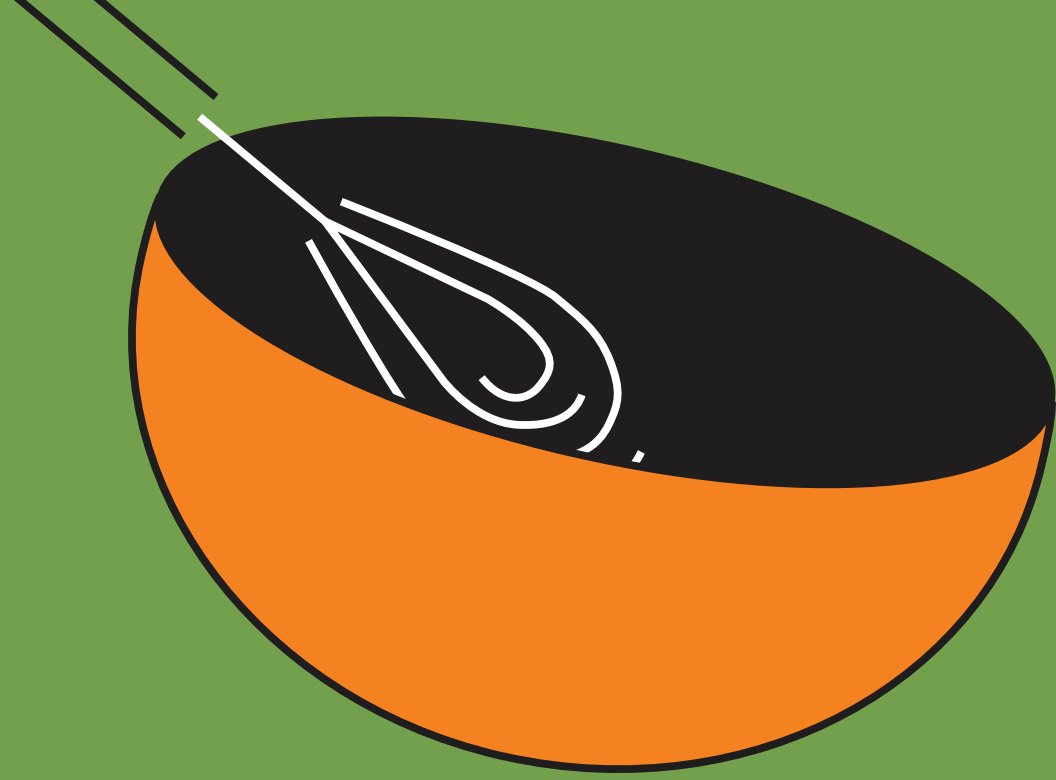
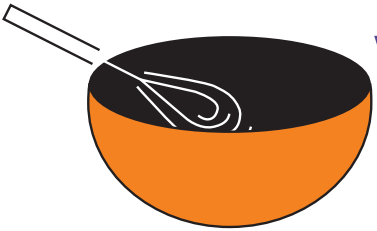


WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2015 Cookbook

Wisconsin Department of Public Instruction
Tony Evers, PhD, State Superintendent



WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2015 Cookbook

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Wisconsin Department of Public Instruction
Madison, Wisconsin

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WHIPPING UP
WELLNESS
Wisconsin Student Chef Competition
2015 FINALIST

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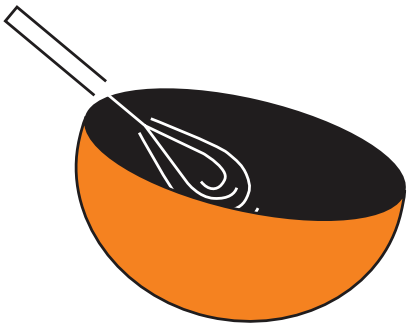


Introduction

For the third straight year, student teams across the state worked together to develop and cook nutritious recipes that could easily be incorporated into the school food service program and at home. The 2015 Whipping Up Wellness, Wisconsin Student Chef Competition allowed creative student teams of three to five middle and high school students to gain 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 a product similar to a product schools can obtain through the USDA Foods program. USDA Foods are offered to schools in order to provide healthy, high quality meals to children. USDA Foods include a wide variety of high quality vegetables, fruits, dairy products, whole grains, lean meats, and other protein options. Additionally, recipes had to contain less than 10 percent of calories from saturated fat and less than 480 mg of sodium.

A total of 145 teams submitted recipes for consideration. Recipes were scored based on their nutritional analysis, incorporation of a USDA Foods product, recipe creativity and originality, 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 14, 2015. The teams invited to the Cooking Competition were:

- Busy as a Bee, James Madison Middle School, Appleton Area School District
- Mighty Plymouth Panthers, Plymouth High School, Plymouth School District
- ALM, Badger Ridge Middle School, Verona Area School District
- The Driftless Culineers, Viroqua and Laurel High School, Viroqua Area School District
- WR Pro Cooks, Lincoln High School, Wisconsin Rapids Public Schools

The Cooking Competition had students preparing their recipes and plating their completed dishes in the food lab at Babcock Hall. Teams delivered their dish and conducted a 10-minute presentation on the development of their recipe, the appeal of their recipe, and the results of their school taste test. Judges scored the final dishes on taste, appearance, originality, student appeal, and the team's overall presentation. After two hours of cooking and the presentation of five delicious dishes, The Driftless Culineers of Viroqua and Laurel High School were declared the winners. Congratulations to all participants!

The Wisconsin Student Chef Competition was made possible through the 2014 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, to reinforce positive nutrition messages, and encourage students to choose a healthy lifestyle. The Whipping Up Wellness Student Chef Competition is one of the projects funded by the grant.

Wisconsin Team Nutrition is pleased to present this collection of qualifying recipes. For more information about the Wisconsin Student Chef Competition please visit: http://dpi.wi.gov/team-nutrition/whipping-up-wellness.

Meet the Judges:

Amber Carbajal, RD, CD, is a pediatric dietitian and is the Clinical Nutrition Manager at Children's Hospital of Wisconsin. Cooking and finding recipes has always been a passion of hers. She's spent most of her career educating kids on how to eat healthfully and how to discover new and exciting ways to eat and cook with fresh ingredients.

Jim Degan, SNS, is the School Nutrition Manager for the School District of Janesville. Jim supervises 80 plus employees while serving 1.5 million meals at 21 locations in Janesville. Jim is the past president of the School Nutrition Association of Wisconsin and is a member of the Cooperative Educational Service Agency prime vendor cooperative and American Commodities Distribution Association. Jim is a graduate of Beloit College and has over 35 years of experience in the food service industry, which includes owning three restaurants from 1984-2001. He started in school nutrition in 2002 and has worked for 13 years in the Milton School District and the School District of Janesville.

Karen Doster has been a Regional Program Manager for the Wisconsin Milk Marketing Board for 12 years covering 14 counties in the Northeast Wisconsin area. She works closely with schools and the media in her area to promote the consumption of Wisconsin dairy products. Karen also appears monthly in Green Bay on Fox 11's "Living with Amy," a cooking and lifestyle show, demonstrating the preparation of recipes using Wisconsin cheese.

Justin Johnson is an executive chef and owner of Sustainable Kitchens. He studied at both Le Cordon Bleu College of Culinary Arts in Chicago and at the Culinary Institute of America in New York. Justin has received recognition from Food Management Magazine, Modern Farmer, and the International New York Times. In 2013, Justin was honored by the National Restaurant Association for "Operator Innovations in Sustainability" for developing a farm-to-table restaurant in a Wisconsin hospital. Over the course of his 17 year career, Justin has challenged conventional wisdom and pushed non-commercial food service operators to develop a real relationship with the food and the people they serve.

2015 Champion
The Driftless Culineers

Delicious layers of flavor are the hallmark of this harvest-themed twist on a kitchen classic, which features roasted butternut squash highlighted by notes of nutmeg in a creamy béchamel sauce. A blend of spinach and cottage cheese is tucked into the pasta layers for pops of flavor, color, and texture. This dish will entice all of the senses. Inspired by the availability of locally-grown and produced foods such as squash, spinach, cheese, and eggs and the hard-working people of the beautiful Driftless Region of Wisconsin, this lasagna was created to offer nutritious comfort during the busy rush of the back-to-school season. It is certain to become a hit on school lunch menus throughout the year.

Butternut Squash Lasagna

2015 Champion

The Driftless Culineers
Viroqua and Laurel High School
Viroqua Area School District

Ingredients

- 2 – 10 oz bags frozen butternut squash, thawed (could substitute fresh)
- 2/3 c onion, diced
- 5 Tbsp garlic, minced
- 10 oz frozen spinach, drained
- 1 egg
- 2 c non-fat (skim) milk
- 1 Tbsp butter, divided
- 2/3 c cottage cheese, low-fat
- 6 oz mozzarella cheese, reduced-fat, shredded
- 2 oz mozzarella cheese, fat-free
- 1 tsp black pepper, divided
- 1 tsp nutmeg, divided
- 11 oz lasagna noodles, whole grain, oven-ready
- 1 Tbsp flour, whole grain

Instructions

1. Preheat oven to 350°F.
2. Puree squash with ½ teaspoon of nutmeg.
3. Sauté diced onion and minced garlic in 1 tablespoon of butter over medium-low heat until translucent (6-7 minutes).
4. In a bowl, combine drained spinach, onion/garlic mixture, egg and cottage cheese. Season with ½ teaspoon pepper and ½ teaspoon of nutmeg. Mix well.
5. Make béchamel sauce by melting 1 tablespoon butter in a pan with 1 tablespoon flour, and whisking for 1-2 minutes. Add milk and continue to stir until thickened.
6. Layer lasagna in 9x9 pan in this order: noodles, squash mixture, béchamel, spinach mixture, cheese, finishing the last layer with cheese.
7. Cover with foil and bake for 45-50 minutes. Remove foil and continue to bake for 10 minutes to brown cheese.
8. Cool and cut into 6 servings.

Preparation Time: 30 minutes
Cooking Time: 60 minutes

Yield: 6 slices
Serving Size: 1 slice (3 x 4.5" square)

2015 Finalist

Busy as a Bee

Our Honey Dijon Chicken Stir Fry will make you fall in love with just a glance of this Asian-American dish. With a wide variety of vegetables such as broccoli, red peppers, and green bell peppers, eating our dish will make you be elated by the phenomenal taste brought to this healthy dish. Also, with the added chicken, it won't make you feel like you're being forced to eat healthy. The honey gives the chicken and vegetables a pocket-sized amount of sweetness, while the Dijon mustard adds a bit of a tang. The sweet and tangy even each other very well, and all of the flavors of the vegetables make our dish have a perfect combination of sweet and tangy with a bit of savory. We can guarantee that this dish will make you never doubt eating healthy again.

Honey Dijon Chicken Stir Fry

2015 Finalist
Busy as a Bee
James Madison Middle School
Appleton Area School District

Ingredients

- 3 c brown rice
- 3 Tbsp extra virgin olive oil, divided
- 3 Tbsp hot sauce
- 2 lbs chicken breast strips, pre-cooked
- 1 c mustard, Dijon
- 2 c honey
- 3 Tbsp cornstarch
- 3 c chicken broth
- 4 cloves garlic, minced
- 1 Tbsp red pepper flakes
- 1 orange – ¼ cup juice and zest of ½ orange
- 1 red onion, sliced
- 2 red bell peppers
- 1 orange bell pepper
- 4 c broccoli florets
- 2 c snow peas
- 2 carrots
- 16 chives

Preparation Time: 20 minutes
Cooking Time: 60 minutes

Yield: 8
Serving Size: 1 cup rice, 3/4 cup stir fry

Instructions

1. Add 3 cups brown rice to 5 ½ cups water in a pot and cook.
2. Thinly slice red onion, orange bell pepper, and red bell peppers and set aside in a bowl.
3. Cut broccoli into florets. Peel carrots and slice into thin spirals. Dice chives and reserve some as a garnish. Set all aside in a bowl along with snow peas.
4. Place large skillet on low-heat and add a mixture of 1 tablespoon olive oil and hot sauce. Slowly heat and marinate chicken breast strips in the mixture.
5. In another skillet on medium-heat add 2 tablespoons olive oil. Sauté the peppers and onions until just tender.
6. In a mixing bowl, whisk together: Dijon mustard, honey, chicken broth, cornstarch, minced garlic, red pepper flakes, orange juice and orange zest. Add sauce to skillet with peppers and onions. Bring to boil until mixture thickens.
7. Add broccoli, carrots, chives, and peas and cook for 5 minutes to warm.
8. Remove rice from heat once it is fluffy and tender. Add 1 cup of rice to each plate.
9. Add vegetables and sauce to the rice on each plate.
10. Top each plate with ¼ pound chicken and garnish with additional chives

2015 Finalist

The Mighty Plymouth Panthers

A creamy pureed spinach and basil sauce with chopped bell peppers and cherry tomatoes bring a burst of flavor to this pasta dish. It delights the taste buds and satisfies your hunger.

Creamy Spinach Sauce with Rotini Pasta

2015 Finalist
The Mighty Plymouth Panthers
Plymouth High School
Plymouth School District

Ingredients

- 2 oz mozzarella cheese, low moisture part-skim, shredded
- 1 oz cream cheese, reduced fat
- 1 clove garlic
- 6 oz spinach, fresh
- ½ c cherry tomatoes, diced
- 1 c yellow bell pepper, diced
- 14.5 oz can diced tomatoes, no salt
- ¼ c basil
- ¼ tsp salt
- 1 tsp lemon juice
- 1 lb rotini pasta, whole grain

Instructions

1. Cook pasta according to the directions on the package.
2. Mince the garlic in a food processor. Add the mozzarella, cream cheese, canned tomatoes, salt, spinach and blend until smooth.
3. Drain the pasta keeping 1 cup of the water. Place the pasta back in the saucepan and combine with the sauce.
4. Add the diced cherry tomatoes and bell peppers and toss it into the mixture. Add pasta water as needed to increase the creaminess of the pasta.
5. Mix all ingredients together until combined.

Preparation Time: 30 minutes
Cooking Time: 15 minutes

Yield: 8
Serving Size: 1 cup

2015 Finalist

ALM

Looking for a better pizza alternative? Ever heard of a Stromboli? Stromboli is an amazing dish that has a nice crunchy outer layer of bread. It has a gooey inside mixture of ham, mozzarella, Swiss cheese, chopped red bell pepper and seasonings such as garlic powder, pepper, ground oregano, and dried basil.

Stromboli

2015 Finalist
ALM
Badger Ridge Middle School
Verona Area School District

Ingredients

- 1 loaf frozen bread dough, whole wheat
- ¼ lb ham, diced
- 1 red bell pepper, diced
- 4 oz tomato sauce, low sodium
- ½ c mozzarella cheese, low moisture part-skim, shredded
- ½ c Swiss cheese, shredded
- 1 tsp dried oregano
- ¼ tsp garlic powder
- ¼ tsp black pepper
- 1 Tbsp butter
- 1 tsp dried basil
- 1 sprig rosemary

Instructions

1. Preheat oven to 375°F.
2. Let dough rise in a warm place until doubled in size.
3. Punch down and then roll loaf into 15 x 12 inch rectangle.
4. Place a layer of ham and red bell pepper.
5. Top with ½ of tomato sauce, mozzarella cheese and Swiss cheese.
6. Top with remaining tomato sauce, basil, oregano, garlic powder, and black pepper.
7. Fold dough over in half and seal edges.
8. Place on greased sheet pan.
9. Place in 375°F oven and bake for 30-35 minutes until golden brown.

Preparation Time: 15-20 minutes
Cooking Time: 30-35 minutes

Yield: 8
Serving Size: 1 piece

2015 Finalist

WR Pro Cooks

Feeling adventurous? You'll make a "cherry-good" choice for lunch with this Mexican-style chicken flatbread pizza. It has a crispy thin tortilla crust paired with seasoned chicken and a zesty cherry-licious salsa! Accented with nutrient-rich black beans, sweet corn, and tasty cheese, this flatbread pizza is sure to be a favorite.

Chicken Cherry Salsa Flatbread Pizza

2015 Finalist
WR Pro Cooks
Lincoln High School
Wisconsin Rapids Public Schools

Ingredients

- 24 oz frozen cherries, no sugar added, thawed, juice reserved
- 2 Tbsp sugar
- 6 Tbsp red onion, diced
- 3 Tbsp jalapeno pepper, finely chopped, including seeds
- ¼ c fresh lime juice
- 2 tsp balsamic vinegar
- 1 c cilantro, chopped
- 8 tortillas, whole grain, low sodium
- 4 c chicken, cooked, diced
- 5 ½ tsp taco seasoning mix (see below)
- ½ c corn, frozen
- ½ c black beans, canned
- ½ c mozzarella cheese, low moisture part-skim, shredded
- ½ c mozzarella cheese, fat free, shredded

Taco Seasoning Mix

- 1 Tbsp chili powder
- ½ tsp garlic powder
- ½ tsp paprika
- 1 ½ tsp cumin

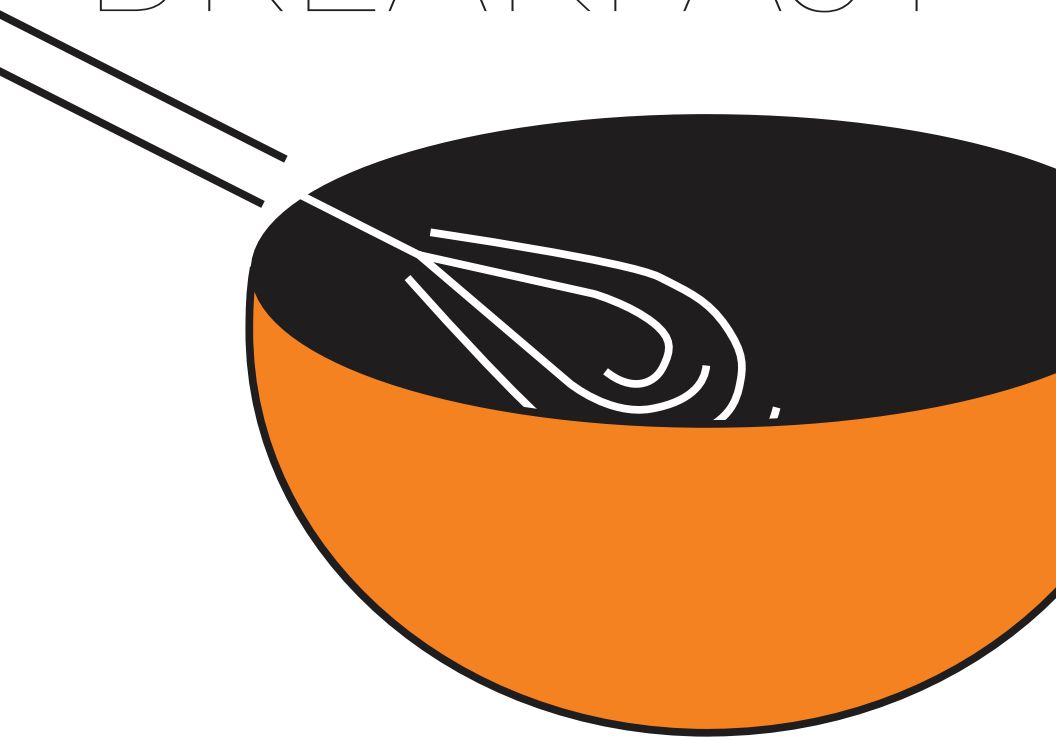
Preparation Time: 60 minutes
Cooking Time: 20 minutes

Yield: 8
Serving Size: 1 pizza

Instructions

1. Preheat oven to 375°F.
2. Place thawed cherries in a strainer over a bowl to reserve cherry juice. Marinate chicken in the cherry juice while prepping salsa.
3. Prepare salsa: chop cherries and place in mixing bowl.
4. Juice lime and then add juice, sugar and vinegar to cherries.
5. Chop cilantro to make 1 cup. Add ¾ cup to salsa. Set aside ¼ cup for flatbread garnish.
6. Dice red onion and jalapeno, including seeds. Combine with salsa.
7. Place salsa in a medium saucepan and reduce salsa, on medium-high heat, stirring often, until thick (10-15 minutes).
8. Drain cherry juice from diced chicken. Discard juice. In a medium bowl, coat chicken with taco seasoning mix.
9. Arrange tortillas on a sheet pan lined with parchment paper. Spread 2 ounces of cherry salsa on top of each tortilla.
10. Top each tortilla with 2 ounces of chicken, 1 tablespoon of black beans, 1 tablespoon corn and 2 tablespoons of mozzarella cheese. Garnish with cilantro.
11. Bake in a 375°F oven for 8-10 minutes or until golden brown.
12. Serve as a pizza or fold up and eat like a taco.

BREAKFAST



Breakfast Muffin with Pico de Gallo

VB Trio
Grafton High School
Grafton School District

Healthy, cheese egg muffins served with fresh, colorful Pico de Gallo salsa.

Ingredients

- 1 c egg whites
- 6 slices bread, whole wheat
- 2 Tbsp onions, diced
- 2 Tbsp red bell peppers, diced
- 2 Tbsp green bell peppers, diced
- ½ c cheddar cheese, fat free, shredded
- 2 tsp of your favorite seasoning blend such as a spicy seasoning blend or fiesta seasoning blend

Instructions

1. Measure 1 cup of egg whites.
2. Dice onions and peppers.
3. Mix the onions, peppers into the eggs whites.
4. Roll the bread out flat and cut a circle out with a biscuit cutter in the middle of the bread.
5. Put the bread slices in a muffin pan and distribute the egg mixture evenly on each slice of bread.
6. Top each serving with 1 tablespoon of cheese.
7. Bake in oven at 350°F for 20 minutes.

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Yield: 6
Serving Size: 1 breakfast muffin

Drizzled Berry Muffins

The Team Two
New Glarus High School
New Glarus School District

Whole wheat blueberry-raspberry muffins drizzled with a sweet blackberry sauce.

Ingredients

- 1 c flour, whole wheat
- ¼ c +1 Tbsp sugar
- 1 ½ tsp baking powder
- ¼ tsp salt
- 6 Tbsp + 1 tsp almond milk
- 2 Tbsp + 2 tsp canola oil
- 1 egg
- ½ c blueberries
- ¼ c raspberries
- ¼ c blackberries
- 1/3 c water
- 1 tsp lemon juice

Instructions

1. Heat oven to 400°F. Grease bottom of muffin tins.
2. In a medium bowl, combine the flour, ¼ cup sugar, baking powder, and salt. Mix well.
3. In a separate bowl, combine milk, oil and egg. Blend well.
4. Add dry ingredients to wet ingredients all at once. Stir until dry ingredients are moistened.
5. Fold berries into batter and pour batter into muffin tins.
6. Fill them two-thirds full and bake them 20-24 minutes. When done, take out of oven and cool for 5 minutes.
7. To make blackberry sauce, in a medium saucepan combine blackberries, 1 tablespoon sugar, lemon juice, and half the water.
8. Cook on medium-high for 5 minutes, stirring occasionally.
9. Transfer the berry mixture to a blender or food processor and purée the fruit for about 30 seconds. If the sauce is thick, add the rest of the water and blend again for 15 seconds.
10. Once muffins are cooled, drizzle on sauce.

Preparation Time: 20 minutes
Cooking Time: 20-25 minutes

Yield: 6
Serving Size: 1 muffin

Fabulous Fruity Carrot Cranberry Bars

Shakers and Bakers
Hamilton High School
Hamilton School District

The sweet taste and texture of carrot bread with refreshing cranberry zing and a sprinkle of cinnamon in a fresh-baked fabulous breakfast bar – so delicious you won't even know you're starting the day healthy.

Ingredients

- 1 egg white
- ¼ c brown sugar, packed
- ¼ c + 1 Tbsp sugar
- 1 Tbsp applesauce, plain
- 1 ½ tsp vanilla extract
- ½ c kefir, low fat, plain
- 1 ½ c carrots (3-4 medium), shredded
- ½ c cranberries, dried
- 1 c flour, whole wheat
- 1 ¼ tsp cinnamon
- ¾ tsp baking soda
- Cooking spray

Instructions

1. Preheat oven to 350°F.
2. Spray 8 x 8 inch pan with cooking spray. Set aside.
3. In a mixing bowl, place egg white, brown sugar, ¼ c sugar, and applesauce. Beat together well.
4. Add vanilla, kefir, carrots, and cranberries to mixture in bowl. Mix thoroughly.
5. In another bowl, stir together flour, 1 teaspoon cinnamon, and baking soda.
6. Add the dry mixture to the carrot mixture, mixing until just combined.
7. Spoon the mixture into the prepared pan, spreading into a smooth layer.
8. In a small bowl, mix 1 tablespoon sugar and ¼ teaspoon cinnamon. Sprinkle cinnamon/sugar mixture evenly over batter.
9. Bake for about 33-38 minutes or until toothpick inserted into the middle comes out clean.
10. Cut into 8 bars.

Preparation Time: 35 minutes
Cooking Time: 28-33 minutes

Yield: 8
Serving Size: 2 x 4 inch bar

Oatmeal Breakfast Sundae

Cooking Group for Men
Kaleidoscope Academy
Appleton Area School District

Warm oatmeal, sweet honey, coolness of cottage cheese, and a blast of dried cranberries, all topped with spicy cinnamon is what makes this breakfast an explosion of flavor.

Ingredients

- 2 apples, large
- ¼ c cranberries, dried
- ¼ c walnuts
- 1 c cottage cheese, low fat
- 2 c oats
- ¼ c honey
- Dash of cinnamon

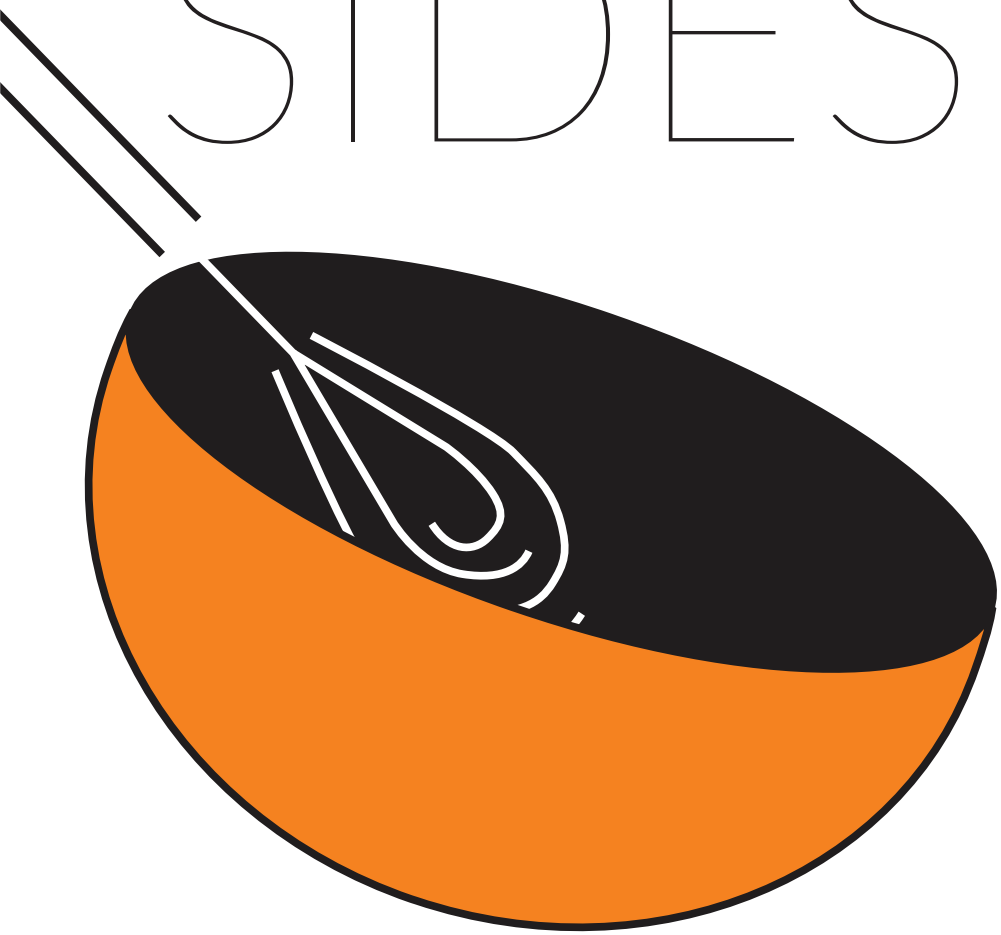
Instructions

1. Cook oats according to package directions.
2. Chop apple.
3. Spoon cooked oatmeal into 6 separate bowls.
4. Drizzle with honey.
5. Top with cottage cheese, apples, dried cranberries and walnuts (in this order).
6. Sprinkle with cinnamon.

Preparation Time: 10 minutes
Cooking Time: 10 minutes

Yield: 6
Serving Size: 1 c

SIDES



Apple Energy Bites

A Cut Above the Rest
Hartford Union High School
Hartford Union High School-District

The energy ball is the new snacking obsession, so why not make it even healthier? With a batch time of around 10 minutes the apple energy bite is a quick fix to any snack craving. The textures come together perfectly with the soft apples, crunchy pecans, and creamy peanut butter creating a deliciously healthy snacking option.

Ingredients

- ¼ c raisins
- 1 apple, large
- 2 tsp honey
- ¼ c pecans
- 2 tsp cinnamon
- 1 ½ Tbsp peanut butter, creamy
- ½ Tbsp Chia seeds
- ¼ c graham crackers

Instructions

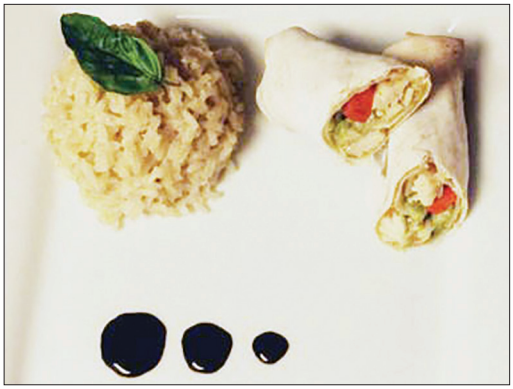
1. Toast pecans on a pan at 350°F for 8 minutes.
2. Chop apple into small pieces and place in oven at 350°F for 10 minutes.
3. Mix raisins, honey, cinnamon, peanut butter, and Chia seeds in a medium sized bowl.
4. Chop up pecans into small pieces.
5. Add pecans to bowl.
6. Add apple to bowl.
7. Stir all ingredients together.
8. Use hands to make balls out of the mixture.
9. Crush ¼ cup graham crackers.
10. Roll balls in graham crackers.
11. Refrigerate until ready to eat.

Preparation Time: 10-15 minutes
Cooking Time: 20 minutes

Yield: 8
Serving Size: 1 ball

Baked Chicken and Cheese Egg Rolls

Slem J's
Portage High School
Portage School District



Enjoy our delicious and nutritious chicken, cheese, broccoli, cabbage and carrot egg rolls. They are packed with healthy vitamins and minerals with the added benefit of fiber. The egg rolls are baked, not fried and are sure to be a hit in any tummy!

Ingredients

- 1 ½ c broccoli, chopped
- ½ c carrots, shredded
- 1 c cabbage, shredded
- 1 c chicken, pre-cooked, shredded
- 4 ½ tsp soy sauce, low sodium
- 2 tsp sesame oil
- ½ c mozzarella cheese
- 8 egg roll wrappers

Instructions

1. Boil all the vegetables so they are tender, about 4-6 minutes.
2. Mix the vegetables, soy sauce and cheese in a small bowl.
3. Add the shredded chicken, mozzarella cheese and sesame oil.
4. Mix the vegetable mixture with the chicken/ cheese mixture.
5. Put equal amounts of the mixture into each egg roll wrapper.
6. Roll the egg roll wrapper into an egg roll shape.
7. Bake the egg roll for about 10 minutes or until they are brown around the edges.

Preparation Time: 30 minutes
Cooking Time: 10 minutes

Yield: 8
Serving Size: 1 egg roll

Cheesy Potato Broccoli Soup

Advanced Culinary Arts – Team #2
Waupun Area Junior/ Senior High School
Waupun Area School District

A savory potato based soup that consists of cheese, broccoli, and carrots. The creamy soup is topped with a dollop of refreshing Greek yogurt, chives and carrot swirls.

Ingredients

- 2 c broccoli, frozen
- 2 c vegetable broth
- ¼ c fat-free milk
- 1 tsp unsalted butter
- 2 tsp garlic, minced
- 3 Tbsp parmesan cheese
- 2 russet potatoes, peeled, cubed
- ¼ c onion, chopped
- ½ Tbsp canola oil
- 3 carrots, cut into coins
- ¼ c cheddar cheese, reduced fat, shredded
- 1 Tbsp Greek yogurt
- 1 tsp chives, chopped
- 1/8 tsp black pepper
- 1/8 tsp salt
- 6 c water

Preparation Time: 20 minutes
Cooking Time: 35 minutes

Yield: 6
Serving Size: 1 c

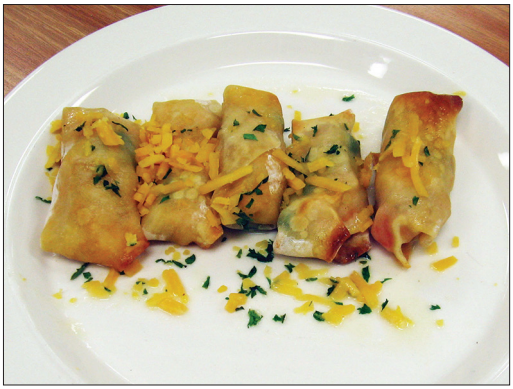
Instructions

1. Cut broccoli and carrots into bite size pieces and boil in 2 cups of water until tender.
2. In a separate pot boil potatoes in 4 cups of water until tender.
3. Meanwhile, sauté garlic in butter over medium-heat until soft and aromatic.
4. Drain potatoes and combine in blender with milk, salt, pepper, parmesan cheese, garlic, and 1 cup of vegetable broth. Purée mixture to the consistency of a smooth sauce.
5. Add 1 cup of vegetable broth, potato mixture, cheese, chives and vegetables in pot.
6. Stir ingredients together until combined.
7. Let simmer on low-heat for 10-20 minutes, stirring occasionally.
8. Serve hot, topped with a dollop of Greek yogurt, chives, cheese, and carrot swirls.

Chicken Pot Pie Wontons

Advanced Culinary Arts – Team #1
Waupun Area Junior/ Senior High School
Waupun Area School District

A baked crisp wonton, filled with savory chicken, vegetables and a masterpiece of cheddar cheese. All topped with a drizzle of gravy to make it all come together in a dish that would remind you of grandmas home cooking.



Ingredients

- 18 wonton wrappers
- 2/3 c mixed vegetables, frozen, thawed
- 1/3 c cheddar cheese
- 11 oz can of gravy
- 4 ½ Tbsp chicken, pre-cooked, diced

Instructions

1. Preheat oven to 400°F.
2. Lay out wonton wrappers on a sheet tray.
3. Cut the chicken into bite-sized pieces.
4. Place ¼ tablespoon of chicken on each wonton wrapper.
5. Place ½ tablespoon of mixed vegetables on wrapper.
6. Add ¼ tablespoon of cheese.
7. Fold over half of the wonton wrapper to cover filling and fold in the sides. Put a little water on wonton edges to hold them together.
8. Cook in oven for 10-12 minutes.
9. Pull out wontons and drizzle gravy on top.

Preparation Time: 15 minutes
Cooking Time: 10-12 minutes

Yield: 18
Serving Size: 3 wontons

Chicken Soup with Spinach and Wild Rice

Team Souper CSL
Badger Ridge Middle School
Verona Area School District

Our savory chicken soup with spinach and wild rice is a great thing to have from cold winter days, to fun summer gatherings. This low calorie dish is hearty and will keep you satisfied.

Ingredients

- 6 c water
- ½ c wild rice
- ½ c brown rice
- 1 chicken breast, pre-cooked, diced
- 1 tsp olive oil
- 1 c onion, chopped
- 3 garlic cloves, minced
- 3 Tbsp tomato paste
- 1 tsp dried basil
- 16 oz vegetable broth
- 14.5 oz can tomatoes, diced
- 3 c spinach, fresh
- ¼ tsp salt substitute
- ¼ tsp black pepper

Instructions

1. Boil 6 cups of water, reduce heat, add rice, and simmer for 1 hour.
2. Chop chicken, onions, and garlic.
3. Sauté onions in olive oil for 3 minutes then add garlic.
4. Add tomato paste, remaining water, dried basil, vegetable broth, diced tomatoes, spinach, salt substitute, and black pepper.
5. Reduce heat and simmer for 20 minutes.
6. Add rice to pot and then ladle into bowls.

Preparation Time: 1 hour
Cooking Time: 1 hour and 30 minutes

Yield: 8
Serving Size: 1 c

Grilled Corn with Spicy Lime Mayo and Beans

FaZe Cooks
Einstein Middle School
Appleton Area School District

Grilled Corn with Spicy Mayo is a moist and spicy Mexican style food. It is healthy and is good for any type of meal or snack. The grilled corn is already good, and the spice just gives it a whole new flavor.

Ingredients

- 4 c corn, frozen
- ¼ c mayonnaise, light
- 2 Tbsp parmesan cheese, grated
- 2 green onions, chopped
- 4 tsp lime juice
- 3 c black beans

Instructions

1. Heat skillet over medium heat.
2. Cook corn and beans together.
3. Add green onions with corn and beans and cook for 8 minutes and put in bowl.
4. Mix remaining ingredients in a medium bowl with beans and corn.
5. Serve.

Preparation Time: 45 minutes
Cooking Time: 30 minutes

Yield: 6
Serving Size: ½ c

Peanut Butter Strawberry Quesadilla

Fire Breathing Rubber Duckies
James Madison Middle School
Appleton Area School District

This recipe uses fresh grown strawberries, bananas, and creamy peanut butter. These quesadillas are a very quick, healthy, delicious breakfast alternative. If desired, a pinch or two of cinnamon can be added to these right before the top tortilla is added. Altogether these quesadillas have a very sweet and creamy texture and are perfect for a quick breakfast.

Ingredients

- 2 Tbsp peanut butter
- 1 banana, large
- 6 strawberries
- 2 tortillas, whole grain
- 1/8 tsp cinnamon
- Cooking spray

Instructions

1. Spread 1 tablespoon peanut butter on each tortilla.
2. Cut the strawberries into medium coins.
3. Cut the banana into coins.
4. Spread the banana and strawberry coins onto one side of the tortilla.
5. Put the other tortilla on top of the other one.
6. Turn up the stove to medium-heat.
7. Put the tortilla on the pan and flip often.
8. It should take 2 minutes on each side.
9. Then put the hot tortilla onto a plate, cut into triangles, and serve.

Preparation Time: 5 minutes
Cooking Time: 10 minutes

Yield: 8
Serving Size: 1 triangle

Rainbow Rice

Go Healthy
Mukwonago High School
Mukwonago Area
School District

Brown rice and chicken combined with delicious corn and bursts of flavor from green pepper, carrots, and tomatoes.

Ingredients

- 6 c brown rice
- 2 c corn, frozen
- 12 oz chicken, pre-cooked, diced
- ¾ c green bell pepper, diced
- ¾ c carrots, frozen
- ¼ c tomato, canned, diced
- Cooking spray

Instructions

1. Bring 3 cups water to boil in a medium size kettle on the stove.
2. Once at a boil, pour rice into the water and stir. Let simmer for 5 minutes. Then let stand until all water is absorbed.
3. Spray a medium sized sauce pan with cooking spray and heat the precooked chicken for 5-7 minutes.
4. Put frozen corn in 1 cup of water in a small pot on stove over low-heat. Let cook for 6 minutes.
5. While chicken and corn are cooking, chop tomato, green bell pepper and carrots.
6. Once corn is done, drain and immediately combine all ingredients in the kettle with rice and stir together.
7. Put a lid on the kettle and let stand for 3 minutes.
8. Let cool to desired temperature and plate.

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 6
Serving Size: 2 c

Spicy Spanish Rice

Fondy Foods
Fond du Lac High School
Fond du Lac School District

A serving of whole grain rice served with a tangy mixture of tomato soup, lime juice, and cilantro with sweet corn, black beans, and hearty kidney beans. All put together with a kick of Tabasco.

Ingredients

- ½ c tomato soup, reduced sodium
- ¾ c onions, diced
- ¾ c green bell pepper, diced
- 1 c brown rice, medium grain
- 1 Tbsp cilantro
- ½ c kidney beans, canned
- ½ c black beans, canned, reduced sodium
- ¼ c lime juice
- 2 Tbsp olive oil
- ½ c corn, frozen
- 4 tsp Tabasco

Instructions

1. Cook rice until tender.
2. While rice is cooking, dice onions and green bell peppers.
3. Heat olive oil in pan over medium-heat.
4. Sauté onions and peppers for 4 minutes.
5. Add beans and corn, continue to sauté until heated through.
6. Add half of the lime juice to your vegetable mixture.
7. Finely chop the fresh cilantro.
8. Mix cilantro, tomato soup, and remaining lime juice with rice.
9. Combine vegetable mixture with the rice mixture.
10. Combine the Tabasco with the whole mixture.

Preparation Time: 20 minutes
Cooking Time: 55 minutes

Yield: 6
Serving Size: ¾ c

ENTRÉES

Aloha Fajitas

Grey Kitchen Cooks
Einstein Middle School
Appleton Area School District

A tangy pineapple take on a classic Mexican dish.

Ingredients

- 12 oz chicken breast strips, pre-cooked
- 8 tortillas, whole grain
- 1 onion
- 1 red pepper
- 1 green pepper
- 2 c pineapple, diced
- 1 ¼ tsp cumin
- 1 tsp oregano
- 1 tsp red pepper flakes
- 1 tsp chili powder
- 1 lime
- 5 oz pineapple juice

Instructions

1. Cook rice according to directions on package.
2. Cut peppers julienne style and mince onions.
3. Combine spices in a bowl to make seasoning.
4. Toss peppers in half of the seasoning.
5. Dice half of the pineapple and mix with three ounces pineapple juice to make pineapple sauce.
6. Dip the chicken in seasoning and toss, then add chicken strips into the pan and cook at medium heat.
7. Add peppers and onions to the pan for 2 minutes while tossing the chicken.
8. When chicken is done cooking, remove from pan and place on tortilla and then add vegetables.
9. Add pineapple and pineapple sauce, squeeze lime on top.

Preparation Time: 20 minutes
Cooking Time: 7 minutes

Yield: 8
Serving Size: 1 fajita

Blazing Burritos

One in a Million
Einstein Middle School
Appleton Area School District

These exquisite burritos are filled with blazing peppers, rich rice, and many other appealing ingredients. The burritos take a short amount of time while tasting great. If you like peppers and salsa, you should make the Blazing Burritos.

Ingredients

- 12 oz chicken, pre-cooked, diced
- 1 1/3 c feta cheese
- 2 c bell peppers, diced
- 2 c brown rice
- 2 c tomatoes, diced
- 8 tortillas, whole grain
- 8 Tbsp salsa

Instructions

1. Cook chicken on stove at medium-heat until it is warm. Then spoon into tortillas.
2. Cut up peppers and tomatoes and place an equal amount of each in a tortilla.
3. Cook rice at medium-heat in water and place it into the burritos.
4. Put an equal amount of cheese in each burrito.
5. Add 1 tablespoon of salsa to each burrito.
6. Warm up the burritos for 45 seconds on medium-low.

Preparation Time: 10 minutes
Cooking Time: 10 minutes

Yield: 8
Serving Size: 1 burrito

Chicken and Pasta

The Noodles
Sheboygan Falls High School
Sheboygan Falls School District

Enjoy a healthy, protein packed whole grain pasta dish which includes school grown fresh vegetables.

Ingredients

- 6 shallots
- 12 garlic cloves
- 6 Tbsp capers
- ¾ c olives, Kalamata
- 1 ½ c tomato
- 1 eggplant, cut into 18 slices
- 1 butternut squash, cut into 12 slices
- 6 chicken breasts, pre-cooked
- 2 Tbsp olive oil
- 6 c pasta, whole grain, rotini

Instructions

1. Cook pasta according to package directions. Rinse and drain pasta; set aside.
2. Mince shallots and garlic. Transfer to small mixing bowl.
3. Chop capers, olives, and tomato. Mix together with shallots and garlic.
4. In a non-stick pan, sauté the prepared vegetables in olive oil until tender. Add to cooked pasta.
5. Grill chicken, eggplant and squash until cooked thoroughly. Season to taste with salt and pepper. Slice chicken into strips.
6. Plate 1 cup of pasta, placing 1 chicken breast on top. Finish each plate with 3 slices eggplant and 2 slices of squash.

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Yield: 6
Serving Size: 1 chicken breast with 1 c pasta

Chicken Fajita Fiesta

Cardinal Cookers
Fond du Lac High School
Fond du Lac School District

Taking a very healthy turn on a classic Mexican dish. Chicken Fajita Fiesta combines the sweet flavor of bell peppers, crispy onions, and spicy chicken. It is all wrapped in the heartiness of a whole wheat tortilla that even the kids will enjoy.

Ingredients

- 2 Tbsp olive oil
- 1 ½ c green bell pepper, sliced
- ¾ c red bell pepper, sliced
- ¾ c onion, thinly sliced
- 1 c chicken, pre-cooked, diced
- 1 Tbsp onion powder
- 1 Tbsp garlic powder
- 1 Tbsp crushed red pepper
- 1/8 tsp sugar
- 1/8 tsp salt
- 8 tortillas, whole wheat

Instructions

1. Cut peppers and onion into thin slices.
2. Sauté peppers and onion in a small amount of oil until tender. Add chicken. Continue to cook on low-heat until heated through. Stir in onion powder, garlic powder, crushed red pepper, sugar, salt and blend thoroughly.
3. Warm tortillas and roll mixture inside.

Preparation Time: 15 minutes
Cooking Time: 15 minutes

Yield: 8
Serving Size: 1 fajita

Chicken Penne Pasta

Green Team
Grafton High School
Grafton School District

Melted cheese on top of whole wheat penne pasta with chicken and broccoli.

Ingredients

- 1 lb pasta, penne, whole wheat
- 2 c broccoli florets
- ¾ c diced chicken, pre-cooked
- ½ c cheddar cheese, reduced fat, shredded
- ½ c mozzarella cheese, low fat, shredded
- 3 Tbsp non-fat (skim) milk
- 3 Tbsp chicken broth, low sodium
- ½ tsp salt
- ¾ tsp black pepper
- 1 tsp garlic and herb seasoning

Instructions

1. Preheat oven to 350°F.
2. Cook pasta according to directions until tender, then drain.
3. Grease the baking dish and put pasta in dish.
4. Put broccoli in microwave safe bowl and fill half-way with water. Cover bowl and then microwave for 2-3 minutes.
5. Add the drained broccoli and the chicken to the pasta.
6. Sprinkle shredded cheeses over pasta mixture.
7. In a mixing bowl, combine milk, chicken broth, salt, and pepper.
8. Pour mixture evenly over the pasta mixture and mix.
9. Cover baking dish with foil.
10. Bake 30 minutes or until mixture is bubbly and cheese is melted.

Preparation Time: 15 minutes
Cooking Time: 20 minutes

Yield: 6
Serving Size: 1 ¾ c

Jerked Tropical Tacos

New School
New School for Community Service Milwaukee Public Schools

Blackened chicken melted into a taco paired with mild guacamole and sweet, yet spicy pineapple-kiwi salsa.

Ingredients

- 1 pineapple, diced
- 2 jalapeno peppers, diced
- 1 red onion, diced
- 2 kiwis, diced
- 2 tomatoes, Roma
- 1 red bell pepper
- 8 tortillas, whole grain
- ¼ c cilantro, chopped
- 8 oz chicken, pre-cooked, diced
- 3 avocados
- ¼ c Fontina cheese
- 1 lime, juiced
- ¼ tsp blackened seasoning
- 3 cloves garlic
- 2 tsp Sriracha sauce

Instructions

1. Dice pineapple, jalapenos, red onion, kiwis, and red bell pepper.
2. To make salsa, mix together pineapple, kiwi, ½ jalapeno, ½ red bell pepper, and ½ onion.
3. Remove skin and pit from avocado.
4. Mash avocados together. Mince garlic and add to avocado. Mix in remaining jalapeno, red bell pepper, and onion.
5. Add ½ of the lime juice to guacamole and the other ½ of the lime juice to the salsa.
6. Place cheese, tomatoes, and chicken into tortillas.
7. Grill the tortillas, five minutes each side.
8. Top with guacamole and salsa.
9. Garnish with cilantro and Sriracha.

Preparation Time: 45 minutes
Cooking Time: 10 minutes

Yield: 8
Serving Size: 1 taco

Kicking Spicy Rice Casserole

2b1g
Washington Junior High
Manitowoc School District

Brown rice with frozen vegetables, scrambled eggs, and chicken. The casserole is topped off with a "kick."

Ingredients

- 1 1/3 c brown rice
- 1 c peas, frozen
- 1 c corn, frozen
- 1 c carrots, frozen
- 1 1/3 Tbsp Sriracha sauce
- 1 Tbsp hoisin sauce
- 3 oz chicken, pre-cooked, diced
- 6 eggs
- 1 Tbsp vegetable oil

Instructions

1. Boil 2 cups of water with rice and 1 tablespoon oil for 40-45 minutes.
2. Boil 5 cups of water in a pan and boil carrots, corn, and peas for 5 minutes.
3. Chop chicken into cubes.
4. Scramble eggs in a large pan.
5. Add chicken to scrambled eggs.
6. Add vegetables and rice to egg and chicken mixture.
7. Add Sriracha and hoisin sauce to mixture.
8. Mix well so that all the ingredients are combined.

Preparation Time: 25 minutes
Cooking Time: 60-75 minutes

Yield: 6
Serving Size: 1 cup

Orange Chicken Stir Fry

Caliente y Spicey
Baldwin-Woodville High School
Baldwin-Woodville
School District

Tender chicken in a tangy orange sauce mixed with a variety of healthy vegetables. All served on top of brown rice.

Ingredients

- 1 red bell pepper, halved and cut into strips
- 1 yellow bell pepper, halved and cut into strips
- ½ red onion, diced
- 1 c broccoli, frozen
- ½ c carrots, frozen, cut lengthwise
- 4 oz water chestnuts, sliced
- 8 oz peapods
- 1 lb chicken, pre-cooked, diced
- 2 Tbsp olive oil
- 2 c brown rice
- 1 c orange juice
- 1 Tbsp cornstarch
- 1 tsp soy sauce
- 1/8 tsp red chili flakes
- 2 garlic cloves, minced

Instructions

1. Prepare rice according to directions.
2. Meanwhile, prep vegetables and set aside.
3. Place oil in wok or large skillet over medium-high heat. Add peppers, onions, broccoli, and carrots. Cook until tender.
4. Add peapods to mixture and cook until tender.
5. Add pre-cooked chicken and heat through.
6. In a separate saucepan, mix orange juice, cornstarch, soy sauce, red chili flakes, and garlic. Cook over medium heat until thickened.
7. Add sauce mixture to vegetable mixture.
8. Plate rice and serve stir fry on top.

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Yield: 6
Serving Size: 1 cup

Pasta Pomodorini

Food Freedom
Grafton High School
Grafton School District

Penne pasta with tomato and garlic sauce.

Ingredients

- 2 c pasta, penne, whole grain
- 4 Tbsp olive oil
- 6 garlic cloves, thinly sliced
- ½ tsp red pepper flakes
- 2 pints tomatoes, cherry
- 1 c basil leaves
- Parmesan cheese, for garnish

Instructions

1. Boil noodles.
2. Crush cherry tomatoes with hands.
3. Heat olive oil in large skillet over medium heat. Add garlic and cook until brown.
4. Add red pepper flakes and stir for about 45 seconds.
5. Add tomatoes, raise heat to high, stir for 2 minutes.
6. Lower heat and add basil leaves.
7. Drain pasta, mix with sauce, stir.
8. Plate and garnish with parmesan cheese.

Preparation Time: 20 minutes
Cooking Time: 15 minutes

Yield: 6
Serving Size: 1 c

Rolling Pizza Wheels

Team Black
Grafton High School
Grafton School District

A tasty pepperoni, cheese and sauce layered wheel of healthy pizza.

Ingredients

- 1 c + 2 Tbsp flour, all-purpose
- 1 c + 3 Tbsp flour, whole wheat
- ¼ tsp salt
- ¾ tsp yeast, dry, active
- ½ c non-fat (skim) milk
- 1 Tbsp olive oil
- 4 Tbsp pizza sauce
- ½ c turkey pepperoni
- 2 ½ oz cheddar cheese, fat-free, shredded
- ½ oz mozzarella cheese, fat-free, mozzarella
- 1 Tbsp parsley, flat leaf
- 5 Tbsp Italian seasoning

Instructions

1. Preheat oven to 350°F.
2. Combine flour, salt, and yeast. Mix in warm milk and oil.
3. Knead flour for 10 minutes.
4. Roll into a 12x18 inch rectangle and spread with pizza sauce.
5. Combine cheese, pepperoni, parsley, and seasoning and sprinkle over pizza sauce.
6. Roll rectangle lengthwise in jelly roll-style, cut into 8 slices and bake for 25 minutes.

Preparation Time: 15 minutes
Cooking Time: 20 minutes

Yield: 8
Serving Size: 1 piece

Rotini Vegetable Pasta

AJMN
James Madison Middle School
Appleton Area School District

A rotini whole grain pasta with vegetables. The spiraled pasta is tossed with cucumber, tomatoes, corn and broccoli. The pasta is cooked to perfection without being too firm or mushy. The vegetables are all combined together in a pan on medium heat to have them warm. Add some pepper, butter, and minced garlic to the vegetables to give them the perfect sauce for flavor. With some black pepper, butter, and garlic added to the noodles, it balances out and gives them some more flavor. Once you pour the vegetables on top, you have a great contrast of color, spice, and overall flavor. Take a bite and enjoy!

Ingredients

- 1 lb pasta, rotini, whole grain
- 1 c cucumber, diced
- 1 c tomato, diced
- 1 c broccoli florets
- ½ c corn, frozen
- 2 tsp black pepper
- 2 garlic cloves, minced
- 2 Tbsp butter

Instructions

1. Heat water to a boil and add noodles.
2. Cook noodles until tender, about 9 minutes.
3. While pasta is cooking, heat butter in pan over medium-high heat. Add garlic, cucumber, tomato, broccoli, and corn and cook for 5 minutes.
4. Drain noodles, add to vegetables, and toss with pepper.

Preparation Time: 10 minutes
Cooking Time: 25 minutes

Yield: 8
Serving Size: 2 c

Sautéed Chicken with Pureed Cranberries

Kobra Strike
James Madison Middle School
Appleton Area School District

At the bottom of the plate, we have fresh sautéed vegetables with salt and pepper sprinkled over them. On top of that, there is sautéed chicken also with a sprinkle of pepper and salt. Poured on all of that is pureed cranberries with a cinnamon and sugar mix.

Ingredients

- 5 chicken strips, pre-cooked
- 1 Tbsp olive oil
- 1 oz broccoli, fresh
- 1 c onions, diced
- 1 tsp salt
- 1 tsp black pepper
- 1 oz carrots, fresh
- 1 c brown rice
- 1 yellow bell pepper, cut into strips
- 1 c cranberries, fresh
- ¼ c sugar
- Cinnamon to taste

Instructions

1. Salt and pepper chicken, broccoli, yellow bell pepper, and carrots.
2. Heat oil over high heat.
3. Sauté the onions, broccoli, yellow bell pepper, and carrots.
4. Remove vegetables and add chicken to pan.
5. Sauté the chicken on high heat until warmed through, then remove chicken.
6. Wash the cranberries.
7. Put cranberries in blender and purée with sugar and cinnamon.
8. Drizzle pureed cranberries over chicken and serve.

Preparation Time: 10 minutes
Cooking Time: 30 minutes

Yield: 8
Serving Size: 1 ½ cup

Spaghetti Veggie Pasta

The Veggie Pros
James Madison Middle School
Appleton Area School District

This delicious dish has plenty of heart-healthy vegetables. They are sautéed until perfection in oregano oil. The multigrain noodles serve as the base, and the vegetables serve as the topping. The dish is topped with a splash of garlic oil.

Ingredients

- 2 c pasta, spaghetti, whole grain
- 2 c broccoli, frozen
- 2 c carrots, frozen
- 1 c chicken, pre-cooked, diced
- 2 c cauliflower, florets
- 2 c green bell pepper, diced
- ¼ c cheddar cheese, reduced fat, shredded
- 1 Tbsp garlic oil
- 1 Tbsp oregano oil
- Parsley, for garnish

Instructions

1. Bring water to boil and cook pasta until tender.
2. Drizzle oregano oil in a pan over medium-high heat and sauté the vegetables.
3. In a different pan, cook chicken as directed on package.
4. Add the chicken to the vegetables.
5. Drain pasta and put portion on plate.
6. Add vegetables and chicken to top of pasta.
7. Drizzle the tablespoon of garlic oil on top of dish.
8. Garnish dish with parsley.

Preparation Time: 15-20 minutes
Cooking Time: 15-20 minutes

Yield: 8
Serving Size: approximately 1 ½ c

Spaghetti with Chicken

Purple Dolphins
Badger Ridge Middle School
Verona Area School District

This dish is made of stringy spaghetti noodles with a tangy red sauce and juicy chicken bites.

Ingredients

- 8 oz chicken, pre-cooked, diced
- ½ Tbsp Italian seasoning
- ½ Tbsp Worcestershire sauce
- ¼ tsp brown sugar
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp salt substitute
- 3 oz tomato paste
- 7.5 oz tomato sauce
- 8 oz pasta, spaghetti, whole grain
- ¼ c parmesan cheese

Instructions

1. Bring pot of water to boil and cook pasta until tender.
2. Mix tomato sauce, tomato paste, seasonings, and Worcestershire sauce in a sauce pan over medium heat.
3. Add chicken to sauce and heat through.
4. Plate noodles and top with chicken/sauce mixture.
5. Add parmesan cheese on top.

Preparation Time: 40 minutes
Cooking Time: 10 minutes

Yield: 8
Serving Size: 1 c

Spicy Chicken Chunk Tacos

The Legion of Chunky Chicken
New Glarus High School
New Glarus School District

Premium white chicken chunks folded in a whole wheat tortilla topped with crisp jalapeno slices, fresh green peppers, succulent diced tomatoes, freshly cut onions, garnished with cilantro, and drizzled with lemon juice to bring the harmony of citrus and spicy flavors together.

Ingredients

- 12 oz chicken, pre-cooked, diced
- 8 tortillas, whole grain
- 1 green bell pepper
- 2 tomatoes, Roma
- 1 red onion
- 1 jalapeno pepper
- 1 Tbsp lemon juice
- 1 head romaine lettuce
- 2 c cilantro
- 2 Tbsp garlic powder
- 1 Tbsp olive oil

Instructions

1. Cook chicken in a pan with olive oil over medium heat for 5 minutes.
2. Chop romaine.
3. Dice onions, tomatoes, green bell pepper, and jalapeno.
4. Finely chop cilantro.
5. Lightly toast each tortilla on low-medium heat in frying pan.
6. Lay out tortilla and add 1.5 oz chicken.
7. Place all diced chopped vegetables on top of chicken.
8. Fold tortilla shells and drizzle lemon juice on top of taco.

Preparation Time: 5-8 minutes
Cooking Time: 5 minutes

Yield: 8
Serving Size: 1 taco

Spinach Rotini

JPECS
Einstein Middle School
Appleton Area School District

A zesty springtime spinach pasta with added tomatoes, sweet peppers, and a pinch of parsley and garlic. To top it all off, a sprinkle of melted cheese.

Ingredients

- 1 lb pasta, rotini, whole grain
- 10 oz spinach, raw, chopped
- 1 Tbsp olive oil
- 5 garlic cloves
- 1 bell pepper, diced
- 1 tomato, diced
- ¼ c mozzarella cheese, part-skim, shredded
- 3 Tbsp parsley, chopped
- 2 Tbsp pesto

Instructions

1. Bring a large pot of water to boil and add pasta. Cook for 8-10 minutes or until al dente.
2. In a large sauté pan, heat olive oil over medium-heat.
3. Add garlic, peppers, tomatoes and spinach to sauté pan.
4. Cook for 5 minutes.
5. Add in pasta. Then add in pesto.
6. Toss in parsley.
7. Melt cheese on top and serve.

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Yield: 6
Serving Size: 1 c

Super Healthy Alfredo

Alfredo Squad
Grafton High School
Grafton School District

Whole wheat spaghetti noodles tossed with a light alfredo sauce mixed with broccoli.

Ingredients

- ¼ c onion, chopped
- 2 garlic cloves, minced
- 2 c non-fat (skim) milk
- 1 c chicken broth, low-sodium
- 3 Tbsp flour, all-purpose
- ¼ tsp salt
- ¼ tsp pepper
- ½ c parmesan cheese
- 1 lb pasta, spaghetti, whole grain
- 1 lb broccoli, chopped

Instructions

1. Bring large pot of water to boil and cook pasta.
2. Sauté onion and garlic in medium saucepan until golden brown.
3. In a small saucepan, stir together milk, chicken broth, flour, salt and pepper over low-heat until thick.
4. Once thick, stir into onion and garlic mixture, then add cheese.
5. When noodles are almost ready, add broccoli to boiling water for the last few minutes of cooking.
6. Drain pasta and broccoli.
7. Toss sauce in noodle/vegetable mixture.

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 8
Serving Size: 2 c

Vegetable Burrito Roll Ups

Plymouth Panthers
Plymouth Comprehensive High School
Plymouth School District

Welcome to "Taco Tuesday" with a twist! A bright colorful vegetable spread mixed with rice and rolled up into a whole wheat tortilla shell makes for a refreshing new take on a burrito. They taste so good you wouldn't even know they are super healthy. Finishing it up with wonderful, fresh condiments, our product is both a treat for the eyes and taste buds.

Ingredients

- 1 c onion, chopped
- ¼ c carrots, chopped
- ¼ c winter squash, cubed
- 1 ½ tsp cumin
- ¾ tsp oregano, dried
- ½ tsp chili powder
- ¼ c spinach, fresh
- ½ c red bell pepper, chopped
- ½ c brown rice, instant
- 2 eggs
- ½ c lettuce
- ¼ c tomatoes, canned, no salt
- ¼ c cheddar cheese, reduced fat, shredded
- ¼ c sour cream, reduced fat
- 8 tortilla, whole wheat

Preparation Time: 20 minutes
Cooking Time: 60 minutes

Yield: 8
Serving Size: 1 burrito

Instructions

1. Preheat oven to 350°F. Warm the squash in a medium skillet over medium-heat.
2. Prepare the rice according to the directions on the package.
3. Chop the carrots, peppers, ½ onion, and spinach in a food processor. Add the chopped vegetables to the squash and cook until slightly tender.
4. Beat eggs lightly and stir into the squash mixture combining until smooth and thoroughly cooked.
5. Combine the cooked rice with the squash mixture.
6. Spread mixture onto tortilla shells and roll up.
7. Bake in oven for 15 minutes or until the tortilla begins to become crisp.
8. Slice tortillas into 3 pieces. Serve with lettuce, cheese, tomatoes, sour cream, and remaining onion.

Vegetarian Cheese Shells

Super Chefs
James Madison Middle School
Appleton Area School District

Our recipe 'Vegetarian Cheese Shells,' has mouthwatering pasta shells cooked to perfection. Stuffed with cheese, fresh spinach, onions, and delicious red peppers and covered in a warm mountain of gooey cheddar cheese and marinara.

Ingredients

- 2 c marinara sauce, low-sodium
- 3 c pasta, shells, whole grain
- 6 cloves garlic, minced
- 1 c onion, chopped
- 1/3 c red bell pepper, chopped
- 4 oz spinach, fresh
- 1 c cheddar cheese, reduced fat, shredded
- 1 egg
- 1 c cottage cheese, low fat
- 1 Tbsp parmesan cheese
- ½ tsp parsley
- ½ tsp basil
- ½ tsp oregano
- ½ tsp Italian seasoning

Instructions

1. Preheat oven to 400°F.
2. Fast boil shells in boiling water.
3. Mix 1 egg, 1 cup cottage cheese, 1 tablespoon parmesan cheese, ½ tsp parsley, basil , Italian seasoning and oregano.
4. Stuff shells with egg mixture, spinach, red bell peppers, onion, garlic and cheddar cheese.
5. Layer a little marinara sauce on the bottom of the pan, then place the shells in the pan.
6. Place in the oven and cook for about 25 minutes or until bubbly.

Preparation Time: 5 minutes
Cooking Time: 25 minutes

Yield: 8
Serving Size: 1/8 of recipe

Vegetarian Mexican Rice Bowl

Picante Plymouth Panthers
Plymouth High School
Plymouth School District

Try this fresh and healthy, homemade take on a Mexican favorite. These rice bowls are piled high with whole grains, protein, and veggies to fill you up with nutrition. This mouth watering Mexican dish is seasoned to perfection and easily prepared.

Ingredients

- 4 c brown rice, instant
- 4 c black beans, canned, low-sodium
- 1 c cheddar cheese, reduced fat, shredded
- 8 c romaine lettuce
- 2 c red and green bell pepper, diced
- 2 c corn, frozen
- 2 c tomatoes, diced, canned, no salt
- 1 c onion, diced
- ½ c cilantro
- 4 tsp cumin

Instructions

1. Prepare 8 servings of instant rice.
2. Mix cumin into rice and evenly separate rice into 8 bowls as the first layer.
3. Evenly distribute black beans to the 8 bowls as the second layer.
4. In a separate bowl, mix peppers with 1/3 cup water and steam in microwave until tender.
5. In a separate bowl, mix together peppers, corn, tomatoes, onion and cilantro.
6. Evenly distribute vegetable mixture from step 5 as the third layer.
7. Top with chopped lettuce and cheese.

Preparation Time: 15 minutes
Cooking Time: 10 minutes

Yield: 8
Serving Size: 1 bowl

Vegetarian Southwestern Stuffed Peppers

The 5 Gals
Einstein Middle School
Appleton Area School District

We're taking bell peppers to the next level with our new recipe. First we take a fresh bell pepper and cut off the top. Then we fill with a combination of black and pinto beans. Add some healthy brown rice, corn, and some diced tomatoes. Taste this miraculous pepper filled with a Southwestern mix that is sure to dance across your taste buds.

Ingredients

- 6 red bell peppers, medium
- 1 c black beans
- 1 c pinto beans
- 1 c tomatoes, diced
- 1 c mozzarella cheese
- 1 c corn, frozen
- 1 c brown rice
- ¼ tsp salt
- ½ tsp pepper
- 1 Tbsp cilantro (no stem)

Instructions

1. Preheat oven to 450°F.
2. Cut off the tops of your peppers and clear the insides of the peppers.
3. Place your cleared peppers inside the oven for 15 minutes until soft.
4. While peppers are in the oven, cook your rice.
5. Then in a large bowl, mix together all ingredients except for ½ cup of cheese.
6. Then take the peppers out of the oven and stuff them to nearly the top.
7. Sprinkle the extra cheese on top of all your peppers.
8. Put them back into the oven until cheese on top is melted.

Preparation Time: 20-30 minutes
Cooking Time: 20 minutes

Yield: 6
Serving Size: 1 pepper

Winner Winner Chicken n' Dumplings Dinner

Team Supersize It
Lakeland Union High School
Lakeland Union High School District

A serving of chicken breast covered in a sauce composed of cream of chicken soup, peas, and carrots. Then, top it off with large whole wheat dumplings covered in the vegetable/chicken sauce.

Ingredients

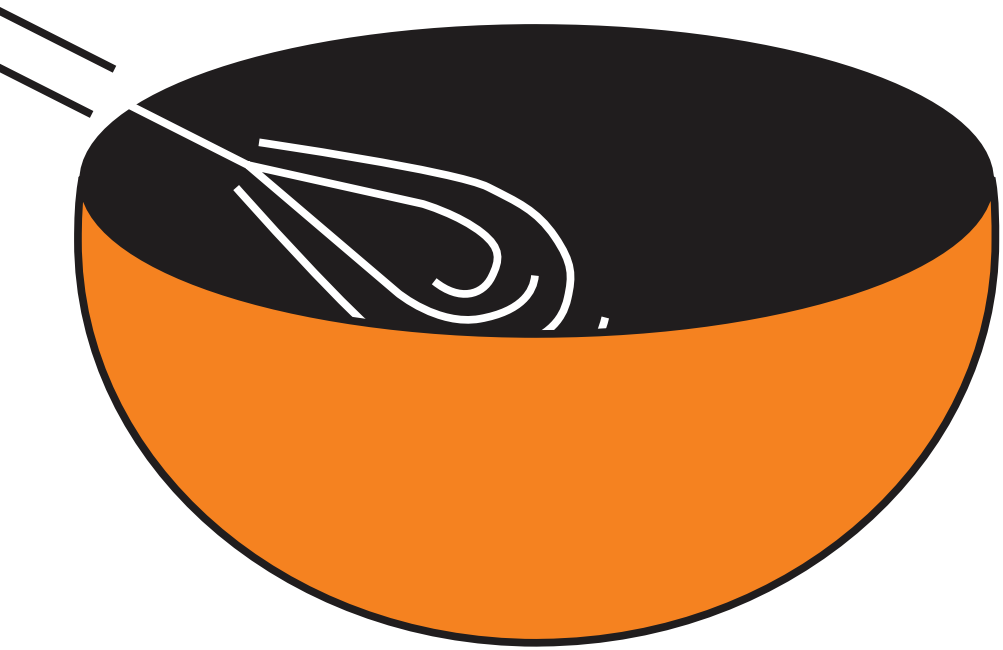
- 10.75 oz cream of chicken soup
- 1 c carrots, frozen
- 1 c peas, frozen
- 4 c flour, whole wheat
- 1 Tbsp baking powder
- 2 c non-fat (skim) milk
- 1 tsp salt substitute
- 1 lb chicken, pre-cooked, cubed

Instructions

1. Preheat oven to 350°F.
2. Warm soup for 5-10 minutes.
3. Bake chicken, drained and thawed vegetables, and half of soup in a 9x13 inch pan for 20-30 minutes at 350° F.
4. Mix flour, milk, salt substitute, and baking powder and cook until golden brown, approximately 15 minutes.
5. Form dumplings (about 2 inches across) and cook.
6. To plate – layer soup/chicken/vegetables sauce, top with 2 large dumpling and extra sauce.

Preparation Time: 10-15 minutes
Cooking Time: 20 minutes

Yield: 8
Serving Size: 2 dumplings



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