



WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

The Whipping Up Wellness, Wisconsin Student Chef Competition provides student teams across the state with the opportunity to develop and cook nutritious recipes that could easily be incorporated into the school food service program and at home. The competition allows 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. The top five teams from the Recipe Contest are invited to participate in the Cooking Competition.

Finalists are required to adjust their recipe to yield 48 servings and conduct a taste test with students at their school. Teams are encouraged to work with their foodservice director to discuss school food service feasibility when adjusting their recipe to 48 servings. Wisconsin Team Nutrition is pleased to present the following recipes. **Please note, these recipes have not been standardized or tested for accuracy.**

2018 RECIPES

Asian Inspired Pork Roll

Enaemaehkiw Cepahkowak (Thunder Cooks)

Menominee Indian Middle School

Menominee Indian School District

Yield: 48

Serving Size: 4 oz slice

Ingredients

- 6 c water
- 3 c brown rice
- 9 lbs pork loin
- 1½ c soy sauce
- 1½ c green onion, sliced
- ¾ c garlic, minced
- 3 tsp lemon zest
- 3 tsp ginger, grated
- ¼ c olive oil
- 6 tsp red pepper flakes
- 18 c bok choy, chopped
- 4½ c carrots, julienned
- 3 c leek, chopped
- 2 Tbsp sesame oil
- 12 c chicken broth
- 4 Tbsp cornstarch

Instructions

1. Preheat oven to 350 degrees.
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 pork by cutting the pork loin in half. Lay each half 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 bowl, whisk together the soy sauce, green onion, lemon zest, ginger, and half of the garlic. Place the prepared pork pieces in the bowl and toss to evenly coat with the marinade.
5. In a large frying pan, heat 1 Tbsp olive oil. Add the red pepper flakes and remaining garlic. As 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 bowl and reserve the remaining marinade. Divide the vegetable-rice mixture and spread onto each pork rectangle to within ½ inch from each edge. Begin rolling each pork loin across the narrow way to form a pinwheel roll. When each roll is complete, secure with kitchen string.
7. Place the pork rolls on baking sheets and bake at 350 degrees for 60 minutes or until pork reaches an internal temperature of 150 degrees.
8. While the pork is in the oven, add the chicken broth and the remaining marinade to the kettle. Heat and simmer the sauce until it reduces to one-third volume. In a small bowl, combine the cornstarch with a small amount of the sauce. Whisk cornstarch mixture into the sauce and bring to a boil.
9. Remove pork from oven and tent with aluminum foil for 5-10 minutes. After resting, meat should have reached an internal temperature of 160 degrees. Remove the kitchen string and then carefully slice into servings.

BBQ Florentine Turkey Burger

Burger Boyz
Plymouth High School
Plymouth School District

Yield: 48

Serving Size: 1 burger

Ingredients

- 5¼ c low-sodium ketchup
- 4 c dark brown sugar
- 1 c molasses
- 1 c water
- 4 Tbsp Worcestershire sauce
- 2 Tbsp mustard powder
- 4 Tbsp smoked paprika
- 2 tsp garlic powder
- 3 tsp cayenne pepper
- 2 tsp ground black pepper
- 2 c panko bread crumbs
- 8 large eggs
- 1 Tbsp +1 tsp garlic, minced
- ¼ tsp oregano
- ½ c olive oil
- 3¼ lbs spinach
- ½ lb shallots
- 8 lb ground turkey, 85% lean
- 1 lb pepper jack cheese, shredded
- 48 whole wheat English muffins

Instructions

1. Preheat oven to 375 degrees.
2. In a sauce pan, mix ketchup, brown sugar, molasses, water, Worcestershire sauce, mustard powder, smoked paprika, garlic powder, black pepper, and 2¼ tsp cayenne pepper. Simmer 10-15 minutes or until thickened.
3. Make bread crumb mixture: bread crumbs, egg, minced garlic, oregano, and ¾ tsp cayenne pepper. Set aside.
4. Using a food processor, pulse the spinach a few times or chop by hand into smaller pieces.
5. In a medium fry pan, heat olive oil over medium heat. Add shallots and spinach, sauté until spinach wilts. Remove from heat and add to bread crumb mixture along with ground turkey.
6. Form patties by weight. Place patties on parchment lined baking sheet. Divide the homemade BBQ sauce among the patties. Then add ½ oz shredded pepper jack cheese on top of the patty.
7. Bake patties for 20-25 minutes or until the patties reach an internal temperature of 165 degrees.
8. Place the patties on English muffins. Serve with extra BBQ sauce.

Very Veggie Lasagna

Greeny Beanys
New Glarus High School
New Glarus School District

Yield: 48 piece

Serving Size: 1 piece

Ingredients

- 12 stalks bok choy
- 4½ c mushrooms
- 3 bunches spinach
- 3 bunches kale
- ¾ c extra virgin olive oil
- ¾ tsp red pepper flakes
- 2 Tbsp Italian seasoning
- 6 c tomato sauce
- 6 Tbsp dried basil
- 1 Tbsp oregano
- 12 c fat-free cottage cheese
- 48 whole wheat lasagna noodles

Instructions

1. Preheat oven to 350 degrees.
2. Finely chop bok choy and mushrooms. Set aside.
3. Chop spinach and kale, combine in a bowl. Set aside.
4. In a large skillet, heat olive oil over medium heat. Add garlic cloves and sauté for 2-3 minutes.
5. Add tomato sauce, red pepper, Italian seasoning, basil, and bok choy to pan. Simmer for 10 minutes.
6. Spray pan with non-stick cooking spray.
7. Spread one-third of sauce mixture in bottom of pan.
8. Then add one-third kale-spinach mixture on top of sauce.
9. Then add 6 c cottage cheese on top of kale-spinach.
10. Lay 24 noodles on top of cottage cheese.
11. Repeat steps 7-10.
12. Add remaining sauce to top layer of noodles, sprinkle remaining kale-spinach mixture on top.
13. Bake for 45 minutes.

2019 RECIPES

Chipotle Sweet Potato Burrito

Wolves

Algoma High School
Algoma School District

Yield: 48 piece

Serving Size: 1 burrito

Ingredients

- 10½ lbs frozen sweet potatoes, cubed
- ⅝ c olive oil
- 3 Tbsp dried oregano leaves
- 4 Tbsp Nature's Seasoning
- 24 c brown rice, cooked
- 4 orange bell peppers, diced
- 4 red bell peppers, diced
- 4 yellow onions, diced
- 4 - 15oz cans black beans
- 48 whole grain spinach and/or tomato basil tortillas
- 1½ c feta cheese crumbles
- 3 c Southwest Ranch Dressing
- 6 limes, cut into wedges

Instructions

1. Preheat oven to 375 degrees.
2. Place frozen sweet potatoes and drizzle ¼ c olive oil, oregano leaves, 3 Tbsp Nature's Seasoning on a sheet pan. Stir mixture until all potatoes are coated. Roast for 20-25 minutes. Frequently flip with spatula.
3. Sauté onions and peppers with remaining olive oil and 1 Tbsp Nature's Seasoning until golden brown and tender. Add rinsed black beans to sauté pan and cook until beans are tender.
4. Warm your choice of tortilla and fill with heaping ¼ c bean/onion/pepper mixture, ¼ c brown rice, ¼ c sweet potato, 1½ tsp feta cheese, and 1 Tbsp dressing.
5. Fold into burrito, cut in half, and serve with a lime wedge.

Pan Seared Chicken with Roasted Red Pepper Sauce

The Deviled Eggs

South Park Middle School

Oshkosh Area School District

Yield: 48 servings

Serving Size: 1 chicken breast, ½ c rice, ½ c salad

Ingredients

- 24 chicken breasts, boneless and skinless
- 7 Tbsp salt
- 3½ c olive oil
- 5 Tbsp + 1½ tsp pepper
- 10 lemons
- 18 c rice
- 36 c water
- 24 red bell peppers
- 7 red onions
- 32 garlic cloves
- 4 - 28 oz cans crushed tomatoes
- ½ c balsamic vinegar
- 3 Tbsp lemon zest
- 1½ c lemon juice
- 4 Tbsp sugar
- 1 tsp Dijon mustard
- 2 tsp salt
- 2 tsp pepper
- 20 c broccoli florets
- 20 c spinach
- 8 c water

Instructions

1. Preheat oven to 425 degrees.
2. For the chicken, trim fat off chicken breasts and cut in half. Season with 3 Tbsps salt and 3 Tbsps pepper. Place chicken in pan with 1 c olive oil over medium-high heat.
3. Wait until bottom turns golden then flip. After both sides are golden, place chicken breasts on baking sheet and put in the oven. Wait 5-10 minutes and check the temperature.
4. Squeeze with juice of 2 lemons and let cool.
5. For rice, place rice in Dutch oven. Add water to rice. Heat on stove over medium heat for 10-20 minutes.
6. For roasted red pepper sauce, line baking sheet with tinfoil. Cut each pepper in half and remove seeds and steam, then place on baking sheet.
7. Cut onion into quarters and place on baking sheet.
8. Add 4 large garlic cloves to a baking sheet. Brush everything with olive oil (about 1 c).
9. Put in the oven for 25 minutes. Remove from oven and let sit for 10-15 minutes or until cool.
10. When the vegetables are cool, take the skin off of the peppers. Add all vegetables from pan into a food processor. Juice 8 lemons and add to the food processor. Add the cans of crushed tomatoes to the food processor. Add balsamic vinegar, pepper, and salt to the food processor. Put the top on and blend until smooth. Add to Dutch oven with rice.
11. For lemon vinaigrette, zest 2 tsp of lemon.
12. Add 2 tsp lemon zest, 3 Tbsp of lemon juice, sugar, Dijon mustard, ¼ tsp salt and ¼ tsp pepper to a blender. Blend on medium speed until combined.
13. While blender is on low speed, take off the top and add 1½ c olive oil one tablespoon at a time.
14. Put the top back on and blend on high speed until fully combined.
15. Pour in a bowl and set aside to mature in flavor.
16. For the broccoli and spinach, chop broccoli into florets.
17. Bring 8 c of water to boil in a pot on the stove.
18. Fill a large bowl with COLD water and place next to the stove.
19. Add broccoli florets to boiling water. Wait 1½ minutes and quickly take out the broccoli and add to cold water. Continue until all broccoli is blanched.
20. Drain the water out of the broccoli, add lemon vinaigrette and 2 ½ c of spinach, toss until combined (be gentle).

Plymouth Pumpkin Burger

Plymouth Burger Palz
Plymouth High School
Plymouth School District

Yield: 48 piece

Serving Size: 1 burger

Ingredients

- 1½ - #10 can low sodium pinto beans, drained
- 1 qt + 2 c pumpkin puree
- 3 c red onions, chopped
- 3 c red bell peppers, chopped
- 6 c zucchini, shredded
- 2 Tbsp cumin
- 3 tsp granulated garlic
- 3 tsp dried oregano leaves
- 1½ tsp fennel seed
- 3 tsp paprika
- 1½ tsp black pepper
- 6 Tbsp no salt added tomato paste
- 9 c plain bread crumbs
- 3 c panko bread crumbs
- 6 Tbsp jalapeno pepper, diced
- 2 c romaine lettuce, shredded
- 48 whole wheat hamburger buns
- ¼ c sriracha sauce
- 1 c + 2 Tbsp ranch dressing
- 2 Tbsp hot sauce

Instructions

1. Preheat oven to 400 degrees.
2. Place pinto beans in a mixing bowl and mix on low until rough paste is formed.
3. Add pumpkin puree, red onion, red pepper, shredded zucchini, cumin, garlic, oregano, fennel, jalapeno, paprika, black pepper, tomato paste, 1½ tsp sriracha sauce, and bread crumbs.
4. Portion mixture into 48 equal patties. Form into ball and press into equal sized thickness. Coat with panko bread crumbs.
5. Spray a sheet pan with vegetable spray and arrange patties on it. Lightly spritz the top of the patties with vegetable spray. Bake for 20 minutes.
6. For sauce, combine, ranch dressing, hot sauce, and remaining sriracha sauce until completely blended.
7. Plate burgers and top with sauce.

Sweet Potato Lasagna Rolls

Blondies

Grafton High School
Grafton School District

Yield: 48 piece

Serving Size: 1 piece

Ingredients

- 5 lbs ground turkey
- 4 c spinach
- 2½ lbs frozen sweet potatoes
- 32 oz low fat ricotta cheese
- 5 Vidalia onions
- 4.5 oz jar minced garlic in water
- 5 orange bell peppers
- 2 tsp red pepper powder
- 1 ⅓ c reduced fat parmesan cheese, grated
- 9 c part-skim mozzarella cheese, shredded
- 4 Tbsp Italian seasoning
- 2 tsp salt
- 120 oz marinara sauce
- 4 Tbsp olive oil
- 48 whole wheat lasagna noodles

Instructions

1. Preheat oven to 400 degrees.
2. Cook the ground turkey in olive oil, then set aside.
3. Bring pot of water to boil. Add lasagna noodles and boil for 2 minutes. Remove pot from heat, keep covered, and let noodles continue to cook for 10 minutes.
4. Using the same pan that the turkey was cooked in, sauté the chopped onion, pepper, and garlic.
5. Add chopped spinach to the onion mix.
6. Mix the ricotta cheese with the sweet potatoes, parmesan cheese, and 1 c of the mozzarella cheese.
7. Season the sweet potato-cheese mixture with the red pepper powder and mix.
8. Add ground turkey back to the pan with the onion mixture. Season with salt and Italian seasoning.
9. Mix half of the marinara sauce with the turkey.
10. Spread ¼ c of the sweet potato-cheese mixture onto a noodle. Pour ⅓ c of turkey on top of the sweet potato-cheese mixture. Top off with 2 Tbsp of mozzarella cheese. Roll up the noodle, make sure to keep filling from falling out.
11. Place in a lightly greased pan, with the overlapping noodle facing down.
12. Repeat with the remaining noodles.
13. Cover the noodles with the remaining marinara sauce.
14. Bake in the oven for 30 minutes.
15. Remove from oven, top with parmesan cheese. Put back in oven for 10 minutes. Remove and enjoy.