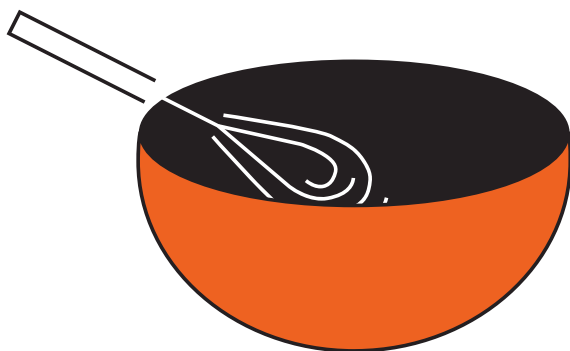




# WHIPPING UP WELLNESS

Wisconsin Student  
Chef Competition

---



---

## 2018 Cookbook

This publication is available from:

School Nutrition Team  
Wisconsin Department of Public Instruction  
125 South Webster Street  
Madison, WI 53703  
608-266-3509  
<https://dpi.wi.gov/school-nutrition>

Revised August 2021

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

The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or disability.

#### **USDA Non-Discrimination Statement**

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

# WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

## 2018 Cookbook

Developed by

Alicia Dill, RDN, CD  
Nutrition Education Consultant

and

Kelly Williams, RDN, CD  
Nutrition Education Consultant



Wisconsin Department of Public Instruction  
Madison, Wisconsin



# Acknowledgements

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

## Funding

The United States Department of Agriculture Team Nutrition

healthTIDE



## Student Chef Competition Judges

Amelia Cook Fontella, Writer and Owner, Green Table Media

Julie Cox, RDN, CD, Assistant Director, School Nutrition Team, Wisconsin Department of Public Instruction

Michelle Denk, RDN, SNS, Food Service Director, Mount Horeb Area School District

John Dettmann, Director of Performance, University of Wisconsin-Madison Athletics

Justin Johnson, CEO and Founder, Sustainable Kitchens

## Teacher Advisors for Student Chef Teams

Kelly Abel, Kaleidoscope Academy (Appleton Area School District)

Rebecca Abler, Templeton Middle School (Hamilton School District)

Lynn Borski, Lincoln High School (Wisconsin Rapids Public Schools)

Jamie Buechel, Howards Grove Middle School (Howards Grove Public Schools)

LaRon Buettner, Menominee Indian Middle School (Menominee Indian School District)

Veronica Campbell, Clintonville High School (Clintonville Public Schools)

Vicki Colle, Indian Mound Middle School (McFarland School District)

Kayla Correll, Greendale High School (Greendale School District)

Shelley Doering, Park High School (Racine Unified School District)

Charlie Ferrigno, Elcho Middle School (Elcho School District)

Renee Gavinski, Luck High School (Luck School District)

Jolene Goeden-Massuch, Riverside Middle School (Watertown Unified School District)

Karen Halperin, Hamilton High School (Milwaukee Public Schools)

Kamie Kolb, Northland Pines High School (Northland Pines School District)

Diana Lehnerr, Badger Ridge Middle School (Verona Area School District)

Gale Litt, Plymouth High School (Plymouth School District)

Marie McFarlane, Ashland High School (School District of Ashland)

Julie Martin, New Glarus High School (New Glarus School District)

Stephanie Miller, Cashton Middle School (Cashton School District)

Cindy Morse, Omro High School (School District of Omro)

Deb Ostrander, Kaukauna High School (Kaukauna Area School District)

Allison Solum, Tomahawk High School (School District of Tomahawk)

Cyndi Williams, Mount Horeb High School (Mount Horeb Area School District)

# Table of Contents

Introduction.....	1
Meet the Judges.....	2

## **COOK-OFF RECIPES**

Maple Glazed Chicken Salad.....	5
Asian Inspired Pork Roll.....	7
BBQ Florentine Chicken Burger.....	9
Honey Orange Chicken Stir Fry.....	11
Very Veggie Lasagna.....	13

## **QUALIFYING RECIPES**

Alfredo with Chicken and Fresh Broccoli.....	15
Avocado Burgers.....	16
Barbeque Pulled Pork Rainbow Bowl.....	17
Broccoli Bacon Pasta.....	18
Broccoli Cheddar Soup.....	19
Cheesy Spinach Pesto Flatbread.....	20
Chicken Broccoli Alfredo with Red Pepper.....	21
Chicken Mexi-Bowl.....	22
Chicken Pesto Panini.....	23
Chickpea Wrap with a Snap.....	24
Colorful Creamy Pinto Bean Soup with Bacon and Ham.....	25
Crazy Kale Calzone.....	26
Creamy Potato and Vegetable Soup with Italian Sausage.....	27
Creamy Quesadilla.....	28
Creamy White Chili.....	29
Da Boogie B's Spinach and Broccoli Lasagna.....	30
Eggcellent Breakfast Burrito.....	31
Ginger Chicken Spinach Wrap.....	32
Green Philly Pizza.....	33
Hashbrown Casserole.....	34
Herb Crusted Chicken with Kale and Butter Sweet Carrots.....	35
Hornets Festive Fish.....	36
Inside Out Taco.....	37

Italian Chicken Lettuce Cups .....	38
Kale Salad.....	39
Minestrone Noodle Soup.....	40
Perfect Presentable Pasta Salad.....	41
Pesto Spinach Pasta.....	42
South of the Border Chicken Sandwich.....	43
Spicy Chicken Enchiladas.....	44
Spinach and Artichoke Stuffed Pretzel Pocket .....	45
Spinach and Broccoli Fish Tacos.....	46
Spinach and Ricotta Lasagna Rolls .....	47
Spinach Chickpea Pasta .....	48
Springtime Alfredo.....	49
The Burrito Baby.....	50
Turkey Bacon Cheddar Wrap.....	51
Turkey Quinoa Bowl with Kale Chips .....	52
Veggie Explosion .....	53
Wanted Stir Fry for Being Delicious.....	54
Whole Wheat Honey Pizza .....	55



# Introduction

For the sixth 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 2018 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.

Eighty-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 dark green 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 17, 2018. The teams invited to the Cooking Competition were:

- Burger Boyz, Plymouth High School, Plymouth School District
- Enaemaehkiw Cephakowak (Thunder Cooks), Menominee Indian Middle School, Menominee Indian School District
- Greeny Beanys, New Glarus High School, New Glarus School District
- Honeeys, Howards Grove Middle School, Howards Grove Public Schools
- Soup-A-Stars, Tomahawk High School, School District of Tomahawk

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 Soup-A-Stars of Tomahawk High School were declared the winners for their Maple Glazed Chicken Salad. Congratulations to all participants!

The Wisconsin Student Chef Competition was made possible through the 2016 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, including quantity recipes, please visit [dpi.wi.gov/team-nutrition/whipping-up-wellness](http://dpi.wi.gov/team-nutrition/whipping-up-wellness).



**Julie Cox, RDN, CD**, is an Assistant Director for the Wisconsin Department of Public Instruction (DPI) School Nutrition Team. She has been with DPI for 20 years. Julie works with a team of Public Health Nutritionists that assist schools in following meal pattern and smart snacks requirements, coordinates administration of the United States Department of Agriculture equipment grants and Fresh Fruit and Vegetable Program, and works with Wisconsin Team Nutrition promoting nutrition education throughout the state.

**Michelle Denk, RD, SNS**, is the Food Service Director for Mount Horeb Area School District. This is her 12th year in school nutrition. Michelle received a bachelor's degree from University of Wisconsin-Stout in Dietetics, and she is a Registered Dietitian and a School Nutrition Specialist. Child nutrition has been a very rewarding experience about which she is very passionate.

**John Dettmann** is in his 29th year with the University of Wisconsin Athletic Department, currently serving as Director of Performance. John served as the Head Football Strength Coach for the Wisconsin football team from 1990 to 2009. Following his strength and conditioning career, John spearheaded the creation of a Performance Nutrition program at the UW. Prior to UW, John worked in administration at the Houston, Texas YMCA as a Physical Director and Fort Lauderdale, Florida YMCA as the Executive Director. John earned his Bachelor of Science degree from UW-Oshkosh. At UW-Oshkosh, as a senior wide receiver, John was an All-American, All-District, All-Conference, Team Captain, MVP, and the John Taylor Athlete award winner along with being the conference Medal of Honor recipient, both awards given for academic and athletic achievement. He signed a free agent contract with the Green Bay Packers in 1982. He was inducted into the UW-Oshkosh Athletic Hall of Fame in 1993. Honored as the Alumni of the Year in 1994 and recently received the Russ Young Leadership and Achievement award for 2015.

**Amelia Cook Fontella** is a Madison writer, teacher, and small business owner. Amelia has a Master of Fine Arts in creative writing and regularly teaches in the Madison area, including her own Get Inspired Workshop classes. Amelia and her husband, Rob, own Green Table Media where they help small businesses and community organizations tell their stories. Amelia adores exploring different foods, especially regional foods that reflect a place's culture and identity. As a food writer for Madison's Isthmus, she has experienced and written about a wide range of area restaurants. Amelia currently writes for Madison Moms Blog about everything from traveling with kids to selling stuff on eBay.

**Justin Johnson** is the CEO and Founder of Sustainable Kitchens, a scratch-food-focused consulting firm based in Milwaukee, Wisconsin. Justin is a graduate of Le Cordon Bleu, Chicago and the Culinary Institute of America in Hyde Park, New York. He has twice been nominated for the National Restaurant Association's Operator Innovations in Sustainability Award and was named Food Service Director of the Month by Food Service Director Magazine for May, 2014. Justin recently gave a TED talk in Manhattan as part of the Change Food Fest and has been featured in Modern Farmer Magazine, The National Culinary Review, Today's Dietitian, and the New York Times. He has also been a frequent contributor the ABC News and has been heard on NPR and the Heritage Radio Network in New York.



## MAPLE GLAZED CHICKEN SALAD

### Soup-A-Stars

#### Tomahawk High School

#### School District of Tomahawk

A crisp, colorful red leaf lettuce blend tossed with homemade balsamic vinaigrette, oven roasted beets, caramelized onions, and toasted pumpkin seeds. Finished with delicious maple glazed chicken breast and balsamic glaze.

### Ingredients

7 c red leaf lettuce

3½ c spinach

3½ c arugula

7 oz pumpkin seeds

7 oz fresh beets

1 medium onion

1½ Tbsp unsalted butter

### Balsamic Vinaigrette

½ c balsamic vinegar

1 Tbsp + 1 tsp Dijon mustard

1 garlic clove

½ c + 2 Tbsp olive oil

Salt and pepper to taste

### Balsamic Glaze

1⅓ c balsamic vinegar

⅓ c brown sugar, packed

### Maple Glazed Chicken

2 Tbsp maple syrup

1 Tbsp reduced-sodium soy sauce

2 tsp lemon juice

2 garlic cloves, minced

1 tsp fresh ginger, minced

¼ tsp black pepper

2 chicken breasts, boneless and skinless

### Instructions

1. Mix together maple syrup, soy sauce, lemon juice, minced garlic, ginger, and black pepper in a shallow dish. Add chicken and turn to coat with marinade. Cover and refrigerate for 2 hours, turning once.
2. Coat an indoor grill pan with cooking spray and heat over medium heat. Remove the chicken from the marinade and cook for 3 - 5 minutes per side until chicken reaches an internal temperature of 165°. Once cooled, shred chicken breast.
3. Preheat oven to 375°.
4. Coat beets with olive oil, wrap in aluminum foil and bake in oven for 45 - 60 minutes. Once cool, peel and slice.
5. To make balsamic glaze: mix balsamic vinegar with brown sugar in a saucepan over medium heat, until sugar is dissolved. Bring to a boil, reduce heat to low, and simmer until glaze is reduced by half, about 20 minutes. Glaze should coat the back of a spoon. Let cool and pour into a jar with a lid; store in refrigerator.
6. To make balsamic vinaigrette: combine the vinegar, mustard, and garlic in a small bowl. Add the olive oil slowly, whisking constantly. Season with salt and pepper to taste.
7. Thinly slice onion. Add butter to large skillet over medium heat. Then add onion, let slowly cook, stirring every few minutes, until golden brown.
8. Tear red leaf lettuce into smaller pieces. In a large bowl, mix red leaf lettuce, spinach, and arugula with balsamic vinaigrette. To the bowl, add caramelized onions and beets. Place on plate and top with shredded chicken, balsamic glaze, and pumpkin seeds.

*Preparation Time: 2 hours*

*Cooking Time: 40 minutes*

*Yield: 7 servings*

*Serving Size: 1½ c salad mixture and ¼ c shredded chicken*



## ASIAN INSPIRED PORK ROLL

Enaemaehkiw Cepahkowak (Thunder Cooks)

Menominee Indian Middle School

Menominee Indian School District

This colorful, Asian inspired pinwheel of pork is filled with a zesty vegetable mélange. The perfect pairing of flavorful ingredients creates a spicy Szechuan aroma. Each spiral slice is delicately drizzled with our pan sauce to please your palate.

### Ingredients

½ c water

½ c brown rice

1½ lbs pork loin

3 Tbsp soy sauce

¼ c green onions, diced

3 tsp garlic, minced

½ tsp lemon zest

½ tsp fresh ginger,  
grated

2 Tbsp olive oil

1 tsp red pepper flakes

3 c bok choy, chopped

¾ c carrots, julienned

½ c leek, coarsely  
chopped

1 tsp sesame oil

2 c unsalted chicken  
broth

2 tsp corn starch

*Preparation Time: 45  
minutes*

*Cooking Time: 55 minutes*

*Yield: 8*

*Serving Size: 4 oz slice of  
pork*

### Instructions

1. Preheat oven to 350°.
2. Combine rice and water in a small kettle, cover and bring to a boil. Reduce heat to low and let simmer for 20 minutes.
3. Prepare the pork by laying it flat on a cutting board. Begin slicing lengthwise about one-third of the way up from the bottom. Unroll the pork while continuing to slice until a rectangle has been formed.
4. In a small bowl, whisk together the soy sauce, green onion, half of the minced garlic, lemon zest, and ginger. Place the cut pork in a gallon resealable bag. Add the marinade, seal and shake to coat evenly.
5. In a large frying pan heat 1 Tbsp of olive oil. Add the red pepper flakes and remaining garlic. As the garlic begins to brown, add the bok choy and carrots. Stir fry until they begin to soften then add the leek. Continue to stir fry until vegetables are soft and cooked through. Remove from heat and drizzle with sesame oil. When the rice is finished cooking, combine with the vegetable mixture.
6. Remove the pork loin from the bag and reserve the remaining marinade. Spoon the vegetable rice mixture onto the pork and spread to within ½ inch from each edge. Begin rolling the entire pork loin across the narrow way to form a pinwheel roll. When the roll is complete, secure with kitchen string.
7. Heat the remaining 1 Tbsp of olive oil in a frying pan over medium-high heat. Brown the pork loin on each side and then transfer to a baking dish and place in a 350° oven for about 45 minutes.
8. While the pork is in the oven, add 2 cups of chicken broth and the remaining marinade to the frying pan. Deglaze the pan by scraping the bottom, then reduce heat and simmer the sauce until it reduces to one-third volume.
9. In a small bowl, combine 2 tsp of corn starch with a small amount of the sauce. Whisk the corn starch mixture into the main sauce and bring to a boil.
10. When pork loin reaches an internal temperature of 150°, remove from oven and tent with aluminum foil for 5 - 10 minutes. After resting, the meat should reach an internal temperature of 160°. Remove the kitchen string and then carefully slice it into 8 servings and drizzle with the sauce.



## BBQ FLORENTINE CHICKEN BURGER

### Burger Boyz

Plymouth High School

Plymouth School District

A savory chicken and spinach patty baked in a sweet and spicy barbecue sauce. Served on a crunchy toasted whole wheat English muffin.

### Ingredients

½ c dark brown sugar

¼ c molasses

⅓ c water

½ Tbsp Worcestershire sauce

¾ tsp mustard powder

1½ tsp smoked paprika

¼ tsp garlic powder

⅜ tsp cayenne pepper

¼ tsp black pepper

1 shallot

⅔ c ketchup

1 lb ground chicken

⅓ c panko bread crumbs

1 egg

½ tsp garlic, minced

¼ tsp oregano

6 oz baby spinach leaves

6 whole wheat English muffins

1 tsp olive oil

2 Tbsp pepperjack cheese,  
shredded

### Instructions

1. Preheat oven to 375°.
2. In a saucepan over medium heat, mix ketchup, brown sugar, molasses, water, Worcestershire sauce, ground mustard, smoked paprika, garlic powder, cayenne pepper, and black pepper. Simmer for 10 to 15 minutes or until thickened.
3. Combine bread crumbs, egg, minced garlic, oregano, and cayenne pepper. Set aside.
4. In a medium fry pan, add olive oil over medium heat. Pulse spinach a few times in a food processor.
5. Add spinach and shallot to saucepan. Sauté until spinach wilts. Combine with ground chicken and bread crumb mixture, then form into 6 equal patties by weight.
6. Place patties on a parchment lined baking sheet and spread barbeque sauce evenly among patties. Place 1 tsp of cheese on top of each patty.
7. Roast patties for 20 - 25 minutes or until the patties reach an internal temperature of 165°.
8. Place on English muffin and serve warm with extra barbecue sauce for dipping.

*Preparation Time: 30 minutes*

*Cooking Time: 45 minutes*

*Yield: 6*

*Serving Size: 1 burger*





## HONEY ORANGE CHICKEN STIR-FRY

### The Honeeys

Howards Grove Middle School

Howards Grove Public Schools

A hearty rice dish, loaded with savory, sautéed vegetables and honey glazed chicken. This signature dish will drive your taste buds crazy

### Ingredients

2 c brown rice

¼ c flour

3 Tbsp olive oil

½ lb chicken breasts, boneless and skinless, cubed

½ c red bell pepper, julienned

½ c yellow bell pepper, julienned

2 c broccoli, chopped

2 c bok choy, chopped

1 c carrots, sliced

1 c cauliflower, chopped

3 garlic cloves, minced

½ c honey

3 Tbsp reduced sodium soy sauce

3 Tbsp olive oil

¾ c fresh orange juice

2 Tbsp cornstarch

### Instructions

1. In large saucepan, boil 3 cups water. Add brown rice. Stir, cover, and reduce to low. Simmer 40 minutes.
2. Dredge cubed chicken in flour.
3. In wok, heat 2 Tbsp olive oil over medium-high heat. Cook chicken until it reaches 165°. Remove and set aside.
4. In same wok, heat 1 Tbsp olive oil over medium high heat. Add red and yellow bell peppers. Stir-fry 3 minutes. Add broccoli, bok choy, carrots, and cauliflower. Stir-fry an additional 4 - 6 minutes. Add a couple tablespoons of water to steam vegetables, if necessary.
5. To make orange glaze: stir together garlic, honey, soy sauce, olive oil, orange juice, and cornstarch.
6. Add chicken and orange glaze to wok and continue to stir-fry for an additional 3 minutes.
7. Serve over rice.

*Preparation Time: 15 minutes*

*Cooking Time: 40 minutes*

*Yield: 8*

*Serving Size: 1 cup of rice and 1 cup of stir-fry mixture*



## VERY VEGGIE LASAGNA

### Greeny Beanys

New Glarus High School

New Glarus School District

This mouthwatering vegetarian lasagna with fresh chopped bok choy and mushrooms mixed into a delicious homemade marinara sauce is the perfect entrée. Complementing the sauce, a spinach-kale layer provides the perfect combination of healthiness, which is then followed by a layer of creamy fat-free cottage cheese. This vegetarian lasagna is perfect for veggie and Italian lovers of all sizes!

### Ingredients

½ head bok choy

¾ c mushrooms

1 bunch spinach

4 c kale

2 Tbsp extra virgin olive oil

7 garlic cloves

1 pinch red pepper flakes

1 tsp Italian seasoning

1 c tomato sauce

1 Tbsp dried basil

½ tsp oregano

2 c fat-free cottage cheese

9 whole wheat lasagna  
noodles, oven ready

*Preparation Time: 20 minutes*

*Cooking Time: 45 minutes*

*Yield: 8*

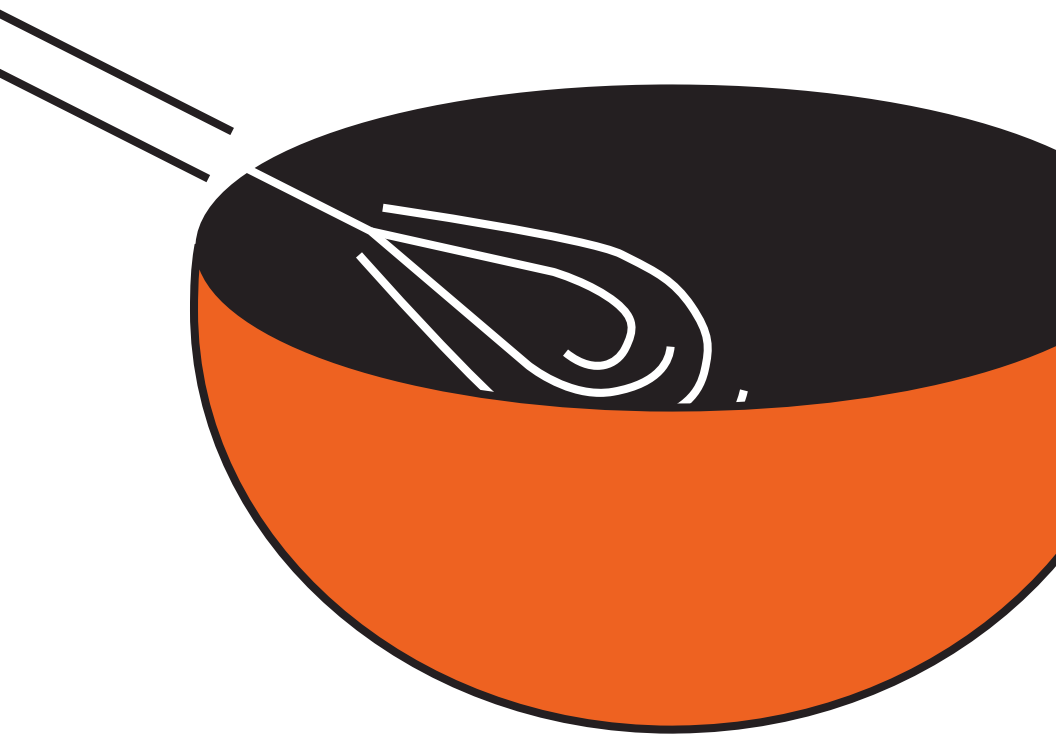
*Serving Size: 1 piece*

*(4.5 inches by 3.25 inches)*

### Instructions

1. Preheat oven to 350°.
2. Finely dice bok choy and mushrooms. Set aside.
3. Chop spinach and kale. Combine in bowl and set aside.
4. In a large skillet, heat extra virgin olive oil over medium heat.
5. Add the garlic cloves to the pan. When garlic starts sizzling, add tomato sauce, red pepper flakes, Italian seasoning, dry basil, bok choy, mushrooms, and oregano. Simmer sauce for 10 minutes.
6. Get a 9x13 inch glass pan. Spray with nonstick cooking spray.
7. Take 1 cup of sauce mixture and spread on bottom of the pan.
8. Spread one-third of the kale-spinach mixture on top of the sauce.
9. Take 1 cup cottage cheese and spread on top of the kale-spinach layer.
10. Take 3 lasagna noodles and lay on top of the cheese layer, covering it completely.
11. Repeat steps 7 through 10.
12. Add the last of the sauce on top of the last noodle layer.
13. Sprinkle the rest of the kale-spinach mixture on top of the lasagna.
14. Put pan into oven and cook for 45 minutes.
15. Cut into 8 equal slices and serve.

# QUALIFYING RECIPES



## ALFREDO WITH CHICKEN AND FRESH BROCCOLI

**The Dream Team**

**Luck High School**

**Luck School District**



A light creamy alfredo with browned chicken and fresh sautéed broccoli.

### Ingredients

5 tsp extra virgin olive oil

4 Tbsp flour

1 lb whole grain fettucine

2 c chicken or vegetable broth

1 c skim milk

1 tsp salt

3 tsp garlic powder

½ tsp pepper

1 tsp grated parmesan cheese

2 heads broccoli

2½ lbs chicken breasts, boneless and skinless

1 c plain, non-fat Greek yogurt

*Preparation Time: 30 minutes*

*Cooking Time: 30 minutes*

*Yield: 8*

*Serving Size: 2½ cups*

### Instructions

1. Cut chicken and broccoli into bite size pieces.
2. In a medium sauté pan, heat 3 tsp of olive oil. Add chicken and broccoli. Turn heat to medium and stir.
3. Once chicken is cooked through, reduce heat to keep warm.
4. Put 6 cups of water in a pot and turn heat to high. Add the noodles and boil for 10 - 13 minutes.
5. While pasta is boiling, heat oil in large saucepan over medium heat. Add the flour and mix until smooth. Whisk in broth and milk. Make sure to add it in slowly and whisk continuously so that it does not get lumpy.
6. Once the sauce is done simmering remove from heat and whisk in Greek yogurt, parmesan, and other seasonings. Let sit for a couple minutes for sauce to thicken.
7. Strain noodles. In a bowl, mix noodles, chicken, broccoli, and sauce.
8. Serve and enjoy.

## AVOCADO BURGERS

Mac n' Chee

Luck High School

Luck School District



Our delicious avocado burger combines the fresh tastes of avocado, jalapeño, and turkey. Our turkey patties sit in between two crisp lettuce leaves, offering a healthy, green alternative to a bun. The combination of turkey, avocados, jalapeños, and lettuce provide a wonderful array of colors and textures.

### Ingredients

1 lb ground turkey

½ jalapeño

1 avocado

½ tsp salt

6 leaves of green leaf lettuce

2 garlic cloves

Black pepper to taste

### Instructions

1. Mince garlic cloves.
2. Dice avocado.
3. Finely dice jalapeño.
4. Mix turkey, jalapeño, avocado, garlic, and salt in a large bowl.
5. Form into six equally sized patties.
6. Grease pan, cook patties over medium heat until well-done.
7. Serve with leaf lettuce.

*Preparation Time: 15 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 1 burger*

## BARBEQUE PULLED PORK RAINBOW BOWL

### Panther Cooks

Washington Park High School

Racine Unified School District



Sweet BBQ pulled pork with a hint of spiciness served on a bed of rice and beans with a colorful assortment of roasted vegetables, topped off with a creamy avocado sauce.

### Ingredients

- 1 lb pre-made pulled pork
- 1 c barbeque sauce
- 2 Tbsp honey
- 2 Tbsp Sriracha sauce
- 1 – 15 oz can pinto beans
- 1 c brown rice
- 1 c chicken broth
- 1 c water
- 12 oz spinach
- 1 c red bell peppers, diced
- 1 c yellow bell peppers, diced
- ¾ c carrots, diced
- 1½ tsp olive oil
- 1 bunch cilantro
- 2 limes
- 1 garlic clove
- 1 avocado
- ½ c low-fat sour cream
- 1 Tbsp Mrs. Dash seasoning

### Instructions

1. Preheat oven to 400°.
2. Cook rice according to package instructions using the water and chicken broth.
3. Place bell peppers and carrots in a large bowl.
4. Mince garlic. Combine garlic with diced vegetables and 1½ tsp of olive oil.
5. Place vegetables on one or more baking sheets and roast in the oven for 12 minutes. Then add spinach and bake for 3 to 5 minutes more, until spinach is wilted. Remove from oven and add a sprinkle of Mrs. Dash. Set aside.
6. Rinse and drain pinto beans. Then add to the cooked rice.
7. Stir in 1 tsp of Mrs. Dash to the beans and rice and heat to serving temperature.
8. In a medium sauce pan, mix shredded pork with barbeque sauce, honey, Sriracha, and ¼ cup of water. Heat to 165°.
9. Mash 1 avocado with ½ cup of low-fat sour cream and transfer to a squeeze bottle.
10. Serve in a bowl by scooping ¼ cup each of beans and rice, meat, and vegetables.
11. Garnish with avocado sauce and cilantro. Serve with a lime wedge on the side.

Preparation Time: 20 minutes

Cooking Time: 50 minutes

Yield: 8

Serving Size: ¾ cup

## BROCCOLI BACON PASTA

**Cooking 360**

**New Glarus High School**

**New Glarus School District**



Our recipe is a perfect balance of sweet and savory. The cranberries bring out the sweetness of this dish, and the turkey bacon adds not only protein, but it's also a healthy alternative for salt cured pork bacon. This meal can be served in large or small portions and is great for school lunches!

### Ingredients

½ lb whole wheat spaghetti

6 slices turkey bacon

1½ c Brussel sprouts

4 c spinach

1 medium onion

1 c cranberries

1 Tbsp + 2 tsp olive oil

2 heads broccoli

1 Tbsp Italian seasoning

### Instructions

1. Preheat oven to 375°
2. Place bacon on a foil lined cookie sheet and place in oven.
3. Once the oven is preheated put the bacon in the oven.
4. Mince onion and garlic.
5. Chop Brussel sprouts and broccoli.
6. In a large kettle, boil water for pasta. Once water reaches boil, add pasta.
7. Once bacon has cooked for 15 minutes, remove from oven.
8. Heat 1 Tbsp of olive oil in fry pan over medium high heat. Sauté the Brussel sprouts, broccoli, onion, cranberries, and garlic.
9. After the ingredients have been sautéing for 3 minutes add the sliced bacon into the pan.
10. Drain the pasta once it becomes al dente.
11. Add the sauté mix to the pasta and toss all the ingredients with 2 tsp of olive oil.
12. Enjoy.

*Preparation Time: 6 minutes*

*Cooking Time: 25 minutes*

*Yield: 8*

*Serving Size: 1 cup*



## BROCCOLI CHEDDAR SOUP

**The Weed Whackers**

**Tomahawk High School**

**Tomahawk School District**



This is a thick, creamy, white cheddar soup that will blow your taste buds away. It is made with a roux as a base, many veggies which add beautiful bright colors from broccoli, onion, celery, and carrots. This soup also consists of scrumptious white cheddar cheese and cubed ham.

### Ingredients

1 tsp canola oil

½ c onion, chopped

⅛ c unsalted butter

¼ c flour

1 c skim milk

2 c low-sodium chicken stock

¾ c broccoli florets, coarsely chopped

½ c carrots, matchstick cut

1 celery stalk, diced

5 c white cheddar cheese, shredded

1 c diced ham

1 tsp salt

1 tsp pepper

### Instructions

1. Heat 1 tsp of canola oil in a skillet over medium-high heat. Sauté chopped onion until translucent, about 5 minutes. Set aside.
2. Melt ⅛ cup butter in a large saucepan over medium-low heat, then whisk in flour.
3. Cook until flour loses its granular texture, adding 1 to 2 Tbsp of milk if necessary to keep the flour from burning, 3 - 4 minutes.
4. Gradually pour milk into flour mixture while whisking constantly.
5. Stir chicken stock into milk mixture.
6. Bring to a simmer; cook until flour taste is gone and mixture is thickened, about 20 minutes.
7. Add broccoli, carrots, sautéed onions, and celery; simmer until vegetables are tender, about 20 minutes.
8. Stir cheddar cheese and cubed ham into vegetable mixture until cheese melts.
9. Season with salt and pepper to taste.
10. Enjoy!

*Preparation Time: 15 minutes*

*Cooking Time: 50 minutes*

*Yield: 8*

*Serving Size: 1½ c*

## CHEESY SPINACH PESTO FLATBREAD

Alyssa, Mikayla, Emily  
Templeton Middle School  
Hamilton School District



This cheesy flatbread topped with homemade pesto and plenty of spinach. It is a perfect meal for a school lunchroom; a healthier alternative to cheese pizza and it's way better!

### Ingredients

- 2 c whole wheat flour
- ½ tsp salt
- 3½ Tbsp butter
- ¾ c skim milk
- ½ Tbsp vegetable oil
- 1 c basil leaves
- 3 garlic cloves
- 3 Tbsp pine nuts
- ¼ c olive oil
- 2 oz mozzarella cheese, shredded
- 2 oz parmesan cheese, grated
- ¾ c baby spinach leaves
- ½ tsp crushed red pepper

### Instructions

1. To make the pesto, combine basil, garlic, pine nuts, and parmesan in the bowl of a food processor.
2. With the motor running, slowly add olive oil.
3. To make the flatbread, on stove or in microwave, combine the milk and butter until butter is melted.
4. Add flour and salt to the milk and butter mixture.
5. Sprinkle your work surface with flour and knead dough until smooth.
6. Wrap in cling wrap and rest at room temperature for 30 minutes.
7. After letting it sit for 30 minutes, take your flatbread dough out of the cling wrap, and onto a flour dusted area.
8. Cut dough into four pieces. Roll the pieces into balls, then roll the balls into ¼ inch thick rounds.
9. Heat ½ Tbsp vegetable oil in a non-stick pan over medium heat.
10. Place one flatbread in pan and cook for around 1 - 1½ minutes. It should bubble up.
11. Put the flatbreads on a plate after done cooking.
12. Preheat the oven to 425°.
13. Line a baking sheet with parchment paper. Place flatbreads on parchment and spread pesto evenly on flatbreads.
14. Top flatbreads with spinach, red pepper flakes (to taste), and mozzarella cheese.
15. Bake until bubbling, 10 - 13 minutes.
16. Remove from oven and slice warm.

Preparation Time: 25 minutes

Cooking Time: 20 minutes

Yield: 8

Serving Size: ½ flatbread

## CHICKEN BROCCOLI ALFREDO WITH RED PEPPER

**K-Town Cooks**

**Kaukauna High School**

**Kaukauna School District**



Fettuccini or linguini pasta cooked "al dente" with sautéed cubed chicken breast, steamed broccoli, brunoised red pepper, and a creamy Alfredo sauce.

### Ingredients

1 large chicken breast,  
cubed

1 c broccoli, rough chopped

2 garlic cloves, minced

8 oz whole wheat fettuccini  
or linguini

½ c reduced-fat parmesan  
cheese, grated

½ c reduced-sodium  
chicken broth

½ c low-fat evaporated milk

1 Tbsp flour

3 Tbsp vegetable spread

1 Tbsp canola oil

2 Tbsp red bell pepper,  
brunoised, blanched

1 Tbsp minced onion  
(optional)

1 tsp Italian herb seasoning  
(optional)

Salt to taste

Pepper to taste

### Instructions

1. Boil pasta in a large pot according to directions on the box. Add chopped broccoli the last 3 minutes of cooking time.
2. Cut red pepper into brunoise and use some of the water from the pasta to blanch. Drain and set aside.
3. Drain pasta and broccoli, cover, and set aside. Do not rinse with water.
4. In a medium skillet melt 2 Tbsp of vegetable spread. Sauté the garlic and onion (if using). Next add the cubed chicken and sprinkle with salt, pepper and Italian herb seasoning (if using). When done remove from pan, cover, and set aside.
5. Add canola oil and the remaining tablespoon of vegetable spread to the pan. Once spread has melted whisk in 1 Tbsp of flour. Whisk constantly on medium heat until mixture comes to a bubble. Beware of scorching the sauce. Heat for 1 - 2 minutes or until mixture thickens. Adjust heat as needed.
6. Add chicken broth stirring constantly at medium heat with a whisk. Then add the evaporated milk.
7. Once the mixture comes back to a bubble, add ½ cup parmesan cheese and stir until cheese is melted.
8. Add salt and pepper as needed.
9. Plate pasta and top with chicken, broccoli, and red pepper. Ladle sauce over pasta and serve.

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*

*Yield: 2*

*Serving Size: 2 cups*

## CHICKEN MEXI-BOWL

**Mexi Making Panthers**  
**Plymouth High School**  
**Plymouth School District**



An authentic Mexican dish that offers a fresh taste to salads. A mix of cultivated greenery to add color and flavor. Along with a splash of lime as an extra element.

### Ingredients

- 3 Tbsp lime juice
- 1 Tbsp cilantro, finely chopped
- 2 Tbsp sweet white onion, finely chopped
- 1 c red cabbage, chopped
- 12 oz chicken breast, boneless and skinless
- 1½ c canned black beans
- 2 c brown rice, cooked
- 1 c frozen sweet corn
- 1 tsp garlic, minced
- ½ c red bell peppers, chopped
- 4 oz spinach, chopped
- 4 oz Romaine lettuce, chopped
- ½ c tomatoes, chopped
- 1 c bok choy, chopped
- 2 tsp brown sugar
- ½ Tbsp olive oil
- ¾ tsp red chili flakes
- ½ tsp ground cumin
- ½ avocado
- 1 Tbsp rice vinegar
- 1½ Tbsp mesquite seasoning

### Instructions

1. Cube chicken breast.
2. Place the cubed chicken breast in hot, medium size skillet with olive oil.
3. Cook until chicken reaches an internal temperature of 165°.
4. Place chicken in a bowl with ½ tsp lime juice and mesquite seasoning to marinate for at least a half hour.
5. Reheat the chicken to an internal temperature of 165°.
6. In a small bowl, mix together the rice vinegar, remaining lime juice, olive oil, brown sugar, chopped cilantro, cumin, garlic, and red chili flakes.
7. Mix chicken, rice, and vegetables together with lime dressing and serve.

---

*Preparation Time: 60 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: 1½ cups*

## CHICKEN PESTO PANINI

**Passionate Panini Panthers**  
**Plymouth Comprehensive**  
**High School**  
**Plymouth School District**



Enjoy our delicately layered chicken Panini enhanced with a fresh arugula and basil pesto. A lightly toasted bread makes for a crisp finish with a subtle sweet flavor.

### Ingredients

- ¼ c parmesan cheese, grated
- 2 slices mozzarella cheese
- 2½ c arugula
- 1 Tbsp garlic, minced
- 1 c spinach
- 1 tomato, sliced
- 1 lb chicken breast, boneless and skinless
- 4 whole wheat sandwich rounds
- ¼ c canola oil
- ¼ c low-fat mayonnaise
- 1 oz basil
- 1 tsp pear infused white balsamic vinegar
- ½ tsp Italian seasoning

### Instructions

1. To make pesto, place arugula, garlic, basil, and parmesan into a food processor and blend for at least 30 seconds. Gradually add canola oil until a creamy consistency.
2. Cook the chicken breast with the Italian seasoning and the white balsamic vinegar until the chicken is fully cooked and it reaches an internal temperature of 165°. Once the chicken has cooled, cube it.
3. Preheat oven to 350°. Place wheat rounds on a baking pan until slightly toasted, about 5 minutes. Make sure to toast the top half of the bread longer.
4. Combine the pesto with the mayo. Spread the mixture onto both sides of the wheat rounds.
5. Place chicken on top of the pesto mixture, add sliced tomatoes on top of the chicken.
6. Put the bottom half of the sandwich back into the oven until the cheese is melted.
7. Once cheese is melted, put a handful of spinach on top of the cheese. Top the sandwich with the top half of the bread.

*Preparation Time: 45 minutes*

*Cooking Time: 10 minutes*

*Yield: 4*

*Serving Size: 1 sandwich*

## CHICKPEA WRAP WITH A SNAP

**JAS**

**Kaleidoscope Academy**

**Appleton Area School District**



This appetizing chickpea roll will make your taste buds tingle with joy. Every bite will keep you wanting more of this delectable wrap filled with nutritious goodness.

### Ingredients

- 3 green onions, diced
- 1 tsp garlic, minced
- 1 pinch red pepper flakes
- 1 bunch Swiss chard, stems removed and coarsely chopped
- $\frac{1}{3}$  c white wine vinegar
- 6 whole wheat tortillas
- $\frac{1}{4}$  c low-fat ricotta cheese
- 1 Tbsp extra virgin olive oil
- 1 – 15 oz can garbanzo beans
- 1 c carrots, shredded
- Sea salt
- Black pepper

### Instructions

1. Heat olive oil in a skillet over medium heat. Sauté the green onions and garlic until translucent, about 2 minutes.
2. Stir in red pepper flakes.
3. Add the Swiss chard to the skillet.
4. Turn the heat up and add the white wine vinegar, bringing it to a quick boil.
5. Turn the heat down to medium and simmer, stirring occasionally, until the chard is wilted, about 4 minutes.
6. Add the chickpeas.
7. Season with sea salt and black pepper to taste.
8. Top each tortilla with 2 Tbsp of ricotta and a spoonful of the chard and chickpea mixture.

*Preparation Time: 10 minutes*

*Cooking Time: 5 minutes*

*Yield: 6*

*Serving Size: 1 wrap*

## COLORFUL CREAMY PINTO BEAN SOUP WITH BACON AND HAM

**CHS Orange Team D1B3**

**Clintonville High School**

**Clintonville Public Schools**



This flavorful soup is full of hearty vegetables including carrots and broccoli. It is a zesty combination of pinto beans, bacon, and ham. This soup brings you just the right amount of spice. It is creamy and will leave you wanting more.

### Ingredients

2 – 15 oz cans no salt added pinto beans, divided

½ c carrots, chopped

3 c broccoli, cut into florets

4 slices bacon

4 oz ham

¼ c onion, chopped

½ tsp crushed red pepper flakes

1 tsp salt

⅛ tsp pepper

1 tsp garlic powder

¼ tsp marjoram

¼ tsp thyme

1 bay leaf

### Instructions

1. In a small bowl, mix all the spices together except for bay leaf.
2. Cook bacon in microwave or on stovetop. Once cooked, chop bacon.
3. Dice ham.
4. Slice cucumber into rounds and yellow bell pepper into strips.
5. Puree one can of pinto beans.
6. Add spices, 1 can of water, pureed pinto beans, and the can of pinto beans to a Dutch oven.
7. Add chopped carrots, broccoli, and onions to the Dutch oven.
8. Add bacon and ham to the Dutch oven.
9. Add additional water if needed.
10. Bring contents to a boil.
11. Add bay leaf.
12. Let boil for 15 minutes, remove bay leaf and serve.

*Preparation Time: 30 minutes*

*Cooking Time: 45 minutes*

*Yield: 8*

*Serving Size: 1½ cups*

## CRAZY KALE CALZONE

Oredocker Café – Team Kale Calzone

Ashland High School

School District of Ashland



White whole wheat dough envelops a savory kale, red onion, and cheese filling to create a scrumptious package of nutrition. The addition of tangy balsamic vinegar and Gorgonzola crumbles add a zip in every bite. Simplicity and deliciousness makes this a great choice!

### Ingredients

- 1 package active rapid rise yeast
- ½ tsp brown sugar
- 1 tsp salt
- 4 Tbsp olive oil
- 1½ c water
- 1½ c white whole wheat flour
- 1½ c all-purpose flour
- 12 c kale, chopped, tightly packed
- 1 c red onion, thinly sliced
- 2 tsp garlic, minced
- ¼ c balsamic vinegar
- ½ c Gorgonzola cheese, crumbled
- 1 lb fresh mozzarella, sliced
- 2 Tbsp cornmeal
- 2 tsp red pepper flakes
- 1 egg

### Instructions

1. Preheat oven to 450°.
2. Mix yeast, warm water, brown sugar, salt, and 1 Tbsp olive oil in stand mixer with dough hook.
3. Mix all-purpose flour and white whole wheat flour into a medium mixing bowl. Stir to combine.
4. Add half flour mixture to liquid yeast mixture. Mix. Add remaining flour. Mix again.
5. Add additional flour as needed until the dough is smooth and elastic and comes away from the bowl easily. Mix 5 - 8 minutes to form gluten. Set dough aside. Rest 10 minutes.
6. In large frying pan, heat remaining 3 Tbsp olive oil over medium heat. Add minced garlic and sauté. Add red onion slices to pan and sauté, stirring occasionally, until translucent.
7. Add 12 cups of tightly packed, chopped kale, stir frequently. When kale is lightly wilted, add balsamic vinegar. Stir 1 - 2 minutes until vinegar is absorbed into kale mixture. Set aside.
8. Divide calzone dough into 8 equal 3½ oz portions. Roll each dough portion into a circle/oval shape, about ¼ inch thick.
9. Place ½ oz sliced mozzarella cheese in center of rolled dough.
10. Spread ½ cup kale mixture on cheese slice.
11. Spread 1 Tbsp of Gorgonzola crumbles on kale mixture.
12. Top with remaining 1½ oz of sliced mozzarella cheese.
13. Bring in short ends of dough, then long edges across the filling to create an envelope. Secure with small amount of egg wash.
14. Brush top of calzone with egg wash and sprinkle with a dash of red pepper flakes.
15. Place on parchment paper sprinkled with coarse ground cornmeal. Bake on the bottom rack of oven for 10 minutes.
16. Switch to top rack for an additional 10 minutes or until the crust is golden brown and the filling bubbles slightly.
17. Cut into 2 sections or leave whole as desired.

Preparation Time: 40 minutes

Cooking Time: 20 minutes

Yield: 8

Serving Size: 1 calzone



## CREAMY POTATO VEGETABLE SOUP WITH ITALIAN SAUSAGE

**Mya, Ella, Stephanie**

**Templeton Middle School**

**Hamilton School District**



This creamy, delicious soup will make your mouth water. With its soft and very creamy broth and potatoes, plus, beautifully colored kale. This dish also contains juicy Italian sausage. This dish will for sure make you want more.

### Ingredients

- 1 Tbsp olive oil
- ½ lb Italian sausage
- 3 garlic cloves, minced
- 3 small potatoes, diced
- 2 c kale, shredded
- ¼ tsp salt
- 1 tsp black pepper
- 1 c broccoli, chopped
- 1 c frozen corn
- 4 c skim milk
- 4 c low-sodium chicken broth
- ½ c onion, diced
- 1 c carrots, shredded

### Instructions

1. In a large sauce pot, add oil over medium high heat.
2. Brown the sausage.
3. Add broccoli, carrots, and corn to the sausage and continue to cook.
4. Add the garlic and onions and cook stirring often until the onions are translucent and garlic is fragrant, about 4 minutes.
5. Add the low-sodium chicken broth, potatoes, kale, broccoli, corn, and shredded carrots.
6. Bring broth to a simmer, reduce the heat to medium-low, and cook until the potatoes are tender, about ten minutes.
7. Remove the soup from the heat stir in 4 cups skim milk.
8. Season with salt and pepper to taste.
9. Ladle into 6 bowls and serve.

*Preparation Time: 20 minutes*

*Cooking Time: 1 hour*

*Yield: 6*

*Serving Size: 2 cups (approximately)*

## CREAMY QUESADILLA

### Star Cooks

Cashton Middle School

Cashton School District



A mouth-watering, flavor explosion in your mouth! This quesadilla provides both crunchy and creamy goodness, with savory chicken, flavorful spinach, creamy avocado, and gooey cheese melted together between whole wheat tortilla shells. Spicy Sriracha sauce drizzled on top gives it a kick!

### Ingredients

12 – 8 inch whole wheat tortillas

3 chicken breasts, boneless and skinless, diced

3 c fiesta cheese blend, shredded

1½ c spinach

1½ medium avocados

6 tsp Sriracha sauce

1 Tbsp olive oil

Non-stick cooking spray

### Instructions

1. Heat 1 Tbsp olive oil into a frying pan over medium high heat. Fry chicken breasts until no longer pink in the middle and chicken reaches an internal temperature of 165°. When chicken cools, cut into pieces.
2. Remove flesh from avocados by slicing lengthwise in half, removing pit, and spooning out flesh.
3. Layer six tortillas on a cooking sheet.
4. Layer half of a chicken breast, ½ cup cheese, ¼ cup spinach, and ¼ of an avocado onto each tortilla shell.
5. Top each quesadilla with another tortilla shell.
6. Spray stovetop with non-stick cooking spray.
7. Place quesadillas onto stovetop at medium temperature. Cook until cheese is melted.
8. Remove from heat. Drizzle with Sriracha sauce as desired.

*Preparation Time: 30 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 1 quesadilla*

## CREAMY WHITE CHILI

**Flavor Town – CHS D2 B3 Blue Team**  
**Clintonville High School**  
**Clintonville Public Schools**



Enjoy a bite of a Mexican classic. Creamy chicken chili - with caramelized onions and celery base for the chicken pieces, with a mixed flavor of spicy and zesty broth that feels like a hearty meal. Garnished with crispy fried spinach.

### Ingredients

2 Tbsp olive oil

1 lb chicken breast, boneless and skinless

½ onion

3 celery stalks

1 c spinach

2 garlic cloves

2 – 15 oz cans great Northern beans

2 – 14.5 oz cans chicken broth

8 oz green chilies

1 tsp salt

1 tsp cumin

1 tsp oregano

1 tsp black pepper

½ tsp cayenne

1 c sour cream

½ c heavy cream

### Instructions

1. Dice onion and celery. Mince garlic.
2. On a clean cutting board, cut chicken in ¾ inch cubes.
3. Heat 1 Tbsp olive oil in Dutch oven over medium heat. Put onion, celery, garlic, and chicken in the Dutch oven. Sauté until chicken is fully cooked.
4. While this mixture is cooking, wash and open cans of beans, green chilies, and chicken broth.
5. Measure the spices, sour cream, and heavy cream.
6. Once chicken is done cooking, add salt, cumin, oregano, cayenne, black pepper, sour cream, and heavy cream.
7. Let simmer for 30 minutes for good flavor.
8. Fry the spinach in 1 Tbsp of olive oil until crisp.
9. Measure and serve in soup bowl topped with the crisp spinach.

*Preparation Time: 15 minutes*

*Cooking Time: 35 minutes*

*Yield: 8*

*Serving Size: 1 cup*

## DA BOOGIE B'S SPINACH AND BROCCOLI LASAGNA

### Da Boogie Bois

Northland Pines High School  
Northland Pines School District



This recipe is different from your average lasagna. We have added some fun greens such as fresh spinach, broccoli, and parsley. We used a half pound of lean ground beef, sautéed a small yellow onion with a touch of garlic and other spices. We finished it off with a hint of rosemary sprinkled on top.

### Ingredients

- ½ lb ground beef, lean
- 1¼ c mozzarella cheese, shredded
- ¼ c parmesan cheese, grated
- 2 Tbsp parsley, chopped
- 1 large egg
- 1 c water
- 6 whole wheat lasagna noodles
- 2 Tbsp rosemary leaves, chopped
- ¼ c broccoli, chopped
- ½ c spinach, chopped
- 1½ Tbsp olive oil
- 1 small onion, chopped
- 3½ c pureed tomatoes
- 6 oz tomato paste
- 3 basil leaves
- 2 tsp garlic, minced
- ¾ tsp salt
- 1 tsp black pepper

### Instructions

1. Preheat oven to 350°.
2. In a medium frypan, heat olive oil over medium heat. Add chopped onion and sauté until golden brown.
3. In medium saucepan, combine 3½ cups pureed tomato sauce, 6 oz tomato paste, browned onions, salt, pepper, and garlic, and stir to blend.
4. Let the sauce come to a boil at medium-high heat then reduce heat to let it simmer and add basil leaves to soak in the sauce.
5. Take out basil leaves after about 5 minutes and dispose of them.
6. Add broccoli and spinach into the sauce and continue to stir.
7. Brown meat in a skillet on medium heat. Drain the meat and stir it into the sauce.
8. Mix half of the mozzarella, all of the parmesan, parsley, and egg in a separate bowl until blended.
9. Spread 1 cup of the sauce onto the bottom of an 8x8 inch baking dish; top with layers of 3 lasagna noodles and 1 cup of meat sauce. Repeat layers twice. Top with remaining noodles and meat sauce. Sprinkle with remaining mozzarella.
10. Bake for 40 minutes then take it out and let it stand for 15 minutes before cutting to serve.
11. Sprinkle chopped rosemary leaves evenly over the top.
12. Serve and enjoy!

*Preparation Time: 30 minutes*

*Cooking Time: 40 minutes*

*Yield: 9 pieces*

*Serving Size: 1 piece of lasagna*

## EGGCELLENT BREAKFAST BURRITO

### The Corbinators

Lincoln High School

Wisconsin Rapids Public Schools



A scrumptious scrambled egg mixed with cheesy parmesan and some heart healthy spinach wrapped in a whole grain tortilla.

### Ingredients

7 large eggs

14 oz liquid egg whites

7 c spinach

8 Tbsp parmesan cheese, grated

8 – 8 inch whole wheat tortillas

1¼ tsp pepper

1¼ tsp Mrs. Dash Onion and Herb

7 tsp olive oil

1¼ lbs potatoes

### Instructions

1. Preheat oven to 375°.
2. Dice potatoes.
3. Coat potatoes with olive oil, black pepper, and Mrs. Dash seasoning.
4. Spread onto sheet pan and bake for 20 minutes.
5. Combine whole eggs with egg whites.
6. In a large frypan, cook eggs on low heat.
7. Add spinach and cooked potatoes.
8. Cook until combined and spinach starts to wilt.
9. Add more non-sodium seasonings as desired.
10. Place warm egg mixture on tortilla, add cheese on top of eggs.
11. Roll into a wrap, slice, and serve.

*Preparation Time: 20 minutes*

*Cooking Time: 30 minutes*

*Yield: 8*

*Serving Size: 1 burrito*

## GINGER CHICKEN SPINACH WRAP

**Plymouth Wrappers**

**Plymouth High School**

**Plymouth School District**



A one of a kind wrap with sautéed chicken, tangy orange zest, and fresh cilantro. Highlighted by our specially created orange ginger and teriyaki sauce. Bite into this one of a kind flavorful wrap stuffed with fresh leafy greens and crunchy carrots with an orange ginger teriyaki drizzle for a sensational and filling experience!

### Ingredients

1 lb chicken breast, boneless and skinless, cubed

4 c carrots, julienned

8 oz baby kale-spinach mix

½ c cilantro, chopped

8 whole wheat tortillas

4 Tbsp orange ginger sauce

1 tsp orange zest

6 Tbsp teriyaki sauce

### Instructions

1. Zest orange.
2. Mix orange ginger sauce and teriyaki sauce in a small bowl.
3. Lightly coat pan in vegetable oil and place over medium heat.
4. Sauté the cubed chicken breast, then add in ¾ of chopped spinach and baby kale mixture.
5. Once chicken is cooked to an internal temperature of 165° add the orange zest and 1 Tbsp of cilantro.
6. Spread the orange and teriyaki sauce mix on warm tortillas, and add 1 Tbsp of cilantro on top of the sauce.
7. Distribute ½ cup julienne carrots and 2 oz of chicken onto each tortilla.
8. Lay remaining spinach and kale mixture on top of the wrap and drizzle with mixed sauces.
9. Fold the bottom then sides and finish with a toothpick to hold it together.

*Preparation Time: 1½ hours*

*Cooking Time: 15 minutes*

*Yield: 8*

*Serving Size: 1 wrap*

## GREEN PHILLY PIZZA

### Philly Surprisers

Cashton Middle School

Cashton School District



A scrumptious pizza loaded with creamy mozzarella cheese, savory roast beef, fresh mushrooms, spinach, and green peppers - all piled high on a crisp, crunchy crust.

### Ingredients

1 – 12 inch whole wheat  
pizza crust, premade

¼ c alfredo sauce

1½ c part-skim mozzarella  
cheese, shredded

4 oz angus seasoned roast  
beef, cut into thin strips

1 medium green bell  
pepper

½ c white mushrooms,  
sliced

1 c spinach

Sriracha sauce (optional)

### Instructions

1. Preheat oven to 400°.
2. Cut green pepper into thin strips.
3. Lay premade pizza crust on oven-safe cooking sheet.
4. Spoon ¼ c alfredo sauce onto crust.
5. Sprinkle ¾ c shredded mozzarella cheese onto crust.
6. Layer roast beef, green peppers, sliced mushrooms, and spinach onto crust.
7. Sprinkle remaining ¾ c mozzarella on top of pizza.
8. Bake pizza for 15 -20 minutes at 400°.
9. Top with Sriracha sauce if desired.

*Preparation Time: 20 minutes*

*Cooking Time: 15-20 minutes*

*Yield: 8*

*Serving Size: 1 slice*

## HASHBROWN CASSEROLE

Hashbrown Boys

Greendale High School

Greendale School District



This simple recipe for hash brown casserole features some new additions such as broccoli, red pepper, and sausage. This is always a favorite side dish that can be served at breakfast, lunch, or dinner.

### Ingredients

8 medium russet potatoes

6 Tbsp olive oil

1 tsp chicken bouillon granules

1 1/2 tsp black pepper

1/2 c dried minced onion

1 - 10.5 oz can cream of chicken soup

1 1/2 c reduced fat cheddar cheese, shredded

1 c broccoli florets

6 oz breakfast sausage

1 c red bell pepper, diced

1 c fat-free sour cream

### Instructions

1. Preheat oven to 350° and spray a 9x13 inch pan with a nonstick cooking spray.
2. Thoroughly wash potatoes and then shred them into a medium sized bowl.
3. Into the same bowl, add the oil, chicken bouillon granules, pepper, minced onion, cream of chicken, cheddar, broccoli, bell pepper, and sour cream. Stir to combine.
4. In small skillet, brown the sausage until fully cooked at 155°. Drain grease.
5. Gradually add sausage into casserole mix and stir to combine.
6. Transfer mixture into the prepared pan and cover with foil.
7. Bake for 55 minutes.

*Preparation Time: 30 minutes*

*Cooking Time: 55 minutes*

*Yield: 8*

*Serving Size: 1 1/2 cups*



## HERB CRUSTED CHICKEN WITH KALE & BUTTER SWEET CARROTS

**Hamilton Wildcats**

**Alexander Hamilton High School**

**Milwaukee Public Schools**



This herb crusted chicken is an explosion of flavor. Complimented with a side of sautéed garlic, kale, and honey glazed carrots, this meal is a lean version of one of school lunch's greatest hits.

### Ingredients

6 oz chicken breast,  
boneless and skinless

5 slices bread

3 Tbsp parmesan  
cheese, grated

3 large eggs

1 c flour

4 Tbsp butter

2 Tbsp oregano

2 Tbsp basil

1 tsp salt

4 Tbsp extra virgin olive  
oil

2 lbs kale

6 garlic cloves

1 c red onion

3 Tbsp red vinegar

2½ lbs carrots

6 Tbsp honey

3 Tbsp parsley

2 tsp black pepper

¼ c water

Non-stick cooking spray

### Instructions

1. Preheat oven to 350°.
2. Spray a cookie sheet with cooking spray. Place bread on tray. Drizzle with extra virgin olive oil and sprinkle with a pinch of salt and pepper on both sides. Bake for 10 minutes or until golden brown. Set aside to cool.
3. Peel and cut carrots in ½ inch dice.
4. Boil water with a pinch of salt. Add carrots and boil for 3 - 4 minutes. Once tender drain off the water and place the carrots in an ice bath. Set aside.
5. Pound chicken breast with a mallet until ⅛ inch thick.
6. Slice red onion and mince garlic. Set aside.
7. Place bread into food processor. Pulse until crumbs are fine. Place into a mixing bowl with parmesan cheese, basil, and oregano.
8. In a mixing bowl whisk eggs and water.
9. Use 3 containers to dredge chicken. Place each chicken breast in flour, then egg wash, then bread crumbs making sure both sides are evenly coated.
10. Heat a large frying pan over medium high heat. Add 2 Tbsp extra virgin olive oil and swirl pan to coat. When shimmering, add chicken and turn down to medium heat. Cook for 3 - 4 minutes. Shake pan so chicken does not stick. Turn chicken over, add 1 Tbsp butter to pan. Place the pan in oven for 5 - 8 minutes.
11. Heat a large frying pan over medium low heat. Add 3 Tbsp butter and 6 Tbsp of honey. Place blanched carrots in frying pan. Lower heat to low and simmer for 5 minutes. Add a pinch of salt and garnish with minced parsley.
12. Heat 2 Tbsp of extra virgin olive oil in a large frying pan over medium heat. Add garlic and red onion. Sauté for 1 minute. Add kale and toss with garlic and red onions. Add salt, pepper, and red wine vinegar. Continue to toss until tender.
13. Divide chicken, kale, and carrots evenly among 6 plates; top each serving with a fresh basil leaf and minced parsley.

*Preparation Time: 35 minutes*

*Cooking Time: 13 minutes*

*Yield: 6*

*Serving Size: 1 chicken breast,  
¾ c carrots, ¼ c kale*

## HORNETS FESTIVE FISH

**The Hungry Hornets**  
**Elcho Middle School**  
**Elcho School District**



Baked fish on a bed of greens, topped with a lemon honey Dijon sauce.

### Ingredients

2¼ lbs Pollock loin

1 Tbsp paprika

12 oz Swiss chard

12 oz spinach

12 oz broccoli, cut into florets

12 oz grape tomato, halved

12 oz whole wheat croutons

½ c lemon juice

½ c orange juice

⅛ c lime juice

1 Tbsp corn starch

¼ c water

2 lbs margarine, melted

2 Tbsp brown sugar

4 Tbsp vinegar

3 Tbsp Dijon mustard

2 qt chicken stock

1 c honey

### Instructions

1. Preheat oven to 400°.
2. Place fish in baking dish and lightly coat with melted margarine. Sprinkle with paprika and bake until flakey, about 15 minutes.
3. To make sauce, bring chicken stock to boil.
4. Mix corn starch with water, add to chicken stock.
5. Add juices from baked fish, honey, Dijon mustard, and brown sugar.
6. Arrange all vegetables, except grape tomatoes, on twelve plates.
7. Top the greens with the fish.
8. Ladle sauce over fish.
9. Garnish with grape tomatoes.

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

*Yield: 12*

*Serving Size: 4 oz*

## INSIDE OUT TACO

### The Fiesta Four

New Glarus High School

New Glarus School District



Turn the traditional taco upside down with the Inside Out Taco. This new take on a classic Mexican dish includes colorful greens, excellently spiced meat, and citrusy brown rice.

### Ingredients

1½ lbs ground beef, 85% lean

¾ Tbsp chili powder

1½ tsp garlic powder

¾ tsp paprika

¼ tsp Himalayan pink salt

1½ c brown rice

1 Tbsp lemon juice

1 Tbsp lime juice

3 jalapeños

¼ c cilantro

12 oz spinach

½ head iceberg lettuce

½ c sour cream

2 c water

1 oz cheddar cheese, shredded

### Instructions

1. In a big bowl mix the ground beef, chili powder, garlic powder, paprika and Himalayan pink salt.
2. Pour 1½ cups of water into a medium saucepan and bring water to a boil.
3. Stir in rice and add lemon and lime juice.
4. Reduce heat, cover and simmer for 5 minutes.
5. Remove saucepan from heat and let stand for 5 minutes.
6. Brown meat in pan on medium heat until no longer pink.
7. Cut jalapeños in half and remove hard white inside and dice into small pieces.
8. Chop lettuce into smaller pieces.
9. Finely chop cilantro.
10. Begin plating with greens followed by rice and meat. Finish with shredded cheese, sour cream and jalapeños to taste.

*Preparation Time: 5 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 2 cups*

## ITALIAN CHICKEN LETTUCE CUPS

**The Clams**

**Lincoln High School**

**Wisconsin Rapids Public Schools**



Italian seasoned chicken with fresh vegetables on top of romaine lettuce.

### Ingredients

16 leaves Romaine lettuce

1½ lbs chicken breast, boneless and skinless

½ c red onion, diced

2 c tomatoes, diced

½ c parmesan-Asiago cheese blend, shredded

8 Tbsp fat-free Italian dressing

1 Tbsp Mrs. Dash Tomato Basil Garlic

8 basil leaves

2 carrots, shredded

1 c red bell pepper, chopped

1 tsp salt

### Instructions

1. Preheat oven at 350°.
2. Place raw chicken on baking sheet. Rub Mrs. Dash seasoning and salt on chicken breasts.
3. Place the chicken in the oven and cook chicken for 20 - 25 minutes or until reaches an internal temperature of 165°.
4. Once chicken is done, cool and dice the chicken.
5. Measure and portion the shredded cheese, placing ½ Tbsp per lettuce cup.
6. Wash basil and roll it then cut it into ¼ inch strips set aside.
7. Assemble the lettuce cups by placing chicken in the center of the leaf, then add other vegetables, drizzle with Italian dressing.

*Preparation Time: 60 minutes*

*Cooking Time: 30 minutes*

*Yield: 8*

*Serving Size: 2 lettuce cups*

## KALE SALAD

**Kale them with Kindness**

**Tomahawk High School**

**Tomahawk School District**



Our recipe is a salad made of kale, but with an avocado based dressing. Along with your option of sunflower seeds and raisins sprinkled on top.

### Ingredients

6 c kale, chopped

¼ c sunflower seeds

1 c raisins

1 Tbsp lemon juice

3 avocados

1 tsp salt

1 tsp pepper

3 Tbsp olive oil

1 tsp onion powder

1 tsp garlic powder

### Instructions

1. Split the three avocados, remove pits and scoop out flesh. Place flesh into the blender.
2. Slowly mix the avocado with 3 Tbsp of olive oil.
3. Add garlic powder, onion powder, and lemon juice to the blender.
4. Add salt and pepper into dressing or to taste. Blend to make sure all ingredients are mixed.
5. Mix kale, sunflower seeds, and raisins in a large bowl.
6. Add dressing to salad and mix by hand until salad is evenly coated.
7. Plate and enjoy!

*Preparation Time: 20 minutes*

*Cooking Time: 0 minutes*

*Yield: 6*

*Serving Size: 1½ cups*

## MINISTRONE NOODLE SOUP

### The Soup Group

Mount Horeb High School

Mount Horeb Area School District



Our minestrone soup includes multiple vegetables of varying colors. In addition to vegetables, the soup contains whole wheat noodles to give it a more filling feel. The kinds of vegetables used include carrots, celery, garlic, onion, tomatoes, kale, corn, and yellow peppers. The range of colors and textures give the soup a very appealing appearance as well as taste.

### Ingredients

- 2 Tbsp extra virgin olive oil
- 1 small onion, chopped
- 4 garlic cloves, minced
- 2 celery stalks, diced
- 1 large carrot, diced
- 1 tsp oregano
- 2 Tbsp basil
- 2 – 14 oz cans no salt added crushed tomatoes
- 6 c low-sodium chicken broth
- 3 c whole wheat elbow pasta
- $\frac{1}{3}$  c parmesan cheese, grated
- $\frac{1}{2}$  c kale, chopped
- 1 c corn
- $\frac{1}{3}$  c yellow bell pepper, diced

### Instructions

1. Heat olive oil in large pot on medium high heat.
2. Add chopped onions into the large pot. Cook until translucent about 4 minutes.
3. Add minced garlic and sauté with onions for 30 seconds.
4. Add diced celery, diced carrots, coarsely chopped kale, corn, and chopped peppers until softened.
5. Stir in dried oregano and basil.
6. Add crushed tomatoes and chicken broth to the pot.
7. Bring the mix to a boil. Reduce the heat to medium low and simmer for 10 minutes.
8. In a different pot, boil large pasta for 5 minutes until partially cooked. Strain the noodles and add it to the soup mixture.
9. Let it sit for 10 minutes on medium low.
10. Add salt for taste.
11. Top with parmesan cheese, chopped basil and chopped kale.
12. Enjoy!

*Preparation Time: 30 minutes*

*Cooking Time: 30 minutes*

*Yield: 7*

*Serving Size: 1 cup*

## PERFECT PRESENTABLE PASTA SALAD

CaLa

Mount Horeb High School  
Mount Horeb Area School District



This colorful and healthy pasta salad will be a hit with students of all ages! This dish contains a variety of fresh vegetables along with a savory dressing and bow tie whole grain pasta noodles. It's sure to please even the pickiest of eaters.

### Ingredients

1 lb whole grain bowtie noodles

1 stalk broccoli, cut into florets

1 c tomatoes, large dice

1 c red and green bell pepper,  
diced

1 c spinach, chopped

¾ c basil, chopped

½ c parmesan cheese, shredded

1 c turkey pepperoni, chopped

½ c olive oil

2 Tbsp white vinegar

2 tsp salt

1 tsp sugar

2 tsp oregano

1 tsp dried basil, chopped

1 garlic clove, minced

1 tsp black pepper

2 Tbsp water

### Instructions

1. Fill large pot with water and bring to boil. Add the pasta and cook until al dente.
2. In a large mixing bowl, combine the pasta, broccoli, tomatoes, peppers, olives, spinach, fresh basil, parmesan cheese, and chopped turkey pepperoni together.
3. To make the dressing, get a small bowl and whisk together the olive oil, vinegar, water, salt, sugar, oregano, dried basil, garlic, salt and pepper.
4. Pour dressing over the salad and mix together.
5. Serve.

*Preparation Time: 25 minutes*

*Cooking Time: 30 minutes*

*Yield: 16*

*Serving Size: 1 cup*

## PESTO SPINACH PASTA

**Team WR**

**Lincoln High School**

**Wisconsin Rapids Public Schools**



Tasteful and fresh pesto-spinach pasta, with a side of sautéed spinach and red bell pepper.

### Ingredients

1 c basil leaves

4 Tbsp cashews

2 garlic cloves

¼ c olive oil

¼ c parmesan cheese,  
shredded

6 oz white whole wheat flour

3 large eggs

3 Tbsp extra virgin olive oil

1½ Tbsp water

6 c spinach

½ c red pepper, chopped

6 oz whole wheat flour

1 Tbsp butter, salted

½ tsp salt

1 garlic clove

### Instructions

1. For pasta, combine flour, eggs, water, salt, and oil in a mixing bowl. Mix together and then knead dough until its smooth.
2. Roll out the dough and cut in half. Starting at setting one, put each half of dough through the machine until setting 5. Use the fettuccine attachment to cut into noodles.
3. Cook pasta in boiling water for 3 - 4 minutes.
4. For the pesto, remove stems from basil before cutting. Combine basil, 1 cup spinach, cashews, salt, and garlic in the food processor until finely minced.
5. While the machine is running slowly drizzle in the olive oil until smooth. Lastly, add the cheese and process briefly just long enough to combine.
6. Gently toss cooked pasta in pesto.
7. For the spinach, melt butter in a pan and sauté garlic and red peppers. Add spinach and sauté very briefly.
8. Plate the sautéed spinach and bell pepper next to the pesto pasta.

*Preparation Time: 30 minutes*

*Cooking Time: 15 minutes*

*Yield: 8*

*Serving Size: 2.65 oz pasta and 1 oz spinach and red bell pepper mixture*



## SOUTH OF THE BORDER CHICKEN SANDWICH

Smoke Daddy's

Tomahawk High School

Tomahawk School District



A seasoned chicken sandwich with a kick. Enjoy a classic sandwich with a spicy twist that is sure to tickle your taste buds! Topped with brightly colored bell peppers and crisp spinach, creamy chipotle mayo on a whole wheat bun, this sandwich will leave you full and satisfied.

### Ingredients

3 chicken breasts, boneless and skinless

1 c red bell pepper, sliced

1 c yellow bell pepper, sliced

1 c orange bell pepper, sliced

1 c spinach

6 whole wheat buns

1½ tsp chipotle chilies

⅓ c mayonnaise

1½ tsp lime juice

1 tomato

½ tsp olive oil

⅛ tsp salt

⅛ tsp pepper

### Instructions

1. Coat frying pan with ¼ tsp olive oil and place chicken seasoned with salt and pepper in the pan.
2. While the chicken is frying prepare your chipotle mayonnaise.
3. Combine ⅓ cup mayonnaise, 2 Tbsp sour cream, 1½ tsp lime juice and 1½ tsp of the chipotle chilies in a medium size mixing bowl.
4. Slice whole wheat bun in half and coat both sides with the chipotle mayo.
5. Add the remaining olive oil in another pan to sauté the red, orange, and yellow bell peppers until they are soft.
6. Check chicken for an internal temperature of 165°. Place chicken on one half of the bun.
7. Place spinach on chicken.
8. Then layer the bell peppers on top of the spinach.
9. Finally, close the sandwich with the top bun.

*Preparation Time: 5 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: 1 sandwich*

## SPICY CHICKEN ENCHILADAS

### Enchilada Bros

Badger Ridge Middle School  
Verona Area School District



Our spicy chicken enchiladas are filled with chipotle chili peppers, ground cumin, onion, garlic, and other flavorful ingredients. They also include spinach and chicken.

### Ingredients

- 2 garlic cloves, minced
- 1-2 tsp chipotle chilies
- 2 c tomato sauce
- 1 tsp chipotle chili powder
- 1½ tsp cumin
- ¾ c reduced-sodium chicken broth
- 1 tsp vegetable oil
- ½ lb chicken breast, cooked
- 1 c onion, diced
- 2 garlic cloves, minced
- ¼ c cilantro, chopped
- Pinch of kosher salt
- ½ c chicken broth
- 8 whole wheat flour tortillas
- 1 c Mexican cheese, shredded
- ½ c spinach
- Non-stick cooking spray
- Low-fat sour cream, optional

### Instructions

1. Preheat oven to 400°.
2. Spray medium frypan with non-stick cooking spray. Add 1 clove of minced garlic and sauté.
3. Add chipotle chilies, ½ tsp chili powder, ½ tsp cumin, chicken broth, tomato sauce, salt, and pepper. Bring to a boil and reduce the heat to low and simmer for 5 - 10 minutes. Set aside until ready to use.
4. Heat the vegetable oil in a medium skillet over medium-high heat. Sauté onions and remaining minced garlic on low until soft, about 2 minutes. Add chicken and tomato sauce mixture.
5. Spray a 9x13 inch glass baking dish with non-stick spray. Put ⅓ cup chicken mixture into each tortilla, top with one-sixth of the spinach, and roll it.
6. Place on baking dish seam side down, top with sauce and cheese.
7. Cover with aluminum foil and bake in the oven on the middle rack for 20 - 25 minutes. Top with low-fat sour cream if you wish.

*Preparation Time: 20 minutes*

*Cooking Time: 25 minutes*

*Yield: 6*

*Serving Size: 1 enchilada*

## SPINACH AND ARTICHOKE STUFFED PRETZEL POCKET

Oredocker Café - Team Pretzel Pocket

Ashland High School

Ashland School District



Handmade, whole wheat pretzel dough, overstuffed with creamy cheese filling and a fresh spinach and artichoke heart blend are baked to a golden brown and served warm.

### Ingredients

2 c all-purpose flour

2 c white whole wheat flour

1½ c water

1 Tbsp sugar

1 package active yeast

1 egg

½ tsp garlic salt

2 Tbsp extra light olive oil

2 Tbsp all-purpose flour

12 oz part-skim mozzarella cheese, shredded

4 oz fresh mozzarella cheese, sliced

12 Tbsp parmesan and Romano cheese mix, grated

2 oz low-fat cream cheese

6 c spinach

2 c artichoke hearts, rinsed and chopped

½ tsp baking soda

1 c non-fat, plain Greek yogurt

1 c low-fat milk

### Instructions

1. Preheat oven to 425°.
2. Mix yeast, warm water, sugar, and ¼ tsp garlic salt in stand mixer with dough hook attachment.
3. Combine 2 cups all-purpose flour and white whole wheat flours in medium mixing bowl. Mix together.
4. Add half of the combined flours to the liquid yeast mixture. Mix. Add remaining flour. Mix again.
5. Add additional all-purpose flour until the dough comes away from the bowl easily. Mix 5 - 8 minutes.
6. Set dough aside. Rest 10 minutes.
7. In large frying pan sauté olive oil and minced garlic 1-2 minutes.
8. Add 2 Tbsp all-purpose flour to frying pan and stir.
9. Add milk while whisking to remove lumps. Stir until thickened.
10. Add cream cheese, parmesan-Romano cheese, and 12 oz of shredded mozzarella cheese to mixture. Stir until melted.
11. Steam spinach until slightly wilted. Drain and pat dry.
12. Add chopped artichoke hearts and spinach to mixture. Stir until combined. Set aside.
13. Divide pretzel dough equally into 8 (3-oz) portions.
14. Roll on lightly floured surface into circles about ¼ inch thick.
15. Place ½ oz fresh mozzarella into the center of the dough.
16. Place 1½ oz spinach/ artichoke filling on mozzarella slice.
17. Using water or egg wash, seal the dough together forming a pocket. Remove any extra air trapped inside. Roll edge to seal, cut small slits in pocket with kitchen scissors or knife.
18. Boil water and baking soda in medium pot. Place pockets one at a time into the boiling water for 30 seconds. Remove carefully with slotted spoon. Note: baking soda to water ratio is 1 cup baking soda for 4 cups water.
19. Brush pockets with egg wash and sprinkle lightly with garlic salt.
20. Bake on bottom shelf for 7 minutes. Move to top shelf for another 7 minutes or until golden brown and filling bubbles slightly.

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Yield: 8

Serving Size: 1 pocket

## SPINACH AND BROCCOLI FISH TACOS

### Team Synergy

Riverside Middle School

Watertown Unified School District



This recipe is designed to apply the principles of Food Synergy (The power of pairing foods together in order to obtain the maximum nutritious value, more than is found in each food item). This spicy baked cod combines sweetness of broccoli and spinach, while the tart lemon aids in the absorption of iron. Fresh Pico de Gallo creates an increase of cancer fighting properties when eaten with the broccoli. This makes a dish that is beyond compare.

### Ingredients

1 lb cod fillet

1 tsp chili powder

½ Tbsp dried cilantro

½ tsp salt

1 lime

1 tsp olive oil

1 garlic clove, minced

1 Tbsp lemon juice

1 c broccoli florets

4 c spinach

8 corn tortillas

2 tomatoes, seeded and chopped

½ small white onion, finely chopped

¼ c cilantro, finely chopped

2 jalapeños finely diced

½ tsp lime juice

### Instructions

1. Preheat oven to 450°.
2. Mix chili powder, cilantro, and salt.
3. Cut cod into 4 oz servings and place in oven safe pan.
4. Sprinkle spice mixture over cod.
5. Cook for 5 - 7 minutes until opaque.
6. Remove fish from oven and squeeze lime juice over it, being sure to cover all surfaces.
7. Heat sauté pan over medium heat. Add olive oil and garlic. Sauté until lightly brown.
8. Add broccoli, spinach, and lemon juice, stir constantly until spinach is reduced and dark green. Remove from heat and cover.
9. In a medium mixing bowl add onion, tomato, jalapeño peppers, cilantro, and lime juice. Season with salt if desired.
10. Heat corn tortilla in a sauté pan until golden brown.
11. Place cod on tortilla. Top with broccoli-spinach mixture and salsa.
12. Garnish with lemon and serve

Preparation Time: 15 minutes

Cooking Time: 22 minutes

Yield: 4

Serving Size: 2 tacos

## SPINACH AND CHICKPEA PASTA

### The 4 Cs

Howards Grove Middle School

Howards Grove Public Schools



A whole grain pasta covered with a flavorful, homemade tomato sauce tossed with chickpeas and fresh spinach. It's the perfect combo of health and taste.

### Ingredients

½ lb whole grain rotini pasta

2 tsp extra virgin olive oil

1 small onion, finely chopped

1 red bell pepper, chopped

2 garlic cloves, minced

10 oz spinach, chiffonade

5 oz arugula, coarsely chopped

8 oz chickpeas, drained and rinsed

1 – 28 oz can tomato sauce

1 Tbsp tomato paste

1 tsp oregano

1 bay leaf

½ tsp salt

⅛ red pepper flakes

Fresh basil and parmesan cheese for garnish

### Instructions

1. Cook pasta in boiling water according to package directions until al dente. Drain and set aside.
2. In large skillet over medium-high heat, sauté onions, red pepper, and garlic for about 3 minutes.
3. Add spinach, arugula, chickpeas, tomato sauce, tomato paste, oregano, and bay leaf. Stir together and simmer gently for 8 - 10 minutes.
4. Season with dried red pepper flakes, salt, and pepper.
5. Combine the mixture from the skillet with the pasta and toss together.
6. Garnish with fresh basil and parmesan cheese.

*Preparation Time: 10 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 1 cup*

## SPINACH AND RICOTTA LASAGNA ROLLS

### The Spice Girls

Greendale High School

Greendale School District



Whole grain pasta filled with creamy ricotta, ground chicken, and spinach, topped with marinara and low fat mozzarella.

### Ingredients

16 whole grain lasagna noodles

4 c spinach

3 Tbsp olive oil

4 tsp minced garlic

16 oz part-skim ricotta cheese

1½ c part-skim mozzarella, shredded

¼ c parmesan cheese, grated

2 eggs

2 Tbsp basil, finely chopped

1 tsp salt

1 tsp black pepper

1½ c marinara sauce

½ lb ground chicken

1 large beefsteak tomato, diced

### Instructions

1. Preheat the oven to 375°.
2. Cook the pasta al dente, according to package directions. Drain and set aside.
3. Meanwhile, heat the olive oil in a large skillet over medium-high heat. When the oil begins to shimmer, add the garlic and cook until it begins to brown, about a minute or two. Add the spinach and cook, stirring occasionally, until the leaves begin to wilt but are still bright green, about 3 - 4 minutes. The spinach should be reduced by half. Remove from the heat and let cool.
4. In a separate skillet, brown the ground chicken until fully cooked at 165°.
5. In a mixing bowl, stir together the spinach mixture, ground chicken, ricotta, 1 cup mozzarella, parmesan, egg, basil, diced tomatoes, salt, and pepper until thoroughly combined.
6. Pour ½ cup of the marinara sauce into the bottom of a shallow 8x8 inch baking dish.
7. Lay each lasagna noodle on a clean surface. Spread with the filling and roll it up. Place seam-side-down into the baking dish, on top of the marinara. Sprinkle remaining mozzarella over the top of the lasagna rolls.
8. Cover with the remaining sauce and bake covered with aluminum foil for 30 minutes. Remove the foil and continue baking until the top begins to brown and the sauce begins to bubble, another 10 - 15 minutes.

*Preparation Time: 35 minutes*

*Cooking Time: 45 minutes*

*Yield: 8*

*Serving Size: 2 lasagna rolls*

## SPRINGTIME ALFREDO

### Plymouth Pasta

Plymouth High School

Plymouth School District



Have a taste of spring with a blend of cooked vegetables mixed in with penne pasta, a creamy homemade alfredo sauce, placed in bowls lined with fresh kale and spinach and topped off with a lemon zest. This dish is sure to give the crisp taste of spring and the classic taste of alfredo.

### Ingredients

2 oz lite cream cheese

$\frac{3}{4}$  c parmesan cheese

2 Tbsp butter

1 tsp lemon zest

1 lb asparagus

1 lb broccoli

8 oz baby kale and spinach mix

$\frac{1}{2}$  c frozen peas

9 oz quinoa penne pasta

1 Tbsp cornstarch

2 Tbsp water

$\frac{3}{4}$  lb carrots

### Instructions

1. Cook pasta according to instructions on package.
2. Peel and slice carrots into thin circular pieces.
3. Snap asparagus at woody ends and then cut into two inch pieces.
4. Cut broccoli into bite sized pieces.
5. Heat large skillet on medium heat, add two tablespoons of butter. Add broccoli and sauté for one minute. Add carrots and asparagus and sauté until fork tender.
6. Line bowls with spinach and kale.
7. Mix corn starch with water.
8. To prepare white sauce, heat a medium size sauce pan to medium heat and add the cream cheese and milk.
9. Bring to a simmer and add corn starch slurry and peas. Cook for 2 minutes.
10. Add the remaining vegetables and cooked pasta to the sauce and sprinkle lemon zest on top.

*Preparation Time: 45 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: 2 cups*

## THE BURRITO BABY

**The Quinoa Queens and King  
Badger Ridge Middle School  
Verona Area School District**



This burrito is a delectable, savory dish that you can enjoy without being worried about the health of your body. It has chicken engulfed in spices that'll make your mouth water, creamy guacamole, refreshing vegetables, and a sauce that'll tie it all together.

### Ingredients

- ½ c sour cream
- 2 tsp garlic powder
- 2 tsp chili powder
- 2½ tsp cumin
- 2 tsp black pepper
- ½ tsp unsweetened cocoa powder
- 3 chicken breasts, boneless and skinless
- 2 Tbsp olive oil
- 1 avocado
- 1 tomato, diced
- 1 green bell pepper
- ¼ c quinoa, rinsed
- 1 bunch cilantro
- ½ c frozen corn
- 1 c baby spinach
- ½ c Greek yogurt
- ½ tsp oregano
- 1 Tbsp lemon juice
- 6 corn tortillas

### Instructions

1. Bring a pot of water to a boil and pour in rinsed quinoa.
2. Mix the garlic powder, chili powder, ground cumin, pepper, and unsweetened cocoa to make the Southwest spice.
3. Cut the chicken into squares using a clean cutting board. Coat with Southwest spice. Put oil into a pan and fry the chicken until it is no longer pink in the center and reaches an internal temperature of 165°.
4. While the chicken is cooking, heat olive oil in a pan over medium heat. Add green bell peppers and corn seasoned with pepper. Cook, tossing occasionally, until soft.
5. To make guacamole, smash up avocado, then add in tomatoes and onion powder.
6. Mix oregano and Greek yogurt.
7. Strain the quinoa.
8. Wrap the chicken, quinoa, guacamole, bell peppers, corn, cilantro, baby spinach, and cheese into the tortilla. Serve with Greek yogurt-oregano blend.

*Preparation Time: 30 minutes*

*Cooking Time: 45 minutes*

*Yield: 6*

*Serving Size: 1 burrito*



## TURKEY BACON CHEDDAR WRAPS

ACA Foxes (Team 2)

Omro High School

Omro School District



This is a turkey cheddar wrap with a whole wheat tortilla, parmesan cheese, crispy bacon, fresh crunchy kale, fresh spinach, and creamy lite mayo.

### Ingredients

6 whole wheat tortilla shells

6 Tbsp mayonnaise

6 Tbsp parmesan cheese, grated

30 slices turkey breast

6 slices cheddar cheese

12 slices low-sodium turkey bacon

$\frac{3}{4}$  c spinach

$\frac{3}{4}$  c kale

### Instructions

1. Preheat oven to 400°.
2. Cook bacon according to package instructions. When finished cooking, set aside.
3. Warm tortillas in microwave for 30 seconds.
4. Spread mayonnaise on tortilla.
5. Place turkey and bacon on tortilla, then top with cheese.
6. Put wrap in oven long enough to melt cheese.
7. Take wrap out of oven, top with spinach and kale.
8. Wrap up and serve.

*Preparation Time: 20 minutes*

*Cooking Time: 7 minutes*

*Yield: 6*

*Serving Size: 1 wrap*

## TURKEY QUINOA BOWL WITH KALE CHIPS

### The Leafy Greens

New Glarus High School  
New Glarus School District



A riveting blend of quinoa, elegantly sautéed veggies, and flavorful ground turkey served with a side of crispy baked kale chips and a savory light mayo blended sauce.

### Ingredients

6 leaves Romaine lettuce

1 lb ground turkey, 85% lean

4 garlic cloves, minced

2 red bell peppers, diced

3 stalks bok choy, roughly chopped

3 c quinoa

¼ tsp oregano

¼ tsp thyme

1 pinch cinnamon

1 bunch kale

⅓ c light mayonnaise

2 Tbsp olive oil

Salt

### Instructions

1. Preheat oven to 350°.
2. Place kale leaves on baking sheet lined with parchment paper. Place in oven and bake for 10 minutes. Remove from oven, sprinkle with salt and set aside.
3. Rinse quinoa in water with mesh strainer and place in a saucepan.
4. In a medium sauce pan, lightly toast quinoa. Add 6 cups of water to saucepan and bring to boil. Cook for 10 - 12 minutes.
5. Brown ground turkey. Add red pepper and bok choy, cook until tender.
6. When quinoa is done, add to turkey mixture.
7. In a medium bowl, place a Romaine lettuce leaf. Place a scoop of the quinoa/turkey mixture in the bowl. Serve kale chips along the quinoa/turkey mixture.

*Preparation Time: 20 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 1 bowl*

## VEGGIE EXPLOSION

### Hangry Chefs

Indian Mound Middle School  
McFarland School District



This dish is rice with an explosion of colorful veggies. Vegetables are sautéed in an Asian marinade.

### Ingredients

9 c brown rice

4 c bok choy, chopped

½ tsp salt

1 red bell pepper

1 yellow bell pepper

1 orange bell pepper

1 c carrots, cut into coins

2 Roma tomatoes

1 c kale, chopped

1 onion

2 garlic cloves

1 Tbsp corn starch

1½ Tbsp brown sugar

1½ tsp fresh ginger

¼ c soy sauce

2 Tbsp cider vinegar

¼ c water

1 Tbsp hoisin sauce

### Instructions

1. Cook rice according to package instructions.
2. Dice bell peppers, tomatoes, and onion.
3. Mince garlic.
4. Prepare marinade by mixing together 1 garlic clove, corn starch, brown sugar, ginger, soy sauce, cider vinegar, water, and hoisin sauce.
5. Heat large pan to medium high and add marinade mixture.
6. In medium fry pan, sauté bok choy and carrots until crisp tender, about 5 minutes.
7. Reserve a small amount of the kale for garnish. Then add the rest of the kale, peppers, onions, and remaining garlic to pan. Cook 3 - 5 minutes.
8. Add tomatoes and cook until heated through.
9. Plate the rice and spoon vegetables over the top.
10. Garnish with kale.
11. Serve.

*Preparation Time: 45 minutes*

*Cooking Time: 35 minutes*

*Yield: 8*

*Serving Size: 3 cups*

## WANTED STIR FRY FOR BEING DELICIOUS

Team oof

Core Knowledge

Verona Area School District



It's grilled chicken on roasted crunchy broccoli and bok choy, sizzled carrots, great green beans, and mushrooms with some flavorful garlic to make the dish tasty.

### Ingredients

2 lbs chicken breast,  
boneless and skinless

1 head broccoli, cut into  
florets

1 head bok choy, chopped

2 Tbsp oil

2 garlic cloves, minced

12 white mushrooms,  
sliced

¼ lb green beans, trimmed

3 carrots, cut into coins

1 c teriyaki sauce

### Instructions

1. Heat 1 Tbsp oil in a sauté pan over medium heat.
2. Add garlic and stir.
3. Place the chicken in the pan and brown 4 minutes on each side.
4. When chicken reaches an internal temperature of 165°, remove from pan and slice into strips. Set aside.
5. Heat remaining Tbsp of oil in a wok over high heat.
6. Add the broccoli, bok choy, mushrooms, green beans, carrots, and teriyaki sauce.
7. Stir fry quickly until the vegetables begin to soften.
8. Add the chicken strips, combine well and continue to cook for 2 - 3 minutes.
9. Serve immediately, alongside of cooked rice.

*Preparation Time: 10 minutes*

*Cooking Time: 20 minutes*

*Yield: 6*

*Serving Size: 1 cup*

## WHOLE WHEAT HONEY PIZZA

**KMO**

**Mount Horeb High School  
Mount Horeb School District**



Treat your taste buds to a fresh slice of Whole Wheat Honey Pizza. Each tasty slice contains fresh spinach, diced green peppers, and turkey pepperoni. These ingredients are layered on top of our homemade sauce and crust. One bite will make you want more.

### Ingredients

2¼ tsp active dry yeast

1 tsp honey

¼ c white onion

2 c whole wheat flour

¼ c wheat germ

1 Tbsp ground oregano

1½ tsp garlic, minced

1 Tbsp basil, minced

1 c green bell pepper,  
diced

1½ c part-skim  
mozzarella, shredded

½ c spinach

1 tsp salt

8 oz can tomato sauce

4 oz turkey pepperoni

1 tsp paprika

1 c water

8 oz can tomato paste

### Instructions

1. Preheat oven to 350°.
2. In medium bowl, dissolve yeast and honey in warm water. Let stand until creamy, about 10 minutes.
3. Combine flour, wheat germ, and salt in a large bowl. Make a well in the middle and add yeast mixture, then stir well. Cover bowl and set in a warm room to rise for 3 minutes.
4. Roll the dough on a floured pizza pan and poke some holes in it with a fork.
5. To make pizza sauce, mix tomato paste and tomato sauce in medium bowl. Mix in oregano, garlic, and paprika.
6. Spread sauce on top of crust.
7. Sprinkle cheese on top of sauce and add turkey pepperoni.
8. Bake for 10 minutes or until golden brown.

*Preparation Time: 15 minutes*

*Cooking Time: 15 minutes*

*Yield: 8*

*Serving Size: 1 slice*

