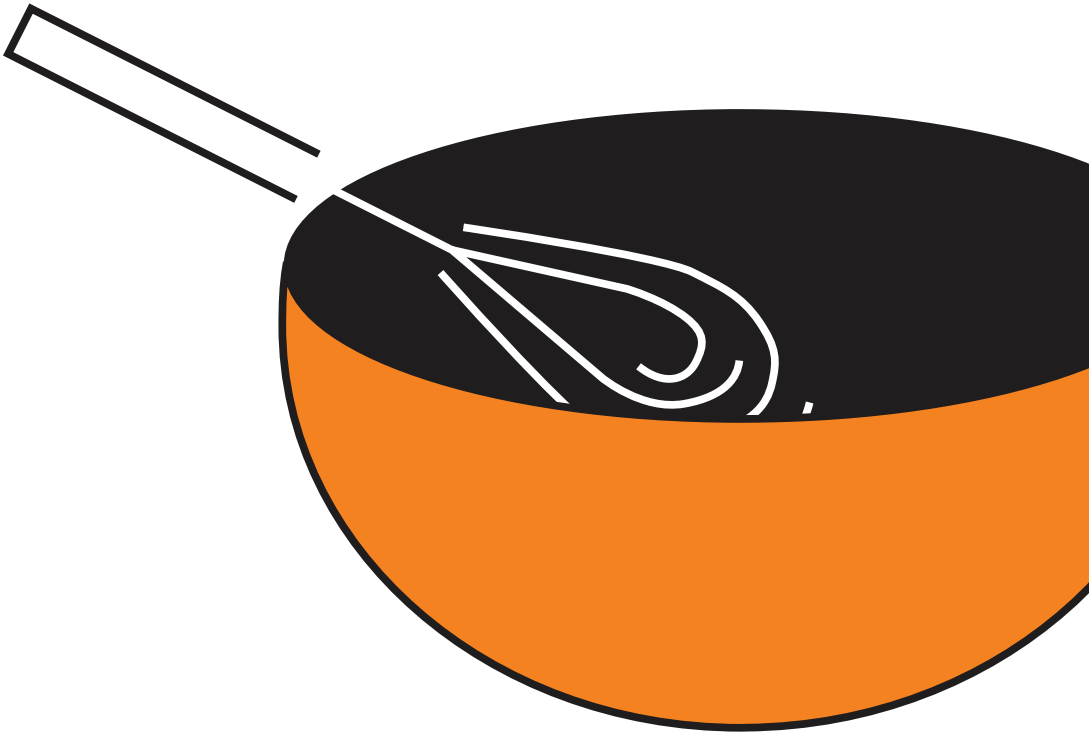
SALAD



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SALSA DE PEPIN

Pepin Team A

Pepin High School
Pepin Area School District

Preparation Time: 20 minutes
Cooking Time: 0 minutes

Yield: 8
Serving Size: ½ c

Nutrition Facts
Calories: 44
Total Fat: 0.4g
Saturated Fat: 0.1g
Sodium: 56mg
Fiber: 2g

The superb Salsa De Pepin is a flavorful and fantastic side. The vivid vegetables create a tantalizing garden fresh combination. Enjoy with taco salad, tacos, or homemade baked tortilla chips. The herbs and lime make tacos fine.

Ingredients

- 1 ½ c tomatoes
- ½ c green peppers
- ¾ c onion
- 3 Tbsp minced garlic
- ¼ c lime juice
- 19 stems of cilantro leaves
- ½ c red peppers
- ½ c black beans, canned, rinsed and drained
- ¼ c shoepeg corn, rinsed and drained
- ½ Tbsp low-fat Mexican cheese

Instructions

1. Wash and chop tomatoes, peppers, and onion.
2. Mince garlic.
3. Mix tomatoes, peppers, onion, garlic, black beans and corn.
4. Add cheese, cilantro, and lime juice.
5. Toss ingredients to blend and enjoy!

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REFRESHING ORZO SALAD

Kromrey Middle School
Shay Tay Swag
Middleton-Cross Plains Area School District

Preparation Time:
50 minutes

Cooking Time:
8 minutes

Yield: 8

Serving Size:
1/8 salad

Nutrition Facts
Calories: 342
Total Fat: 13g
Saturated Fat: 2.8g
Sodium: 92mg
Fiber: 3.2g

This bright, unique salad is full of refreshing bursts of flavor and is excellent when served warm or cold. The salad is very healthy with lots of fresh vegetables and herbs.

Ingredients

- 1 red bell pepper
- 1 seedless cucumber
- 1 – 10.5 oz package cherry tomatoes
- 16 oz orzo pasta
- 1 fresh mozzarella ball (approximately 4 oz)
- ½ c fresh basil, chopped
- ¼ c fresh mint, chopped
- ½ c olive oil
- ½ c lemon juice
- ¼ c red wine vinegar

Health Note: Herbs offer a wonderful way to give food amazing flavor without adding extra fat or sodium. Whether using dried or fresh herbs, you can easily jazz up any meal. Remember, when cooking with fresh herbs be sure to wash before use, cut them finely for maximum flavor, and add them gradually to your dish. Also, a good conversion rule is 1 tablespoon of fresh herbs equals approximately 1 teaspoon of dried herbs.

Instructions

1. In a medium pot, boil water and cook orzo as directed on packaging.
2. Chop bell pepper and cucumber into small pieces and set aside in a medium bowl.
3. Quarter the tomatoes and add to pepper and cucumber.
4. Cube the mozzarella cheese into approximately 1cm cubes and add to vegetables.
5. Chop herbs finely and set aside in small bowl.
6. In a serving bowl, mix orzo, cheese, vegetables, and herbs together.
7. In separate bowl, mix olive oil, lemon juice, and vinegar together.
8. Pour dressing over salad and enjoy!

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SUMMER TIME RING SALAD

Pepin Stars

Pepin High School
Pepin Area School District

Preparation Time: 20 minutes
Cooking Time: 9 minutes

Yield: 8
Serving Size: ½ c

Nutrition Facts
Calories: 137
Total Fat: 2.2g
Saturated Fat: 0.4g
Sodium: 48mg
Fiber: 1.5g

This salad is an authentic garden sensation. The green and red vegetables deliver a mouth-watering WOW factor. The light dressing provides a refreshing and flavorful combination.

Ingredients

- 4 oz ring noodles
- 2 Roma tomatoes
- 1 cucumber
- 1 c broccoli florets
- 1 ½ c shredded coleslaw mix
- ¼ c white vinegar
- ½ c sugar
- ½ Tbsp shredded Mexican cheese
- 1 Tbsp canola oil
- ¾ tsp oriental spice mix

Instructions

1. Prepare noodles as directed.
2. Rinse prepared noodles with cold running water to cool.
3. Dice tomatoes and cucumbers
4. Chop broccoli into bite-sized pieces.
5. Place vegetables, cheese and pasta into large serving bowl.
6. In small bowl combine oil, spices, vinegar, and sugar.
7. Stir oil mixture until ingredients completely dissolved in oil.
8. Pour oil mixture over salad and toss ingredients.
9. Serve dish chilled and enjoy!

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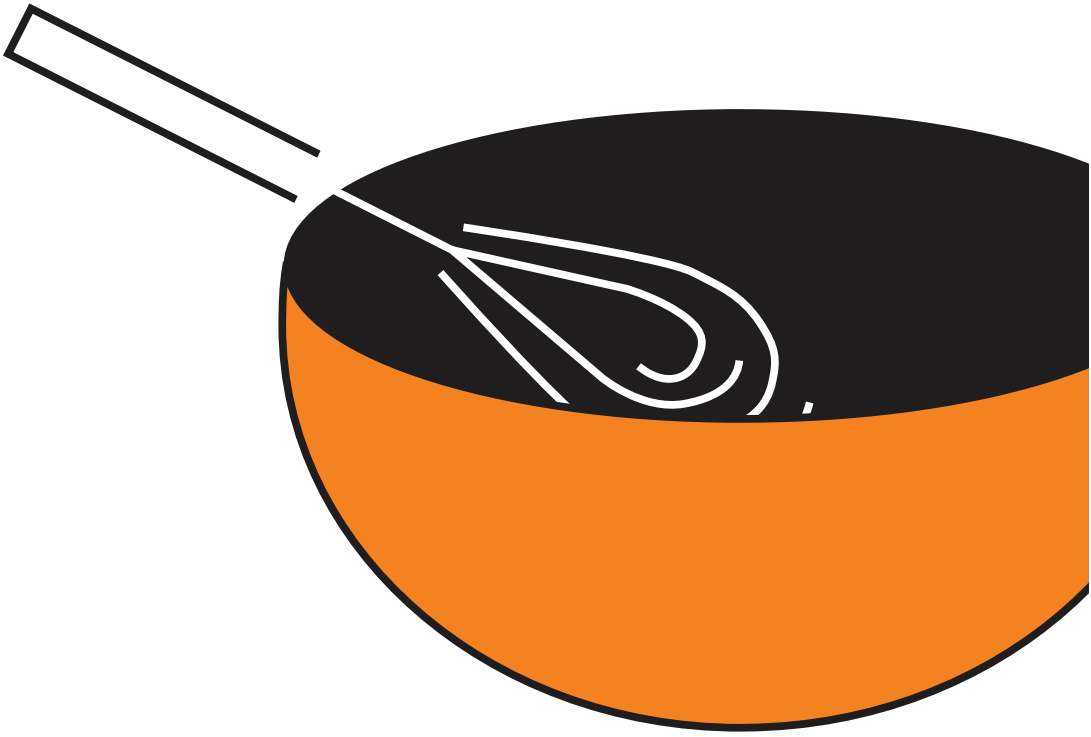
SOUP



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POTATO AND WILD RICE SOUP

Wellness Academy Team #3
Mukwonago High School
Mukwonago School District

Preparation Time: 30 minutes
Cooking Time: 40 minutes

Yield: 8
Serving Size: 1 c

Nutrition Facts
Calories: 291
Total Fat: 4.4g
Saturated Fat: 2.4g
Sodium: 469mg
Fiber: 4.5g

This tantalizing dish of locally grown veggies and wild rice is sure to please any audience. The rich cream of potato soup along with the diverse range of delectable health foods is an easy way to implement healthy choices into any menu.

Ingredients

- 1 onion, diced
- 4 potatoes, diced
- 1 carrot, diced
- 1 celery stalk, diced
- 1 can cream of potato soup
- 2 c milk
- 1 c shredded American cheese
- 2 c cooked wild rice
- 1 pinch salt
- 1 pinch pepper

Instructions

1. Prepare wild rice in pot of boiling water as directed by packaging.
2. Wash, peel, and dice vegetables
3. In a large pan, add onion, potato, carrot, and celery.
4. Barely cover vegetables with water and simmer until tender.
5. Add cream of potato soup, milk, cheese, and wild rice.
6. Cook for approximately 40 minutes.
7. Serve while hot and enjoy!

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BARLEY SOUP

Team Soup
Luck High School
Luck School District

Preparation Time:
30 minutes

Yield: 8

Nutrition Facts
Calories: 142
Total Fat: 1.8g
Saturated Fat: 0.9g
Sodium: 89mg
Fiber: 5.2g

Cooking Time:
1 hour and 20 minutes

Serving Size:
1 c

This is a simple, yet tremendously delicious soup.

Ingredients

- 8 c low-sodium beef broth
- 1 stalk celery
- 1 – 11” carrot
- 1 medium turnip, raw, peeled
- 1 large potato
- 1 c barley
- ¼ c cheese, shredded

Instructions

1. Chop celery, carrot, potato, and turnip.
2. Add chopped vegetables, barley, and beef broth to large sauce pan.
3. Bring broth to a boil, cover and allow to simmer till barley is cooked (approximately 1 hr).
4. Top servings with cheese.
5. Serve while hot and enjoy!

Health Note: Whole grain barley is higher in fiber than any other whole grain. This high fiber food is also rich in antioxidants, vitamins, and minerals. Barley isn’t as common of a food in the US today, but this versatile grain can be used in soups, side dishes, and baked goods. Whole grain barley does require about an hour to cook, so try making a large batch and refrigerate or freeze a portion for later use.

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WILD RICE SOUP WITH CHEESE CROSTINI

Washburn High School
Washburn School District

Preparation Time: 15 minutes
Cooking Time: 60 minutes

Yield: 12
Serving Size: 6 oz

Nutrition Facts
Calories: 271
Total Fat: 3.9g
Saturated Fat: 2.2g
Sodium: 535mg
Fiber: 5.5g

This is a hearty wild rice soup that has both sweet and smoky flavors. The added crunch of a cheese crostini makes a delicious combination.

Ingredients

- 2 c kidney beans, canned, drained, rinsed
- 5 c unsalted beef stock
- 2 c water
- 2 cups stewed tomatoes
- 2 tsp basil
- 2 tsp oregano
- 2 cups wild rice
- 1 Tbsp ancho chili powder
- 1 medium leek
- 2 stalks celery
- 3 medium carrots
- 1 cup cheddar cheese
- 12 slices French baguette

Instructions

1. Wash and chop leek, celery, and peeled carrots.
2. In a large saucepan combine beef stock, water, stewed tomatoes, leeks, carrots and celery.
3. Bring to a boil and then reduce to a simmer until vegetables are soft.
4. Add the wild rice, kidney beans, basil, oregano, and chili powder.
5. Simmer for 20 minutes.
6. Preheat oven to 375° F.
7. Cut baguette into 12 slices.
8. Cover slices with cheddar cheese and toast in oven for 7 minutes or until crisp.
9. Serve soup while hot with two slices of crostini in each bowl and enjoy!

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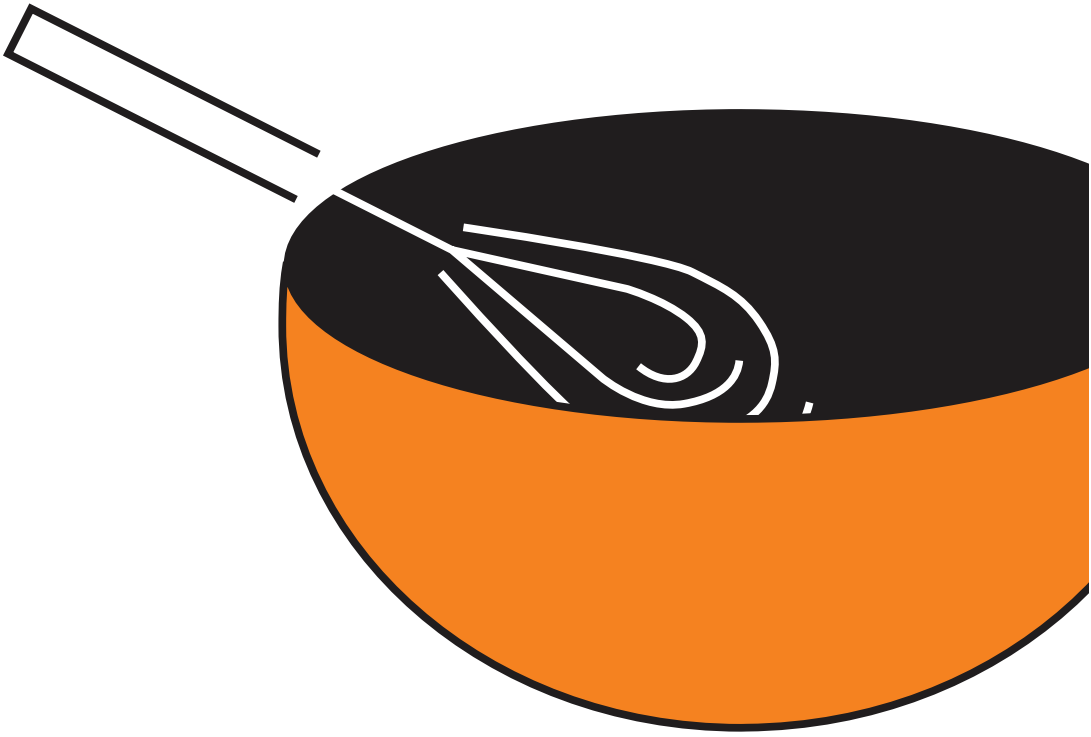
ENTRÉES



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CHEESY RICE AND BEAN BAKE

WCCW

Kromrey Middle School
Middleton-Cross Plains Area School District

Preparation Time:
15 minutes

Cooking Time:
25 minutes

Yield: 6

Serving Size:
1/6 of dish

Nutrition Facts
Calories: 380
Total Fat: 9.6g
Saturated Fat: 4g
Sodium: 556mg
Fiber: 6.8g

This authentic Mexican-style dish will have you feeling like you're at a fiesta in no time! It's easy as 1-2-3 while staying healthy. It can easily be incorporated into any school lunch or home meal. It's the all-in-one delicious and nutritious meal.

Ingredients

- 4 c cooked brown rice
- ¾ c frozen corn
- 15 oz black beans, canned, drained, rinsed
- 1 c Greek yogurt
- ½ c chunky salsa
- 2 c low-fat cheddar cheese, shredded
- 2 Tbsp lime juice
- 3 Tbsp cilantro

Instructions

1. Preheat oven to 365° F.
2. Combine all ingredients except cilantro and ½ c cheese in a large mixing bowl.
3. Mix thoroughly so yogurt and cheese are evenly distributed.
4. Pour mix in an oven-safe casserole dish.
5. Top mix with remaining cheese
6. Bake for 20-25 minutes.
7. Garnish with cilantro and enjoy!

Health Note: Black beans are an excellent source of protein, iron, and zinc. Because of these nutrients they can be counted as a member of MyPlate's protein group. However, they are also considered members of the vegetable group because they are excellent sources of dietary fiber, folate, and potassium. It doesn't matter what group you classify them in, because of their high nutrient content, black beans (and any legume) are recommended for everybody to eat.

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ENTRÉE EATER TORTILLAS

Entrée Eaters

Kromrey Middle School
Middleton-Cross Plains Area School District

Preparation Time:
8 minutes

Cooking Time:
20 minutes

Yield: 4

Serving Size:
1 tortilla, ¼ mixture

Nutrition Facts
Calories: 343
Total Fat: 10.6g
Saturated Fat: 2g
Sodium: 550mg
Fiber: 11g

These delectable tortillas use authentic, nutritious, and local ingredients. By blending the tantalizing ingredients, you create a healthy dish that kids of all ages will be satisfied with. This hearty meal would be excellent in schools and homes everywhere.

Ingredients

- 2 Tbsp olive oil
- ½ large onion, diced
- ½ c fat-free Greek yogurt
- 1 bell pepper, chopped
- 2 tomatoes, sliced
- 1 tsp chili powder
- 1 c corn
- 2 cups black beans, canned, drained, rinsed
- ¾ tsp cumin
- 4 wheat tortillas

Instructions

1. Sauté onions and bell peppers in olive oil in frying pan until onions are lightly browned.
2. Add beans, corn, cumin, and chili powder to pan and heat on low for a minute.
3. Remove pan from heat and stir in yogurt.
4. Heat tortillas for 45 seconds.
5. Fill each tortillas with ¼ of the yogurt/vegetable mixture.
6. Top tortillas with sliced tomatoes and enjoy!

Health Note: There are a number of types of tortillas available in grocery stores today. You may see products labeled as flour, whole wheat, or even vegetable tortillas. Consider trying a corn tortilla instead of the more common flour tortilla. Corn tortillas are typically higher in fiber and protein. You also can try making your own corn tortillas with masa harina (a special corn flour) and water.

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LETTUCE WRAP

Green Day
Kromrey Middle School
Middleton-Cross Plains Area School District

Preparation Time:
15 minutes

Cooking Time:
25 minutes

Yield: 6

Serving Size:
1 wrap

Nutrition Facts
Calories: 239
Total Fat: 7.9g
Saturated Fat: 2.6g
Sodium: 150mg
Fiber: 3.7g

This crunchy, delicious, mouth-watering dish is not only a healthy alternative to traditional wraps, but it is yummy too.

Ingredients

- 1 head lettuce
- 1 c rice
- 1 tomato
- ½ c cheddar cheese
- 1/3 c olive oil
- 1 c black bean, canned, drained, and rinsed
- 1 red bell pepper
- 1 green bell pepper

Health Note: To maximize health benefits try using brown rice instead of white rice. The fiber content of brown rice is typically two to three times that of white rice. Are you looking increase your nutrient intake even more? Replace your head of iceberg lettuce with romaine lettuce. The dark green leaves of romaine lettuce are rich in vitamin A, vitamin K, and folate.

Instructions

1. Bring a small pot of water to boil and cook rice as directed on packaging.
2. Dice tomato and bell peppers
3. Heat oil in small frying pan and sauté the peppers till tender.
4. Remove from heat and add black beans.
5. In large bowl, mix rice, peppers, tomato, and black beans.
6. Peel 6 large leaves of lettuce from head and divide rice/vegetable mix evenly into each leaf.
7. Wrap lettuce leaf around rice/vegetable mix.
8. Top wrap with cheese and enjoy!

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PASTA SHELLS WITH CARROTS

J Team
Greendale High School
Greendale School District

Preparation Time: 20 minutes
Cooking Time: 10 minutes

Yield: 6
Serving Size: 1 c

Nutrition Facts
Calories: 388
Total Fat: 15.1g
Saturated Fat: 3.8g
Sodium: 280mg
Fiber: 3.5g

This cheesy pasta dish is made with an olive paste and garnished with parsley.

Ingredients

- 12 oz dried whole wheat pasta shells
- 4 oz low-fat Colby cheese
- 4 Tbsp olive oil
- 4 Tbsp green olive paste
- 2 c carrots
- 2 cloves garlic
- Salt to taste
- Pepper to taste
- Cayenne pepper to taste
- Parsley for garnish

Instructions

1. Bring a large saucepan of water to boil over high heat.
2. Add pasta and cook 10-12 minutes or until just tender.
3. Mince the garlic.
4. Dice the carrots and Colby cheese.
5. Heat oil in small skillet and add garlic and carrots.
6. Cook until carrots are tender.
7. Add cooked carrot mix with cooked pasta and mix with olive paste and cheese.
8. Season to taste and toss gently until well mixed.
9. Garnish with parsley.
10. Serve immediately and enjoy!

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TOMATO AND GARLIC FETTUCINI

Pasta

Luck School District

Preparation Time:
10 minutes

Cooking Time:
20 minutes

Yield: 8

Serving Size:
1 c

Nutrition Facts
Calories: 261
Total Fat: 3.3g
Saturated Fat: 0.1g
Sodium: 398mg
Fiber: 4g

This pasta dish is healthy, quick, easy and cheap!

Ingredients

- 1 Tbsp olive oil
- 3 cloves garlic
- 14 oz diced tomatoes
- 14 oz tomato sauce
- 1 Tbsp basil
- 1 Tbsp parsley
- 1 Tbsp oregano
- 1/3 c whole milk
- 1 lb whole wheat fettuccini
- Salt and pepper to taste

Instructions

1. Cook fettuccini noodles as directed on packaging.
2. Mince garlic.
3. Sautee garlic in olive oil in medium saucepan.
4. Add tomatoes and tomato sauce to garlic and heat till warm.
5. Add spices and cream to sauce, heat thoroughly.
6. Pour sauce over fettuccini and enjoy!

Health Note: While many recipes call for "salt and pepper to taste," make sure you try your dish before reaching for that salt shaker. Most Americans consume too much sodium primarily from the salt found in processed foods. When cooking at home, utilize your spice cabinet to create low sodium dishes that are flavorful and delicious. If a recipe is too bland, try using herbs, garlic, vinegar, lemon juice, pepper, or other spices.

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CREAMY CAULIFLOWER MAC

The LumberLite's
Ladysmith School District

Preparation Time: 45 minutes
Cooking Time: 20 minutes

Yield: 8
Serving Size: 1 c

Nutrition Facts
Calories: 343
Total Fat: 9.1g
Saturated Fat: 2.9g
Sodium: 441mg
Fiber: 7.8g

This is a creamy cauliflower macaroni dish that provides nutritional ingredients as well as flavor. Instead of using high fat butter and cream, this healthier mac and cheese combination is made with pureed cauliflower, chicken stock, and a moderate amount of cheese. The texture allows all ages to enjoy this original favorite.

Ingredients

- 2 ½ c low-sodium chicken stock
- 2 bay leaves
- 1 head cauliflower
- 16 oz whole wheat elbow macaroni
- 1 c sharp cheddar
- 2 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 1/8 tsp nutmeg
- ½ tsp salt
- 1/8 tsp pepper
- ½ c parmesan cheese
- ½ c whole-grain bread crumbs

Instructions

1. Preheat oven to 400° F.
2. Boil water and cook cauliflower 25 minutes.
3. In a separate pot, boil water, add 1/8 tsp salt when water comes to a boil.
4. Cook pasta for five minutes
5. Drain and rinse to cool and place in a greased 9x13x2 inch glass baking dish.
6. In a saucepan, warm stock and bay leaves on medium-low heat for five minutes, turn off heat.
7. Discard bay leaves from stock.
8. Using a food processer, process cauliflower, stock, cheese, oil, mustard, nutmeg, salt, and pepper in batches.
9. Pour sauce over pasta, toss, and spread evenly in dish.
10. Top with parmesan cheese and bread crumbs.
11. Bake 20 minutes.
12. Cut into 8 squares, serve, and enjoy!

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COLBY COUSCOUS BURGER WITH SPECIAL SAUCE

Team JEC
Greendale High School
Greendale School District

Preparation Time: 20 minutes
Cooking Time: 12 minutes

Yield: 8
Serving Size: 1 burger and 2 spoonfuls of sauce

Nutrition Facts
Calories: 316
Total Fat: 11.3g
Saturated Fat: 3.2g
Sodium: 404mg
Fiber: 5.6g

This recipe provides you a healthy alternative to the classic hamburger. Filled with nutritious gems, this crispy, flavorful patty is a welcome break from pizza and chicken. The optional special sauce provides a zesty, tangy addition. It offers a great vegetarian option that everyone will love.

Ingredients

- 2/3 c couscous
- 2/3 c carrot
- ¾ tsp garlic powder
- ¼ tsp salt and pepper
- ¾ c silken tofu
- 10 oz frozen spinach
- ½ c low-fat Colby cheese
- ¼ c parsley
- ¼ c red onion
- 4 eggs
- 2 Tbsp canola oil
- 8 whole-wheat buns

Optional Special Sauce:
Ingredients

- 1 c Greek yogurt
- ¼ c prepared horseradish
- 3 Tbsp apple cider vinegar
- 1 Tbsp lemon juice
- 1 tsp ground black pepper

Instructions

1. Combine ingredients, stirring till well mixed
2. Allow to stand for 45 minutes
3. Serve atop burger

Instructions

1. Bring 1 c water to a boil and stir in couscous, cover and remove from heat.
2. Finely shred carrots and cheese.
3. Thaw spinach, squeeze dry, and roughly chop.
4. Chop parsley and mince onion.
5. Mash tofu in a small bowl to achieve fine texture.
6. Combine couscous, carrot, cheese, spinach, parsley, onion, tofu, salt, pepper, eggs, and garlic powder in large bowl.
7. Form 8 patties about ½ c each.
8. Heat 1 Tbsp of oil in a large non-stick skillet over medium heat.
9. Add patties, flip once, cooking each side about 3 minutes.
10. Toast whole wheat bun.
11. Serve and enjoy!

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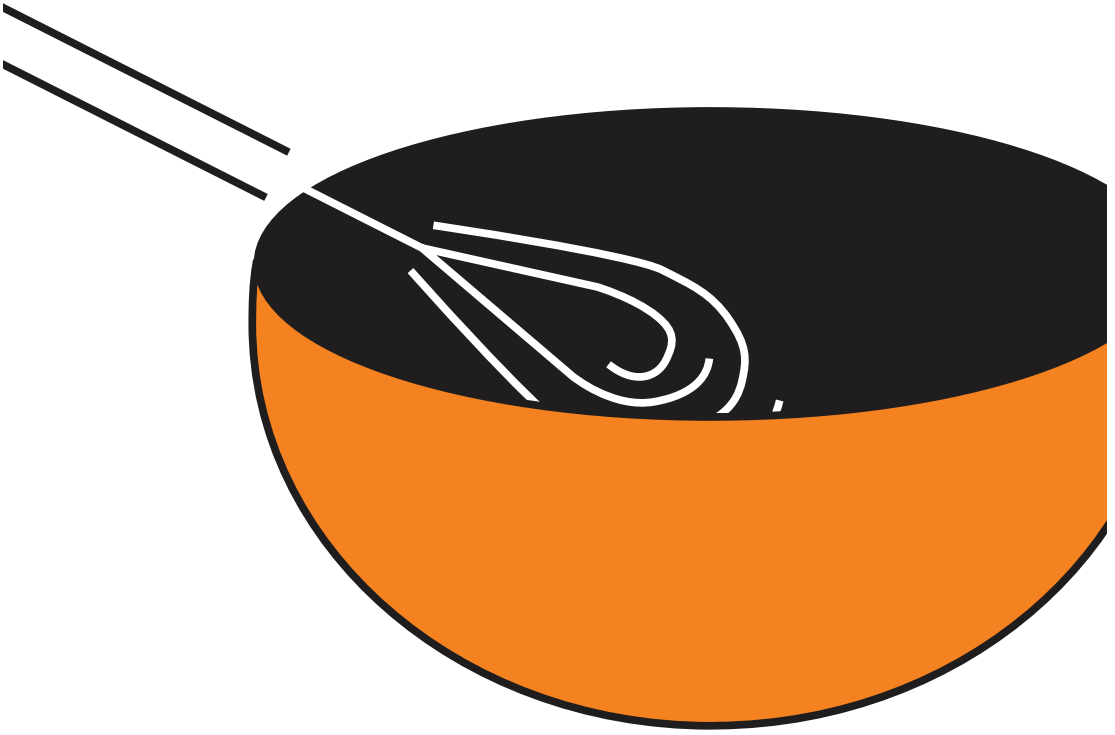

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