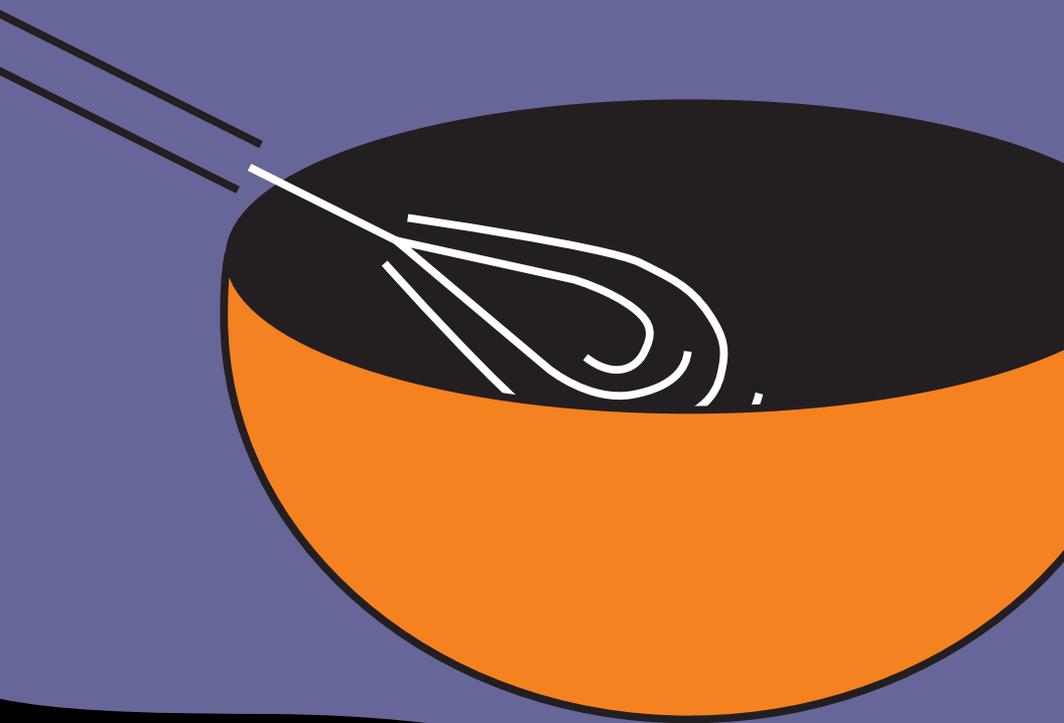


# WHIPPING UP WELLNESS

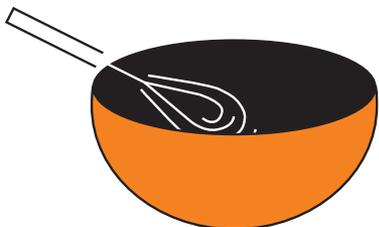
Wisconsin Student Chef Competition

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## 2014 Cookbook







# WHIPPING UP WELLNESS

Wisconsin Student Chef Competition  
2014 Cookbook

Developed by

Alicia Dill, RDN, CD, CDE  
Nutrition Education Consultant

and

Kelly Williams, RDN, CD  
Nutrition Education Consultant



Wisconsin Department of Public Instruction  
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Tony Evers, PhD, State Superintendent, Wisconsin Department of Public Instruction (DPI)  
Julie A. Cox, RDN, CD, Assistant Director, School Nutrition Team, Wisconsin DPI  
Karen Doster, Regional Program Manager, Wisconsin Dairy Council  
Carl Welke, Executive Chef, Food Service Director, Weston School District

## Teacher Advisors for Student Chef Teams

Patricia Becker, Hartford Union High School (Hartford Union High School District)  
Angela Boles, Prescott Middle School (Prescott School District)  
Renee Boston, Mukwonago High School (Mukwonago School District)  
Tara Bradford, Middleton High School (Middleton-Cross Plains School District)  
Terri Brown, Phoenix Middle School (Delavan-Darrien School District)  
Katie Busch, Einstein Middle School (Appleton Area School District)  
Kayla Correll, Greendale High School (Greendale School District)  
Melanie Jungwirth, Carl Traeger Middle School (Oshkosh Area School District)  
Char Kelley, Bloomer Middle School (Bloomer School District)  
Leah Klein, Kromrey Middle School (Middleton-Cross Plains School District)  
Greta Kochevar, Washburn High School (Washburn School District)  
Glenys Kraft, Pepin High School (Pepin School District)  
Diana Lehnherr, Badger Ridge Middle School (Verona Area School District)  
Gale Litt, Plymouth High School (Plymouth School District)  
Cindy Morse, Waupun Area JS High School (Waupun Area School District)  
Amanda Nelson, Wilson/Magellen Middle School (Appleton Area School District)  
Megan Nugent, Greenfield Middle School (Greenfield School District)  
Roxanne Piller, Kromrey Middle School (Middleton-Cross Plains School District)  
Emily Riesenweber, Beloit Memorial High School (School District of Beloit)  
Theresa Schreiber, Waterford Union High School (Waterford Union High School)  
Delaine Stendahl, Whitehall Memorial High School (Whitehall School District)  
Heather Stinson, James Madison Middle School (Appleton Area School District)  
Michelle Taylor, Grantsburg High School (Grantsburg School District)  
Stephanie Wiczorek, St. Nicholas Catholic School (Freedom, WI)  
Denise Wimmann, Craig High School (Janesville School District)  
Diana Woodworth, Sheboygan Falls High School (Sheboygan Falls School District)



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# Introduction

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For the second straight year, student teams across the state worked together to develop and cook recipes utilizing ingredients grown and produced in Wisconsin. The 2014 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 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 480 mg of sodium.

A total of 135 teams submitted recipes for consideration. Recipes were scored based on their nutritional analysis, incorporation of Wisconsin grown products, 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 15, 2014. The teams invited to the Cooking Competition were:

- Team Wellness, James Madison Middle School, Appleton Area School District
- The Purple Pirates, Grantsburg High School, Grantsburg School District
- American Kitchen, Craig High School, Janesville School District
- HAMS, Kromrey Middle School, Middleton-Cross Plains Area School District
- Healthy Plymouth Panthers Team #2, Plymouth High School, Plymouth School District

The Cooking Competition had students preparing their recipes and plating their completed dishes in the beautiful 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 Purple Pirates of Grantsburg High School were declared the winners. The Healthy Plymouth Panthers Team #2 from Plymouth High School were awarded second place. Congratulations to all participants!

The Wisconsin Student Chef Competition was made possible through the 2013 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 DPI 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 was 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://ne.dpi.wi.gov/>



# Meet the Judges:

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**Julie A. Cox**, RDN, CD, is currently an Assistant Director for the Wisconsin DPI School Nutrition Team. She has been with DPI for over 15 years. At present Julie leads a team of Public Health Nutritionists that are assisting schools in implementing the new meal pattern requirements, she supervises the administration of USDA Foods/Commodities in Wisconsin, and she works with the Team Nutrition team promoting nutrition education throughout the state.

**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.

**Dr. Tony Evers** was elected Wisconsin State Superintendent of Public Instruction in April 2009 and re-elected in 2013. With over three decades of public education experience, Dr. Evers has dedicated his life to advancing public education in Wisconsin and has steadfastly worked to transform Wisconsin's education system in order to realize the vision of "Every Child a Graduate, College and Career Ready." Dr. Evers began his career in 1976 as an educator in Tomah and has served Wisconsin students, parents, and citizens as an education leader at every level — principal, school district administrator, CESA administrator, and deputy state superintendent — before his election to the state's highest educational post.

**Carl Welke** is a certified executive chef through the American Culinary Federation and has earned two medals in culinary competitions. He has 30 years experience in the food service business and is currently the Food Service Director of the Weston School District in Cazenovia, Wisconsin.

# 2014 CHAMPIONS

The Purple Pirates

Grantsburg High School



# Savory Wild Rice Quiche

**The Purple Pirates**  
**Grantsburg High School**  
**Grantsburg School District**

This colorful wild rice quiche will delight your senses with its mouth watering combination of ingredients such as peppers, tomatoes, eggs, and cheese. Serve this dish for a healthy breakfast or filling dinner.



## Ingredients

- 1/3 c wild rice
- 1 c whole wheat flour
- 5 Tbsp light margarine
- ¼ c ice water
- ¼ c red bell pepper, finely chopped
- ¼ c yellow onion, finely chopped
- 2 eggs, whole
- 2 egg whites
- ½ c reduced-fat (1%) milk
- ¼ c medium cheddar cheese, shredded
- ½ c red tomato, finely chopped
- ½ c asparagus, shredded

*Preparation Time: 60 minutes*

*Cooking Time: 30-35 minutes*

*Yield: 6 slices*

*Serving Size: 1 slice*

### Nutrition Facts

*Calories: 323*

*Total Fat: 13.7g*

*Saturated Fat: 3.5g*

*Sodium: 316mg*

*Fiber: 3.34g*

## Instructions

### *Crust:*

1. Preheat oven to 400° F.
2. In a medium bowl combine flour and margarine using a pastry blender until crumbly.
3. Add cold water 1 Tbsp at a time until mixture forms a dough.
4. Press the crust mixture into a 9-inch pie plate.
5. Bake crust for 5-8 minutes, remove from oven, and set aside.

### *Quiche:*

1. In a medium saucepan, bring 1 ½ c water to a rapid boil.
2. Add wild rice and cook for approximately 40 minutes or until rice is tender, and drain.
3. In a small fry pan sauté red pepper and yellow onion in small amount of water until onion is slightly caramelized.
4. Remove pepper/onion mixture from heat and combine with cooked wild rice.
5. In a small bowl, whisk together the eggs, egg whites, and milk.
6. Place half of the cheddar cheese on prepared crust, top with wild rice/vegetable mixture, and sprinkle chopped tomatoes on top of rice/vegetable mixture.
7. Pour the egg mixture over the tomatoes and top with remaining cheddar cheese.
8. Bake for approximately 30-35 minutes (until a knife inserted in the center comes out clean).
9. Let stand for 10 minutes and cut into 6 slices.
10. Top slice with shredded asparagus and enjoy!

**2014 Runner-Up**  
**Healthy Plymouth Panthers Team #2**  
**Plymouth High School**



# Southwest Stuffed Peppers

**Healthy Plymouth Panthers  
Team #2**

**Plymouth High School  
Plymouth School District**

Tantalize your taste buds with a southwest flavored green pepper filled with a mouth-watering combination of cheese, potatoes, beans, and tomatoes. It makes a southwest inspired dish that is unique and nutritious!



## Ingredients

- 4 green bell peppers, whole
- 14.5 oz can reduced sodium pinto beans
- 12.5 oz can fire roasted diced tomatoes
- 1 Russet potato, whole
- 3 cloves garlic
- ½ c whole grain instant rice
- 1 Tbsp olive oil
- 2 oz mozzarella cheese, part skim, shredded
- ¼ tsp chipotle chili powder
- 2 oz Pepper Jack cheese

## Instructions

1. Preheat oven to 400° F and wash all vegetables.
2. Cut green peppers in half and de-seed.
3. Place peppers on a baking sheet and bake for 15 minutes or until soft.
4. Place pinto beans and fire roasted tomatoes in a food processor and blend until creamy.
5. Peel potato and dice.
6. Mince garlic.
7. Heat oil in a 12-inch skillet over medium-high heat and cook potatoes and garlic until potatoes are tender.
8. Add bean/tomato mixture to potato/garlic mixture and cook until heated.
9. Prepare rice as directed on package.
10. Reduce oven temperature to 350° F.
11. Add the mozzarella cheese, chipotle powder, and rice to the vegetable mixture in the skillet and heat until cheese melts.
12. Evenly portion the mixture between the peppers and top with Pepper Jack cheese.
13. Cook in oven for 5-10 minutes until cheese is melted and serve.

*Preparation Time: 60 minutes*

*Cooking Time: 40 minutes*

*Yield: 8*

*Serving Size: ½ pepper*

### *Nutrition Facts*

*Calories: 191*

*Total Fat: 4.8g*

*Saturated Fat: 2g*

*Sodium: 304mg*

*Fiber: 5.82g*

**2014 Finalist**  
**Team Wellness**  
**James Madison Middle School**



# Mediterranean Breakfast Quinoa

## Team Wellness

### James Madison Middle School Appleton Area School District

Golden quinoa with fresh delectable vegetables sauted in olive oil, garlic, and basil. This mouth watering dish is alive with fresh flavors, savory onions and healthy, yet delicious quinoa. Fluffy scrambled eggs are a perfect addition to the fresh garden vegetables which creates a wholesome breakfast.



## Ingredients

- 1 c quinoa
- 5 cherry tomatoes
- 2 cloves garlic
- 1 medium zucchini
- 2 Tbsp basil
- 1-inch feta cheese
- ¼ tsp cracked black pepper
- 1 orange bell pepper, whole
- 1 c spinach, raw
- 3 medium eggs
- ½ c sliced red onion
- 2 c low-sodium chicken broth
- 1 Tbsp olive oil
- 2 green onions
- 2 lemons

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 1 cup*

#### Nutrition Facts

*Calories: 179*

*Total Fat: 6g*

*Saturated Fat: 1.5g*

*Sodium: 103mg*

*Fiber: 3.42g*

## Instructions

1. Place quinoa, low-sodium chicken broth, minced garlic, black pepper, and 1 chopped green onion in a pot and cook over high heat until broth is at a rolling boil.
2. Turn heat down to low, cover pot, and cook for 15 minutes. Remove from the heat and let stand for 5 minutes, covered.
3. Slice bell pepper, red onion, and zucchini while quinoa is cooking.
4. In a saucepan, heat ½ Tbsp. olive oil over medium-high heat and sautéed bell pepper & onion, until softened. Add zucchini and cook until tender.
5. Slice cherry tomatoes into quarters.
6. Roll 4 large leaves fresh basil and 1c spinach leaves and slice into thin strips.
7. Scramble 3 eggs in a separate pan, breaking into small crumbles. Set aside.
8. Mix quinoa, eggs, and veggies together and distribute into bowls.
9. Top each bowl with a squeeze of 1/6 lemon and divided crumbled feta cheese.
10. Garnish with a lemon wedge and enjoy.

**2014 Finalist**  
**American Kitchen**  
**Craig High School**



# Covered with Cheese

**American Kitchen**  
**Craig High School**  
**Janesville School District**

This is a home recipe that's an American favorite. Simple ingredients but a complex flavor. It's quick to make, very tasty, and very filling.



## Ingredients

- 2 c broccoli
- 1 ½ c cauliflower
- 3 potatoes, large
- 3 slices Swiss cheese, low fat
- ½ tsp black pepper
- ¾ tsp sea salt
- Non-stick canola cooking spray

## Instructions

1. Turn broiler on high heat.
2. Wash vegetables and cut into bite sized pieces.
3. In a medium sized pot, heat 2 ½ c water.
4. Add the potatoes, salt, and pepper to the water just before it boils.
5. Cover pot but allow steam to vent and cook for 5 minutes while stirring occasionally.
6. Add broccoli and cauliflower to potatoes and steam about 5-7 minutes.
7. Spray the sides and bottom of a glass or metal rectangle pan and add steamed vegetables.
8. Broil vegetables until slightly browned (5-7 minutes).
9. Top with cheese and broil until cheese is melted and starting to brown.
10. Let stand on top of stove for five minutes before serving.

*Preparation Time: 15-20 min.*  
*Cooking Time: 35 minutes*

*Yield: 8.5*  
*Serving Size: 1 cup*

*Nutrition Facts*  
*Calories: 75*  
*Total Fat: 1.6g*  
*Saturated Fat: 0.7g*  
*Sodium: 235mg*  
*Fiber: 1.83g*

## 2014 Finalist

HAMS

Kromrey Middle School



# Quinoa and Vegetable Stuffed Peppers

## HAMS

### Kromrey Middle School Middleton-Cross Plains Area School District

A roasted bell pepper filled with cheesy, Mexican mixture of quinoa, zucchini, onion, and black beans sautéed in a blend of spices like chili powder, cumin, and garlic powder.



## Ingredients

- 6 green bell peppers
- 1 c quinoa
- 2 c vegetable stock
- 2 medium zucchinis
- ½ onion
- 1 tsp chili powder
- 1 tsp cumin
- ¼ tsp garlic powder
- ½ c cheddar cheese
- 8 oz can of black beans
- ¼ tsp salt
- ¼ tsp black pepper
- 3 Tbsp olive oil

## Instructions

1. Preheat oven to 450° F.
2. In a saucepan, bring vegetable stock and quinoa to a boil, cover and simmer until stock is absorbed, stirring occasionally (about 12-15 minutes).
3. Cut off the tops of the bell peppers and drizzle with olive oil and season with salt and pepper.
4. Place peppers on baking sheet cut side down and roast for about 20 minutes until the skin starts to char.
5. In skillet, add oil and seasonings, and heat.
6. Sauté zucchini and onion then add black beans.
7. Combine vegetable mixture and quinoa.
8. Fill the peppers with mixture, sprinkle with shredded cheese, and serve.

*Preparation Time: 25 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: 1 pepper*

## Nutrition Facts

*Calories: 320*

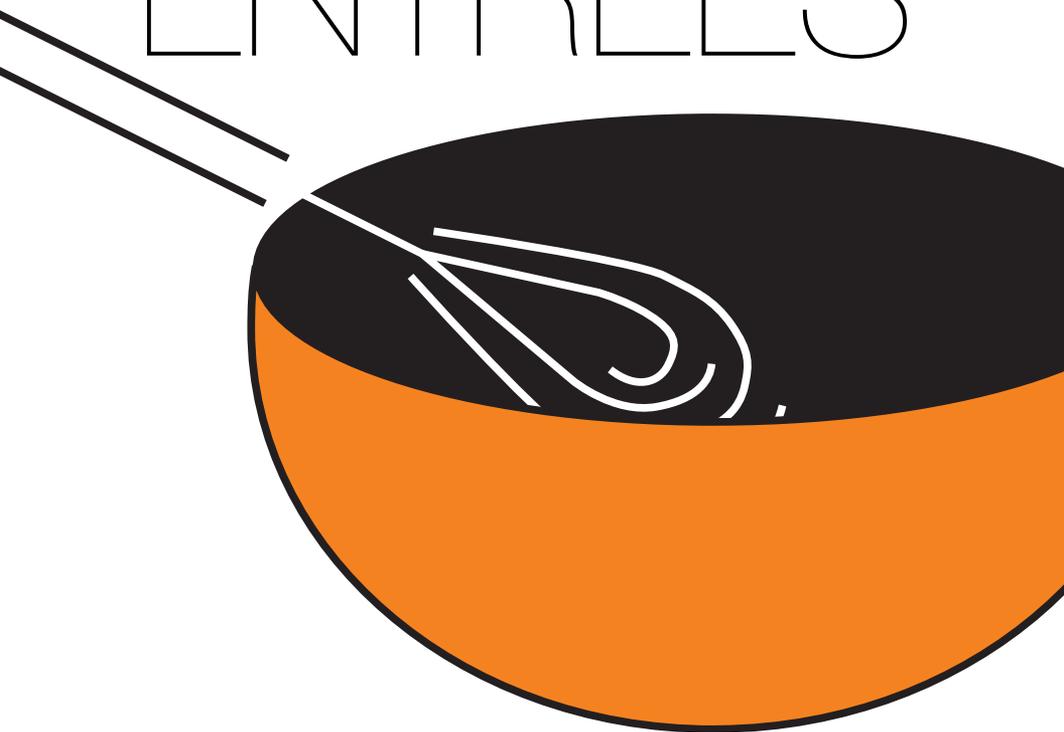
*Total Fat: 10.7g*

*Saturated Fat: 2.1g*

*Sodium: 343mg*

*Fiber: 8.21g*

# ENTRÉES



# Asian Rice Salad with Yogurt Dressing

**Dungeon Queens and Kings  
Mukwonago High School  
Mukwonago School District**

A lovely contrast between hot veggies and cold dressing.

## Nutrition Note:

Yogurt based dressings can offer a tangy, refreshing taste without being loaded with the calories and fat found in traditional cream and mayo-based dressings. Not only are yogurt based dressings creamy and delicious, but they also contain protein, calcium, and vitamin D. This recipe creates a cucumber dressing, but you can make many different dressings (e.g., honey mustard, ranch, French) with a yogurt base.

## Ingredients

- 2 c broccoli, chopped
- 1 c edamame
- 1 c shredded carrots
- ½ c orange bell pepper, julienned
- ½ c yellow bell pepper, julienned
- 1 c asparagus, chopped
- 2 c cauliflower, chopped
- 1 Tbsp sesame oil
- 1 c plain fat-free yogurt
- 1 tsp cilantro
- 1 small Serrano pepper, minced
- 8 c cooked whole grain rice
- ½ medium cucumber

*Preparation Time: 15 minutes*

*Cooking Time: 45 minutes*

*Yield: 8*

*Serving Size: 1c rice,  
1 c vegetables*

*Nutrition Facts*

*Calories: 297*

*Total Fat: 5*

*Saturated Fat: 0.9g*

*Sodium: 58.19mg*

*Fiber: 6.14g*

## Instructions

1. Cook rice according to directions on packaging.
2. Steam cauliflower for 2 minutes.
3. Add asparagus to cauliflower and steam for 2 minutes.
4. Add broccoli and steam for 1 minute then submerge vegetables in ice bath.
5. Sauté carrots in sesame oil over medium heat for 2 minutes.
6. Add bell peppers to sautéed carrots and cook for 1-2 minutes.
7. Stir in steamed vegetables and cook for 1-2 minutes.
8. Stir in edamame and cook for about a minute.
9. Puree cucumber and mix with yogurt.
10. Add minced Serrano pepper to cucumber-yogurt sauce.
11. Portion 1 c of rice and 1 c of vegetables in a bowl, top with sauce, and serve immediately.

# Da'Bomb Peppers

## The Pepper Crew

**Beloit Memorial High School  
School District of Beloit**

This meatless Spanish inspired heart-healthy dish is full of flavor, not to mention it's quick and easy to make along with a good source of protein and fiber. Stuffed with a delicious quinoa mixture, these peppers will disappear off your plate.



## Ingredients

- 6 medium green bell peppers
- 2 c cooked quinoa
- 1 Tbsp canola oil
- 1 medium yellow onion
- 2 cloves garlic
- 1 can black beans
- 1 ½ c frozen corn
- 1 c tomato puree
- 2 Tbsp chili powder
- 1 tsp cumin
- 2 Tbsp chopped cilantro, fresh
- 1 ½ c shredded reduced fat cheddar cheese

*Preparation Time: 10 minutes  
Cooking Time: 40 minutes*

*Yield: 6  
Serving Size: 1 stuffed pepper*

*Nutrition Facts  
Calories: 374  
Total Fat: 10g  
Saturated Fat: 3.9g  
Sodium: 453mg  
Fiber: 8.83g*

## Instructions

1. Preheat oven to 375° F.
2. Cook 1 c dry quinoa according to package directions.
3. Slice top off peppers and remove all seeds and ribs.
4. Fill the bottom inch of large baking dish with water, place peppers in water, and bake 5-10 minutes.
5. In a large skillet, heat oil and sauté onion and garlic for 5-6 minutes.
6. Stir in quinoa, beans, corn, tomato puree, chili powder, and cumin and cook for 5 minutes.
7. Remove from heat and stir in chopped cilantro.
8. Spoon the filling mixture into the peppers and alternate adding layers of cheese. Do not pack peppers too tightly.
9. Bake peppers in oven for 15-20 minutes or until peppers are tender.
10. Serve peppers immediately and enjoy!

# Egg Vegetable Panini

## The Paninis

### James Madison Middle School Appleton Area School District

A panini filled with egg and vegetable topped with cheese and lettuce all in golden brown whole-wheat bread!



## Ingredients

- 12 slices whole wheat bread
- 6 egg whites
- ¼ c reduced fat cheddar cheese, shredded
- ½ c baby spinach
- 1 medium cucumber, sliced
- 1 red tomato, diced
- 1 red bell pepper, julienned
- 1 green bell pepper, julienned
- 1 c shredded lettuce
- 2 Tbsp light butter

## Instructions

1. Cook egg whites until hard, melt cheese on top, and divide into 6 squares.
2. Spread butter on one side of each slice of bread.
3. Place bread butter-side down in frying pan and heat until golden brown.
4. Layer bread, egg, cheese, vegetables, and bread to create sandwich and enjoy.

*Preparation Time: 5 minutes*  
*Cooking Time: 15 minutes*

*Yield: 6*  
*Serving Size: 1 Panini*

*Nutrition Facts*  
*Calories: 207*  
*Total Fat: 5g*  
*Saturated Fat: 2.2g*  
*Sodium: 353mg*  
*Fiber: 5.41g*

# Grilled Cheese

**More Olive Oil**

**Middleton High School  
Middleton-Cross Plains  
School District**

A healthy version of a grilled cheese with vegetables.



**Ingredients**

- 4 slices whole wheat bread
- ¼ c low fat cheddar cheese, shredded
- 1 c basil
- 1.5 Tbsp olive oil
- 1/8 c mozzarella cheese, part skim, shredded
- 1 c cucumber, sliced
- 1 c tomato, sliced
- 1 c mushrooms, sliced
- 1 c red peppers, sliced

**Instructions**

1. In a food processor, blend basil, mozzarella, and 1 Tbsp olive oil together.
2. In a skillet, sauté mushrooms and red pepper in ½ Tbsp olive oil.
3. Spread pesto onto bread and layer cheddar, cucumber, tomato, and mushroom/pepper mix. Top with second slice of bread.
4. Place sandwich in skillet and heat until golden.

---

*Preparation Time: 10 minutes  
Cooking Time: 10 minutes*

*Yield: 2  
Serving Size: 1 sandwich*

*Nutrition Facts  
Calories: 427  
Total Fat: 16.6g  
Saturated Fat: 3.9g  
Sodium: 458mg  
Fiber: 9.6g*

# Hearty Gnocchi Veggie Bake with Healthy Alfredo Sauce

## Italy's Finest

### Mukwonago High School Mukwonago School District

This is a family Italian gnocchi recipe with a slight twist! Baked with a light alfredo sauce, the zucchini and eggplant will leave you stuffed and happy. A hearty plate of these gnocchi and your taste buds will be sent on one delectable adventure!

## Ingredients

- 2 c wheat flour
- 2 large eggs
- 1 c low-fat ricotta cheese
- 1 tsp olive oil
- 1 large zucchini
- 1 large eggplant
- 4 cloves garlic
- 2 c fat free (skim) milk
- 1 c low sodium chicken broth
- 3 Tbsp all purpose flour
- ½ tsp pepper
- ½ c parmesan cheese, grated

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*

*Yield: 9*

*Serving Size: 1 square*

#### Nutrition Facts

*Calories: 224*

*Total Fat: 6.7g*

*Saturated Fat: 2g*

*Sodium: 180mg*

*Fiber: 5.8g*

## Nutrition Note:

Nobody is positive when Italian gnocchi were first made, but recipes are found dating as early as the 14th century. Gnocchi (pronounced nyawk-kee or noh-kee) are dumplings made with potato or semolina flour. They are cooked similarly to pasta and can be served with a variety of sauces.

## Instructions

1. Preheat oven to 375° F.
2. In a large bowl combine wheat flour, eggs, and ricotta cheese. Create a somewhat sticky dough (gradually add water if needed) and lay out dough onto floured cutting board.
3. Roll out dough into cigar sized rolls and cut into 1 inch pieces (gnocchi). Make an indent in the center of gnocchi so they resemble small pillows.
4. Bring a large pot of water to a boil and add 1 tsp olive oil.
5. Place gnocchi into the boiling water and cook until they float.
6. Prepare alfredo sauce by heating skim milk, chicken broth, parmesan cheese, pepper, and flour in a sauce pan. Add flour to thicken sauce if needed.
7. Cut zucchini in to rondelles about ½ inch thick.
8. Slice eggplant into long bayonet slices.
9. Sauté eggplant and zucchini in 2 tsp of olive oil adding garlic as they cook. Cook until tender.
10. Coat a rectangular glass baking dish with 1 Tbsp of olive oil and layer gnocchi and vegetables.
11. Top dish with alfredo sauce and bake for 13-15 minutes or until golden brown.

# Lasagna Roll-up

**Trouble Makers**

**St. Nicholas Catholic School  
Freedom, WI**

In this awesome riff on traditional lasagna, a blend of three cheeses are rolled up in the pasta and baked until delicious. The rich, red sauce makes this a scrumptious dish that is practically irresistible!



**Ingredients**

- 12 lasagna noodles, 100% whole grain
- 1 ½ c fat free cottage cheese, small curd
- 2 c mozzarella cheese, part skim, shredded
- ¼ c parmesan cheese, grated, fresh
- ¼ tsp black pepper
- 1 tsp basil
- 2 ½ tsp oregano
- 3 ½ c tomato sauce, no salt added
- ¼ c onion, finely chopped
- ½ c red bell pepper, finely chopped
- 1 c tomatoes, diced
- ½ c zucchini, shredded
- ½ c carrots, shredded

**Instructions**

1. Preheat oven to 350° F.
2. Boil a large pot of water and cook lasagna noodles until tender.
3. In a medium mixing bowl, combine cottage cheese, mozzarella cheese, parmesan cheese, black pepper, and ½ tsp oregano.
4. In a non-stick pan, combine onion, red bell pepper, zucchini, and carrots. Add ¼ c water and cook until veggies are tender.
5. Add tomatoes, remaining oregano, and basil to vegetable mixture and heat until tomatoes cook down.
6. Add tomato sauce to vegetable mixture.
7. Place 1 c of vegetable sauce at the bottom of a 9x13 pan.
8. Divide cheese mixture between 12 noodles and spread evenly.
9. Roll up noodles and place in pan.
10. Cover noodles with remaining sauce.
11. Bake lasagna roll-ups for 30-40 minutes and enjoy.

*Preparation Time: 40 minutes*

*Cooking Time: 40 minutes*

*Yield: 6*

*Serving Size: 2 roll-ups*

*Nutrition Facts*

*Calories: 489*

*Total Fat: 8.7g*

*Saturated Fat: 4.9g*

*Sodium: 479mg*

*Fiber: 6.3g*

# Mushroom Surprise

## ACGMK

### James Madison Middle School Appleton Area School District

This recipe is a delicious combination of rice, mushrooms, and vegetables. It is mixed perfectly with vegetable stock. Some flavorful ingredients are onions, red and green bell peppers, beans, sage, and garlic. It is presented in a bright red pepper.



## Ingredients

- 1 ½ Tbsp olive oil
- 1 ½ onion, finely chopped
- 2 cloves garlic, finely chopped
- 1 pinch of sage
- 3 c cremini mushrooms, sliced
- 2 c of rice
- 2 c low sodium vegetable broth
- 3 Tbsp parmesan cheese
- 1 Tbsp black beans
- 1 Tbsp red bell pepper, chopped
- 1 Tbsp green bell pepper, chopped

*Preparation Time: 10 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: 1 c*

#### *Nutrition Facts*

*Calories: 292*

*Total Fat: 6.1g*

*Saturated Fat: 1.4g*

*Sodium: 57mg*

*Fiber: 3g*

## Instructions

1. Heat oil in a large, heavy bottom pan.
2. Sauté onion, garlic, and sage for 5 minutes.
3. Add rice to sautéed vegetables and stir constantly for 3 minutes.
4. Stir in mushrooms.
5. Add a large ladle of vegetable broth. Let simmer, stirring constantly, until all the broth has been absorbed.
6. Continue adding broth and stirring for approximately 20 minutes or until all the broth has been absorbed and rice is tender.
7. Portion rice mixture into bowls or de-seeded red peppers.
8. Sprinkle chopped red and green peppers and black beans on rice mixture and top with parmesan cheese.

# Pocket of Flavor

## Fix It, Mix It, Switch It Kromrey Middle School Middleton-Cross Plains School District

This is a healthy, fresh tasting sandwich. The filling contains multiple textures and flavors. The celery has a great crunch while the garbanzo beans and tomatoes supply a nice creamy, soft feel. The hint of lemon juice gives it a perfect citrus splash. The dip pulls everything together, balancing out the soft and strong flavors.



### Ingredients

- 3 – 15 oz cans garbanzo beans
- 1 stalk celery
- 1 red tomato
- 1 Tbsp lemon juice
- 6 whole wheat pita pockets
- 16 oz plain Greek yogurt
- 2 cloves garlic
- ½ tsp salt
- ¼ c mint leaves

### Instructions

1. Mash garbanzo beans in a large bowl until smooth.
2. Stir in lemon juice, salt, and pepper to bean mixture.
3. Chop celery into small pieces (approximately 1cm in width).
4. Dice tomato.
5. Add celery and tomato to bean mixture.
6. Pour Greek yogurt into medium sized bowl.
7. Chop mint leaves into small strips.
8. Mince garlic.
9. Add mint leaves and garlic to yogurt and mix well.
10. Stuff pita with bean mixture and serve with yogurt blend as a dip.

*Preparation Time: 30 minutes*

*Cooking Time: 0 minutes*

*Yield: 6*

*Serving Size: 1 pita*

### Nutrition Facts

*Calories: 335*

*Total Fat: 2.8g*

*Saturated Fat: 0.1g*

*Sodium: 443mg*

*Fiber: 10.7g*

# Sesame Infused Asian Stir Fry

**Healthy Plymouth Planters  
Team #1**

**Plymouth High School  
Plymouth School District**

A colorful blend of vegetables mixed with quinoa and brown rice create a unique twist on a traditional Asian stir-fry. This dish is low-fat and packed with nutrition.



## Ingredients

- 2 c fat-free (skim) milk
- ½ c quinoa
- 1 c instant brown rice
- 2 cloves garlic, minced
- 2 ½ c asparagus, chopped
- ¼ c red bell pepper, chopped
- ½ c carrots, diagonally sliced
- 1 ½ c mushrooms, chopped
- 2 Tbsp toasted sesame seed oil
- 2 Tbsp low sodium soy sauce

## Instructions

1. In a small saucepan, bring 1 cup milk to a boil.
2. Stir in quinoa; cover, reduce heat and simmer for 20 minutes.
3. In a medium saucepan, prepare the brown rice according to the package substituting milk for water.
4. Heat 1 Tbsp of sesame oil in a large skillet over medium heat.
5. Sautee garlic in oil until it begins to brown.
6. Add carrots and asparagus, stir fry for about 5 minutes.
7. Add peppers and mushrooms and stir fry until all vegetables are fork tender.
8. Combine quinoa, brown rice, and vegetables.
9. Add remaining oil and soy sauce and serve.

*Preparation Time: 55 minutes*

*Cooking Time: 30 minutes*

*Yield: 8*

*Serving Size: 1 cup*

*Nutrition Facts*

*Calories: 188*

*Total Fat: 4.8g*

*Saturated Fat: 0.8g*

*Sodium: 190mg*

*Fiber: 2.8g*

# Vegetable Pizza

## Health Ninjas

St. Nicholas Catholic School  
Freedom, WI

Wake up your mouth with this savory vegetable pizza. The bright colorful veggies, not to mention the flavorful sauce really makes pizza very appetizing.



## Ingredients

- 2 Tbsp olive oil
- 1 Tbsp garlic, minced
- ¼ c onion, finely chopped
- 1 c tomato sauce, no salt added
- 1 tsp oregano
- 1 tsp basil
- ¼ tsp black pepper
- 2 Tbsp tomato paste, no salt added
- 8 English muffins, 100% whole wheat
- 1 c zucchini, chopped
- 1 c green bell pepper, chopped
- 1 c yellow bell pepper, chopped
- 1 ¼ c mozzarella cheese, part skim, shredded

## Instructions

1. Preheat oven to 350° F.
2. Split English muffins and lay tops and bottoms on a cookie sheet.
3. In a medium saucepan, sauté garlic and onion in 1 Tbsp of oil until tender.
4. Add seasonings and cook for 2-3 minutes.
5. Stir in tomato sauce and tomato paste and simmer on low heat for 10 minutes.
6. In a medium saucepan, sauté vegetables in remaining oil.
7. Place equal amounts of sauce on tops and bottoms of English muffins.
8. Sprinkle mozzarella cheese on top of sauce and evenly place vegetables on cheese.
9. Bake in oven for 15-20 minutes or until cheese is golden.

*Preparation Time: 35 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 1 muffin*

## Nutrition Facts

*Calories: 238*

*Total Fat: 7.8g*

*Saturated Fat: 2.5g*

*Sodium: 392mg*

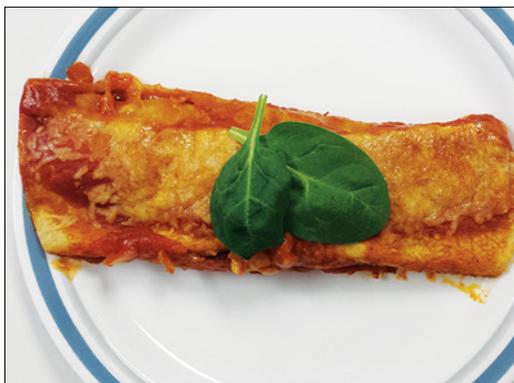
*Fiber: 6.1g*

# Vegetarian Enchiladas

## Beans and Jeans

### Whitehall Memorial High School Whitehall School District

The Mexican spices in these vegetarian enchiladas are sure to delight everyone. Soft tortillas are loaded with veggies and covered in tomato sauce and cheese.



## Ingredients

- 6 low sodium, whole wheat tortillas
- ½ c low fat Monterey cheese
- 2 tsp taco seasoning
- 2 c onion, diced
- 6 cloves garlic, minced
- 1 ½ c zucchini, chopped
- ½ c low sodium corn kernels
- ½ c low sodium red beans
- 1 red tomato, large, diced
- 3 Tbsp parsley
- 30 oz tomato puree
- ¾ c low sodium chicken broth

*Preparation Time: 45 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 1 enchilada*

#### *Nutrition Facts*

*Calories: 279*

*Total Fat: 6g*

*Saturated Fat: 2.5g*

*Sodium: 367mg*

*Fiber: 9.6g*

## Instructions

1. Preheat oven to 350° F
2. Heat ¼ cup of chicken broth over medium heat and add half of the onions and garlic.
3. Cook 5 minutes or until broth evaporates.
4. Add remaining broth, taco seasoning, tomato puree, and parsley.
5. Cook for 30 minutes while stirring well.
6. Heat a large skillet over medium heat and coat with nonstick cooking spray.
7. Sauté remaining onions and garlic, along with zucchini, in the pan until they soften and turn brown.
8. Add corn, beans, and tomatoes and cook until tender and slightly brown.
9. Spray a baking dish with cooking spray and spread half a cup of the red sauce in bottom.
10. Dip each tortilla in the red sauce and scoop a sixth of the vegetable mix into each tortilla.
11. Roll each tortilla and place in baking dish, seam side down.
12. Pour remaining sauce over top of tortillas and sprinkle with cheese.
13. Bake approximately 20 minutes and serve

# Vegetarian Tortilla Casserole

**Team Top Us**  
**Phoenix Middle School**  
**Delavan-Darien School District**

This dish has layers of locally grown vegetables and WI cheese surprising diners with a fresh burst of flavor in every bite. It is hot, creamy, and sweet with just a hint of spicy heat.



## Ingredients

- 1 – 4oz can diced green chili peppers, hot
- 1 – 16oz can low sodium refried beans
- 1 – 14.5oz can no salt added diced tomatoes
- 2 large zucchini
- ½ c water
- 2 c fat-free cheddar cheese, shredded
- 10 – 6” soft corn tortillas
- 1 medium white onion
- 1 bunch fresh cilantro
- 1 ½ c frozen corn
- 3 Tbsp canola oil
- 1 Tbsp minced garlic
- ½ tsp black pepper
- ¾ c fat free sour cream

*Preparation Time: 30 minutes*  
*Cooking Time: 15 minutes*

*Yield: 8*  
*Serving Size: 4”x3” square*

*Nutrition Facts*  
*Calories: 307*  
*Total Fat: 9.4g*  
*Saturated Fat: 2.1g*  
*Sodium: 383mg*  
*Fiber: 6.2g*

## Instructions

1. Preheat oven to 350° F.
2. Spray the bottom and sides of a 13”x9” baking dish lightly with non-stick spray.
3. Chop onion and zucchini into ¼” pieces.
4. Chop cilantro and set aside.
5. In a medium sauté pan over medium heat, cook onion and garlic in 1 Tbsp of oil until onion is soft. Add diced tomatoes and heat five minutes, stirring constantly.
6. Turn off heat.
7. In a second sauté pan, heat 2 Tbsp oil and heat zucchini and corn over medium heat for 2 minutes.
8. Add peppers and ½ c water to the vegetable mixture and cook while stirring for 4 minutes and season with pepper.
9. Layer 3 tortillas in the bottom of the baking dish.
10. Spread a layer of refried beans over the tortillas and top with ½ c of the tomato mixture.
11. Add 1 ½ c zucchini mixture on top of tomato mixture then sprinkle a layer of cheddar cheese and drizzle 1/3 c sour cream on top of cheese.
12. Repeat layering of tortillas, beans, tomato mixture, zucchini mixture, cheese, and sour cream.
13. Use remaining 4 tortillas for the top layer, overlapping as needed.
14. Spread any remaining toppings on tortillas and sprinkle remaining cheese on top.
15. Bake casserole uncovered for 12-15 minutes.
16. Remove from oven and sprinkle with cilantro.
17. Let rest 5 minutes before cutting into squares and serving while hot.

# Wildcat Quesadilla

## Super Hero Chef

**James Madison Middle School  
Appleton Area School District**

This appetizing and delectable quesadilla will satisfy your taste buds. The juicy and mouth watering mango and the luscious green bell pepper will tempt you with their tanginess. The juicy corn and scrumptious scrambled eggs will bring forth their inner breakfast goodness in this wildcat quesadilla.



## Ingredients

- 6 whole grain tortillas
- 1 c mozzarella cheese, part skim, shredded
- 1 medium Russet potato
- 2/3 c mango, diced
- ½ c corn kernels
- ¾ c egg whites
- 1/3 c green bell pepper, diced

## Instructions

1. Peel and dice potato.
2. Boil in water for 5-10 minutes or until soft, drain and set aside.
3. Dice the pepper and mango.
4. In a frying pan scramble the egg whites.
5. Put one tortilla in a skillet over medium heat.
6. Top tortilla with one third of the cheese, potatoes, eggs, pepper, and corn, spreading ingredients evenly around.
7. Place the second tortilla on top and flip.
8. Remove tortilla when golden brown on both sides and repeat steps with remaining tortillas.
9. Slice tortillas into triangles and top with diced mango.

*Preparation Time: 15-20  
minutes*

*Cooking Time: 5-10 minutes*

*Yield: 6*

*Serving Size: 1/2 quesadilla*

### *Nutrition Facts*

*Calories: 208*

*Total Fat: 5g*

*Saturated Fat: 2.4g*

*Sodium: 426mg*

*Fiber: 4.3g*

# Zucchini Pizza

**Team Culinary Arts #5**  
**Waupun Area High School**  
**Waupun Area School District**

Slices of zucchini brushed with olive oil and topped with mozzarella cheese, spinach, tomato, and parmesan cheese. An arrangement of flavorful spices makes this dish delicious.



## Ingredients

- 6 medium zucchinis, whole
- 1 Tbsp olive oil
- 1 ½ c fat free mozzarella cheese, shredded
- 6 leaves spinach
- 6 cherry tomatoes, sliced
- 6 tsp garlic powder
- 6 tsp pepper
- 6 tsp basil

## Instructions

1. Preheat oven to 375° F.
2. Slice zucchini in half and hollow out seeds, leaving a thin layer of insides.
3. Cover 9"x13" pan with foil.
4. Use pastry brush to apply light coat of olive oil onto each slice of zucchini and place zucchini skin side down into pan.
5. Divide cheese evenly (¼ c cheese per whole zucchini) and place on top of zucchini slices.
6. Shred spinach leaves into pieces and evenly place on top of cheese.
7. Slice cherry tomatoes and place on top of cheese in between spinach leaves.
8. Sprinkle ½ tsp parmesan cheese on top of each zucchini slice.
9. Sprinkle ½ tsp pepper, ½ tsp garlic powder, ½ tsp basil on top of each slice.
10. Place in oven and bake for 20 minutes.

*Preparation Time: 30 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: 2 zucchini halves*

## Nutrition Facts

*Calories: 126*

*Total Fat: 3.5g*

*Saturated Fat: 0.8g*

*Sodium: 342mg*

*Fiber: 3.3g*

# PASTA



# Bowtie Bonanza

## Gourmet Girls

### Prescott Middle School Prescott School District

This is a simple, nutritious pasta dish that is sure to please. The flavors are subtle yet exciting. There are almost two cups of vegetables per serving, but it is hardly noticed. This is a great, easy meal.



## Ingredients

- 6 c spinach
- 1 c zucchini, shredded
- 1 c carrots, shredded
- 12 oz whole grain bowtie pasta
- 1 – 15oz can cannellini beans, no-salt added
- ½ c pesto
- 1 c tomatoes, diced
- 3 tbsp parmesan cheese

## Instructions

1. Cook pasta according to packaging.
2. While pasta is cooking, shred zucchini and carrots.
3. Drain beans and set aside.
4. Place spinach in colander.
5. Once the pasta is cooked, pour pasta into colander with spinach to drain water and wilt the spinach.
6. Place carrots and zucchini in cooking pot, cook until hot.
7. Add beans, and heat through.
8. Stir in pasta, tomatoes, and pesto.
9. Top with parmesan cheese and enjoy.

*Preparation Time: 15 minutes*

*Cooking Time: 25 minutes*

*Yield: 6*

*Serving Size: 1 ½ c*

### Nutrition Facts

*Calories: 262*

*Total Fat: 6.4g*

*Saturated Fat: 1.4g*

*Sodium: 271mg*

*Fiber: 6.8g*

# Creamy Penne Pasta

## Dairy Wizards

### Beloit Memorial High School School District of Beloit

This easy-to-make recipe is a healthy pasta dish. The sauce is oh-so creamy and thick. This dish is the perfect amount and tastes just right. You'll love how simple and delectable this dish tastes.



## Ingredients

- 1 Tbsp olive oil
- 1 medium onion, diced
- 3 medium zucchini, diced
- 10 oz frozen spinach
- 1 large green bell pepper, diced
- 1 Tbsp Italian seasoning
- 1 qt tomato puree
- 3 c whole wheat penne pasta
- ½ c low-fat cream cheese

## Instructions

1. Cook pasta according to packaging.
2. Heat oil in a large skillet and add onion.
3. Once onion is clear, add zucchini and bell pepper and sauté until they start to soften.
4. Add the frozen spinach and cook until defrosted.
5. Add tomato puree, cream cheese, and Italian seasoning.
6. Heat until sauce mixture is bubbling.
7. Serve pasta with sauce and enjoy.

---

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 1 c*

*Nutrition Facts*

*Calories: 232*

*Total Fat: 6g*

*Saturated Fat: 2.1g*

*Sodium: 250mg*

*Fiber: 8g*

# Garlic Parmesan Noodles with Broccoli

## Team CheesZ

### James Madison Middle School Appleton Area School District

This savory pasta is filled with many healthy ingredients. Broccoli and whole wheat noodles are just some of the tasty ingredients in this recipe. It is great for lunch or dinner.



## Ingredients

- 6 c spaghetti noodles, whole wheat, cooked
- 1 stalk broccoli, chopped
- ¼ c olive oil
- 6 cloves garlic, minced
- ¼ c oregano, dried, ground
- 1 Tbsp basil, dried, ground
- 3 Tbsp parmesan cheese, shredded

## Instructions

1. Cook pasta according to packaging.
2. While spaghetti is cooking, place garlic and oil in a small saucepan and sauté until cooked.
3. Add oregano and basil to garlic and heat.
4. Drain pasta and return pasta to pot.
5. Add oil, garlic, oregano, and basil to noodles and stir.
6. Portion out servings and top with parmesan cheese and broccoli.

*Preparation Time: 5 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 1 c*

### Nutrition Facts

*Calories: 288*

*Total Fat: 10.9g*

*Saturated Fat: 1.9g*

*Sodium: 56mg*

*Fiber: 8.7g*

# Pasta Puttanesca

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

This pasta is a fun dish and easy to make. The flavors blend together to stimulate all your taste buds with a glimpse of the Italian lifestyle.



## Ingredients

- 16oz whole wheat spaghetti
- ½ c canned low-sodium tomato sauce
- 1 c zucchini
- 1 c eggplant
- ¼ c scallions (green onions)
- ½ c mozzarella cheese, part-skim, shredded
- 1 Tbsp garlic powder
- 1 Tbsp parsley, dried, ground
- 1 tsp oregano, dried, ground

## Instructions

1. Cook pasta according to packaging but add a few dashes of oregano to water.
2. Dice cut the zucchini and eggplant and chop the scallion.
3. Sauté vegetables in a cooking pan over medium-high heat.
4. Add a dash of oregano, parsley, and garlic powder to the vegetables.
5. In a pan, warm the tomato sauce over warm heat.
6. Add remaining seasonings to sauce.
7. Mix sautéed vegetables to sauce.
8. Strain cooked pasta.
9. Serve sauce on top of noodles and sprinkle with cheese.

*Preparation Time: 10 minutes*

*Cooking Time: 15 minutes*

*Yield: 8*

*Serving Size: 1 c*

### *Nutrition Facts*

*Calories: 232*

*Total Fat: 2g*

*Saturated Fat: 0.9g*

*Sodium: 70mg*

*Fiber: 6.7g*

# Penne alla Roma

## Team Dave

### Greendale High School Greendale School District

Creamy tomato spinach sauce served over whole grain pasta and topped with fresh Wisconsin feta. Loaded with nutrients and fiber, this scrumptious lunch entrée will leave you full and satisfied.



## Ingredients

- 2 Tbsp olive oil
- 2 small onions, yellow
- 4 cloves garlic
- 4 medium Roma tomatoes, diced
- 1 tsp oregano, dried
- 1 tsp basil, dried
- 1 pinch red pepper flakes
- $\frac{3}{4}$  tsp salt
- 4 Tbsp tomato paste
- 4 oz low fat cream cheese
- 1 lb whole wheat penne pasta
- $\frac{2}{3}$  c feta cheese
- 1 – 16oz bag fresh baby spinach

*Preparation Time: 5 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 1 c*

#### Nutrition Facts

*Calories: 342*

*Total Fat: 10.4g*

*Saturated Fat: 3.5g*

*Sodium: 479mg*

*Fiber: 9g*

## Instructions

1. In a large stock pot, bring 5 quarts of water to a boil over high heat.
2. Add  $\frac{1}{2}$  Tbsp of olive oil and pasta.
3. Cook pasta until al dente (approximately 10 minutes).
4. While pasta is cooking, dice the onions and press the garlic.
5. Sauté onions and garlic in a large skillet with remaining olive oil over medium-low heat until the onions are transparent.
6. Add the diced tomatoes, oregano, basil, red pepper flakes, and salt to the skillet. Stir to combine.
7. Add tomato paste and 1 c water to the skillet and stir until tomato paste is dissolved into the sauce. Turn heat down to low.
8. Cube the cream cheese and add into sauce using a whisk to fully incorporate cream cheese.
9. Once sauce is creamy, add spinach to sauce and let simmer until spinach is wilted.
10. In a large bowl, toss pasta and sauce together.
11. Serve with crumbled feta cheese on top.

# Rotini Pasta with Veggies

## Feed the Munchies

**Einstein Middle School  
Appleton Area School District**

Enjoy the mouth watering taste of rotini pasta. Each bite is a piece of heaven. This pasta has fresh herbs and vegetables. Enjoy the taste of our crunchy vegetables and tasty pasta.



## Ingredients

- 6 oz whole grain rotini
- 1 c asparagus, 1" pieces
- 2 c broccoli, chopped
- 1 Tbsp olive oil
- 1 small onion, diced
- 1 lemon
- ½ c freshly grated parmesan cheese
- ¼ c fresh parsley, sliced
- ¼ tsp salt
- ¼ tsp coarsely ground black pepper

## Instructions

1. Heat large covered saucepot of water on high to boiling.
2. Cook pasta according to packaging adding asparagus and broccoli when 3 minutes of cooking time remain.
3. In a nonstick skillet, heat oil on medium until hot. Add onion and cook until tender and browned.
4. Squeeze lemon and add 1 Tbsp of juice.
5. Reserve ½ c pasta cooking water and drain pasta and vegetables.
6. In a large bowl, toss pasta and vegetables with cooking water, onion, lemon juice, salt, and pepper.
7. Top with parsley and cheese and serve.

*Preparation Time: 15 minutes*

*Cooking Time: 30 minutes*

*Yield: 4*

*Serving Size: ¼ of recipe*

### *Nutrition Facts*

*Calories: 264*

*Total Fat: 7.8g*

*Saturated Fat: 2.8g*

*Sodium: 359mg*

*Fiber: 5.8g*

# The Angel's Food

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## The Boom

**Badger Ridge Middle School  
Verona Area School District**

This phenomenal pasta dish is both delicious and nutritious with a variety of colors, tastes, and textures. It is a taste of heaven.



## Ingredients

- 8 oz whole grain pasta
- 3 Tbsp olive oil
- 3 c tomatoes, chopped
- 10 oz spinach, chopped
- 1 tsp garlic, minced
- 1 oz tomato and basil feta cheese
- 1 pinch salt
- 1 pinch ground black pepper

## Instructions

1. Cook pasta according to packaging.
2. Chop tomatoes and spinach and add to a large bowl.
3. Drain pasta and set aside.
4. Heat oil in large pot and add tomatoes, spinach and garlic.
5. Cook and stir for two minutes or until spinach is wilted and mixture is thoroughly heated.
6. Add pasta and cheese to the mixture.
7. Cook for one minute.
8. Add salt and pepper.
9. Serve and enjoy.

---

*Preparation Time: 20 minutes*

*Cooking Time: 10 minutes*

*Yield: 6*

*Serving Size: 1/6 of recipe*

### *Nutrition Facts*

*Calories: 238*

*Total Fat: 9.2g*

*Saturated Fat: 1.5g*

*Sodium: 102mg*

*Fiber: 6.7g*

# Tuscan Pasta

**Sizzling Seventh Graders**  
**Prescott Middle School**  
**Prescott School District**

This recipe contains local veggies along with whole grain pasta and tomato sauce. There are seasonings to give it a unique flavor. It is healthy for you and tastes good too!



## Ingredients

- 1 – 14.5oz can no salt added diced tomatoes
- 1 – 8oz can tomato sauce
- 1 Tbsp sugar
- 2 tsp garlic powder
- 2 tsp dried Italian seasoning
- ½ tsp black pepper
- 1 Tbsp olive oil
- 1 pound zucchini, sliced
- 1 small onion, diced
- 6 oz whole grain spaghetti noodles
- 8 oz shredded carrots
- 3 Tbsp parmesan cheese

## Instructions

1. Mix tomatoes, tomato sauce, sugar, and seasonings in a medium saucepan and bring to boil over medium heat.
2. Reduce heat to low, cover, and simmer 20 minutes.
3. Heat oil in large skillet on medium-high heat.
4. Cook zucchini, carrots, and onion until vegetables are crisp tender (approximately 4 minutes).
5. Stir tomato sauce into the vegetables.
6. Cook pasta according to packaging and drain well.
7. Place cooked pasta in a serving bowl, add vegetable mixture, and toss well.
8. Serve topped with parmesan cheese.

*Preparation Time: 15 minutes*

*Cooking Time: 25 minutes*

*Yield: 6*

*Serving Size: 1 ½ c*

### *Nutrition Facts*

*Calories: 199*

*Total Fat: 4g*

*Saturated Fat: 1g*

*Sodium: 119mg*

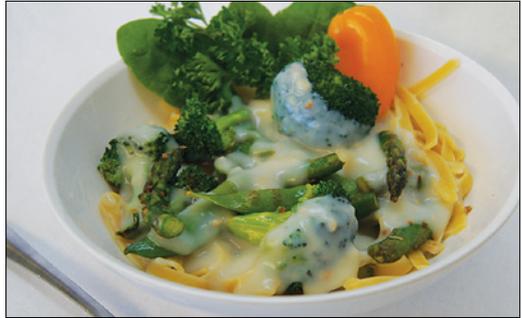
*Fiber: 6.4g*

# Veggie Noodle Stir Fry

## Veggie Clan

**James Madison Middle School  
Appleton Area School District**

This recipe is simple and quick.  
Great for a family dinner.



## Ingredients

- ½ c asparagus, chopped
- 1 c spinach
- 1 c broccoli, largely chopped
- 1 c sugar snap peas
- 1 c green beans
- 24 oz whole grain fettuccine noodles
- 2 Tbsp olive oil
- 4 cloves garlic, minced
- 6 Tbsp buckwheat flour
- 2 c chicken broth, low sodium
- 2 c skim milk
- ¾ c freshly grated reduced fat cheddar cheese
- 1 tsp salt
- ½ tsp black pepper

*Preparation Time: 20 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 1/6 of recipe*

### Nutrition Facts

*Calories: 595*

*Total Fat: 10.4g*

*Saturated Fat: 4.8g*

*Sodium: 174mg*

*Fiber: 14.5g*

## Instructions

1. Sauté asparagus, broccoli, peas, and beans in 1 Tbsp oil over medium-high heat until tender and set aside.
2. In sauce pan, add garlic and remaining oil and sauté one minute, stirring occasionally.
3. Sprinkle with flour and stir to combine and sauté for an additional minute, stirring occasionally.
4. Slowly add chicken broth, whisking to combine until smooth.
5. Whisk in milk and bring the mixture to a simmer.
6. Cook for an additional minute until sauce is thickened. If sauce does not thicken, add corn starch.
7. Cook pasta according to packaging until pasta reaches al dente and drain.
8. Layer pasta, veggies, and sauce in a bowl and top with spinach.

# SIDES



# Cheesy Breakfast Potatoes

## Spicy Boyz

**Badger Ridge Middle School  
Verona Area School District**

This is a delicious fried potato dish that is boiled in water and fried in butter with browned spicy jalapeños and onions. It is topped with melted creamy, warm cheddar cheese.



## Ingredients

- 5 large Russet potatoes
- 2 Tbsp unsalted butter
- 1 shallot, minced
- 2 jalapeño peppers, minced
- ¼ tsp salt
- ¼ tsp black pepper
- 1 chive, thinly sliced
- ½ c low fat shredded cheddar cheese

## Instructions

1. Bring a pot of salted water to boil.
2. Dice potatoes into bite sized cubes and add potatoes to boiling water.
3. Cook potatoes for 5 minutes, drain, and rinse under cold water.
4. Mince shallot and jalapeño peppers.
5. Heat butter over medium heat in large skillet.
6. Add shallots and jalapeño to pan and cook 5 minutes.
7. Add potatoes to pan and cook 10 minutes without stirring.
8. Sprinkle pepper while cooking.
9. Flip potatoes as even as possible and allow other side to cook.
10. Add cheese when potatoes are mostly cooked.
11. Sprinkle chives on top and serve.

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: ½ c*

### *Nutrition Facts*

*Calories: 231*

*Total Fat: 5.3g*

*Saturated Fat: 1.7g*

*Sodium: 125mg*

*Fiber: 4.7g*

# Cheesy Brown Rice

## Directioners

**Badger Ridge Middle School  
Verona Area School District**

This amazing side dish can be shared with your family. It's colorful and has amazing flavor. You can smell the aroma while cooking.



## Ingredients

- 1 Tbsp olive oil
- 1 c instant brown rice
- 1 c frozen corn
- 1 c frozen peas
- 8 tsp green onions, diced
- ½ c black beans, canned
- 3 cloves garlic, minced
- ½ tsp cayenne pepper
- ½ tsp dried oregano
- 2 Tbsp tomato paste
- ½ c low fat cheddar cheese

## Instructions

1. Boil water in kettle.
2. Heat oil in saucepan over medium high heat. Add the rice and sauté for 3 to 4 minutes or until rice begins to turn brown.
3. Add corn, peas, green onions, garlic, pepper, and oregano and sauté for one minute.
4. Spoon tomato paste into a two-cup measuring cup and fill with boiling water to two-cup line.
5. Combine tomato paste with boiling water to make 2 cups of tomato sauce and pour into rice mixture.
6. Reduce heat to medium low, cover, and simmer 15 minutes or until all liquid is absorbed.
7. Add cheddar cheese and remove from heat.
8. Fluff with fork before serving.

*Preparation Time: 10 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: ½ c*

### *Nutrition Facts*

*Calories: 231*

*Total Fat: 5.3g*

*Saturated Fat: 1.7g*

*Sodium: 125mg*

*Fiber: 4.7g*

# Colorful Spanish Rice

## Healthy Plymouth Panthers

### Team #4

### Plymouth High School

### Plymouth School District

A truly colorful Spanish Rice amped up with freshly cooked beet and cheddar cheese. It's sure to bring rave reviews for its spicy flavor.



## Ingredients

- 1 medium beet, raw
- 2 c onion, chopped
- 1 c green bell pepper, chopped
- ¼ c canola oil
- 14.5 oz diced tomatoes and chiles, canned
- 1 Tbsp chili powder
- ¾ c cheddar cheese, shredded
- 2 c instant brown rice
- 4 c water

*Preparation Time: 45 minutes*

*Cooking Time: 25 minutes*

*Yield: 8*

*Serving Size: ¾ c*

### Nutrition Facts

*Calories: 322*

*Total Fat: 11.9g*

*Saturated Fat: 3.6g*

*Sodium: 281mg*

*Fiber: 4.2g*

## Instructions

1. In a medium size saucepan, place one medium size beet. Cover beet with water and bring water to a boil.
2. Cook until beet is tender and remove from heat.
3. Peel and dice the beet. Measure 1 c of diced beet and set aside for use.
4. Place oil in a large skillet over medium heat.
5. Sauté rice, onion, and bell pepper until rice is browned and onions are tender.
6. Stir in water, tomatoes and chiles, and chili powder.
7. Simmer until water is absorbed – approximately 15 minutes.
8. Stir in ½ c of cheddar cheese until melted.
9. Stir in diced beet.
10. Place in a serving dish and top with ¼ c cheddar cheese.

# Fruit Bowl

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## Loony Fruits

### James Madison Middle School Appleton Area School District

This is a beautiful fruit salad. The delicious, fresh fruit is mixed with soft, creamy yogurt with fruit layering the top. It's creamy, juicy, and all kinds of healthy. Who wouldn't want to eat it?



## Ingredients

- 4 c plain yogurt, low-fat
- 1 c banana, sliced
- 2 c raspberries
- 4 c strawberries
- 2 c grapes, sliced
- ¼ c blackberries

## Instructions

1. Slice strawberries, grapes, and bananas.
2. In a large bowl, place fruit retaining ¼ of the fruit for later use.
3. Add the yogurt and gently stir into fruit.
4. Top with remaining ¼ of fruit and serve while cold.

---

*Preparation Time: 15 minutes*

*Cooking Time: 0 minutes*

*Yield: 6*

*Serving Size: approximately 1 c*

## Nutrition Facts

*Calories: 202*

*Total Fat: 3.3g*

*Saturated Fat: 1.7g*

*Sodium: 117mg*

*Fiber: 5.9g*

# Fruit Pizzas

**The Sugar Patch Kids**  
**Badger Ridge Middle School**  
**Verona Area School District**

This tasty fruit pizza with rich, creamy vanilla yogurt is topped with delicious, ripe strawberries, blueberries, and kiwi. It is sprinkled with cinnamon and sugar and perfect for any meal of the day.



## Ingredients

- 4 whole grain tortillas
- 1 ½ c vanilla Greek yogurt
- ¼ c sugar
- ½ tsp vanilla
- 2 kiwifruit
- 1 ½ c strawberries
- 1 c blueberries
- ½ tsp cinnamon

## Instructions

1. Preheat oven to 350° F.
2. Cut tortillas in half and place on baking sheet.
3. Sprinkle tortillas with sugar and cinnamon and bake for 12 minutes.
4. Remove tortillas from oven and allow to cool.
5. Peel and cut kiwifruits.
6. Cut strawberries into halves or quarters.
7. In small bowl, mix yogurt and vanilla with a wire whisk.
8. Cover the tortillas in yogurt mix, spreading evenly.
9. Top yogurt mixture with fruit and serve.

*Preparation Time: 20 minutes*

*Cooking Time: 12 minutes*

*Yield: 8*

*Serving Size: ½ pizza*

### *Nutrition Facts*

*Calories: 151*

*Total Fat: 1.7g*

*Saturated Fat: 0.8g*

*Sodium: 174mg*

*Fiber: 3.1g*

# Italian Pasta Salad

## MAKO

### Einstein Middle School Appleton Area School District

This tasty Italian pasta salad will kick off your meal. The whole wheat noodles are healthy and add a great source of fiber. All the vegetables blend together with a zesty combination of balsamic vinegar and mayonnaise.



## Ingredients

- 1 pound whole grain rotini pasta
- ¼ c low fat mayonnaise
- 2 c garbanzo beans, canned
- 2 c cherry tomatoes
- 1 tsp dried parsley
- 1 c parmesan cheese, grated
- 20 black olives
- 1 c broccoli
- ½ c balsamic vinegar
- ¼ c cilantro, coarsely chopped

## Instructions

1. Cook noodles as directed on package.
2. Slice cherry tomatoes and olives into halves.
3. Drain garbanzo beans.
4. Mix mayonnaise and balsamic vinegar.
5. Drain pasta and mix into mayonnaise mixture.
6. Add vegetables and parmesan and mix.
7. Cool in the refrigerator for 2 hours.
8. Top with cilantro and serve.

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

*Yield: 8*

*Serving Size: 1 c*

*Nutrition Facts*

*Calories: 330*

*Total Fat: 5.8g*

*Saturated Fat: 1.2g*

*Sodium: 351mg*

*Fiber: 8.4g*

# Potato Boats

## GHS 4

### Grantsburg High School Grantsburg School District

The potato skin “boat” holds a creamy blend of fresh and healthy vegetables that will satisfy even the pickiest of eaters.



## Ingredients

- 6 Russet potatoes, medium
- 2 Tbsp olive oil
- ¼ c raw spinach
- 6 Tbsp raw mushrooms
- 3 Tbsp red onions
- ¼ c carrot
- ¼ c red bell pepper
- ¼ c whole kernel corn
- ½ c non-fat sour cream
- ¾ c sharp cheddar cheese, low fat, shredded
- ½ tsp black pepper
- ½ tsp salt

## Instructions

1. Preheat oven to 400° F.
2. Cut potatoes in half length-wise.
3. Brush olive oil on the cut side of each potato half.
4. Place potato halves cut side up on a jelly roll pan.
5. Bake for 35 minutes or until a fork can be inserted easily into the center of the potato and remove from oven.
6. Scoop out the insides of the potato with a spoon and put in a large bowl.
7. Mince the spinach, mushrooms, and onions.
8. Dice the carrots and red bell peppers.
9. Mix the vegetables, sour cream, cheddar cheese, and spices with the potatoes.
10. Spoon the mixture into the potato boats until filled to the top.
11. Serve and enjoy!

*Preparation Time: 20 minutes*

*Cooking Time: 35 minutes*

*Yield: 6*

*Serving Size: 2 potato halves*

### Nutrition Facts

*Calories: 273*

*Total Fat: 7.4g*

*Saturated Fat: 2.3g*

*Sodium: 350mg*

*Fiber: 3.4g*

# Salty Cake

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## Yellow

### Washburn High School Washburn School District

The recipe is a take on the French salt cake.

### Nutrition Note:

Salty cakes, or les cakes salées, are a popular French food. They have a light, cake-like texture, but are typically filled with savory ingredients like cheese, smoked salmon, ham, olives, and nuts. These savory cakes are baked in loaf pans and can be sliced and served with a spread or cut into cubes and served as finger food with your favorite cheese.

### Ingredients

- 2 eggs
- ½ c fat free (skim) milk
- 100g whole wheat flour  
(approximately 7/8c)
- ½ tsp baking soda
- ½ c broccoli, diced
- 1 carrot, large, diced
- ½ c cauliflower, diced
- 1 red bell pepper, diced

### Instructions

1. Preheat oven to 350°F
2. Steam vegetables for 10 minutes.
3. Place in bowl and set aside.
4. Whip eggs.
5. Pour flour, baking soda, and milk into eggs and stir fast until smooth.
6. Slowly add vegetables into the dough.
7. Pour dough into loaf pan and bake 45 minutes.
8. Let the cake cool before removing from loaf pan.
9. Slice cake and enjoy.

---

*Preparation Time: 20 minutes*

*Cooking Time: 45 minutes*

*Yield: 6*

*Serving Size: 3 oz*

### Nutrition Facts

*Calories: 105*

*Total Fat: 2.1g*

*Saturated Fat: 0.6g*

*Sodium: 50.9mg*

*Fiber: 3.2g*

# Smoothie Pops

## JALA

### Einstein Middle School Appleton Area School District

The smoothie pops contain scrumptious strawberries, blueberries, and raspberries with a slight taste of sweet honey.



## Ingredients

- 1 c strawberry halves
- ½ c blueberries
- ½ c raspberries
- 2 Tbsp honey
- ½ leaf kale
- 1 c fat free (skim) milk
- ½ c fat free plain yogurt
- 1 Tbsp sugar

## Instructions

1. Place strawberries, raspberries, and blueberries to blender.
2. Tear up kale leaf into quarter size pieces and add to blender.
3. Add honey, sugar, milk, and yogurt in blender and blend until mixture is smooth and almost creamy.
4. Pour mixture into popsicle molds and freeze overnight.

DPI note – if you don't have ice pop molds, consider using small paper cups. Pour your smoothie mixture into the cups, cover with foil, and insert a craft/ice pop stick before putting cups into the freezer.

5. When frozen, take out of freezer, run molds under hot water, remove, and enjoy!

*Preparation Time: 10 minutes*

*Cooking Time: Overnight*

*Yield: 6*

*Serving Size: 1 popsicle*

## Nutrition Facts

*Calories: 65*

*Total Fat: 0.5g*

*Saturated Fat: 0.2g*

*Sodium: 17mg*

*Fiber: 1.6g*

# Southwest Cheesy Potatoes

**Team Culinary Arts #4**  
**Waupun Area High School**  
**Waupun Area School District**

Enjoy a mixture of soft, cheesy potatoes with a twist. This delicious entrée has black beans, corn, cheese, sour cream, tomatoes and a mild con queso topping served with homemade lightly salted tortilla chips.



## Ingredients

- 15 oz black beans, canned
- ¼ large onion, diced
- ½ c corn, frozen
- 6 oz sour cream
- 10 oz tomatoes, diced
- 1 oz shredded cheese, Mexican
- 2 ½ Russet potatoes, large
- ¼ c con queso cheese sauce
- 4 whole wheat tortillas
- ½ Tbsp canola oil
- 1 dash table salt

*Preparation Time: 30 minutes*

*Cooking Time: 60 minutes*

*Yield: 8*

*Serving Size: 1 c*

**Nutrition Facts**

*Calories: 268*

*Total Fat: 4.3g*

*Saturated Fat: 1.9g*

*Sodium: 331mg*

*Fiber: 7.7g*

## Instructions

1. In large sauce pan, bring water to a boil.
2. Peel and dice potatoes.
3. Let boil for 6-8 minutes or until fully cooked.
4. Preheat oven to 350° F.
5. Place tortillas on cookie sheets and using a pastry brush rub oil on both sides.
6. Sprinkle salt on tortillas.
7. Using a pizza cutter, slice each tortilla into 8 strips.
8. Bake for 10-12 minutes or until crispy.
9. Allow tortilla crisps to cool on cooling rack.
10. Increase oven heat to 365° F.
11. Mix beans, onions, corn, and sour cream together and spread at the bottom of a 9"x13" pan.
12. Layer tomatoes and half of the shredded cheese on top of vegetable mixture.
13. Layer potatoes on tomatoes/cheese.
14. Spread con queso cheese on top of potatoes and sprinkle remaining shredded cheese on top.
15. Place in oven and bake for 55-60 minutes or until cheese is melted and crispy.
16. Allow to cool, top with tortilla chips, and serve.

# Super Salsa

## Spicy Seniors

**Middleton High School  
Middleton-Cross Plains  
School District**

Enjoy this colorful, zesty, fresh salsa made with many local ingredients. It will tantalize your taste buds.



## Ingredients

- ½ c cilantro
- 2 jalapeño peppers, fresh
- 4 tomatoes
- 1 cucumber
- ½ red onion
- 1 pint raspberries
- 1 c pineapple
- 4 limes
- 1 Tbsp parmesan cheese
- 1 bag whole grain chips

## Instructions

1. Mince jalapeños and cilantro.
2. Squeeze limes for juice.
3. Dice tomatoes, pineapple, cucumber, and onion.
4. Mix ingredients together.
5. Top with parmesan.
6. Serve with whole grain chips.

*Preparation Time: 20 minutes*

*Cooking Time: 0 minutes*

*Yield: 4 ½ c*

*Serving Size: ¾ c*

## Nutrition Facts

*Calories: 71*

*Total Fat: 0.8g*

*Saturated Fat: 0.2g*

*Sodium: 21mg*

*Fiber: 5.6g*

# Wisconsin Nachos

## GHS Squad

### Grantsburg High School Grantsburg School District

This tasty mixture is a quick, easy dish that is great for sports parties, family gatherings, or just a healthy snack for kids.



## Ingredients

- ¼ c black olives
- 2 Tbsp carrots
- ¼ c yellow onion
- ¼ c red tomato
- ½ c medium cheddar cheese
- ¾ c refried beans, low sodium
- ¼ c avocado
- ½ c non-fat sour cream
- 6 oz baked whole grain tortilla chips

## Instructions

1. Slice black olives.
2. Peel and mince carrot and onion.
3. Dice tomato.
4. Shred cheddar cheese.
5. In a microwave, heat refried beans until heated (approximately 1 minute).
6. Mix diced carrots and onions with beans.
7. Peel, pit, and dice avocado.
8. Layer bean mixture, sour cream, black olives, cheese, and avocado on a plate.
9. Arrange chips around dip.
10. Serve and enjoy!

*Preparation Time: 20 minutes*

*Cooking Time: 1-2 minutes*

*Yield: 6*

*Serving Size: 1 c*

*Nutrition Facts*

*Calories: 232*

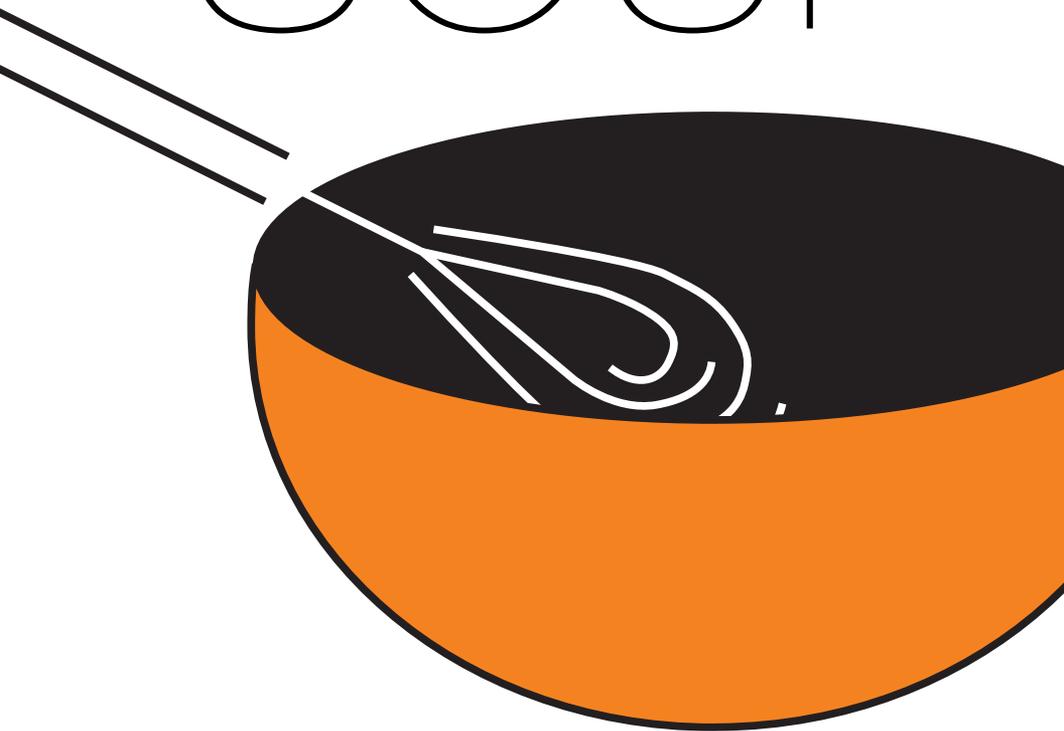
*Total Fat: 8.9g*

*Saturated Fat: 2.5g*

*Sodium: 368mg*

*Fiber: 4.2g*

SOUP



# Cheesy Panther Vegetable Soup

## Healthy Plymouth Panthers Team #3 Plymouth High School Plymouth School District

A creative pairing of delightful vegetables produces an energizing soup perfect for a chilly evening. The colorful soup will warm both body and soul as it nourishes you.



### Ingredients

- 28 oz chicken broth, no salt added
- 3 red potatoes, diced
- 1 – 14.5 oz can low sodium diced tomatoes with basil and oregano
- 1 – 14.75 oz can low sodium creamed corn
- 10 oz frozen lima beans
- 2 Tbsp chopped onion
- 2 c butternut squash, cubed
- ½ c fat free (skim) milk
- 2.5 oz cheddar cheese, shredded

*Preparation Time: 45 minutes*

*Cooking Time: 30 minutes*

*Yield: 8*

*Serving Size: 2 c*

*Nutrition Facts*

*Calories: 209*

*Total Fat: 4.1g*

*Saturated Fat: 2.1g*

*Sodium: 133mg*

*Fiber: 5.4g*

### Instructions

1. In a medium saucepan, combine the broth with the potatoes, tomatoes, beans, and onions. Bring mixture to a boil and reduce to medium heat.
2. Cook the soup until the potatoes are tender (approximately 20-25 minutes)
3. While potatoes are cooking, place the cubed butternut squash in a microwave safe bowl.
4. Add 2 tsp of water to the squash, cover with plastic wrap, and microwave until tender (approximately 2 minutes).
5. Place squash in a food processor and puree until smooth.
6. Add squash to the soup mixture and cook for five minutes on medium heat.
7. Reduce heat to low and add corn, cheese, and milk.
8. Continue to stir until cheese is melted and serve.

# Pizza Soup

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**Team Culinary Arts #1**  
**Waupun Area High School**  
**Waupun Area School District**

This is a soup with a rich texture that tastes like a homemade pizza from Italy.



## Ingredients

- 2 Tbsp olive oil
- 1 c chopped green bell peppers
- ½ Tbsp garlic, minced
- 1 tsp oregano, ground, dried
- 2 tsp basil, ground, dry
- ½ c whole grain rice
- 1 c tomatoes, chopped
- 4 c low sodium vegetable broth
- 14 oz tofu, cubed
- 4 oz fat free mozzarella, shredded

## Instructions

1. Heat olive oil in a large saucepan and sauté the onion and green pepper until softened.
2. Stir in garlic and cook for a minute.
3. Add oregano, basil, rice, tofu, tomatoes, and broth and bring to a boil.
4. Turn down heat, cover, and simmer for 20 minutes.
5. Sprinkle mozzarella cheese on top, heat for two minutes, and serve.

---

*Preparation Time: 15 minutes*

*Cooking Time: 50 minutes*

*Yield: 8*

*Serving Size: 1 c*

### *Nutrition Facts*

*Calories: 175*

*Total Fat: 5.7g*

*Saturated Fat: 0.6g*

*Sodium: 213mg*

*Fiber: 1.9g*

# The Only Butternut Squash Soup You'll Ever Need

**Mr. HZERRR**

**Wilson Middle School  
Appleton Area School District**

A sweet Butternut squash and gala apple soup is healthy and delicious. It's perfect for a chilly fall day or a snowy winter night.



## Ingredients

- 4 lb butternut squash
- 1 Tbsp olive oil
- 2 gala apples
- ½ onion, diced
- 12 sage leaves
- 2 ½ c low sodium vegetable broth
- 1 tsp salt
- ¼ tsp black pepper
- 1/3 c fat free (skim) milk
- 1/3 Tbsp corn starch

*Preparation Time: 60 minutes*

*Cooking Time: 60 minutes*

*Yield: 7*

*Serving Size: 2 c*

*Nutrition Facts*

*Calories: 149*

*Total Fat: 2.4g*

*Saturated Fat: 0.4g*

*Sodium: 382mg*

*Fiber: 5g*

## Instructions

1. Preheat oven to 425° F.
2. Line a baking sheet with aluminum foil.
3. Cut squash in halves lengthwise and place on baking sheet.
4. Add ½ Tbsp olive oil and brush on cut side of squash.
5. Season with salt and pepper and roast until tender (approximately 1 hour). Allow squash to cool after cooking.
6. Peel, core, and cut one apple into medium size cubes. Add the remaining oil in a saucepan and add apple, onion, and 8 sage leaves.
7. Cook mixture, stirring occasionally until ingredients are soft.
8. Remove from heat and set aside.
9. Once squash is cooled, scoop out flesh into sauce pan.
10. Add broth, water, apple mixture, and remaining salt and pepper to the saucepan and bring to boil over medium heat.
11. Reduce heat to a simmer for 15 minutes.
12. In bowl, combine milk and corn starch.
13. Remove soup from heat and stir in milk mixture.
14. Using a blender, puree the soup in small batches.
15. Heat again if necessary and serve with remaining sage leaves as a garnish.

# Tortilla Soup

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

Authentic Mexican dish that is full of great flavors. It is very colorful and vibrant.



## Ingredients

- 1 c raw carrots, cubed
- ½ c jalapeño peppers, deseeded and cubed
- 1/3 c white onion, diced
- 1 pinch sea salt
- 1 Tbsp olive oil
- 16 oz low sodium vegetable broth
- 6 oz no salt added tomato paste
- ½ tsp garlic powder
- ½ lime
- ½ c low-fat cheddar cheese, shredded
- ¼ c avocado, diced
- 1/3 c fresh cilantro, roughly chopped (optional)
- ½ c low fat sour cream (optional)
- 1 oz whole grain tortilla chips, baked (optional)

*Preparation Time: 10-15 minutes*

*Cooking Time: 20-30 minutes*

*Yield: 6*

*Serving Size: 1*

### *Nutrition Facts*

*Calories: 131*

*Total Fat: 4.8g*

*Saturated Fat: 1.1g*

*Sodium: 213mg*

*Fiber: 3.9g*

## Instructions

1. Chop carrots and jalapeños into cubes, dice the onion, and roughly chop the cilantro.
2. Heat oil in a pot and add carrots, jalapeños, and onions.
3. Sweat the vegetables over low-medium heat for 5 minutes and add a pinch of sea salt.
4. Add 4 oz of broth and bring back to temperature.
5. Stir in garlic powder and simmer for 5-10 minutes.
6. Stir in tomato paste and then add the remainder of the broth.
7. Bring back to temperature and let simmer for 5-10 minutes.
8. When ready to serve, add the fresh lime and stir in the chopped cilantro.
9. Garnish with tortilla chips, avocado, and sour cream.

# BREAKFAST



# Easy Granola Parfaits

## Team BAM

**Badger Ridge Middle School  
Verona Area School District**

This is a fantastic snack of juicy fruit and delicious granola topped off with tangy Greek yogurt. The texture is a combination of creamy and crunchy. The fruit layered on the top gives a sweet, refreshing taste.



## Ingredients

- 1 ½ lb vanilla Greek yogurt
- 6 Tbsp honey
- ¾ tsp vanilla extract
- 1 banana
- 1 c blueberries
- 2 c strawberries
- 2 c raw whole rolled oats
- ½ c raisins
- 2 Tbsp olive oil
- ½ tsp almond extract
- 1 tsp cinnamon
- 1 pinch salt

## Instructions

1. Preheat oven to 350° F.
2. Combine oats, raisins, oil, almond extract, cinnamon, salt, and three tablespoons of honey in a large bowl until well coated.
3. Spread mixture on a cookie sheet and bake in oven for 10 minutes.
4. In a medium bowl combine yogurt, vanilla extract, and remaining honey. Stir well.
5. Chop bananas and strawberries into small, even pieces.
6. Layer yogurt, granola, and fruit until your glass is full.
7. Grab a spoon and enjoy your healthy treat.

*Preparation Time: 45 minutes*

*Cooking Time: 10 minutes*

*Yield: 8*

*Serving Size: 1 c*

*Nutrition Facts*

*Calories: 314*

*Total Fat: 4.9g*

*Saturated Fat: 0.7g*

*Sodium: 50mg*

*Fiber: 4.1g*

# Egg Bake

## SSKC

### Kromrey Middle School Middleton-Cross Plains School District

This is a unique egg bake with delicious vegetables and rice. It is baked to golden perfection and served with sides of chives, sour cream, and lime salsa. It is a great, delicious choice for breakfast, lunch or dinner.



## Ingredients

- 1 red bell pepper
- 1 small onion
- 2 ½ c whole grain rice
- 4 oz reduced fat cheddar cheese
- 5 eggs, large
- 1 can cream of celery soup - 98% fat free
- 1 can cream of cheddar soup - 98% fat free
- 3 large potatoes
- 2 large tomatoes
- 1 small lime
- ½ c light sour cream
- 1 bunch cilantro
- 1 bunch chives
- 1 tsp olive oil

*Preparation Time: 20 minutes*

*Cooking Time: 30 minutes*

*Yield: 16*

*Serving Size: 1/8 of pan*

#### Nutrition Facts

*Calories: 214*

*Total Fat: 5.8g*

*Saturated Fat: 2.4g*

*Sodium: 311mg*

*Fiber: 3.1g*

## Instructions

1. Boil 2 ½ c water and cook rice as directed on packaging.
2. Cube potatoes and dice onions, tomatoes, and bell pepper.
3. Heat a pan of olive oil and sauté potatoes and onions.
4. Mix soups and eggs in a medium bowl.
5. Spray two 9"x13" pans with non-stick cooking spray and layer pans with potatoes and onions.
6. Add peppers, rice, and cheese to pans and pour egg mixture on top.
7. Bake uncovered for 30-40 minutes.
8. Chop cilantro and mix with diced tomatoes.
9. Squeeze half the lime juice over tomatoes and mix.
10. Chop the chives and add to sour cream.
11. Squeeze the other half of the lime into the sour cream and mix.
12. Cut each pan of egg bake into 8 pieces and serve with sour cream and salsa.

# Egg Casserole

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**H.I.****Badger Ridge Middle School  
Verona Area School District**

Enjoy a very delicious and multi-colored egg dish that will excite your taste buds.

**Ingredients**

- 32 oz liquid egg white product
- ½ c fat free (skim) milk
- ¼ c reduced fat cheddar cheese, shredded
- 8 slices whole grain white bread, stale
- ½ c chopped broccoli
- 1 c tomatoes, diced
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Cajun spices
- ¼ tsp pepper

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*Preparation Time: 20 minutes*

*Cooking Time: 45 minutes*

*Yield: 8*

*Serving Size: 3" square*

**Nutrition Facts**

*Calories: 153*

*Total Fat: 1.4g*

*Saturated Fat: 0.6g*

*Sodium: 459mg*

*Fiber: 3.1g*

**Instructions**

1. Preheat oven to 375° F.
2. Crumble bread into little pieces and place in a large bowl.
3. Pour egg product and milk into bowl with bread and stir.
4. Add all remaining ingredients except cheese to bowl and stir well.
5. Spray a 9"x13" cake pan with non-stick cooking spray.
6. Pour mixture into prepared pan.
7. Bake for 20 minutes.
8. Take casserole out of oven and sprinkle cheese on top.
9. Bake for an additional 25 minutes or until the center is set.
10. Let cool for 5 minutes before serving.

# Fruit Crêpe

## Crêpe Chicas

**James Madison Middle School  
Appleton Area School District**

Delicious, mouth watering crêpe filled with creamy cottage cheese and sweet fresh fruit that is topped off with a savory sauce.



## Ingredients

- 2 c eggs
- 1 c fat free (skim) milk
- ¼ tsp salt
- 1 c whole wheat flour
- ½ c water
- 6 Tbsp sugar
- 2 tsp olive oil
- 1 c raspberries
- 1 c blueberries
- 3 c strawberries
- 1.5 c cottage cheese
- 1 Tbsp lemon juice
- 1 tsp cornstarch

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*Preparation Time: 5 minutes  
Cooking Time: 20-25 minutes*

*Yield: 6  
Serving Size: 1 crêpe*

*Nutrition Facts  
Calories: 354  
Total Fat: 10.7g  
Saturated Fat: 3.3g  
Sodium: 470mg  
Fiber: 5.9g*

## Instructions

Sauce:

1. Combine strawberries, cornstarch, lemon juice, and 2 Tbsp of sugar in a saucepan over medium heat.
2. Mash strawberries.
3. Bring to a boil while stirring frequently then reduce heat and simmer until thickened (approximately 7 minutes).

Crêpe:

1. Mix eggs, milk, flour, water, sugar, and oil together until blended.
2. Spray small skillet with non-stick cooking spray.
3. Pour small amount of batter in skillet so the bottom is filled.
4. Heat 1-2 minutes over medium-high heat and flip crêpe to other side.
5. Cook additional 1-2 minutes and remove from pan.
6. Put ¼ c of cottage cheese in crêpe and spread across.
7. Add raspberries and blueberries to cottage cheese.
8. Roll crêpe and drizzle strawberry sauce on top.
10. Serve and enjoy!

# Healthy Crêpes

## Food Lovers

### Bloomer Middle School Bloomer School District

Healthy crêpes are the perfect way to start your morning. The flavor will excite your taste buds and wake your senses up. Go ahead and get up on the wrong side of bed this morning because healthy crêpes will get you out the right side of the door!

## Ingredients

- 1 ½ c whole wheat flour
- 1 Tbsp granulated sugar
- 1 tsp baking powder
- ½ tsp salt
- 1 c liquid egg white product
- ½ tsp vanilla
- 2 ½ c fat free (skim) milk
- ½ c low fat sour cream
- 2 cloves garlic
- 1/3 c reduced fat cheddar cheese, shredded
- ½ c mushrooms
- ½ c asparagus
- 1 c spinach
- ½ c broccoli

*Preparation Time: 15 minutes*

*Cooking Time: 30 minutes*

*Yield: 13*

*Serving Size: 2 crêpes*

#### Nutrition Facts

*Calories: 104*

*Total Fat: 1.8g*

*Saturated Fat: 1.1g*

*Sodium: 186mg*

*Fiber: 1.7g*

## Nutrition Note:

Crêpes, or French-style pancakes, can be deliciously dressed up with sweet or savory toppings. Sweet crêpes are generally made with wheat flour and eaten for breakfast or as a dessert. Fillings and toppings include preserves, jams, sugar, syrup, whipped cream, custard, and soft fruits. Savory crêpes are often served for lunch or supper and are more commonly made with buckwheat flour. They are frequently filled with cheese, ham, eggs, mushrooms, and vegetable blends.

## Instructions

1. In a mixing bowl combine flour, sugar, baking powder, and salt.
2. Stir in 2 c milk, ½ c egg product, and vanilla and mix until smooth.
3. Heat pan to medium and spray with cooking spray.
4. Pour ¼ c of batter into pan, rotating pan so crêpe is thin and even.
5. Flip crêpe once bottom is golden brown.
6. Spray a pan with cooking spray and, sauté asparagus, broccoli, mushroom, and 1 chopped garlic clove on medium heat until tender.
7. Add spinach and cook for 2 minutes and then set aside.
8. Spray a pan with cooking spray, and scramble ½ c egg product.
9. Combine scrambled eggs, vegetables, and cheese.
10. Fill crepes with egg and vegetable mixture and roll.
11. Combine ½ c milk, ½ c sour cream, 1 minced garlic clove.
12. Drizzle sour cream mixture over rolled crêpes.

# Raspberry-Blackberry Crunch

## Raspberry Blast

**James Madison Middle School  
Appleton Area School District**

This tasty mixture is a quick, easy dish that is great for sports, parties, family gatherings, or just a healthy snack for kids.

### Ingredients

- 2 c raspberries
- 2 c blackberries
- 2 c corn flake cereal
- 3 c vanilla yogurt, low-fat
- 4 Tbsp raspberry jam
- 4 Tbsp cranberry juice



*Preparation Time: 10 minutes  
Cooking Time: N/A*

*Yield: 6  
Serving Size: 1 ½ c*

*Nutrition Facts  
Calories: 222  
Total Fat: 2g  
Saturated Fat: 1g  
Sodium: 153mg  
Fiber: 5.7g*

### Instructions

1. In six large glass cups, place a layer of corn flakes and drizzle yogurt on top.
2. Place a layer of blackberries and raspberries on top of yogurt.
3. Place the raspberry jam and cranberry juice in a pitcher and stir until well blended.
4. Pour a layer of jam/juice mixture over berries.
5. Continue to build parfait by layering cereal, yogurt, berries, and juice.
6. Finish with a layer of yogurt and a sprinkling of corn flakes.
7. Decorate each glass with a berry and enjoy!

# Texas Breakfast Casserole

**The Crex Chefs**  
**Grantsburg High School**  
**Grantsburg School District**

Texas Breakfast Casserole adds a little spice to your morning and explodes your taste buds. This dish is a great way to start your morning.



**Ingredients**

- ½ c whole wheat flour
- 1 Tbsp light margarine
- ¾ tsp baking powder
- 2 eggs, large
- 5 egg whites
- ½ c fat free (skim) milk
- ¼ c yellow onion, diced
- 2 Tbsp green chili peppers, diced
- ¼ c green bell pepper, diced
- ¼ c red bell pepper, diced
- 1 ½ red tomatoes, diced
- 2 Tbsp cilantro
- ½ c salsa
- ¼ c marble jack cheese, reduced fat
- ½ tsp salt

*Preparation Time: 35 minutes*  
*Cooking Time: 40 minutes*

*Yield: 8*  
*Serving Size: 1 c*

*Nutrition Facts*  
*Calories: 94*  
*Total Fat: 3g*  
*Saturated Fat: 1g*  
*Sodium: 323mg*  
*Fiber: 1.7g*

**Instructions**

1. Preheat oven to 400° F.
2. Using non-stick spray, lightly grease an 8”x8” baking pan.
3. Combine flour, margarine, and baking powder together in a medium bowl.
4. Add cold water, one tablespoon at a time until a soft dough forms.
5. Spread dough at the bottom of the baking dish.
6. In a medium bowl, whisk together the eggs, egg whites, and milk.
7. Add the onions, peppers, cilantro, salt, and half of the tomatoes to the egg mixture.
8. Pour vegetable/egg mixture over crust.
9. Bake in oven for 30-40 minutes or until eggs are set.
10. Top with remaining tomatoes and cheese and let stand for 10 minutes before serving.
11. Cut into squares and serve with a side of salsa.

# USA Parfait

## Team USA

### St. Nicholas Catholic School Freedom, WI

The vibrant colors and fruitiness in this parfait pairs amazingly well with the tangy Greek yogurt and crunchy, sweet granola.



## Ingredients

- 32 oz Greek yogurt, non-fat, plain
- 1 lb strawberries
- 12 oz blueberries
- 12 oz raspberries
- ½ c brown sugar
- 2 c oatmeal, old-fashioned
- 1 tsp honey
- 1 Tbsp cinnamon
- 5 Tbsp water

## Instructions

1. Preheat oven to 275° F.
2. Mix brown sugar and water in a large bowl and microwave for 90 seconds, stirring halfway through.
3. Mix in oatmeal, honey, and cinnamon.
4. Spread mixture onto cookie sheet and bake for 25 minutes, stirring halfway through.
5. While baking the granola, dice strawberries.
6. Layer ½ c yogurt, ¼ c granola, and approximately 1 c of fruit.

*Preparation Time: 35 minutes*

*Cooking Time: 25 minutes*

*Yield: 8*

*Serving Size: ½ c yogurt, ¼ c granola, and approximately 1 c of fruit*

### *Nutrition Facts*

*Calories: 267*

*Total Fat: 2.3g*

*Saturated Fat: 0.4g*

*Sodium: 48mg*

*Fiber: 7.4g*

# Whole Wheat Breakfast Crêpes

## Shake 'n Bake

**Wilson Middle School  
Appleton Area School District**

This easy breakfast will freshen and satisfy your taste buds. It's a perfect combination of sweetness and juicy fresh fruits. The delicious whole grains will fill you up!



## Ingredients

- 2/3 c whole wheat flour
- 1 pinch of salt
- 2 eggs, large
- 3 c strawberries
- 1 c low-fat (1%) milk
- 2 c fat free whipped cream
- 3 c raspberries
- 1 Tbsp vegetable oil

## Instructions

1. Mix oil, eggs, milk, flour, and salt in a blender until smooth.
2. Cover mixture and refrigerate for an hour.
3. Hull all but four strawberries and cut the hulled berries in half.
4. Heat a skillet over medium high heat and brush with vegetable oil.
5. Pour ¼ of crêpe batter into pan, tilting pan to completely coat the surface.
6. Heat for 2-5 minutes, flip and cook till brown and repeat with remaining batter.
7. Stuff crêpes with cut strawberries, raspberries, and whipped cream.
8. Roll crêpes into a cone shape and garnish with one whole strawberry.

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*Preparation Time: 5 minutes*

*Cooking Time: 15 minutes*

*Yield: 4*

*Serving Size: 1 each*

*Nutrition Facts*

*Calories: 323*

*Total Fat: 7.4g*

*Saturated Fat: 1.2g*

*Sodium: 258mg*

*Fiber: 10.9g*

# Smoothies

## Da Smooth Delight

Submitted by aDJLES from Einstein Middle School (Appleton Area School District)

- 2 c frozen assorted berries
- 2 ½ c fat free (skim) milk
- 1 1/3 c frozen strawberries
- ¼ c non-fat yogurt
- 2 c pineapple juice
- 1 strip kale
- 1 c ice

## Fruity Smoothie

Submitted by Hydras from James Madison Middle School (Appleton Area School District)

- 3 c strawberries
- 3 c raspberries
- 3 c blackberries
- 3 c blueberries
- 1 c low fat vanilla yogurt
- 1 c orange juice
- 1 banana



## Smoothlishious

Submitted by Nanners from Hartford Union High School (Hartford Union High School District)

- 1 mango
- 1 ½ banana
- 1 pineapple
- 1 ½ c low fat vanilla yogurt
- 2 c ice cubes
- 6 strawberries

## Sunny Strawberry Kiwi Smoothie

Submitted by Team Rose from Middleton High School (Middleton-Cross Plains School District)

- 1 c low fat vanilla yogurt
- 1 c fat free (skim) milk
- 9 large strawberries
- 1 kiwifruit

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## Directions:

1. Wash all fruit/vegetables.
2. Peel fruit/vegetable as needed (i.e., kiwi, mango, peach, banana).
3. Measure out choice of milk, yogurt, juice, and/or ice and pour into blender.
4. Add fruit/vegetable to blender and blend till smooth.
5. Pour into serving glasses and enjoy.

