



# WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

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## 2021 COOKBOOK

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## Table of Contents

Introduction.....	3
<b>CHAMPION</b>	
Sweet and Sour Chicken with Rice.....	4
<b>QUALIFYING RECIPES</b>	
Alfredo Pasta.....	6
Apple Cinnamon Waffles.....	7
BBQ Chicken Baked Potatoes.....	8
Cheesy Chicken Melt with Avocado Cream Sauce.....	9
Chicken Tacos.....	10
Double Cheese Mac-n-Cheese with Bacon and Broccoli.....	11
Gnocchi with Maraq.....	12
King Krown Kasserole.....	13
Mexican Breakfast Pizza.....	14
Pepperoni Pasta.....	15
Pizza Tacos.....	16
Roasted Veggie Taco with Hummus.....	17
Vegetable Filling with Eggs.....	18
Veggie Curry.....	19







## Introduction

For the ninth consecutive year, student teams across the state worked together to develop nutritious, student-friendly recipes featuring local foods that could easily be incorporated into the school food service program. The 2021 *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. This year's competition consisted of a Recipe Contest.

Fifty-one teams submitted recipes for consideration. Recipes were judged on creativity, originality, recipe presentation, use of Wisconsin agricultural products, and school food service reproducibility. The top team was selected as the champion. Congratulations to the Pinch O' Panthers of Plymouth High School, Plymouth School District!

The Wisconsin Student Chef Competition was made possible through the 2021 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, Wisconsin Student Chef Competition* is 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, please visit the Wisconsin Student Chef Competition Website at [dpi.wi.gov/team-nutrition/whipping-up-wellness](https://dpi.wi.gov/team-nutrition/whipping-up-wellness).



## SWEET AND SOUR CHICKEN WITH RICE

**Pinch O' Panthers**

**Plymouth High School**

**Plymouth School District**

A modern take on a traditional classic, this Sweet & Sour Chicken fuses the delightful sweetness of Granny Smith apples with savory glazed chicken breast. Perfectly cooked red pepper, carrot, and pleasantly seasoned broccoli brings this dish to a lovely finish.

### Ingredients

- 2 chicken breasts, boneless and skinless, cubed
- 2 Tbsp vegetable oil
- 1 c frozen broccoli, chopped
- 1 c Granny Smith apple, diced
- 2 Tbsp apple juice concentrate
- 3 Tbsp brown sugar
- 3 Tbsp apple cider vinegar
- ¼ c chicken stock
- 4 tsp cornstarch
- 1 c brown rice
- 4 tsp water
- ¼ c carrots, shredded
- ¼ c red bell pepper, diced
- 1 Tbsp soy sauce
- 1 Tbsp sweet chili sauce
- 1 tsp fresh ginger, grated

### Instructions

1. Cook rice according to package instructions.
2. In a large skillet, heat oil over medium-high heat. Add chicken and sauté until an internal temperature of 165 degrees is reached.
3. Remove chicken, then add carrots and red pepper to skillet.
4. In a large bowl, combine the chicken stock, apple juice concentrate, apple cider vinegar, apple chunks, and brown sugar. Add mixture to the skillet until boiling.
5. Mix cornstarch and water together in a small bowl, then add to skillet.
6. Put chicken back in the skillet along with the broccoli.
7. Add soy sauce, sweet chili sauce, and freshly grated ginger.
8. Once the sauce has thickened, remove from the skillet, and serve over the rice.

*Preparation Time: 60 minutes*

*Cooking Time: 20 minutes*

*Yield: 4 servings*

*Serving Size: 1 cup stir fry, ½ c rice*



## ALFREDO PASTA

**Foxes Hot Shots**  
**Omro High School**  
**Omro School District**



A creamy combination of broccoli, sweet onions, and homemade alfredo sauce mixed with whole wheat linguine noodles.

### Ingredients

- 1lb whole wheat linguine
- 2 Tbsp butter
- ¼ c flour
- 3 tsp garlic, minced
- 1 c low sodium chicken broth
- 1½ c low-fat milk
- 1 c mozzarella cheese, shredded
- 1 Tbsp parmesan cheese, grated
- 1 tsp Italian seasoning
- ⅛ tsp ground nutmeg
- ⅛ tsp salt
- ⅛ tsp black pepper
- 2 c broccoli, chopped
- 1⅓ c onions, diced

### Instructions

1. Fill large pot with water and bring to a boil. Add linguine and cook for 6-7 minutes or until noodles are al dente. Strain in a colander and set aside.
2. In a large sauté pan, melt butter over medium-high heat. Add minced garlic and sauté until fragrant. Add flour and whisk until smooth.
3. Add onion to the sauce mixture and cook until translucent.
4. Gradually add in chicken broth and milk, whisking until sauce has thickened, about 5 minutes. Reduce heat and add mozzarella and parmesan cheese.
5. Add Italian seasoning, nutmeg, salt, and pepper.
6. Once sauce is finished, add the linguine and broccoli to the sauce. Cook for 3-4 minutes tossing the linguine frequently.
7. Serve and enjoy.

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

*Yield: 8 servings*  
*Serving Size: 1 cup*

## APPLE CINNAMON WAFFLES

**The Teletubies**  
**Longfellow Middle School**  
**Wauwatosa School District**



We are making marvelous, made from scratch apple cinnamon waffles. Made with rich, lip smacking Honeycrisp apples. With cinnamon infused whipped butter and Isabelle's signature waffle maker. These are possibly the cutest waffles you have ever seen.

### Ingredients

- 2 apples, preferably Honeycrisp
- 1¼ c reduced fat milk
- 2 tsp cinnamon
- 2 Tbsp maple syrup
- 1 Tbsp butter, softened
- 2 eggs
- 2 c whole wheat flour
- ½ c vegetable oil
- 2 Tbsp sugar
- 4 tsp baking powder
- ¼ tsp salt
- ½ tsp vanilla extract
- Non-stick cooking spray

### Instructions

1. Preheat waffle iron. In a large bowl, beat eggs with hand mixer until fluffy.
2. Add in flour, milk, vegetable oil, sugar, baking powder, salt, and vanilla.
3. Grate 1 apple. Add apple and ½ tsp cinnamon to batter.
4. Spray preheated waffle iron with non-stick cooking spray. Pour mix into waffle iron and cook until golden brown.
5. Large dice remaining apple.
6. In a saucepan, combine the apples, sugar, 1 tsp cinnamon and water. Stir to dissolve sugar and bring to a boil. Reduce the heat to low, and simmer for 10 minutes, or until apples are soft and syrup has thickened.
7. In a bowl, add butter and ½ tsp cinnamon. Beat with a hand mixer until fluffy.
8. Put butter apple topping and syrup on top of waffles. Enjoy.

*Preparation Time: 10 minutes*  
*Cooking Time: 20 minutes*

*Yield: 4 servings*  
*Serving Size: 1*

## BBQ CHICKEN BAKED POTATOES

**Plymouth Barbequers**  
**Plymouth High School**  
**Plymouth School District**

Challenge your taste buds with this uniquely topped baked potato. A sweet yet tart squash apple puree is complimented by an amazing tangy barbeque chicken will leave you wanting more!



### Ingredients

- 1 lb chicken thighs, boneless and skinless
- ½ c barbeque sauce
- 2 Tbsp honey
- ½ Tbsp white vinegar
- 1½ chipotle peppers
- 2 garlic cloves, minced
- ½ onion, sliced
- 2 large Russet potatoes
- 1 c apple, chopped
- 10 oz frozen winter squash, thawed
- ½ tsp dried parsley
- ½ tsp Italian seasoning
- ¼ tsp black pepper
- ⅛ tsp fennel seed
- ⅛ tsp paprika
- ¼ tsp red pepper flakes
- ¼ tsp minced onion

### Instructions

1. Preheat oven to 400 degrees.
2. Pierce the potatoes with a fork and place in microwave oven for 6 minutes.
3. Heat a large skillet over medium-high heat. Add chicken thighs.
4. In a small bowl, combine barbeque sauce, honey, vinegar, chipotle peppers, half of minced garlic, and onion. Add to the skillet with the chicken thighs. Continue to cook over medium-high heat until chicken reaches an internal temperature of 165 degrees. Shred the chicken and set aside.
5. Remove potatoes from microwave and put them in the oven until they are soft, about 25 minutes.
6. With a mortar and pestle, grind the parsley, Italian seasoning, black pepper, fennel seed, paprika, red pepper flakes, remaining minced garlic, and minced onion. Set aside.
7. Place the apples in a medium saucepan over medium heat and cook until soft.
8. Combine the winter squash and softened apple in a food processor and puree.
9. To assemble, cut the potato in half and top with puree and chopped chicken.

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

*Yield: 4 servings*  
*Serving Size: ½ potato and ¼ of chicken and ¼ of puree*

## CHEESY CHICKEN MELT WITH AVOCADO CREAM SAUCE

**#Foodies**  
**Kimberly High School**  
**Kimberly Area School District**

A juicy, flavorful chicken breast, topped with melted provolone and mild cheddar cheese, spinach, and a homemade, savory avocado cream sauce. It is perfectly laid between two, warm toasted honey whole grain slices of bread and served to satisfy your appetite.



### Ingredients

- 4 chicken breasts, boneless and skinless
- 8 slices whole wheat bread
- 2 garlic cloves, minced, divided
- ½ tsp black pepper, divided
- 2 Tbsp olive oil, divided
- 1 avocado, mashed
- 2 tsp fresh cilantro, chopped
- ⅔ c plain Greek yogurt
- 1 tsp lemon juice
- 2 slices provolone cheese
- 2 slices mild cheddar cheese
- 1 c spinach

*Preparation Time: 30 minutes*  
*Cooking Time: 45 minutes*

*Yield: 4 servings*  
*Serving Size: 1 chicken melt*

### Instructions

1. Preheat oven to 350 degrees.
2. Add chicken breasts to large mixing bowl. Using a fork, poke chicken breast 4-5 times each. Add 1 Tbsp olive oil, ¼ tsp black pepper, and half of the minced garlic. Refrigerate for 20 minutes.
3. To make sauce, add mashed avocado to a medium size mixing bowl. Add remaining minced garlic, cilantro, 1 Tbsp olive oil, ¼ tsp black pepper, Greek yogurt, and lemon juice. Mix until creamy.
4. Place chicken in a glass pan and cover with tinfoil. Bake chicken for 45 minutes or until internal temperature reaches 165 degrees.
5. Remove from oven and add ½ slice of provolone and ½ slice of mild cheddar cheese to each chicken breast.
6. Place back in oven and bake uncovered for 10 minutes or until the cheese is melted.
7. Place bread into the toaster until golden brown.
8. To assemble, place chicken breast with cheese on a slice of toasted bread. Add desired amount of avocado sauce and top with spinach. Place another slice of bread on top.
9. Cut in half and serve with extra sauce for dipping.



## CHICKEN TACOS

**The Notorious Plymouth Kings**  
**Plymouth High School**  
**Plymouth School District**

A savory classic street taco made with a unique twist. Tastefully seasoned chicken breast jam packed full of juices and flavor cooked to perfection. Topped off with a mouthwatering Granny Smith Apple slaw full of earthy flavors all tucked inside a whole grain grilled tortilla shell. Melted cheddar cheese topped with a lime slice to bring out all the unique flavors.



### Ingredients

- 6 oz chicken breast, cooked
- 3 Tbsp cheddar cheese, shredded
- 6 small whole grain tortillas
- ¼ c cilantro, chopped
- 1 carrot, shredded
- 1 c red cabbage, shredded
- 2 Granny Smith apples, diced
- 1 Tbsp green bell pepper, diced
- ¼ c plain, low-fat yogurt
- 1 tsp Sriracha sauce
- 1 tsp lime juice
- 1 tsp chili powder
- 1 tsp paprika
- ½ tsp cumin
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp oregano
- ¼ tsp cayenne pepper

### Instructions

1. Preheat oven to 425 degrees.
2. Mix together chili powder, paprika, cumin, garlic powder, onion powder, oregano, and cayenne pepper.
3. Season chicken breast with mixture.
4. Place the chicken in the oven and bake for 20 minutes.
5. In a medium bowl, blend Sriracha and Greek yogurt. Add apples, carrots, cabbage, and cilantro.
6. In skillet, toast tortillas over medium heat. Add shredded cheese. Once cheese is melted, remove tortilla.
7. Add chicken and top with slaw mixture.

Preparation Time: 1 hour  
 Cooking Time: 30 minutes

Yield: 6 tacos  
 Serving Size: 2 tacos

## DOUBLE CHEESE MAC N' CHEESE WITH BACON & BROCCOLI

**The Three Musketeers**  
**Luck High School**  
**Luck School District**

This dish is a creamy and flavorful twist on the traditional U.S macaroni and cheese with a wide assortment of vegetables, whole grain rice macaroni noodles, two Wisconsin made cheeses, multiple spices, and a hint of turkey bacon for a delicious crunch.



### Ingredients

- 1 c low-fat milk
- 1lb brown rice elbow pasta
- ¾ c broccoli, chopped
- ½ c mild cheddar cheese, finely shredded
- ½ c pepper jack cheese, shredded
- ¼ tsp onion powder
- 1 tsp black pepper
- ¼ tsp salt
- 1½ tsp paprika
- 1 tsp red pepper flakes
- ¼ c onion, finely chopped
- ½ tsp cayenne pepper
- 1 garlic clove, minced
- 3½ Tbsp butter
- 4 strips low-fat turkey bacon
- 2½ Tbsp whole wheat flour

Preparation Time: 35 minutes  
 Cooking Time: 30 minutes

Yield: 8  
 Serving Size: 1 cup

### Instructions

1. Preheat oven to 400 degrees.
2. In large pot, add noodles to boiling water. Cook until al dente.
3. Remove noodles from boiling water and strain. Place noodles back into pot.
4. In a medium sized fry pan, cook turkey bacon over medium-high heat. Remove bacon from frying pan and set on a plate with paper towels.
5. In the frying pan used to cook the bacon. Add broccoli, onion, and garlic. Cook until soft and tender, then set aside.
6. In a medium sized saucepan, add butter, flour, onion powder, and paprika. Stir until mixed well.
7. Remove from heat and add milk, stirring continuously until bubbling.
8. Combine both cheeses together, remove ¼c of cheese for later. Add both types of shredded cheese and stir until combined. Once mixture is creamy, add noodles and turn to medium heat until bubbling.
9. Add vegetables and black pepper to noodles and cook on low heat for 3 minutes.
10. Place mixture into 8x8 pan and lightly sprinkle with reserved cheese and red chili flakes on top.
11. Place pan into oven uncovered for 20 minutes or until cheese appears melted.
12. Take from oven, allow to cool, and serve.



## GNOCCHI WITH MARAQ

### Gnocchi Boys

Longfellow Middle School

Wauwatosa School District



This is an awesome multicultural meal. Maraq is a Somali pasta sauce using many unique seasonings. We thought gnocchi would make the perfect little pillows to pour maraq sauce over, making a delicious meal.

### Ingredients

- 2 large Yukon gold potatoes
- 2 medium tomatoes
- 1 onion
- 3 garlic cloves
- 3 sprigs cilantro
- 1 green bell pepper
- 3 tsp cumin seeds
- 2 tsp coriander seeds
- 2 c flour
- 1 large egg
- ¼ c butter
- 1 Tbsp vegetable oil
- Pinch of salt

### Instructions

1. To make gnocchi, fill large pot with water and bring to boil. Wash, peel potatoes, and add to pot. Boil potatoes for 15 minutes or until the potato is tender but still firm.
2. In a large bowl, mash potatoes until smooth. Add flour and egg, then mix.
3. Place mixture onto a lightly floured surface and lightly knead the dough until it forms a ball.
4. Shape into strips, 1 inch wide, then cut ¾ inch pieces of strips.
5. Heat butter in pan until liquid. Add Gnocchi, turning every 3-4 minutes.
6. For Maraq sauce, dice onion and mince garlic.
7. Using spice grinder, grind coriander and cumin seeds.
8. Heat oil in pan over medium heat. Add onion and garlic. Sauté for 5-7 minutes.
9. While onion and garlic are sautéing, dice tomatoes and pepper. Add to blender along with cilantro, cumin, coriander, and blend. Add onion and garlic to blender and mix until smooth.
10. Mix sauce with gnocchi and serve.

Preparation Time: 35 minutes

Cooking Time: 30 minutes

Yield: 4

Serving Size: 4 servings

## KING KROWN KASSEROLE

### Beef Boys

Clintonville High School

Clintonville School District



A multilayer casserole consisting of a mixture of cream of mushroom soup mixed with cooked beef and season salt. A tangy sweet second layer of corn and cheese is topped with crispy crunchy crown potatoes, resulting in a royally delicious meal for the entire family.

### Ingredients

- 1½ lbs ground beef
- 2 c cheddar cheese, shredded
- 1 lb frozen crown potatoes or tater tots
- 1 lb frozen corn
- 10½ oz can cream of mushroom soup
- 1 tsp season salt
- ½ tsp black pepper

Preparation Time: 30 minutes

Cooking Time: 30-45 minutes

Yield: 8

Serving Size: 1/8 of the recipe

### Instructions

1. Preheat oven to 350 degrees.
2. Heat a large skillet over medium high heat. Add ground beef and cook until completely browned, about 7-10 minutes.
3. Season ground beef with season salt and black pepper.
4. Stir cream of mushroom soup into the ground beef.
5. Pour mixture in 9x13 baking dish.
6. Top with cheese and then layer tater tots evenly over the ground beef mixture.
7. Bake until frozen crowns or tater tots are golden brown and hot, about 30-45 minutes.

## MEXICAN BREAKFAST PIZZA

**Breakfast Champs**  
**Plymouth High School**  
**Plymouth School District**

A savory Mexican pizza with a golden crunchy hashbrown bottom, along with a layer of smooth homemade refried beans and the finest mozzarella cheese. Topped with fresh shredded carrots, red peppers, and onions.



### Ingredients

- 12 oz hashbrowns
- 2 carrots, shredded
- 2 eggs
- ¼ tsp black pepper
- 15 oz can pinto beans
- 1 Tbsp olive oil
- ¼ c onion, chopped
- 1 garlic clove, minced
- 1 Tbsp cilantro, chopped
- ½ Tbsp lime juice
- ¼ tsp chili powder
- ⅛ tsp ground cumin
- ¼ c water
- 1 c low-fat mozzarella cheese, shredded
- ½ c red bell pepper, chopped

### Instructions

1. Preheat oven to 425 degrees.
2. Spray pizza pan with cooking spray. In a small bowl, beat the eggs together.
3. Combine hashbrowns and eggs. Spread into pizza pan. Place in oven and cook for 10 minutes.
4. Drain pinto beans and reserve half of the liquid.
5. Heat olive oil in skillet over medium high heat. Add onion and stir to soften. Then add garlic and cook for 1 minute.
6. To the skillet, add drained pinto beans. Cover and let cook for 5 minutes.
7. Mash beans with potato masher or fork. Cook for another 2-3 minutes. Add reserved liquid from beans to make a creamy consistency.
8. Add lime juice, cumin, and chili powder to beans.
9. Pull hashbrowns out of the oven. Spread beans over hashbrowns and top with mozzarella cheese, then carrots and red pepper.
10. Place back in oven for 15 minutes until cheese is melted and golden brown.

*Preparation Time: 1 hour*  
*Cooking Time: 25 minutes*

*Yield: 4*  
*Serving Size: 1 slice*

## PEPPERONI PASTA

**Femco**  
**Longfellow Middle School**  
**Wauwatosa School District**

This delightful dish is pasta smothered with sauce and layered with mozzarella cheese. On top of the cheese we added fresh pepperoni and baked it all together. If you want you can top it off with parmesan cheese.



### Ingredients

- 3 c whole wheat penne pasta, dry
- 2 tsp olive oil
- 3 c tomato sauce
- 3 tsp dried oregano
- 3 tsp dried basil
- 1/3 c tomato paste
- 1½ Tbsp sugar
- 2 c mozzarella cheese, shredded
- 1½ oz pepperoni
- 2 Tbsp Parmesan cheese, grated
- ⅛ tsp salt

### Instructions

1. Preheat oven to 400 degrees.
2. Bring water to a boil. Add pasta and cook until al dente, about 10-12 minutes.
3. In a skillet over medium high heat, cook ground beef until brown.
4. In a saucepan over medium heat, add oil, tomato sauce, dried oregano, dried basil, tomato paste, and sugar. Turn up the heat, bring to a boil and simmer for 10 minutes.
5. Combine the sauce with the ground beef and noodles.
6. Spray a 9x13 pan with cooking spray. Put the mixture into the pan. Top with cheese, then pepperoni.
7. Place into the oven for about 10 minutes until the cheese is melted.
8. Remove from oven and serve.

*Preparation Time: 17 minutes*  
*Cooking Time: 25 minutes*

*Yield: 4*  
*Serving Size: 2 cups*

## PIZZA TACOS

Team 2

White Lake Middle School  
White Lake School District



A basic taco with pizza ingredients added.

### Ingredients

- 2 lbs ground beef
- 1 lb Italian sausage
- ½ c onions, diced
- 4 oz pepperoni
- 1 tsp chili powder
- ½ tsp cumin
- ½ tsp oregano
- ¼ tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- ½ tsp paprika
- 1 tsp crushed red pepper
- 6 hard taco shells

### Optional Toppings

- Pizza sauce
- Mozzarella cheese, shredded
- Bell pepper, diced
- Black olives, sliced
- Sour cream

Preparation Time: 17 minutes  
Cooking Time: 25 minutes

Yield: 4  
Serving Size: 2 tacos

### Instructions

1. In a large skillet over medium high heat, brown the ground beef, breaking it apart with a spoon.
2. Add the chili powder, cumin, oregano, salt, pepper, garlic powder, and paprika. Stir well.
3. Cook until the beef is browned, about 6-8 minutes. Set aside.
4. In a separate skillet over medium high heat, add Italian sausage. Cook for 5-7 minutes, then add onions. Reduce heat to medium and continue cooking for 7-8 minutes. Remove from heat.
5. Fill the taco shells evenly with ground beef, Italian sausage/onion mixture, and pepperoni.
6. Top with desired toppings: shredded cheese, bell peppers, diced onions, black olives, pizza sauce, and sour cream.

## ROASTED VEGGIE TACO WITH HUMMUS

Plymouth Savors Simplicity

Plymouth High School  
Plymouth School District



The savory flavors of the roasted vegetables and smooth hummus are perfectly complimented by a mix of spices. By roasting the vegetables, you get a tender yet firm texture. The caramelization that occurs, gives a warm golden glow and the juiciness keeps the tacos moist.

### Ingredients

- 1 tsp chili powder
- ½ tsp salt
- ½ tsp paprika
- 1 tsp cumin
- ½ tsp garlic powder
- ¼ tsp oregano
- ¼ tsp cayenne pepper
- 2 Tbsp olive oil
- 3 c carrots, sliced
- 2 c zucchini, sliced
- ½- 15 oz can chickpeas, drained and rinsed
- 2 Tbsp lemon juice
- 2 Tbsp tahini
- ½ garlic clove, minced
- 3 tortillas

Preparation Time: 1 hour  
Cooking Time: 15 minutes

Yield: 3  
Serving Size: 1 taco

### Instructions

1. Preheat oven to 425 degrees.
2. In a small bowl, mix chili powder, salt, paprika, ½ tsp cumin, garlic powder, oregano, and cayenne pepper.
3. In a medium bowl, toss carrots with ½ Tbsp of olive oil and half of the spice mixture.
4. Line a rimmed baking sheet with parchment paper. Place the carrots in a single layer on a baking sheet and roast for 10 minutes.
5. While the carrots are roasting, in the same medium bowl, toss the zucchini with ½ tablespoon of olive oil and remaining spices. After the carrots have been in the oven for 10 minutes, add the zucchini to the baking sheet. Place back in the oven for 10 minutes. Remove from oven and set aside.
6. In the food processor, combine tahini and lemon juice and process for 1 minute. Scrape the sides and process for 30 more seconds.
7. Add remaining olive oil, garlic, and cumin. Process for 30 seconds to 1 minute.
8. Add half the amount of drained and rinsed chickpeas and process for 1 minute. Scrape and add the other half of drained and rinsed chickpeas and process for another 1-2 minutes, or until smooth.
9. Add 1 cup of roasted carrots and process until smooth. If needed, add 1 tablespoon of water at a time to achieve desired consistency.
10. Spread the hummus on tortillas and disperse the carrots and zucchini evenly. Serve and enjoy.



## VEGETABLE FILLING WITH EGGS

### Crazy Carrots

Clintonville High School  
Clintonville School District



Our vegetable filling with eggs is a hearty breakfast skillet. The vegetables include carrots, potatoes, and shallots. In addition, there are zesty spices and eggs. This is a perfect breakfast to start off your day. It is a healthy and easy breakfast.

### Ingredients

3 russet potatoes

3 carrots

½ c shallots, minced

12 eggs

1 tsp curry powder

3 Tbsp vegetable oil

½ c milk

1 bunch green onions

½ Colby jack cheese

3 Tbsp olive oil

½ tsp salt

½ tsp pepper

### Instructions

1. Wash and peel potatoes and carrots. Large dice potatoes.
2. Bring a large pot of water to boil. Add the potatoes and cook until soft. Drain the potatoes, place back in pot, and mash. Add olive oil and curry powder.
3. Small dice the carrots and set aside for later.
4. Heat vegetable oil in a skillet over medium high heat. Sauté carrots and shallots until soft, about 5-7 minutes.
5. In a large bowl, combine potatoes and carrot/shallot mixture. Add salt and pepper. Stir to combine.
6. Place mixture back in skillet and sauté for 3 minutes.
7. Crack eggs into a medium bowl. Add milk and whisk.
8. Add eggs and cook until eggs are set.
9. Serve with 1 tablespoon cheese and green onions.

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Yield: 8

Serving Size: 1/8 of the recipe

## VEGGIE CURRY

### Prostart 2021

Pewaukee High School  
Pewaukee School District



Our Veggie Curry was a vegetarian version of the very popular curry dish. It included potatoes, carrots, broccoli, and tomatoes. It was a very tasty yet very healthy dish.

### Ingredients

1 Tbsp olive oil

1 tsp garlic, minced

3 potatoes, diced

3 carrots, diced

1 c brown rice, cooked

1 head broccoli, cut into florets

1 onion, chopped

¼ c tomato paste

1 c vegetable stock

7 oz coconut milk

1 c spinach

2 Tbsp curry powder

1 tsp cumin

1 tsp coriander

½ tsp turmeric

½ tsp cayenne

### Instructions

1. Heat olive oil in skillet over medium high heat. Add crushed garlic, chopped onion, curry powder, coriander, turmeric, and cayenne pepper. Sauté until the onions are soft.
2. To skillet add potatoes, tomato paste, vegetable stock, and coconut milk. Bring to a simmer and cover until potatoes are tender, but not all the way cooked through.
3. Add broccoli and carrots. Simmer until all veggies are al dente and the potatoes are soft and firm.
4. Add spinach and serve with rice and cilantro.

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Yield: 5

Serving Size: 1/5 of the recipe

