

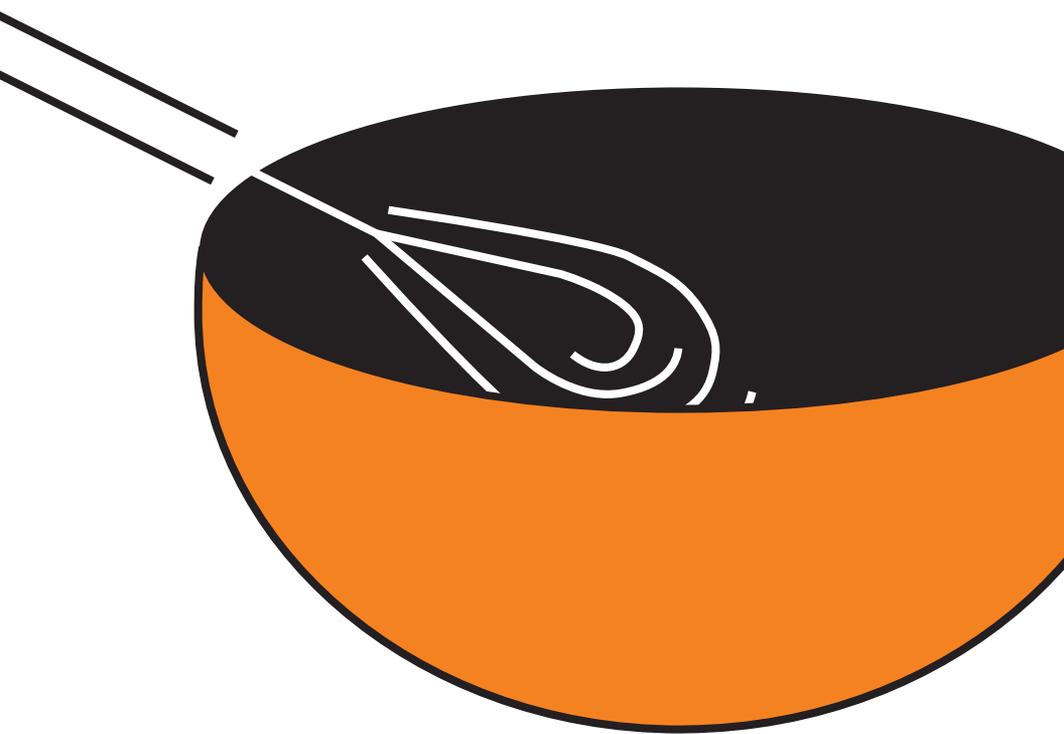


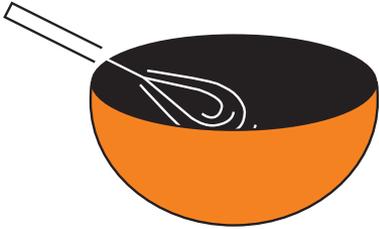
# WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

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2016  
Cookbook





# WHIPPING UP WELLNESS

Wisconsin Student Chef Competition  
2016 Cookbook

Developed by

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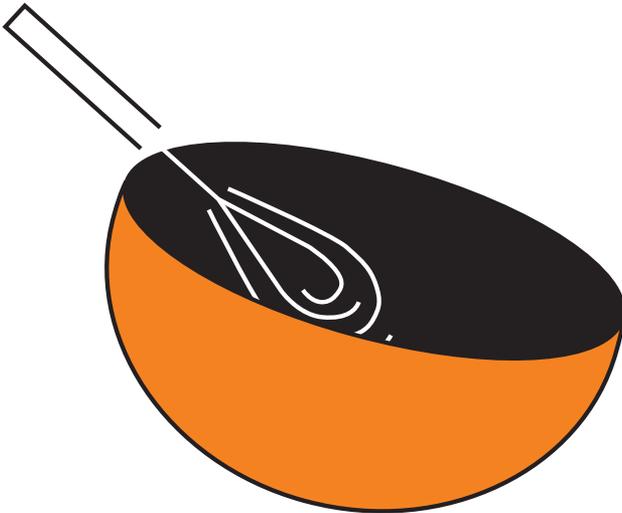
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# Introduction

For the fourth consecutive 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 *2016 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.

Sixty-eight teams submitted recipes for consideration. Recipes were scored based on their nutritional analysis, recipe creativity and originality, and student appeal. Additionally, all recipes had to include a Wisconsin grown fruit or vegetable. The top five teams from the Recipe Contest were invited to participate in the Cooking Competition at the University of Wisconsin – Madison on May 19, 2016. The teams invited to the Cooking Competition were:

- Cookaholics, Mount Horeb High School, Mount Horeb Area School District
- It's Lime Time!, Kaukauna High School, Kaukauna Area School District
- Panini Making Panthers, Plymouth High School, Plymouth School District
- RSVP, Mineral Point Middle School, Mineral Point 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 Panini Making Panthers of Plymouth High School were declared the winners. Congratulations to all participants!

The Wisconsin Student Chef Competition was made possible through the 2015 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. Please note, these recipes have not been standardized or tested for accuracy. For more information about the Wisconsin Student Chef Competition please visit <http://dpi.wi.gov/team-nutrition/whipping-up-wellness>.

## MEET THE JUDGES:

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**Kyle Cherek** is the host of the Emmy-nominated television show *Wisconsin Foodie*, beginning its ninth season on PBS and broadcast primetime to over 8.2 million households. Kyle has made regular appearances on the Travel Channel and Food Network, and is a frequent media contributor to Public Radio, NPR, CBS, and NBC. Kyle is a born-and-bred Wisconsinite and sees the state as an amazing place full of history, craftsmanship, and artisanal dispositions, all of which are continually pushing culinary and sustainability trends forward. As host of *Wisconsin Foodie*, Kyle profiles these food treasures and chronicles the story of food, through regional chefs, farmers, and artisans. His widely-acclaimed video web series, *ChefTalk with Kyle Cherek*, features candid, forthright and often amusing conversations with some of America's most engaging chefs. When not telling the story of where our food comes from and how it shapes us, he is busy enjoying farmers' markets; geeking out over culinary history books; perfecting his five or so kitchen moves whilst cooking with his family; or patiently waiting for the chance to say, 'Let's look at the dessert menu, shall we?'

**Karen Doster** has been a Regional Program Manager for the Wisconsin Milk Marketing Board and Wisconsin Dairy Council for 15 years. She works closely with schools in her area to promote the consumption of Wisconsin dairy products through the Fuel Up to Play 60 school wellness program. Karen also works with the media and 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. Karen holds a BS in Food Science and Nutrition and an MBA from California State University.

**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, Johnson 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, Johnson has challenged conventional wisdom and pushed non-commercial food service operators to develop a real relationship with the food and the people they serve.

**Leigh Mills** is an award winning TV journalist, who anchors the evening newscasts on NBC15 in Madison. She has been honored with a prestigious National Edward R. Murrow Award, given by the Radio Television Digital News Association, a Chicago/Midwest Emmy Award and numerous state awards from the Wisconsin Broadcasters Association and Associated Press.

**Barb Waara** has worked in student nutrition for 20 years, the past 12 years as a Student Nutrition Director. She has been the Director at Fort Atkinson School District since 2009. Barb holds a BS in Business Management from Cardinal Stritch University. She is a certified member of the School Nutrition Association and also holds the School Nutrition Specialist certificate. Barb served as the Marketing Committee Chairperson for SNA-WI and is currently the SNA-WI State President.



## WILD FIELD PANINI

**Panini Making Panthers**  
**Plymouth High School**  
**Plymouth School District**



This hearty yet light sandwich comes from the plains of the Midwest. Melted Swiss cheese tops tender turkey to create a tasty combination. A yogurt basil spread gives a tangy kick with the creamy coleslaw for crunch that leaves you begging for more.

### Ingredients

- 3 Tbsp + ¼ c mayonnaise, low-fat
- 2 Tbsp + ¼ c yogurt, Greek
- ¼ c basil, chopped
- 1 tsp lemon juice
- 3 c cabbage, shredded
- 1 medium carrot, shredded
- 1 ½ tsp sugar
- 8 slices bread, whole wheat
- 4 – 1 oz slices Swiss cheese
- 8 oz turkey, no salt added
- 8 slices tomato
- 2 Tbsp canola oil

### Instructions

1. Preheat panini maker.
2. Combine 3 Tbsp mayonnaise, 2 Tbsp of Greek yogurt, basil, lemon juice in a small bowl. Place 1 ½ tsp of spread on each side of bread.
3. In a medium bowl, combine the cabbage, carrots, ¼ c mayonnaise, ¼ c Greek yogurt, and sugar.
4. Divide the tomato and turkey into four equal portions.
5. Layer tomato, turkey, coleslaw, and cheese on bread. Top with second slice of bread.
6. Lightly spread canola oil on the outside of each slice of bread using a pastry using brush.
7. Place in panini maker until golden brown.

*Preparation Time: 45 minutes*  
*Cooking Time: 15 minutes*

*Yield: 4 sandwiches*  
*Serving Size: 1 sandwich*



## EGG-CELLENTE CASSEROLE

### WR Pro Cooks

Lincoln High School

Wisconsin Rapids

Public Schools



Feeling festive? This colorful Mexican-style casserole is an “egg-celente” choice for any meal of the day. Packed with protein, calcium, nutritious veggies, and Southwest spice, this dish will fill you up in a good way. Add zesty salsa, avocado, and sour cream for a fantastico dish!

### Ingredients

- 1 medium yellow onion
- 1 medium red bell pepper
- 1 c black beans, low sodium
- 2 jalapeno peppers
- 1 butternut squash
- 3-4 medium russet potatoes
- 3 cloves garlic
- 2 Tbsp Mrs. Dash Southwest seasoning
- 1 Tbsp vegetable oil
- 4 large eggs, whole
- 8 large eggs, whites only
- 1 c milk, fat-free
- 1 c sharp cheddar cheese
- 1 avocado, peeled and sliced
- 1 c sour cream, fat-free
- 8 oz medium salsa

### Instructions

1. Preheat oven to 350°F.
2. Grease 9x13 pan.
3. Grate  $\frac{1}{2}$  c of onion.
4. Mince garlic.
5. Rinse beans and allow to drain thoroughly.
6. Cut jalapeno peppers into  $\frac{1}{4}$  dice, reserving seeds.
7. Cut remaining vegetables into  $\frac{1}{4}$  inch dice to yield  $\frac{1}{2}$  c bell pepper, 1 c squash, and 2 c potato.
8. In a large skillet, heat over medium heat. Add grated onion, diced squash, potato, red bell pepper, and jalapeno with seeds. Cook until vegetables just begin to soften.
9. Add garlic and Mrs. Dash Southwest seasoning to skillet. Cook an additional 2-3 minutes until everything is fragrant.
10. In a large bowl, whisk together whole eggs, egg whites, and milk. Stir in cooked vegetables, black beans, and sharp cheddar cheese.
11. Pour mixture into greased pan.
12. Bake in oven for 30-35 minutes or until top is golden brown and the filling is set in the center.
13. Serve with salsa, sour cream, and avocado.

Preparation Time: 45 minutes

Cooking Time: 30-35 minutes

Yield: 8

Serving Size: 1 square



# CHICKEN QUESADILLAS WITH BLUEBERRY LIME SALSA

## It's Lime Time!

**Kaukauna High School**

**Kaukauna Area  
School District**



Enjoy these crunchy chicken quesadillas filled with a mixture of sautéed veggies, chicken, Swiss cheese and crisp spinach leaves, served with a side of sweet and savory blueberry lime salsa.

## Ingredients

### Chicken Quesadilla

- 2 tsp olive oil
- 2 c mushrooms
- 1 c onion
- ¼ tsp salt
- ¼ tsp black pepper
- 2 tsp garlic, minced
- 2 Tbsp sherry or white wine vinegar
- 2 c chicken breast, cooked, shredded
- 8 – 10" tortillas, whole wheat
- 2 c spinach
- 1 c Swiss cheese
- 1 lime, sliced thin

### Blueberry Lime Salsa

- 2 c blueberries, frozen
- 2 c strawberries, frozen
- 1 lime, juiced
- ¼ c cilantro, chopped
- 1 c jicama, ¼ inch dice

*Preparation Time: 45 minutes*

*Cooking Time: 10 minutes*

*Yield: 8*

*Serving Size: 1 quesadilla, ½ c blueberry lime salsa*

## Instructions

### Chicken Quesadilla

1. Heat large nonstick skillet over medium-high heat. Add olive oil to pan and swirl to coat.
2. Add mushrooms, onion, salt, and pepper to pan; sauté for 5 minutes.
3. Stir in garlic and sauté for 30 seconds.
4. Add vinegar and cook for 30 seconds or until liquid almost evaporates.
5. Add chicken to skillet and heat through.
6. Scoop ½ c of mixture into tortilla. Add 1/8 of spinach and cheese to tortilla and fold in half.
7. Heat skillet over medium heat and add tortillas to pan and place a heavy skillet on top of tortillas. Cook 2 minutes on each side or until crisp.
8. Cut into three wedges and serve. Top with lime slice, serve with blueberry lime salsa.

### Blueberry Lime Salsa

1. Combine blueberries, strawberries, half of lime juice, and cilantro in a food processor or blender and pulse. The consistency may be chunky, so blend to desired consistency.
2. Taste and season with salt, pepper, and remaining lime juice if desired.
3. Combine blended fruit and jicama in a bowl.



# CREAMY SPINACH AND TOMATO MAC AND CHEESE

## Cookaholics

**Mount Horeb High School**

**Mount Horeb Area  
School District**



Our light and creamy Mac and Cheese will make you enjoy every mouthful as the flavors explode in your mouth. This delightful comfort food will not leave you feeling guilty this time! We wanted to make a simple yet elegant mac and cheese. To do so, we needed to start on a healthy path. We began with whole wheat elbow pasta and low-fat milk. This left us with room to budge on the type of cheese we used. Because Fontina is very underappreciated, we decided this would be a great cheese to use in our dish. In addition, we wanted to use sharp cheddar cheese as well - who doesn't want cheddar cheese in their macaroni? We didn't stop there. We wanted a kick of fresh with every mouthful. To achieve this, we wanted to use a sweeter vegetable, a tomato. Additionally, we decided to steam spinach and throw it into the mixture. Who doesn't like spinach with cheese? To marry this all together, we added panko bread crumbs for a crispy crunch and parsley as a garnish.

## Ingredients

1 c elbow noodles, whole wheat

1 Tbsp butter

½ c Panko bread crumbs

½ lb chicken

1 Tbsp olive oil

¾ c milk, low-fat

¼ c Fontina cheese, shredded

½ sharp cheddar cheese,  
low-fat, shredded

½ c tomato, chopped

¼ black pepper

¼ tsp oregano

¼ tsp salt

½ lb spinach

Parsley and Parmesan  
cheese for garnish

## Instructions

1. Prepare macaroni according to package directions until al dente.
2. Melt butter and brown bread crumbs, set aside for garnish.
3. In medium skillet, sauté chicken in olive oil until cooked through. Once cool enough to handle, dice chicken.
4. Drain the macaroni. Add the milk to the saucepan and heat until warm.
5. Add cheese to saucepan with milk.
6. Add the cooked chicken, tomatoes, salt, pepper, and oregano.
7. Steam the spinach and add to mixture.
8. Top with breadcrumbs.
9. Plate pasta on a bed of spinach. Add parsley and Parmesan cheese for garnish.

*Preparation Time: 15 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: ¾ c*



## GALUMPKIS: SAVORY CABBAGE ROLLS

### RSVP

**Mineral Point Middle School  
Mineral Point School District**



This traditional Polish dish consists of cooked cabbage leaves wrapped around a tastefully seasoned mixture of meat, rice, and vegetables. It is baked in a tomato based broth containing herbs. This savory delight is topped with a dollop of sour cream and fresh thyme.

### Ingredients

- 1 head green cabbage
- 1 lb ground beef, 90% lean
- 1 c brown rice, cooked
- 1 c red onion, coarsely chopped
- ¼ c carrot, peeled and coarsely chopped
- ½ c celery, coarsely chopped
- 1 tsp garlic, minced
- 1 Tbsp extra virgin olive oil
- 1 tsp salt
- 1 tsp black pepper
- 1 c tomato puree, canned
- ½ c chicken stock
- ½ tsp bay leaf, dry flakes
- 1 tsp thyme, dry flakes
- 1 tsp sugar
- ¼ c parsley, finely chopped
- 7 tsp sour cream
- 14 sprigs fresh thyme

*Preparation Time: 40 minutes*

*Cooking Time: 50 minutes*

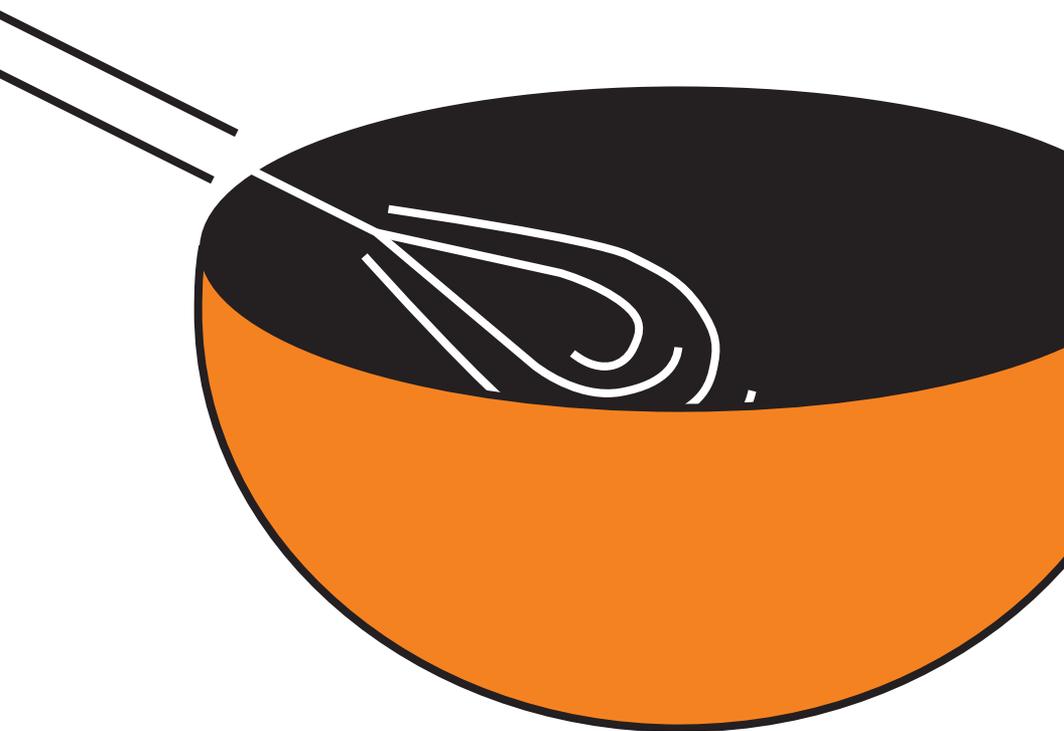
*Yield: 7*

*Serving Size: 1 cabbage roll*

### Instructions

1. Preheat oven to 425°F.
2. Bring a large pot of water to a boil.
3. Core cabbage and add to the pot of boiling water. Cook for 10 minutes. Carefully remove 7 leaves and place in a bowl of cold water to cool.
4. Cook the brown rice according to package directions, spread onto a cookie sheet, and place in refrigerator to cool to room temperature.
5. Heat oil in skillet over medium-high heat. Sauté celery, carrots, and onions until tender. Add garlic and sauté for one minute.
6. In saucepan over medium heat, combine tomato puree, chicken stock, sugar, salt, pepper, thyme, and bay leaf flakes; simmer for 20 minutes.
7. Dry and lay out cabbage leaves on a flat surface.
8. Mix ground beef, rice, sautéed vegetables, fresh parsley, 1 tsp salt, ½ tsp pepper.
9. Shape mixture into firm ovals and place into cabbage leaves. Firmly fold each and place fold-side down into baking dish.
10. Pour tomato/broth mixture over the cabbage rolls, cover with foil and place in oven for 50 minutes. After 10 minutes of baking, reduce heat to 375°F.
11. When finished baking, place one cabbage roll per serving on a plate with sauce. Garnish with 1 tsp of sour cream and 2 sprigs of fresh thyme.

# QUALIFYING RECIPES



## ASIAN CABBAGE SALAD

### Wellness Women

**Wilson/Magellan  
Middle School**

**Appleton Area  
School District**



Asian cabbage salad is a delectable way to add some culture to your day. With a light and zesty dressing, this cabbage salad is sure to please everyone.

### Ingredients

- 1 head green cabbage
- ½ head red cabbage
- 1 c carrots, shredded
- 1 c sugar snap peas
- ½ c roasted sunflower seeds
- 6 Tbsp rice vinegar
- ½ c vegetable oil
- ½ c sugar
- 2 Tbsp soy sauce

### Instructions

1. Chop the green and red cabbage and place in large mixing bowl.
2. Add the shredded carrot and sugar snap peas.
3. Sprinkle the sunflower seeds on top of the cabbage mixture and set aside.
4. In a small bowl, whisk together the rice vinegar, vegetable oil, sugar and soy sauce.
5. Add the dressing mixture to the cabbage mixture and toss until evenly coated.
6. Serve and enjoy!

*Preparation Time: 30 minutes*

*Cooking Time: 0 minutes*

*Yield: 6*

*Serving Size: 1 cup*

## BERRYLICIOUS HAY BALES

### Team Vorps

**Burlington High School**

**Burlington Area  
School District**



A rolled lasagna noodle filled with a low-fat cream cheese and spinach, then topped with a strawberry- blueberry sauce.

### Ingredients

1 box of lasagna noodles,  
whole wheat

2 lbs strawberries, fresh

1 pint blueberries, fresh

1 c cream cheese, low-fat

¼ c milk, fat-free

½ c spinach, chopped

### Instructions

1. Wash the fruit and cut the tops off the strawberries.
2. Fill 4 quarts of water into a large pot.
3. Cook the lasagna noodles until tender.
4. While the pasta is cooking, place a saucepan with blueberries over medium heat until soft.
5. Put the blueberries into a strainer and strain the berry juice into a bowl, pushing the berries around the strainer to get as much juice as possible.
6. With the same pan, heat strawberries over medium heat until soft.
7. Put the strawberries into a strainer and strain the berry juice into a bowl, pushing the berries around the strainer to get as much juice as possible.
8. Combine the blueberry and strawberry juice together.
9. To make the filling, add cream cheese, spinach, and milk into a bowl. Using a mixer, blend together.
10. Lay the noodles flat and spread the filling across the noodle.
11. Then drizzle the berry sauce down the noodle over the filling.
12. Roll the noodle up and drizzle the sauce over the whole noodle.
13. Repeat steps 10-12 for all the noodles.

---

*Preparation Time: 25 minutes*

*Cooking Time: 7 minutes*

*Yield: 4*

*Serving Size: 3 rolls*

## CAPRESE GRILLED CHICKEN WITH BALSAMIC GLAZE AND ROMAINE LETTUCE

**J.B.C.**

**James Madison School District**

**Appleton Area School District**



This dish is the perfect combination of grilled chicken topped with tomato, mozzarella, fresh basil, and a balsamic glaze placed on top of a fresh bed of romaine lettuce! It is a delicious sensation that will amaze your taste buds. The combination that makes up this Caprese grilled chicken with balsamic glaze and Romaine lettuce is perfect for lunch or dinner and will make you want more. The herbal taste calls for a savory sautéed deliciousness. The balsamic glaze adds a bit of vinegary taste which tops it all off. This perfect recipe will melt your taste buds off.

### Ingredients

- 8 chicken breasts, boneless, skinless
- 2 tomatoes, sliced
- 8 slices fresh mozzarella
- 24 Romaine leaves
- 10 basil leaves
- 2 Tbsp balsamic glaze
- 2 Tbsp butter

### Instructions

1. Prepare chicken on grill or skillet until cooked through.
2. Pour balsamic glaze into sauce pan and heat through.
3. Add butter to balsamic glaze and whisk until completely combined.
4. Top chicken with one slice of mozzarella cheese, basil leaf, and a tomato slice.
5. Drizzle with balsamic glaze, then set aside.
6. Chop up 3 leaves of Romaine lettuce for each plate.
7. Set lettuce on plate and place Caprese grilled chicken with balsamic glaze on top of Romaine lettuce.
8. Serve and enjoy!

*Preparation Time: 10 minutes*

*Cooking Time: 40 minutes*

*Yield: 8*

*Serving Size: 1 breast*

## CHEESY THANKSGIVING SOUP

---

### The Country Cookers

**Stevens Point  
Christian Academy**



Forget the carving knives, we have a whole thanksgiving meal in one spoonful, with turkey, potatoes, and carrots. It's a hearty vegetable soup with cheese to bring it all together.

### Ingredients

- ¾ c onions, chopped
- ¾ c carrots, diced
- ¾ c celery, diced
- 1 tsp parsley, dried
- 2 c chicken broth, low-sodium
- 3 c potatoes, cubed
- 1 c broccoli, chopped
- 4Tbsp margarine
- 1½ c milk, fat-free
- ¼ c flour, whole wheat
- 1 lb ground turkey
- 1 c cheddar cheese, low-fat, shredded

### Instructions

1. In a large pot, brown ground turkey and onion.
2. Add broth, celery, carrots, parsley, and potatoes.
3. Bring to a boil, then lower to simmer until potatoes are tender; about 10-12 minutes.
4. In a separate saucepan, melt butter over medium heat. Whisk in flour and then add milk. Stir until thickened.
5. Bring to a boil and reduce heat to simmer.
6. Stir in cheese until melted.
7. Add vegetables.
8. Serve.

---

*Preparation Time: 40 minutes*

*Cooking Time: 50 minutes*

*Yield: 8*

*Serving Size: 1½ c*

## CHICKEN ALFREDO

---

### Snacks

**Badger Ridge Middle School**

**Verona Area School District**

More than just a simple, savory dish. This chicken alfredo is made up of ingredients that most would appreciate in their dinner such as delicious Parmesan cheese that your grandmother would scorn you for eating. The flavors are a scrumptious mix that combine with each other almost perfectly. The chicken is wonderfully tender and rich, rich in not only texture but its flavor of salt and pepper. The noodles are a whole wheat perfection, they are not squishy or too tender; they are just in between. Spinach and kale chopped into small bits in every layer of this meal. Best of all, a cherry tomato “flower” with a basil leaf in the middle as a garnish to top it all off.

### Ingredients

2 Tbsp olive oil

8 garlic cloves

2 c chicken broth, low-sodium

2 c milk, low-fat

6 Tbsp flour

½ c Parmesan cheese, grated

2 chicken breast

2 c kale

1 tsp oregano

2 c spinach

¾ tsp salt and pepper

8 basil leaves

1 lb fettuccine, whole grain

12 cherry tomatoes,  
sliced into a flower shape

### Instructions

1. Cook pasta according to directions.
2. Season chicken with salt and pepper.
3. Grill chicken until cooked through and set aside. Once cool, dice chicken.
4. Chop kale, spinach, basil, oregano, and set aside with chicken.
5. In medium saucepan, combine Parmesan cheese, milk, chicken broth, flour, garlic cloves, and olive oil. Cook sauce over medium heat until thick and bubbling.
6. Combine noodles, veggies, chicken, and sauce until everything is mixed together and distributed equally throughout the dish.
7. Plate the food, add cherry tomatoes and basil as a garnish.

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*Preparation Time: 10 minutes*

*Cooking Time: 25 minutes*

*Yield: 8*

*Serving Size: 1 c*

## CHICKEN AND MIXED VEGETABLES OVER WILD RICE

**Portage High School  
Culinary Arts I**

**Portage High School  
Portage Community  
School District**



Chicken breasts marinated in low fat Italian dressing with zucchini, asparagus, and carrots. Topped with Parmesan cheese, over a bed of wild rice.

### Ingredients

- 1 c wild rice, raw
- 2 Tbsp + 1 ½ tsp avocado oil
- 1 lb chicken breasts
- ½ c chicken broth
- ½ c Italian dressing, fat-free
- ¼ tsp salt
- ½ tsp pepper
- ½ tsp oregano
- 2 garlic cloves, crushed
- ½ c asparagus, cut into 1 inch pieces
- ½ c carrots, cut into 1 inch pieces
- ½ c zucchini, cut into 1 inch pieces
- ¼ c Parmesan cheese, low-sodium

### Instructions

1. Cut chicken breasts into cubes and marinate in Italian dressing in the refrigerator overnight.
2. Cook wild rice according to package directions.
3. Warm the oil in skillet over medium heat.
4. Remove the chicken from the dressing and sauté in skillet until cooked through. Remove chicken and place onto a paper towel.
5. Drain excess oil from skillet.
6. Add the chicken broth to the skillet, then stir in vegetables. Add garlic, salt, pepper, and oregano to the broth mixture. Cover and steam until the vegetables are just tender, about 5 to 10 minutes.
7. Return the chicken to the skillet, and warm through. Let sit 5 minutes.
8. Serve chicken mixture over wild rice and sprinkle Parmesan cheese over the dish.

*Preparation Time: 20 minutes  
plus additional overnight  
Cooking Time: 20 minutes*

*Yield: 7*

*Serving Size: approximately 1 ¼ c*

## CHICKEN GYRO WITH COOL, CREAMY CUCUMBER SAUCE

### Tigers

**Howards Grove Middle School**  
**Howards Grove School District**



A spin off the traditional Greek dish, this chicken gyro is seasoned to perfection. A blend of sautéed peppers and onions along with creamy Greek yogurt and crisp cucumber dressing provide a rush of flavors as you take a bite out of a whole wheat pita pocket.

### Ingredients

- 1 lb chicken breast, boneless, skinless
- 1 tsp oregano
- 1 tsp basil
- ½ tsp black pepper
- ½ tsp paprika
- 1 garlic clove, minced
- 1 Tbsp extra virgin olive oil
- 1 green pepper, large
- 1 red pepper, large
- ½ onion, medium
- 8 pita pockets, whole grain

### Tzatziki Sauce

- 1 c Greek yogurt
- 1 Tbsp lemon juice
- ½ English cucumber, large
- 1 tsp dill weed
- ½ garlic clove, minced

### Instructions

1. Preheat oven to 400°F.
2. In a small bowl, combine seasonings.
3. Place chicken in large plastic bag. Pour extra virgin olive oil and minced garlic over the chicken.
4. Sprinkle the seasoning mixture over the chicken and rub over the chicken through the bag.
5. Refrigerate for 1 hour.
6. For Tzatziki sauce, combine yogurt, lemon juice, cucumber, dill, and garlic in food processor. Blend until creamy and refrigerate.
7. Place chicken on baking sheet and bake in oven until cooked through, approximately 15-20 minutes. Once cool, shred chicken.
8. In large skillet, sauté peppers and onion.
9. To assemble gyro, spread pita with 1 Tbsp Tzatziki sauce, layer with 2 oz shredded chicken, add 1 Tbsp sautéed peppers and onions.

*Preparation Time: 1 ½ hours*

*Cooking Time: 25 minutes*

*Yield: 8*

*Serving Size: 1 gyro*

## CHICKEN VEGGIE QUINOA

### East

**East High School**

**Green Bay Area  
School District**



Select an elegant piece of rubbed chicken and chew thoughtfully, combining closely after with the layer of sautéed vegetables. Decadent and locally grown spinach and zucchini with the addition of red bell peppers all married into the same pan and covered in small diced onions and minced garlic with spices. Our sautéed vegetables are sitting gently on top of our calm and pleasant quinoa. A sauce of colorful blended tomatoes with whole, smooth, rich chickpeas, helps accentuate the dishes ingredients.

### Ingredients

- 1 ½ c quinoa
- 1 ¾ c + 2 Tbsp chicken broth, low-sodium
- 1 ½ c water
- 6 – 4 oz chicken tenderloins
- ½ tsp thyme
- 1 tsp cumin
- 2 tsp oregano
- 4 tomatoes, Roma
- 4 garlic cloves, minced
- 16 oz garbanzo beans, reduced sodium
- ½ c onion
- 2 zucchini, medium
- 1 red pepper, medium
- 3 c spinach
- 1 Tbsp olive oil
- 1 tsp lemon juice

### Instructions

1. Preheat oven to 350°F.
2. Drain and rinse chickpeas, set aside.
3. Cook quinoa with water and 1 ½ c chicken broth on stovetop.
4. Roast whole tomatoes on sheet pan, turning to roast all sides.
5. Remove from oven and blend tomatoes with 1 tsp oregano, ¼ c chicken broth, and half of minced garlic cloves.
6. After blended, transfer to saucepan and add chickpeas. Cook over medium heat.
7. Mix ½ tsp cumin, thyme and 1 tsp oregano thoroughly in a bowl. Rub spice mixture on both sides of chicken.
8. Place chicken on baking sheet lined with parchment paper and bake in oven until cooked through.
9. Add olive oil to a sauté pan over medium heat. Add onion, remaining garlic, ½ tsp cumin, 2 Tbsp chicken broth, and 1 tsp oregano. Sauté for 2 minutes.
10. To sauté pan, add zucchini and red pepper. Wait for zucchini to be fork tender.
11. Add spinach and lemon juice. Toss until spinach wilts.
12. Plate each with ½ c quinoa, ½ c veggies, 1 chicken breast (sliced) and ¼ c garbanzo beans with sauce.

*Preparation Time: 15 minutes*

*Cooking Time: 60 minutes*

*Yield: 6*

*Serving Size: ½ c quinoa, ½ c veggies, 1 chicken breast (sliced) and ¼ c garbanzo beans*

## CHILI MAC

**Hawks' Nest Cooking Club**  
**Milwaukee School**  
**of Languages**  
**Milwaukee Public Schools**



This recipe was created by and is served in the home of one of the students in the cooking club. The addition of gluten free pasta was made to accommodate a student in the club with a wheat allergy.

### Ingredients

- ¾ lb ground beef
- 1 tsp canola oil
- 1 tsp garlic powder
- 1 tsp coriander, ground
- 1 tsp cumin, ground
- 2 tsp chili powder
- 2 c beef broth, low-sodium
- 1 c water
- 2 – 10 oz cans diced mild tomatoes with green chilies
- ½ lb elbow macaroni
- ½ lb elbow macaroni, whole wheat or gluten free
- 2 c cheddar cheese, sharp, shredded

### Instructions

1. Measure all ingredients.
2. Heat oil in saucepan over low heat.
3. Add spices together into the sauce pan, on low and cook for 30 seconds.
4. Add the ground beef, turn heat up to medium high. Cook until browned and no longer pink.
5. Add the tomatoes with green chilies, beef broth, and water.
6. Bring to a boil, turn to low, and simmer for 5 minutes.
7. Stir in your choice of macaroni, cover, and cook on medium heat for 8-12 minutes until pasta is cooked.
8. Divide the chili mac into 8 bowls.
9. Sprinkle each serving with shredded cheddar.
10. Serve.

*Preparation Time: 20 minutes*

*Cooking Time: 30 minutes*

*Yield: 8*

*Serving Size: 1 cup*

## CREAM OF CHICKEN CASSEROLE

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### Solon Springs

Solon Springs High School

Solon Springs School District



Chicken and broccoli with wild and brown rice.

### Ingredients

1 lb boneless, skinless  
chicken breast

1 c wild rice

1 c brown rice

2 c broccoli, frozen, thawed

1 c milk

1 can cream of mushroom  
soup, low-sodium

½ tsp garlic powder

½ tsp onion powder

1½ c cheddar cheese

1 tsp salt

1 tsp olive oil

### Instructions

1. Prepare wild and brown rice as directed on packaging.
2. While rice is cooking, cut up chicken into 1 inch pieces. Season with garlic powder, onion powder; salt and pepper.
3. Put olive oil in skillet and cook chicken over medium heat until cooked through.
4. Mix soup and milk together.
5. Combine wild rice, brown rice, broccoli, chicken, and mushroom soup mixture together.
6. Place in a sprayed 9x13 pan.
7. Sprinkle with cheese.
8. Cover with aluminum foil. Place in oven and bake for 20 minutes. Remove foil and bake for another 10 minutes.

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Preparation Time: 20 minutes

Cooking Time: 1 hour 10 minutes

Yield: 8

Serving Size: 1 ½ c

## GREEK TURKEY BURGERS

### The Panthers

**Greendale High School  
Greendale School District**



Ground turkey burgers seared to perfection served with a dollop of Greek yogurt sauce and fresh cucumber slices.

### Ingredients

- 8 oz Greek yogurt, non-fat
- 1 lemon
- $\frac{3}{4}$  tsp garlic, minced
- $\frac{1}{4}$  tsp dill, dried
- 1 lb ground turkey
- $\frac{1}{2}$  oz sun dried tomatoes
- 1 red onion, medium
- 2 oz spinach, roughly chopped
- 1 tsp oregano, dried
- $\frac{1}{3}$  c bread crumbs
- 1 large egg
- 1 cucumber, medium
- 6 hamburger buns, whole wheat
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  tsp pepper

### Instructions

1. Prepare yogurt sauce by combining yogurt,  $\frac{1}{4}$  tsp garlic, dill, juice of half the lemon, and dash of salt. Mix everything together to combine and then refrigerate to allow the flavors to blend.
2. In a bowl, combine the ground turkey, spinach, sun dried tomatoes, red onion,  $\frac{1}{2}$  tsp garlic, oregano, egg, bread crumbs, salt, and pepper. Mix until evenly combined. Shape the mixture into six patties.
3. Grill the burgers until cooked through.
4. Peel and slice the cucumber into  $\frac{1}{4}$  inch thick slices to be used as a topping for the burger.
5. Grill buns until crispy.
6. Assemble the burger with 1 patty, 1 Tbsp yogurt sauce, and two slices of cucumber.

*Preparation Time: 20 minutes*

*Cooking Time: 10 minutes*

*Yield: 6*

*Serving Size: 1 burger*

## GRILLED CHICKEN SALAD WITH RASPBERRY VINAIGRETTE

### Hornets

Parkside Middle School

Wautoma Area  
School District



Delicious grilled herbed chicken on top of a cool spring salad with crunchy walnuts and carrots, chewy raisins and all topped off with a smooth, rich, creamy, fresh raspberry vinaigrette. It tastes good, smells delicious, and it is very easy to make.

### Ingredients

1 – 16 oz package of salad mix  
(spring blend recommended)

1 ½ c walnuts

¾ c carrots, shredded

5 oz cranberries, dried

2 chicken breast

¼ tsp thyme

¼ tsp sage

¼ tsp salt

¼ tsp pepper

10 oz raspberries

½ c extra virgin olive oil

3 Tbsp honey

⅓ balsamic vinegar

### Instructions

1. Preheat oven to 375°F.
2. Prepare chicken breasts by seasoning with salt, thyme, sage, and pepper.
3. Place chicken on sheet pan and bake until cooked through.
4. In a blender, combine raspberries, extra virgin olive oil, honey and balsamic vinegar.
5. When chicken is cool, slice into strips.
6. Right before serving, combine salad mix, walnuts, shredded carrots, and dried cranberries in a bowl. Top with grilled chicken strips and serve.

Preparation Time: 20 minutes

Cooking Time: 37 minutes

Yield: 6

Serving Size: approximately 2 ½ c salad,

⅓ chicken breast

## HERBED CRUSTED TILAPIA OVER QUINOA

### Hot Chili Peppers

**Pecatonica Area High School  
Pecatonica School District**



This is a piece of fish that has been crusted with herbs and baked. The fish is then placed on top of quinoa risotto with asparagus. It is placed alongside a bed of fresh vegetables, and topped with a mango, onion, and avocado chutney.

### Ingredients

- 1 mango, large
- 1 red onion, large
- 1 avocado, large
- 1 bunch asparagus
- 6 tilapia fillets
- 1 – 12 oz box quinoa
- 4 c sea food stock
- 1 tsp black pepper
- 1 lb carrots
- 1 head broccoli
- 1 – 12 oz package cut green beans, frozen
- 1 – 8 oz package of mushrooms, sliced

### Instructions

1. Preheat oven to 350°F.
2. Slice and prep your mango, avocado, and onion.
3. Grill your mango, avocado, onion, and asparagus.
4. Let stand until cool enough to cube, then put the avocado, onion, and mango into a bowl, and save the asparagus for later.
5. Toast quinoa in saucepan, add sea food stock, and cook as directed on packaging.
6. Add the asparagus to the cooked quinoa.
7. Chop carrots and broccoli.
8. In separate saucepan, add carrots, broccoli, green beans, and mushrooms. Cover with water and bring to a boil.
9. Pepper the fish and lay on a rack that is placed on top of a cookie sheet with water on the bottom.
10. Cook fish in preheated oven uncovered for 8-10 minutes.
11. Plate fish fillet over the top of quinoa and top with the mango, avocado, and onion. Serve alongside the vegetables.

*Preparation Time: 30 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: approximately 1 c quinoa,  
1 cup vegetables, 1 tilapia fillet*

## HONEY CITRUS GLAZED CHICKEN STIR-FRY

### The Spice Girls

Shell Lake High School  
Shell Lake School District



Sweet and savory chicken marinated in 100% pure Wisconsin honey and orange citrus juice, placed atop mouth-watering garlic stir-fry of various veggies such as sweet peppers, rice, and onions.

### Ingredients

- 2 oranges
- ¼ c honey
- 8 chicken breasts,  
boneless, skinless
- 4 c brown rice
- 1 bunch broccoli
- 3 bell peppers (red and yellow)
- 1 garlic clove
- ¼ c olive oil
- 1 onion, medium

### Instructions

1. Preheat oven to 375°F.
2. Cut and squeeze oranges into a medium bowl. Add honey to orange juice and whisk together.
3. Tenderize chicken and place in bowl with orange juice and honey.
4. Cut the bell peppers into strips.
5. Chop the onion and mince garlic.
6. Trim the broccoli into florets.
7. After chicken is marinated, place the chicken on a sheet pan lined with parchment paper. Bake for 30 minutes until chicken is cooked through.
8. While chicken is baking, cook brown rice according to package directions.
9. Heat oil in wok and add vegetables. Stir fry until tender; then add vegetables to rice.
10. Once chicken is cool, slice and add to rice/vegetable mixture.
11. Serve.

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Preparation Time: 1 hour

Cooking Time: 1 hour

Yield: 7

Serving Size: 2 c

## JERK ON THE PORK SANDWICH

### Don't Go Bacon Our Hearts

**Baldwin-Woodville  
High School**

**Baldwin-Woodville  
School District**



A mild Jamaican jerk sauce, covering a tender pork patty. Topped with a creamy coleslaw for a melt in your mouth flavor.

### Ingredients

- 2 c cabbage, shredded
- $\frac{2}{3}$  c carrots, shredded
- $\frac{2}{3}$  c mayonnaise
- $\frac{1}{4}$  c sugar
- 3 Tbsp milk
- 2 Tbsp vinegar
- 2 bell peppers, large, diced
- 2 jalapeno peppers, small
- 3 Tbsp garlic, minced
- 1 Tbsp allspice berries
- $\frac{1}{4}$  Tbsp pepper
- $\frac{1}{2}$  tsp salt
- 1  $\frac{1}{2}$  lbs ground pork
- 6 hamburger buns, whole wheat

### Instructions

1. To make coleslaw, mix mayonnaise, sugar, milk, and vinegar. Add cabbage and carrots, stir well and set aside.
2. Make jerk rub by combining bell peppers, jalapeno peppers, garlic, allspice, salt, and pepper in a blender or food processor and mix until smooth.
3. Pour jerk rub in bowl, add ground pork and combine.
4. Shape ground pork into 4 oz patties.
5. Cover and refrigerate 8-12 hours.
6. Bake patties at 400°F until cooked through, approximately 25 minutes.
7. Serve patties on a whole wheat bun, with  $\frac{1}{4}$  c coleslaw on top.

*Preparation Time: 15 minutes*

*Cooking Time: 25 minutes*

*Yield: 6*

*Serving Size: 1 sandwich*

## MAC AND CHILI

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### Cheesy Panthers

**Plymouth Comprehensive  
High School**

**Plymouth School District**



A delicious combination of comfort foods that will have you asking for more. It's a healthy yet savory dish highlighting a variety of vegetables, cheese, meat, and beans. A true chili with a hidden vegetable that thickens the mixture to perfection.

### Ingredients

- ¾ c cheddar cheese, shredded
- ½ lb ground beef
- 2 garlic cloves, minced
- 1 onion, medium, diced
- 1 large butternut squash
- 2 c chicken broth
- 1 – 14.5 oz can diced tomatoes with chilies, no salt
- 1 – 15.5 oz can red kidney beans, low-sodium
- 1 – 15.5 oz can white kidney beans, low-sodium
- 10 oz rotini pasta, whole wheat
- 2 Tbsp chili powder
- 1½ Tbsp cumin
- 1 Tbsp fresh parsley, chopped
- 1 Tbsp red pepper flakes

### Instructions

1. Cook pasta according to package directions.
2. Dice onions and mince garlic.
3. Peel squash, remove seeds, and cut into medium dice. Place 4 c into microwave safe dish with ¼ c water and microwave on high for 5 minutes or until fork tender; Puree in food processor.
4. Place ground beef, onion, and garlic in a stock pot and cook until browned.
5. Stir in chicken broth, tomatoes with chilies, red kidney beans, white kidney beans, chili powder, and cumin. Bring to a simmer.
6. Add pureed squash and mix thoroughly.
7. Place noodles in serving bowl, top with chili. Garnish with cheese and parsley.

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*Preparation Time: 10 minutes*

*Cooking Time: 45 minutes*

*Yield: 8*

*Serving Size: 1 c chili and ½ c noodles*

## MEXICAN JAMBALAYA

**The Mighty Panthers**  
**Plymouth High School**  
**Plymouth School District**



Transport your taste buds to Mexico with this flavor filled twist on a jambalaya! Filled with typical Mexican flavors, the rice, chicken, and colorful vegetables provide a unique taste to a traditional dish. Lime, cumin, and cayenne pepper add extra flavor to this tantalizing meal.

### Ingredients

- 1 Tbsp canola oil
- 1 medium yellow onion, diced
- 1 large red bell pepper, diced
- 1 garlic clove, minced
- 1 Tbsp cumin
- 1/3 c cilantro, chopped
- 1/2 tsp cayenne pepper
- 1 1/2 c brown rice, instant
- 2 c chicken, roasted, shredded
- 2 c chicken broth
- 12 oz yellow corn
- 1 – 15 oz can black beans, low-sodium, drained
- 1 – 14.5 oz can diced tomatoes

### Instructions

1. Cook rice according to package instructions.
2. In a large, heavy-bottomed sauce pan over medium-high heat, add 1 Tbsp oil.
3. Add onion and peppers and cook until soft, about 5 minutes.
4. Add garlic, cumin, cilantro (reserve some for garnish), and cayenne pepper. Stir until just combined.
5. Stir in the cooked rice, chicken, chicken broth, corn, beans, and tomatoes.
6. Bring to a boil, cover, and reduce heat to a simmer. Cook until the liquid is absorbed and the rice is tender, about 30 minutes.
7. Serve and garnish with cilantro.
8. Optional: serve with mixture of juice of two limes and 1/2 c plain Greek yogurt.

*Preparation Time: 15 minutes*

*Cooking Time: 45 minutes*

*Yield: 8*

*Serving Size: 2 c*

## MINI CHICKEN POT PIE CUPS

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**Green Kitchen Hour: 7**  
**Einstein Middle School**  
**Appleton Area School District**



Our pot pie is filled with healthy vegetables, protein packed chicken, all mixed together in a creamy sauce. Our filling is then stuffed in fluffy, whole wheat bread dough that is baked until golden brown.

### Ingredients

- 1 c peas, frozen
- 1 c carrots, chopped
- 1 c corn, frozen
- 1 chicken breast
- 2 frozen bread dough loaves, thawed
- 2 cans cream of chicken soup

### Instructions

1. Let bread dough rise.
2. Preheat oven to 375°F.
3. Spray muffin tin with cooking spray.
4. Cut loaves into 8 pieces per loaf and spread into muffin tins.
5. Cut chicken into cubes and cook in skillet over medium-high heat. Once cooked through, set aside.
6. In a medium bowl, combine all vegetables, chicken, and soup. Mix well.
7. Scoop filling into bread dough.
8. Curl extra bread dough on top of the filling.
9. Place in oven and bake for 20-22 minutes or until dough is brown.
10. When the pies are done, take out, and let cool.
11. Enjoy!

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*Preparation Time: 20 minutes*  
*Cooking Time: 20-22 minutes*

*Yield: 16*  
*Serving Size: 1 pot pie*

## PESTO BAKED RIGATONI

### The Fab Five

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



The final product of this recipe is very colorful. The pesto is a dark green and covers all of the noodles. The tomatoes are a vibrant red and are mixed evenly throughout the dish. There is a thin layer of cheese covering the entire dish. The savory pesto sauce complements the tomatoes perfectly in a burst of flavor. This delicious recipe for pesto rigatoni will leave you craving for more.

### Ingredients

- 1 lb rigatoni, whole wheat
- 3 c heirloom tomatoes, chopped
- ½ c mozzarella cheese, shredded
- 2 c spinach
- 1 c kale
- 1 c basil
- ¼ c Parmesan cheese
- ½ c olive oil
- ½ tsp salt
- 3 garlic cloves
- 1 lemon, juiced
- 3 basil leaves

### Instructions

1. Preheat oven to 400°F.
2. Cook pasta according to package directions.
3. Chop tomatoes.
4. Place spinach, kale, 1 cup basil, Parmesan cheese, olive oil, salt, garlic, and lemon juice in food processor. Blend until smooth.
5. Combine pesto with pasta and tomato and put into 9x13 baking sheet.
6. Sprinkle mozzarella cheese over the pan.
7. Cover loosely with aluminum foil sprayed with non-stick cooking spray.
8. Bake for 10-15 minutes until cheese is melted.
9. Take out and let cool.
10. Garnish with basil leaves.

*Preparation Time: 15-20 minutes*

*Cooking Time: 15-20 minutes*

*Yield: 8*

*Serving Size: 1 cup*

## SAMMY'S SPROUT OF CONTROL MIX

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### Peas Romaine Calm

**Burlington High School**  
**Burlington School District**



The vibrant, green Brussel sprouts in this amazing salad make it stand out like no other. The rich, red cranberries introduce a tangy, sweet taste and add to the eye appeal. With the crunchiness, added by the pecans, consumers are given a different, complementary texture. When the salad is topped with the sweet orange vinaigrette, the salad is given a sweet, yet bitter tang to excite the consumer's taste buds.

### Ingredients

- 1 lb Brussel sprouts
- 1 c quinoa
- ½ c pecans
- 1½ c cranberries, dried
- ¼ c orange juice
- ¼ c olive oil
- 2 Tbsp apple cider vinegar
- Dash of pepper
- Dash of salt

### Instructions

1. Cook quinoa on stovetop as directed, set aside.
2. Cut ends off Brussel sprouts and clean.
3. Slice each Brussel sprout in half, then chiffonade each half and place in mixing bowl.
4. Roughly chop whole pecans and add to bowl with Brussel sprouts.
5. Add quinoa and dried cranberries to same bowl.
6. For vinaigrette, combine orange juice, olive oil, apple cider vinegar, salt and pepper in a separate bowl and whisk together.
7. Pour vinaigrette over salad and gently toss together.
8. Bon appetit!

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*Preparation Time: 35 minutes*

*Cooking Time: 13 minutes*

*Yield: 6*

*Serving Size: approximately 1 ½ c*

## SPAGHETTI PIZZA

**Food or Life – Team 2**

**Omro High School**

**Omro School District**



Is it spaghetti or pizza? It's the best of both worlds that will surely tantalize your taste buds. Featuring a whole wheat crust topped with homemade meat sauce, fresh broccoli florets, and sprinkled with mozzarella cheese.

### Ingredients

- 1 package pizza crust mix, whole wheat
- ½ c spaghetti, whole wheat, cooked
- ¾ c ground beef
- 30 oz tomato sauce
- 1 tsp oregano
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- ½ c broccoli, finely chopped
- 1 c mozzarella cheese, shredded

### Instructions

1. Preheat oven to 400°F.
2. Cook noodles according to package directions.
3. Prepare pizza crust according to package directions and prebake for 5 minutes.
4. Brown ground beef in skillet. Drain grease. Add tomato sauce, oregano, garlic powder, and Italian seasoning.
5. Add noodles to beef mixture, mix to combine.
6. Wash and chop broccoli.
7. Assemble pizza. Put noodle/meat mixture on crust, then add broccoli and top with cheese.
8. Bake in oven for 15 minutes.

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 1 slice*

## SPICY CHICKEN SOUP

**Misner's Minions**

**Kaukauna High School**

**Kaukauna Area School  
School District**



Delicious flavors add a new twist to this Mexican soup. With vibrant colors and bold flavor, this soup will make your taste buds go crazy. Filled with juicy chicken and wild rice this soup will not disappoint. With a variety of peppers such as red bell pepper, poblano pepper, and chipotle pepper they will add a new spice to this dish. All healthy and guaranteed to make you second guess any other soup choice.

### Ingredients

- 12 c chicken broth,  
reduced sodium, divided
- 1½ c wild rice
- 1 c water
- 2 garlic heads, cloves separated  
and peeled
- 1 lb chicken breasts,  
boneless, skinless
- 4 tsp olive oil
- 1 red bell pepper, chopped
- 2 onions, medium, chopped
- 1½ poblano chile pepper, chopped
- 2 chipotle peppers, canned  
in adobo sauce
- 2 avocado, diced
- ½ c cilantro, chopped
- 2 limes, quartered
- ½ c sour cream, light

### Instructions

1. Combine 3 c chicken broth and wild rice. Bring to a boil. Cover and reduce heat. Cook for 50-60 minutes, until tender; stirring occasionally. Set aside.
2. Bring water; remaining 9 c of chicken broth, garlic and chicken to a boil in a large stock pot over medium-high heat. Reduce heat to simmer and cook. Skim any foam that comes to the top, cook 12-15 minutes until the garlic is tender, and chicken is cooked through. Take out chicken and let cool.
3. In a skillet, heat oil and add in red bell pepper, onion, and poblano pepper. Sauté until soft but with a tender bite.
4. Add ½ c of the broth, onion, chipotle, red bell, and poblano pepper to a blender and process until smooth. Pour blended mixture back into the broth in the stock pot. Stir in the wild rice. Bring to a boil, reduce heat, and simmer for 1-2 minutes.
5. Shred chicken and add it back to the pot. Ladle the finished soup into 8 bowls and garnish with avocado, cilantro, and sour cream. Serve with a wedge of lime.

*Preparation Time: 15 minutes*

*Cooking Time: 1 hour*

*Yield: 8*

*Serving Size: 1½ c*

## TROPICAL TILAPIA TACO

### Aloha Chefs

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



This tropical tilapia taco is a little bit sweet, a little spicy, and a whole bunch of savory flavor! With refreshing mango salsa and zesty baked tilapia. The flavors of the fish, mango salsa, and the pineapple coleslaw merge together in a corn tortilla to create a tropical, tasty, healthy, and easy recipe kids will love!

### Ingredients

- 2 lbs frozen tilapia fillets, boneless
- 8 corn tortillas
- ½ - 16 oz bag mango chunks, frozen
- ¼ onion, small
- ½ jalapeno pepper
- 4 Tbsp fajita seasoning
- 3 limes
- ½ - 10 oz can diced tomatoes with green chilies
- 1 - 8 oz can crushed pineapple
- 5 Tbsp vinegar
- 2 Tbsp sugar
- 1 tsp salt
- ½ tsp black pepper
- 1 c cabbage, shredded
- 2 tsp brown sugar
- 3 Tbsp cilantro
- ½ c sour cream

### Instructions

1. Preheat oven to 400°F.
2. Prepare coleslaw by placing cabbage, pineapple, vinegar, and brown sugar in a bowl and mix together.
3. Thaw mango chunks and cut into smaller cubes.
4. Chop up onion into small dice.
5. Remove seeds and mince jalapeno.
6. Combine mango, onion, tomatoes with chilies, jalapeno, and 2 Tbsp cilantro in bowl and mix together.
7. Cut one lime in half and squeeze juice over mango mixture.
8. Thaw tilapia by placing fillets in microwave for 5 minutes.
9. Cut tilapia in one inch cubes and put in a bowl with fajita seasoning, coat tilapia with seasoning.
10. Place tilapia on sheet pan and cook for 16-18 minutes.
11. While the tilapia is cooking, crisp up the tortillas by placing them in a skillet over medium-high heat until the edges are crisp.
12. Juice one lime and add to sour cream.
13. Put 5 pieces of tilapia onto the tortilla and top with a spoonful of mango salsa and coleslaw. Top with sour cream.
14. Serve with a lime wedge and a spring of cilantro.

*Preparation Time: 15 minutes*

*Cooking Time: 18 minutes*

*Yield: 8*

*Serving Size: 1 taco*

## TURKEY BROCCOLI CHEDDAR MELT

### 4 Plymouth Peas in a Pod

**Plymouth Comprehensive  
High School**

**Plymouth School District**



Sliced roasted turkey layered with cheddar cheese and topped off with roasted broccoli. Seasoned with a hint of heat from the red pepper flakes with a cooling sensation from the tangy yogurt ranch spread that is layered on the whole wheat bread. Grilled to perfection to offer a crunchy toasted sandwich ideal for the school lunch program.

### Ingredients

- 3 ½ c broccoli, chopped
- 2 Tbsp olive oil
- 2 garlic cloves, minced
- ¼ tsp red pepper flakes
- ¼ tsp pepper
- 8 oz Greek yogurt, plain, low-fat
- ½ tsp fresh oregano, chopped
- ½ tsp fresh parsley, chopped
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ½ tsp sugar
- ½ tsp black pepper
- 8 slices bread, whole wheat
- 3 oz cheddar
- 3 oz roasted turkey breast

### Instructions

1. Preheat oven to 400°F.
2. On a large rimmed baking sheet, mix broccoli, 2 Tbsp olive oil, garlic, and red pepper flakes.
3. Season the broccoli mixture with ¼ tsp black pepper.
4. Roast for 15 minutes, stirring occasionally, until broccoli is soft and lightly browned.
5. Let broccoli cool for 5 minutes and set aside.
6. Heat panini press to high.
7. Whisk together the yogurt, oregano, parsley, garlic powder, onion powder, sugar, and ¼ tsp pepper in a small bowl.
8. Spread 1 Tbsp of yogurt mixture on each slice of bread.
9. Top four slices of bread with roasted broccoli, cheddar cheese, and turkey.
10. Top sandwich with other piece of bread and brush with olive oil.
11. Place sandwich in panini press and grill for 10-15 minutes, until cheese melts and starts sizzling.

*Preparation Time: 30 minutes*

*Cooking Time: 15 minutes*

*Yield: 4*

*Serving Size: 1 sandwich*

## TWO CHEESE MAC BAKE

**Food For Life – Team 3**  
**Omro High School**  
**Omro School District**



This hot dish takes the old childhood favorite of macaroni and cheese and makes it come alive! Whole wheat pasta infused with two cheeses - cheddar and mozzarella - combined with florets of fresh broccoli and topped with crispy breadcrumbs is guaranteed to become a new favorite.

### Ingredients

- 3 c rotini pasta, whole wheat
- 3Tbsp olive oil
- 1½ c low fat milk
- 4Tbsp flour
- 2 tsp garlic, minced
- 1½ c cheddar cheese, low-fat, shredded
- 1½ c mozzarella cheese, low-fat, shredded
- 1 c broccoli, chopped
- 2Tbsp Italian style bread crumbs
- 1 tomato, Roma (garnish)

### Instructions

1. Preheat oven to 400°F.
2. Boil pasta according to package direction. Drain and set aside.
3. Wash and chop broccoli.
4. In saucepan over medium heat, combine olive oil, milk, flour; and garlic.
5. Add shredded cheeses and combine until thoroughly melted.
6. Add broccoli to cheese sauce.
7. Add noodles to sauce and combine. Pour mixture into greased 8x8 baking dish.
8. Bake for 15 minutes. Remove from oven, top with breadcrumbs, and bake 5 more minutes.

*Preparation Time: 30 minutes*  
*Cooking Time: 20 minutes*

*Yield: 8*  
*Serving Size: approximately 1 ½ c*

## TWO CHEESE PASTA

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### The Firecrackers

**Greendale High School  
Greendale School District**



Creamy whole grain pasta with spinach and Parmesan.

### Ingredients

- ½ Tbsp butter, unsalted
- 1 garlic clove, minced
- 1 tsp lemon zest
- 2 tsp flour, whole wheat
- 1 c milk, fat-free
- 2 Tbsp cream cheese, low-fat
- ½ c Parmesan cheese, fat-free
- 24 oz no yolk noodles, whole grain
- 1 tsp olive oil
- 3 c spinach
- 3 Tbsp parsley, minced
- ¼ tsp salt
- Dash of pepper

### Instructions

1. Melt butter in skillet over medium heat. Add the garlic and lemon zest and cook until the garlic is soft. Stir in the flour and mix for 30 seconds.
2. Whisk in milk and the salt. Whisk constantly until it has thickened. Add the Parmesan cheese and whisk until the cheese has melted. Add in parsley.
3. In another skillet, heat olive oil and sauté spinach over medium heat until soft.
4. Bring a large pot of water to boil and cook pasta until al dente.
5. Add the spinach, sauce, and noodles together and gently toss to combine.
6. Season with salt and pepper. Add extra Parmesan cheese and parsley if desired.

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*Preparation Time: 10 minutes*

*Cooking Time: 25 minutes*

*Yield: 6*

*Serving Size: 1 c*

## WISCONSIN SUNRISE POTATOES

**IMMS Jr. Cooks I**

**Indian Mound Middle School  
McFarland School District**



A delicious, new potato dish for breakfast! Bake your potatoes in the microwave or use ones baked from a previous meal, we are sure you will love these!

### Ingredients

- 4 medium baking potatoes
- 3 large eggs
- 1/3 c green peppers, diced
- 1/4 c onions, diced
- 3/4 c Greek yogurt, fat-free
- 1/2 c sharp cheddar cheese, shredded (leaving out 2 Tbsp for topping)
- 1 Tbsp vegetable oil
- 5 strips of bacon
- Salt and pepper to taste

### Instructions

1. Wash potatoes and use fork to prick holes in the potatoes.
2. Microwave potatoes for 12 minutes or until cooked through.
3. Cut potatoes in half the long way. Scoop out potatoes and put into large mixing bowl, leaving potato skins.
4. Fry 5 strips of bacon until crisp. Once cool, crumble and set aside for later.
5. Scramble eggs in non-stick skillet.
6. Combine potato filling, scrambled eggs, peppers, onions, yogurt, cheese, oil, salt and pepper.
7. Scoop filling into a potato skin.
8. Top the potatoes with 2 Tbsp of shredded cheese and bacon.

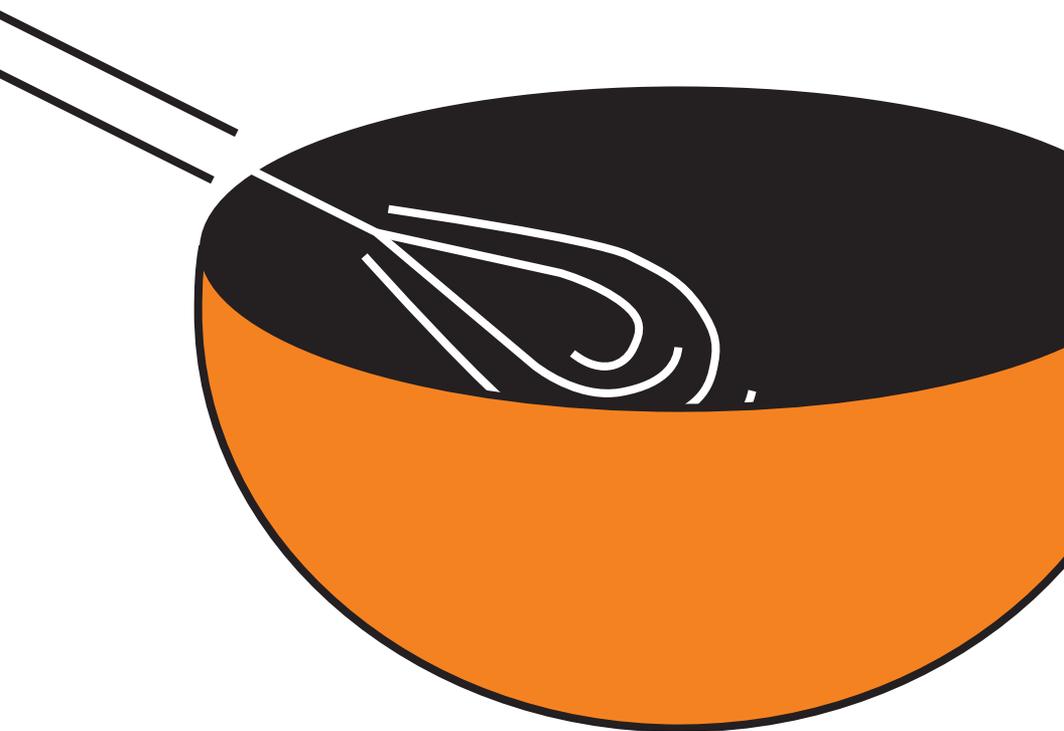
*Preparation Time: 40 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 1/2 medium potato*

# QUANTITY RECIPES



# CHICKEN QUESADILLAS WITH BLUEBERRY LIME SALSA

Preparation Time: 45 minutes

Cooking Time: 10 minutes

Yield: 50

Serving Size: 1 quesadilla,

½ c blueberry lime salsa



## Ingredients

### Chicken Quesadilla

½ c olive oil

12 ½ c mushrooms

6 ¼ c onion

1 ½ tsp salt

1 ½ tsp black pepper

¼ c garlic, minced

¾ c sherry or white wine vinegar

5 lbs chicken breast, cooked, shredded

50 – 10" tortillas, whole wheat

12 ½ c spinach

4 lbs Swiss cheese

6 lime, sliced thin

### Blueberry Lime Salsa

12 ½ c blueberries, frozen

12 ½ c strawberries, frozen

6 lime, juiced

1 ½ c cilantro, chopped

6 ¼ c jicama, ¼ inch dice

## Instructions

### Chicken Quesadilla

1. Heat a dutch oven on medium-high heat. Add olive oil to pan and swirl to coat.
2. Add mushrooms, onion, salt, and pepper to pan; sauté for 5 minutes.
3. Stir in garlic and sauté for 30 seconds.
4. Add vinegar and cook for 30 seconds or until liquid almost evaporates.
5. Add chicken to skillet and heat through.
6. Scoop ½ c of mixture, ¼ c of spinach and ½ c cheese into tortilla and fold in half.
7. Heat flat top grill to medium heat. Place folded tortillas on grill, weigh down tortillas. Cook 2 minutes on each side or until crisp.
8. Cut into three wedges and serve with blueberry lime salsa. Optional: garnish with lime slice.

### Blueberry Lime Salsa

1. Combine blueberries, strawberries, half of lime juice, and cilantro in a food processor or blender and pulse. The consistency may be chunky, so blend to desired consistency.
2. Taste and season with salt, pepper, and remaining lime juice if desired.
3. Combine blended fruit and jicama in a bowl.

## CREAMY SPINACH AND TOMATO MAC AND CHEESE

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Yield: 50

Serving Size: 1 c



### Ingredients

2 ½ lb elbow noodles, whole wheat

½ c butter

4 ¼ c Panko bread crumbs

4 lb 3 oz chicken

½ c olive oil

6 ¼ c milk, low-fat

8 oz Fontina cheese, shredded

1 lb sharp cheddar cheese, low-fat, shredded

4 ¼ c tomato, chopped

2 ¼ black pepper

2 ¼ tsp oregano

2 tsp salt

3 lb 5 oz spinach

1 ½ c Parsley

2 c Parmesan cheese

### Instructions

1. Prepare macaroni according to package directions until al dente.
2. Melt butter and brown bread crumbs, set aside for garnish.
3. In medium skillet, sauté chicken in olive oil until cooked through. Once cool enough to handle, dice chicken.
4. Drain the macaroni. Add the milk to the saucepan and heat until warm.
5. Add cheese to saucepan with milk.
6. Add the cooked chicken, tomatoes, salt, pepper; and oregano.
7. Steam the spinach and add to mixture.
8. Top with breadcrumbs.
9. Plate pasta on a bed of spinach. Add parsley and Parmesan cheese for garnish.

## EGG-CELLENTE CASSEROLE

Preparation Time: 45 minutes

Cooking Time: 30-35 minutes

Yield: 50

Serving Size: 1 square



### Ingredients

- 6 ¼ c medium yellow onion
- 3 ¼ c medium red bell pepper
- 6 ½ c black beans, low sodium
- 12 jalapeno peppers
- 12 ½ c butternut squash
- 3-4 medium russet potatoes
- 20 cloves garlic
- 1 c Mrs. Dash Southwest seasoning
- 6 Tbsp vegetable oil
- 25 large eggs, whole
- 50 large eggs, whites only
- 6 ¼ c milk, fat-free
- 6 ¼ c sharp cheddar cheese
- 6 avocado, peeled and sliced (optional)

### Instructions

1. Preheat oven to 350°F.
2. Grease two half pans.
3. Rinse beans and allow to drain thoroughly.
4. In a large skillet, heat over medium heat. Add grated onion, diced squash, potato, red bell pepper, and jalapeno with seeds. Cook until vegetables just begin to soften.
5. Add garlic and Mrs. Dash Southwest seasoning to skillet. Cook an additional 2-3 minutes until everything is fragrant.
6. In a large bowl, whisk together whole eggs, egg whites, and milk. Stir in cooked vegetables, black beans, and sharp cheddar cheese.
7. Pour mixture into greased pan.
8. Bake in oven for 30-35 minutes or until top is golden brown and the filling is set in the center.
9. Cut each pan into 25 squares.
10. Serve with optional salsa, sour cream, and avocado.

## GALUMPKIS: SAVORY CABBAGE ROLLS

Preparation Time: 40 minutes

Cooking Time: 50 minutes

Yield: 50

Serving Size: 1 cabbage roll



### Ingredients

- 4 head green cabbage
- 7 lbs ground beef, 90% lean
- 7 c brown rice, cooked
- 7 c red onion, coarsely chopped
- 1  $\frac{3}{4}$  c carrot, peeled and coarsely chopped
- 3  $\frac{1}{2}$  c celery, coarsely chopped
- 2 Tbsp garlic, minced
- $\frac{1}{2}$  c extra virgin olive oil
- 2 Tbsp salt
- 2 Tbsp black pepper
- 7 c tomato puree, canned
- 3  $\frac{1}{2}$  c chicken stock
- 1 Tbsp bay leaf, dry flakes
- 2 Tbsp thyme, dry flakes
- 2 Tbsp sugar
- 1  $\frac{3}{4}$  c parsley, finely chopped
- 1 c sour cream (optional)
- 50 sprigs fresh thyme (optional)

### Instructions

1. Preheat oven to 425°F.
2. Bring a large pot of water to a boil.
3. Core cabbage and add to the pot of boiling water. Cook for 10 minutes. Carefully remove 50 leaves and place in a bowl of cold water to cool.
4. Cook the brown rice according to package directions, spread onto a cookie sheet, and place in refrigerator to cool to room temperature.
5. Heat oil in skillet over medium-high heat. Sauté celery, carrots, and onions until tender. Add garlic and sauté for one minute. Spread on pan and cool to room temperature.
6. In saucepan over medium heat, combine tomato puree, chicken stock, sugar, salt, 1 Tbsp pepper, thyme, and bay leaf flakes; simmer for 20 minutes.
7. Dry and lay out cabbage leaves on a flat surface.
8. Mix ground beef, rice, sautéed vegetables, fresh parsley, 1 tsp salt, 1 Tbsp pepper.
9. Shape mixture into 4 oz firm ovals and place into cabbage leaves. Firmly fold each and place fold-side down into baking dish.
10. Pour tomato/broth mixture over the cabbage rolls, cover with foil and place in oven for 50 minutes. After 10 minutes of baking, reduce heat to 375°F.
11. When finished baking, place one cabbage roll per serving on a plate with sauce. Garnish with 1 tsp of sour cream and 2 sprigs of fresh thyme.

## WILD FIELD PANINI

Preparation Time: 45 minutes

Cooking Time: 15 minutes

Yield: 50 sandwiches

Serving Size: 1 sandwich



### Ingredients

100 slices bread, whole wheat

$\frac{3}{4}$  c canola oil

50 slices tomato

6 lbs 4 oz turkey, deli,  
no salt added

3 lbs 2 oz Swiss cheese,  
low-fat, sliced

### Coleslaw

$3\frac{1}{8}$  c mayonnaise, low-fat

$3\frac{1}{8}$  c yogurt, Greek

$1\frac{1}{2}$  tsp sugar

3 c cabbage, shredded

1 medium carrot, shredded

### Spread

$2\frac{1}{4}$  c mayonnaise, low-fat

$1\frac{1}{2}$  c yogurt, Greek

$3\frac{1}{8}$  c basil, chopped

$\frac{1}{4}$  c lemon juice

### Instructions

1. Preheat panini grill.
2. Make coleslaw by mixing mayonnaise, Greek yogurt, and sugar in a medium bowl. Stir cabbage and carrots in until well coated.
3. Make spread by combining mayonnaise, Greek yogurt, basil, and lemon juice in a small bowl.
4. Brush one side of bread with oil, place oil side down on sheet tray lined with parchment paper.
5. Place  $1\frac{1}{2}$  tsp of spread on each side of bread.
6. Layer tomato, turkey, coleslaw, and cheese on bread. Top with second slice of bread.
7. Place on panini grill until cheese melts and bread is golden brown.

