

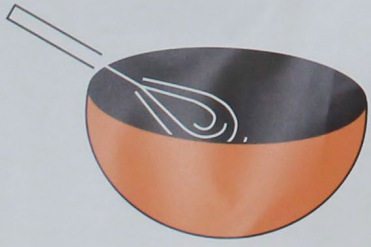
# WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2019

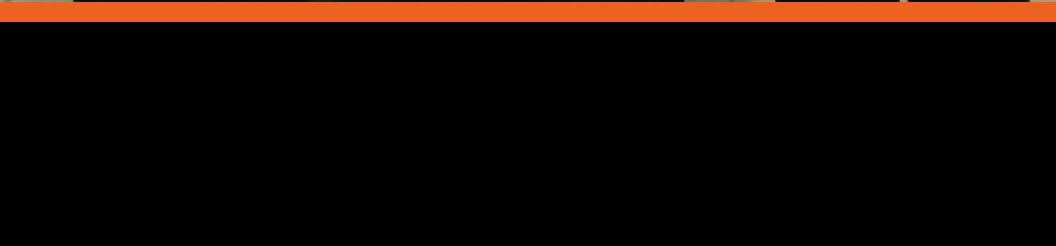
COOKBOOK





WHIPPING UP  
WELLNESS  
Wisconsin Student Chef Competition

2019 FINALIST



# WHIPPING UP WELLNESS

**Wisconsin Student Chef Competition**

## **2019 Cookbook**

Developed by

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Wisconsin Department of Public Instruction  
Madison, Wisconsin

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# Acknowledgements

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# Introduction

For the seventh 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 2019 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.

Seventy-seven 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 red/orange vegetable. The top five teams from the Recipe Contest were invited to participate in the Cooking Competition at Madison College on May 16, 2019. The teams invited to the Cooking Competition were:

- **BEJ**, *East High School*, Green Bay Area Public School District
- **Blondies**, *Grafton High School*, Grafton School District
- **The Deviled Eggs**, *South Park Middle School*, Oshkosh Area School District
- **Plymouth Burger Palz**, *Plymouth High School*, Plymouth School District
- **Wolves**, *Algoma High School*, Algoma School District

The Cooking Competition had students preparing their recipes and plating their completed dishes in the culinary teaching kitchen at Madison College. 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 Blondies of Grafton High School were declared the winners for their Sweet Potato Lasagna Rolls. 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 please visit the Whipping Up Wellness web page at [dpi.wi.gov/team-nutrition/whipping-up-wellness](http://dpi.wi.gov/team-nutrition/whipping-up-wellness).

# 2019 CHAMPION



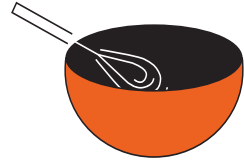
## SWEET POTATO LASAGNA ROLLS

**Team Name:** Blondies

**Team Members** Ava Govek, Dana Lemke, Kailey Lueck

**Supervising Teacher** Brenda Stielow

**Grafton High School, Grafton School District**



Whole wheat lasagna noodles filled with creamy sweet potato, ricotta cheese, and seasoned ground turkey, topped with a special spiced marinara sauce.

### Ingredients

- 1 lb ground turkey
- 1 c spinach, chopped
- 1 onion, chopped
- 6 garlic cloves, chopped
- 1 orange bell pepper, chopped
- 2 sweet potatoes, baked
- 1/3 c reduced fat parmesan cheese
- 2 c part-skim mozzarella cheese
- 8 oz container of low-fat ricotta cheese
- 1 Tbsp Italian seasoning
- ½ tsp salt
- ½ tsp red pepper powder
- 24 oz jar of marinara sauce
- 1 Tbsp olive oil
- 10 whole wheat lasagna noodles

*Prep Time: 45 minutes*

*Cooking Time: 40 minutes*

*Yield: 10 rolls*

*Serving Size: 1 roll*

### Instructions

1. Preheat oven to 400°.
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 mixture.
6. Mix the ricotta cheese with the sweet potatoes, parmesan cheese, and 1 cup 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 cup of the sweet potato-cheese mixture onto a noodle. Pour 1/3 cup 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.





## CHIPOTLE SWEET POTATO BURRITO

**Team Name:** Wolves

**Team Members:** Liberty Ansorge, Jacklyn Dean, Garrett Wierichs

**Supervising Teacher:** Erin Ballone

**Algoma High School, Algoma School District**

This healthy, vegetarian burrito is filled with good-for-you ingredients like roasted sweet potatoes, black beans, hearty brown rice, sautéed onions, and red and orange bell peppers. Every bite into the warm tortilla is bursting with the taste of flavorful feta cheese and smoky chipotle dressing.

### Ingredients

4 sweet potatoes  
 3 Tbsp olive oil  
 1½ tsp oregano  
 1½ tsp Morton's Nature Seasoning  
 3 c brown rice, cooked  
 1 red bell pepper  
 1 orange bell pepper  
 1 yellow onion  
 15 oz can black beans, rinsed  
 6 tortillas (spinach or tomato basil)  
 6 Tbsp feta cheese  
 5 Tbsp Southwest ranch dressing

### Instructions

1. Preheat oven to 375°.
2. Wash and peel sweet potatoes. Cube sweet potatoes into small pieces and place into bowl.
3. Drizzle 2 Tbsp olive oil onto sweet potatoes and season with oregano and Nature Seasoning. Stir mixture to coat all potatoes. Spread out evenly onto baking sheet lined with parchment paper. Roast in oven for 45 minutes, frequently flip with spatula. When finished roasting, set aside.
4. Dice onion and bell peppers. Sauté with 1 Tbsp olive oil until onions are golden brown and peppers are tender.
5. Add rinsed can of black beans into sauté pan. Turn heat down and cook until beans are tender.
6. Warm your choice of tortilla and fill with onions, peppers, and beans. Add a scoop of cooked brown rice and sweet potatoes.
7. Sprinkle with feta cheese and drizzle with Southwest ranch dressing.
8. Fold into a burrito and cut in half and enjoy!

*Prep Time: 30 minutes*

*Cooking Time: 1 hour*

*15 minutes*

*Yield: 6*

*Serving Size: 1 burrito*



## PUMPKIN BURGER

**Team Name:** Plymouth Burger Palz

**Team Members:** Lily Jirikowic, Matt Johlke, Dawson Smith

**Supervising Teacher:** Gale Litt

**Plymouth High School, Plymouth School District**

A delicious take on an American classic. This vegetable burger will wet your taste buds with flavors of bean, pumpkin, and a bit of Sriracha!

### Ingredients

15.25 oz can of low-sodium pinto beans

8 oz pumpkin puree

½ c red onion, chopped

½ c red bell pepper, chopped

1 c zucchini, chopped

1 tsp cumin

½ tsp granulated garlic

½ tsp oregano

¼ tsp ground fennel

½ tsp smoked paprika

10 tsp Sriracha sauce, divided

¼ tsp black pepper

2 Tbsp tomato paste

1½ c plain bread crumbs

1 jalapeño pepper

½ c panko bread crumbs

Vegetable oil for spraying

2 c shredded lettuce

8 whole wheat buns

2 Tbsp ranch dressing

1½ Tbsp hot sauce

### Instructions

1. Preheat oven to 400°.
2. Rinse lettuce and set aside.
3. Drain and rinse pinto beans and place in a large bowl, mashing with a pastry blender until rough paste is formed.
4. Combine pinto beans, pumpkin puree, red onion, red pepper, zucchini, cumin, granulated garlic, oregano, fennel, smoked paprika, 1 tsp Sriracha, black pepper, tomato paste, bread crumbs, and jalapeño pepper in a large bowl and mix until fully combined.
5. Portion the patties into eight equal portions. Form into a ball, using your hands, and place on parchment lined baking sheet. Press into equal sized thickness and coat in panko crumbs until covered.
6. Spray a sheet pan with vegetable spray and arrange patties on pan. Lightly spritz the top of the patties with the vegetable oil.
7. Bake for 20 minutes until an internal temperature of 165° is reached.
8. For the sauce, combine ranch dressing, 3 Tbsp Sriracha, and hot sauce until completely blended.
9. Remove patties from oven. Place buns on a separate sheet pan and toast under oven broiler until golden brown.
10. Squeeze approximately ½ tsp of the sauce onto the inner sides of the toasted buns. Arrange the patties onto each bun with a small handful of lettuce on each.

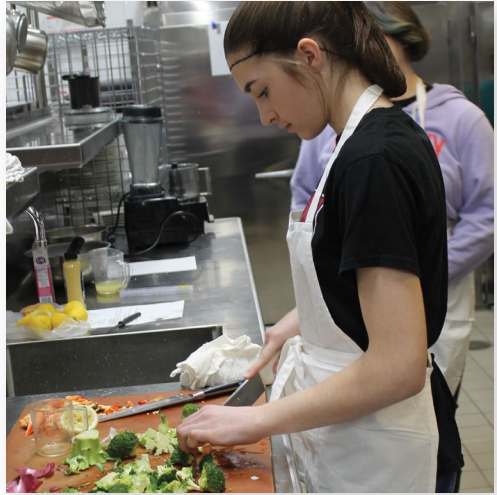
*Prep Time: 45 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 1 burger*





## PAN SEARED CHICKEN BREAST

**Team Name:** The Deviled Eggs

**Team Members:** Alec Berndt, Liberty Klingbeil, Paige Mutsch, Parker Reinert, Sydney Schoenberger

**Supervising Teacher:** Jennifer Turner

**South Park Middle School, Oshkosh Area School District**

Juicy pan seared chicken breasts sliced laying next to delicate brown rice mixed with a mild roasted red pepper sauce, topped with a colorful broccoli and spinach salad smothered in a zesty lemon vinaigrette.

### Ingredients

6 chicken breasts, boneless and skinless

3 red bell peppers, halved

1 red onion, quartered

4 garlic cloves

2½ c broccoli

½ tsp lemon zest

¾ tsp Dijon mustard

5 Tbsp olive oil

14 oz can crushed tomatoes

4¼ tsp salt

3 tsp pepper

2 c brown rice

3 Tbsp lemon juice

1 tsp balsamic vinegar

2½ c spinach

1½ tsp sugar

*Prep Time: 40 minutes*

*Cooking Time: 50 minutes*

*Yield: 6*

*Serving Size: 1 chicken breast, ½ cup rice, ½ cup salad*

### Instructions

1. Preheat oven to 400°.
2. Pat chicken dry and sprinkle with salt and pepper.
3. Heat 1 tsp of olive oil over medium-high heat. Add chicken and brown each side for 3-4 minutes. Transfer to pan and place in oven. Bake 15-20 minutes, until internal temperature of 165°. Let rest, slice, and plate.
4. Use a colander to rinse the rice. Bring 5 cups of water to boil. Add the rice and salt. Cover and cook over low heat for 35 minutes. Remove from the heat.
5. Turn oven to 425°. Place red peppers, onion, and garlic cloves on baking sheet. Brush with olive oil and roast for 25 minutes. The red pepper will begin to char slightly.
6. Let peppers cool for 10-15 minutes. Once cooled, peel off skin and discard the skin.
7. Add roasted peppers, onion, garlic, crushed tomatoes, vinegar, salt, and pepper to blender. Blend until mostly smooth. Season with more salt and pepper as needed.
8. Add sauce to rice, stir to combine. Plate next to chicken when done.
9. Prepare a bowl of ice water and set aside. Bring large pot of water to a rapid boil. Add salt and broccoli florets, cook 1 minute. Remove broccoli and plunge immediately in ice water.
10. In blender, add lemon zest, lemon juice, sugar, mustard, salt. Add 3 Tbsp oil in a slow stream, while blender is on. Season with salt and ground black pepper.
11. Mix spinach, broccoli, and lemon vinaigrette in bowl. Plate on top of rice.





## SWEET POTATO SOUP

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**Team Name:** BEJ

**Team Members:** Estrella Diaz (not pictured), Allison Rehberg, Jordan Ziegert

**Supervising Teacher:** Alisha Krueger

**East High School, Green Bay Area Public School District**

Sweet potatoes blended with carrots to make a thick creamy soup. Bacon, onions, and cheese to top with and add flavor.

### Ingredients

3 sweet potatoes  
 1 russet potato  
 2 carrots  
 3 tsp chicken base  
 2 c water  
 ½ yellow onion  
 1 garlic clove  
 1 green onion  
 3 strips bacon  
 1/3 c low-fat fiesta blend  
 cheese

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*Prep Time: 20-30 minutes*

*Cooking Time: 20 minutes*

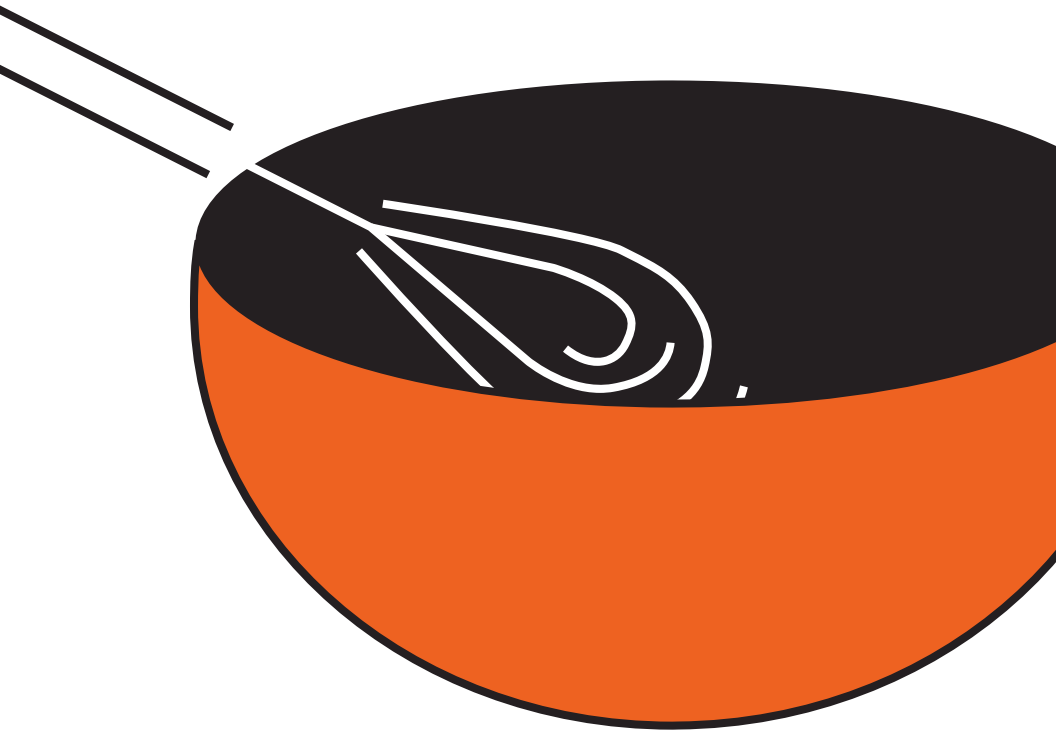
*Yield: 8*

*Serving Size: 1 cup*

### Instructions

1. Clean, peel, and cut 2 sweet potatoes, half of the regular potato, and 1 carrot into chunks.
2. Bring pot of water to a boil.
3. Put potatoes and carrots in the pot and boil until they are soft.
4. Put cooked potatoes and carrots into a blender until they are in a pureed consistency. Save the boiled water.
5. Clean, peel, and cut the remaining carrots and potatoes into bite size pieces.
6. Put bite size carrots and potatoes into the water used to boil the previous carrots and potatoes and cook until soft.
7. Meanwhile in a skillet, brown bacon. Once browned, set aside.
8. Combine pureed and cut vegetables into a new pot.
9. Combine chicken base and 2 cups water to make broth, add to sweet potato mixture.
10. Use the remaining boiled water to add to the soup to make desired consistency if needed.
11. Cut onion and garlic into small pieces, brown in bacon grease.
12. Add browned garlic and onion to soup.
13. Cut bacon into small pieces.
14. Dice green onion.
15. Dish soup into bowl. Top with bacon, green onion, and cheese.
16. Serve and enjoy!

# QUALIFYING RECIPES



## CHEESY EGG STUFFED PEPPERS

**Los Pinguinos**  
**Tomahawk High School**  
**Tomahawk School District**



Baked omelets in a colorful pepper which is healthy and full of vegetables. The bell peppers are filled with the cheesy egg filling and resting on a bed of rice medley.

### Ingredients

- 6 large eggs
- 3 red/orange bell peppers
- 3/8 tsp salt
- 3 Tbsp half and half
- 2 Tbsp olive oil
- 3/8 c onion, chopped
- 2¾ oz ham, diced
- ½ c reduced-fat cheddar cheese
- 2/3 Tbsp chives, chopped
- 2¾ c brown rice
- 6 carrots

*Prep Time: 20 minutes*

*Cooking Time: 30-40 minutes*

*Yield: 6*

*Serving Size: ½ stuffed pepper  
 and ½ cup of rice*

### Instructions

1. Preheat oven to 375°.
2. Halve two peppers lengthwise and take out the seeds.
3. Place peppers cut-side up, on an 8-inch square microwave-safe dish.
4. Microwave on high for 3 minutes, or until just tender. Pat dry and sprinkle with salt.
5. Crack eggs into bowl. Add half and half. Set aside.
6. Meanwhile, heat oil in a small skillet over medium-heat.
7. Add chopped bell pepper and onion to the pan.
8. Cook, stirring, until softened and beginning to brown, about 2-3 minutes.
9. Divide the egg mixture among the pepper halves.
10. Divide ham and pepper/onion mixture among the pepper halves.
11. Top each pepper half with 1 Tbsp cheese and transfer to the oven.
12. Bake for 30 to 40 minutes until the filling is set.
13. While peppers bake, steam carrots and cook rice according to package directions.
14. Plate peppers with rice.
15. Garnish with chives.

## CHEESY MAC

**Clintonville High School Blue Pididdle**  
**Clintonville High School**  
**Clintonville Public Schools**



Vibrant red and orange peppers serve as breathtaking bowls. The bowls are filled with cheesy noodles mixed with cold frozen corn added to the dish after the noodles were done cooking, but before baking. There is one of a kind homemade taco meat mixed in. When all of the ingredients are mixed together, this bright dish tastes sweet with a creamy smooth sauce. Topped off with more red and orange peppers, coarsely crushed tortilla chips, and mozzarella cheese.

### Ingredients

- 3 c spiral pasta
- 1 lb ground beef, 85% lean
- ¼ c butter
- ¼ c flour
- 1 Tbsp chili powder
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp crushed red pepper flakes
- ¼ tsp dried oregano
- ½ tsp paprika
- 1¼ tsp ground cumin
- ¼ tsp pepper
- 2¼ c skim milk
- 2 c shredded mozzarella cheese
- 1 c frozen corn
- 1 c tortilla chips, coarsely crushed
- 4 orange bell pepper
- 4 red bell pepper

### Instructions

1. Wash and dice red and orange bell pepper. Cut tops off remaining peppers and scoop out seeds.
2. Cook pasta according to package directions.
3. Meanwhile, in a Dutch oven, cook beef over medium heat until meat is no longer pink.
4. Add red and orange peppers when meat is almost done cooking; drain.
5. Stir in the butter, flour, and seasonings until blended.
6. Gradually stir in milk.
7. Bring to a boil; cook and stir for 2 minutes or until thickened.
8. Remove from the heat. Stir in cheese and corn until cheese is melted.
9. Drain pasta; add to beef mixture and stir to coat.
10. Put in cut raw peppers, sprinkle with cheese, and top with tortilla chips.

*Prep Time: 20 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: 1 pepper*

## CHEESY SQUASH SANDWICH

**Omro Foxes Cooking Squad**  
**Omro High School**  
**Omro School District**



A sweet squash puree spread over a piece of whole wheat bread, topped with crispy bacon, and melted Muenster cheese grilled to a toasted perfection.

### Ingredients

- 12 slices wheat bread
- 6 slices bacon
- 12 slices Muenster cheese
- ¼ c light brown sugar
- 2 c butternut squash\*
- ¼ red onion
- 3 Tbsp butter

\* For a sweeter sandwich, roast butternut squash at 400° for 25 minutes.

---

Prep Time: 15 minutes  
 Cooking Time: 6 minutes

Yield: 6  
 Serving Size: 1 sandwich

### Instructions

1. Preheat griddle to 350°.
2. Panfry bacon and set aside.
3. Wash, peel, cube, and puree butternut squash in a food processor. Add brown sugar and mix again.
4. Finely dice red onion and add to squash puree. Mix until blended.
5. Butter one side of the whole wheat bread and place face down on heated griddle.
6. Top with one piece of Muenster cheese, bacon slice, and spoonful of squash puree mixture.
7. Top with another piece of Muenster cheese and other slice of whole wheat bread. Butter top.
8. Grill for about 4 minutes or until brown on bottom side. Flip over and grill 4 minutes more.
9. Slice in half and serve.

## CHICKEN FAJITAS

**Hungry Hornets**

**Rosholt High School**

**Rosholt School District**



This is a quick and easy way to make a classic Mexican recipe that helps young people enjoy eating vegetables. The recipe consists of broiled strips of chicken breast, sliced green, red, and yellow peppers, and sweet onions served with shredded Mexican cheese wrapped in a flour tortilla. Condiments include guacamole and salsa as well as lite sour cream and hot sauce.

### Ingredients

- 1 Tbsp chili powder
- 1 tsp cumin
- 2 tsp salt
- 1 tsp ground black pepper
- 1 red bell pepper
- 1 green bell pepper
- 1 yellow red pepper
- 1 sweet onion
- 2 Tbsp olive oil
- 1½ lb chicken breast, boneless and skinless
- 1 lime, juiced
- 16 tortillas

#### *Optional condiments*

Mexican cheese,  
Guacamole, Hot sauce,  
Salsa, Sour cream, Cilantro

*Prep Time: 30 minutes*

*Cooking Time: 15 minutes*

*Yield: 8*

*Serving Size: 2 fajitas*

### Instructions

1. Preheat the broiler to high. Keep rack centered so product doesn't over cook. Line a rimmed baking sheet with foil.
2. Combine the chili powder, cumin, salt, and pepper in a small bowl.
3. Put the peppers and onions on the prepared baking sheet, drizzle with 1 Tbsp of the oil and season with half the chili powder mixture. Broil until softened and starting to char, about 10 minutes.
4. Meanwhile, cut the chicken into ¼-inch-thick slices and toss in a large bowl with the remaining chili powder mixture and 1 Tbsp oil.
5. After the peppers are softened and starting to char, about 10 minutes, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown, about 5 minutes more. Drizzle with the lime juice.
6. Serve with the warmed tortillas, Mexican blend cheese, guacamole, hot sauce, salsa, and sour cream.
7. Each serving will be two filled tortillas.

## CHICKEN FLAUTAS

Hot Cheetos

Badger Ridge Middle School  
(Core Knowledge)

Verona Area School District



Crispy baked corn tortillas stuffed with chicken and flavorful spicy salsa topped with cheese. Served with a side of sweet and spicy tomato salsa.

### Ingredients

2 lbs chicken breast, boneless and skinless

12 whole grain tortillas

2 onions

1 tsp salt

¼ c vegetable oil

2 c fat-free shredded mozzarella cheese

2 garlic cloves

1 c water

1 tsp pepper

5 large tomatoes

1 onion

2 garlic cloves

2 c water

6 chile guajillo

### Instructions

1. Preheat oven to 350°.
2. Boil water with salt and onions.
3. Season chicken with pepper and salt.
4. Add chicken to boiling water for 10-12 minutes.
5. Remove chicken and shred it. Season chicken with salt and set aside.
6. Remove stems from tomatoes and chile guajillos.
7. Dice onion and mince garlic.
8. For the sauce, boil chile guajillo, tomatoes, onion, and garlic for 10 minutes. Place in blender and mix. Add salt to mixture in blender. Set aside blended mixture.
9. Mix chicken with sauce.
10. Place tortillas in oven to soften. After softening, place on plate.
11. Add chicken to 12 tortillas.
12. Roll tortillas with chicken and spray with vegetable oil.
13. Bake in oven until golden brown and crispy (about 10 minutes).
14. Top with cheese and serve.

*Prep Time: 45 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: 2 per person*



## EASY, VEGAN, CREAMY CARROT SOUP

**Martin and the Shorties**  
**East High School**  
**Green Bay Area Public**  
**School District**



In need for a satisfying, vibrant, and simple lunch or dinner idea? Make this nutritious and colorful vegan carrot soup for your next meal! It is a versatile soup where different veggies and beans can be added to it. Also, pair the soup with a garnish of chives and parsley. A side of wheat crackers adds a nice crunch.

### Ingredients

2 Tbsp olive oil  
1 onion, diced  
½ tsp salt  
½ tsp pepper  
2 garlic gloves, minced  
3 c vegetable stock  
2½ c carrots, chopped  
¼ c brown rice  
1½ c frozen corn  
15 oz can black beans  
2 Tbsp parsley  
2 Tbsp chives  
24 wheat crackers

### Instructions

1. In a large saucepan heat the olive oil at medium heat. Add the onion, salt, and pepper until everything is coated and the onions are clearly colored. Add the garlic until everything is sautéed completely.
2. Add in the measured vegetable stock, carrots, rice, and bring to a boil. Cover the saucepan, reduce the heat, and simmer until the carrots are soft.
3. Use a blender and blend this mixture until smooth.
4. In a different sauce pan, lightly heat the frozen corn until cooked. Open the can of black beans and strain it, then add it to the saucepan until everything is heated through.
5. Combine blender mixture with the corn and beans. Then pour into bowls and top with fresh herbs.
6. Pair this soup with wheat crackers for extra flavor and crunch.

*Prep Time: 10 minutes*

*Cooking Time: 20-25 minutes*

*Yield: 6*

*Serving Size: ¾ cup soup and  
4 wheat crackers*

## ETHIOPIAN WINTER VEGETABLE STEW

**Bald Headed Birds**  
**Southern Door High School**  
**Southern Door School District**



A vegetarian dish with a bold flavor from the spice called berbere.

### Ingredients

- 2 red onions
- 4 carrots
- 2 plum tomatoes
- 1 lb butternut squash
- 1 c green cabbage
- 4 Tbsp vegetable oil
- 3 c water
- 2 tsp garlic, minced
- 2 tsp ground ginger
- ½ tsp turmeric
- 4 tsp salt
- ½ tsp black pepper
- 4 tsp berbere
- 8 c garbanzo beans

### Instructions

1. Prep vegetables: thinly slice onion, carrots, and tomatoes.
2. Medium dice (1/2 inch cube) butternut squash.
3. Cut cabbage into ¼ inch julienne pieces.
4. Heat oil in large saucepan and add onion and sauté over medium heat until translucent (2-3 minutes).
5. Add garlic, ginger, and turmeric and continue to cook over medium heat until it starts to stick to the pot (2-3 minutes).
6. Add carrots, squash, beans, and 1/2 cup water so the vegetables don't stick.
7. Stir vegetables, cover, and cook for 5 more minutes.
8. Add cabbage, tomato, salt, and pepper and cook over medium heat approximately 5 minutes.
9. Add berbere and ½ c water.
10. Cover and let cook over medium heat until vegetables are tender, 5-10 minutes.
11. Ladle 2 cups of stew into a large bowl.

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*Prep Time: 40 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 2 cups*

## FRESH VEGETABLE CHICKEN STIR FRY

**Hooded Elves**

**Indian Mound Middle School**

**McFarland School District**



Dig into this amazing dish! It is hand crafted and made of green cabbage stir fried with bell peppers, onion for flavor, beets, and cooked carrots. For toppings, we have thinly sliced hard boiled eggs, freshly cooked chicken strips, and our special recipe sauce.

### Ingredients

- 1 head green cabbage
- 2 carrots
- 2 chicken breasts, boneless and skinless
- 2 medium red and orange bell peppers
- 4 hard boiled eggs
- ¼ c vegetable oil
- ¼ c onion, chopped
- 2 beets, cooked and sliced
- 1 tsp salt
- 2 Tbsp lemon juice
- 2 Tbsp Worcestershire sauce
- ¼ c vegetable oil

### Instructions

1. Cut cabbage into thin strips.
2. Peel carrots and cut in ¼ inch slices.
3. Large dice the peppers.
4. Fry cabbage, peppers, onion, and carrots in oil over medium heat.
5. Cut chicken in strips, then halve. Fry chicken in a separate pan.
6. Add salt to the vegetables.
7. Add beets and chicken to the vegetables when they are finished cooking.
8. Then, slice the eggs and add them as your garnish.
9. For the sauce, pour canola oil and lemon juice into a bowl and mix well. Add Worcestershire sauce, mix thoroughly. Drizzle over vegetables and enjoy!

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*Prep Time: 20 minutes*

*Cooking Time: 20 minutes*

*Yield: 8*

*Serving Size: 2 cups*

## FRESH VEGGIE BREAKFAST BURRITO

**The Freshies**

**New Glarus High School**

**New Glarus School District**



Fluffy eggs, soft black beans, melted cheese, juicy diced tomato, soft golden carrots, and crunchy red bell pepper wrapped in a warm whole wheat tortilla.

### Ingredients

6 whole wheat tortillas

1 c low-sodium black beans

12 eggs

1 c red bell pepper, diced

1 carrot, diced

1 Roma tomato, diced

½ c shredded cheese

Cooking spray

*Prep Time: 15 minutes*

*Cooking Time: 12 minutes*

*Yield: 6*

*Serving Size: 1 burrito*

### Instructions

1. Turn the stove onto medium-high. Coat pan with cooking spray.
2. Whisk eggs and cheese into a bowl.
3. Next start cooking eggs on the stove with frying pan that has cooking spray to make scrambled eggs.
4. While eggs are cooking, start sautéing vegetables on the stove top.
5. While sautéing the vegetables, leave eggs on the stove on low to keep them warm.
6. Cook the vegetables to a golden color. When done leave vegetables on stove top on low.
7. Heat up tortilla in microwave.
8. While that is microwaving, drain beans with a colander.
9. Lay tortillas out on plates. Add eggs, vegetables, and beans to the tortillas.
10. Add spices of your choice.

## HEALTHY RAVIOLI

### The Veggies

Tomahawk High School

Tomahawk School District

A colorful chunky vegetable sauce with fresh ravioli noodles stuffed with parmesan cheese. This delicious ravioli is tossed in a marinara sauce.

### Ingredients

4 c sweet potatoes, diced

1 onion, diced

2 garlic cloves, minced

4 zucchini, sliced into fourths

5 tomatoes, diced

1 Tbsp butter

2 tsp salt

½ tsp pepper

½ c shredded parmesan cheese

½ c basil leaves

2 c red and orange bell peppers

3 c whole wheat flour

3¾ c water

2 eggs

*Marinara Sauce*

1 Tbsp olive oil

2 garlic cloves, minced

4-14.5 oz can diced tomatoes

14 oz can tomato puree

½ c parmesan cheese

1¼ Tbsp oregano

1¼ Tbsp dried parsley

½ tsp onion powder

*Prep Time: 10 minutes*

*Cooking Time: 5 minutes*

*Yield: 8*

*Serving Size: 3 raviolis with ½ cup of vegetable mixture and ¼ cup marinara sauce*



### Instructions

1. For ravioli dough: sift flour and salt together. Place on work surface in a pyramid shape.
2. Make a well in the center of the pyramid and add eggs.
3. Knead the egg into the flour, slowly adding water to form a smooth ball of dough. Cover dough with plastic wrap and let rest for at least 15 minutes.
4. Melt butter in skillet. Add sweet potato, onion, and garlic. Cook over medium heat until sweet potato is fork tender. Add zucchini, tomatoes, salt, and pepper. Continue cooking until zucchini is tender. Stir in parmesan cheese and basil.
5. For marinara sauce: heat oil in large saucepan over medium heat. Add garlic and sauté.
6. Add diced tomatoes, tomato puree, oregano, parsley, parmesan cheese, and onion powder. Reduce heat to low and simmer for 30 minutes.
7. To finish ravioli, cut dough into two pieces. Roll out each piece until 1/16" - 1/8" thick.
8. Place a teaspoon of parmesan cheese along the dough separated by the width of a finger.
9. Place second piece of rolled out dough on top of the other and press it down between the sections of filling. Using a sharp knife, cut between the raviolis.
10. Boil for 15-20 minutes, then toss ravioli with marinara sauce and serve over vegetable mixture.

## HIDDEN VEGGIE MAC AND CHEESE

**Flamingos**

**Longfellow Middle School**

**Wauwatosa School District**



This dish is just like regular mac and cheese, just with some hidden veggies. With a cheddar and parmesan cheese sauce, there is squash, carrots, and cauliflower pureed into the sauce. Al dente macaroni noodles and a parmesan and breadcrumb topping baked to perfection!

### Ingredients

1 lb whole grain macaroni,  
cooked

1 c cauliflower florets

½ c water

¾ c butternut squash

1 c carrots

2 c milk

2½ c shredded cheddar  
cheese

4 oz cream cheese

4 slices whole wheat bread

¼ c parmesan cheese

### Instructions

1. Preheat the oven to 400°.
2. Add water, cauliflower, squash, and carrots in a pot over medium heat. Cover and cook until vegetables are tender.
3. Add everything into a blender, including cooking water, and blend until smooth.
4. Return blended veggies to the pot over medium heat, and add the milk, cheese, and cream cheese. Stir until smooth.
5. Add macaroni, reduce heat, mix thoroughly, and cover for 20 minutes.
6. Take 5 slices of bread and dry out in oven for about 10 minutes.
7. Add macaroni to a 9x13 pan. Add breadcrumbs and parmesan to the top.
8. Bake for 20-23 minutes.

*Prep Time: 35 minutes*

*Cooking Time: 20-23 minutes*

*Yield: 6*

*Serving Size: 1 cup*

## HONEY GLAZED SQUASH

**Hamilton Wildcats**  
**Alexander Hamilton High School**  
**Milwaukee Public Schools**



Savory, roasted, honey glazed squash has an explosion of flavor with every bite. The tender squash is a perfect combination of sweet honey and salty bacon mixed with the ever so slight zing of balsamic vinegar. These flavors are followed up with the freshness of rosemary and sage, and topped off with a little crunch of the roasted squash seeds.

### Ingredients

- 2 acorn squash
- 1/3 c olive oil
- 2 Tbsp honey
- 1 Tbsp balsamic vinegar
- 2 Tbsp fresh rosemary, chopped
- 2 Tbsp fresh sage, chiffonade
- 1½ tsp salt
- 1½ tsp pepper
- 2 c frozen corn
- 3 shallots
- ½ lb thick-cut bacon, cut into small pieces

*Prep Time: 30 minutes*

*Cooking Time: 50-60 minutes*

*Yield: 8 cups*

*Serving Size: 1 cup*

### Instructions

1. Preheat oven to 325°.
2. Cut squash into halves. Scoop out the seeds and separate from pulp. Wash seeds and pat dry.
3. Toss seeds in 1 Tbsp olive oil with a ½ tsp of salt and pepper and the 2 Tbsp of sage.
4. Spread seeds out on a baking tray and roast in oven for 10-15 minutes or until golden.
5. Once seeds are finished roasting, turn oven up to 450°.
6. Peel squash halves with vegetable peeler. Cut squash down to 1-inch thick segments.
7. In a mixing bowl, whisk rest of olive oil with honey, balsamic vinegar, rosemary, and remaining salt and pepper.
8. Add squash chunks into bowl and toss to coat. Place on sheet pan and put in oven.
9. While squash is roasting, heat sauté pan on high heat. Add frozen corn to dry pan and char.
10. Once corn is charred, remove the corn and set aside.
11. Return pan to heat and render bacon for about 10-15 minutes, or until crisp.
12. Remove crispy bacon pieces from pan and leave behind the liquid fat.
13. On medium-high heat, add shallot slices and cook for about 5 minutes or until they begin to color.
14. Remove squash from oven. Spoon 1 cup into a bowl and top with corn, bacon, and shallots.
15. Garnish with the roasted seeds.



## ONE POT CHICKEN PARMESAN PASTA

**Hot Potatoes**

**Lincoln High School**

**Wisconsin Rapids Public Schools**



This delicious and crazy addicting one pot chicken parmesan pasta is a fan favorite. Served with juicy chicken, heavenly pasta, and gooey cheese, this signature go-to comfort food will make you fall in love. Skillet Chicken Parm for the win!

### Ingredients

1 oz fat-free Italian dressing

1½ lb chicken breasts, boneless and skinless

1 lb whole grain penne pasta

24 oz jar low-sodium marinara sauce

2 oz shredded mozzarella cheese

2 oz shredded parmesan cheese

½ tsp salt

½ tsp pepper

4 oz basil, chopped

½ lb cherry tomatoes

### Instructions

1. Slice cherry tomatoes in half and set aside.
2. Cut raw chicken into small strips and marinate with Italian dressing.
3. Season chicken with salt and pepper to taste. Sauté chicken in a large 12 inch skillet over medium high heat.
4. To the skillet add the box of pasta and the entire jar of marinara.
5. Fill the empty marinara jar with water and add to the skillet.
6. Bring mixture to a boil and then reduce to a simmer.
7. Cover and cook for 15 minutes or until pasta is tender to your liking.
8. Stir in cherry tomatoes, salt, and pepper.
9. Cover with grated parmesan and then shredded mozzarella. No need to stir.
10. Continue to cook for 2-3 more minutes or until cheese is fully melted.
11. You can also broil the entire skillet for about 4 minutes to make the cheese extra melty.
12. Top with chopped basil and sliced tomatoes and serve.

*Prep Time: 10 minutes*

*Cooking Time: 25 minutes*

*Yield: 8*

*Serving Size: 1 cup (approximately)*

## PIZZOLIS

**Fighting Foxes**

**Omro High School**

**Omro School District**



A made from scratch, homemade ravioli filled with every teen's favorite filling -- pizza! Bite into this whole wheat pasta filled with a tangy tomato sauce, shredded mozzarella cheese, green peppers, and pepperoni. It is topped with more sauce and garnished with some extra cheese guaranteed to fulfill your pizza craving.

### Ingredients

2 large eggs

½ c water

¼ c olive oil

½ tsp salt

3 c whole wheat flour

1 c pizza sauce

6 oz tomato paste

¼ lb ground beef

¼ c green bell pepper, diced

1 c mozzarella cheese

6 slices pepperoni

*Prep Time: 20 minutes*

*Cooking Time: 8 minutes*

*Yield: 6*

*Serving Size: 8 ravioli*

### Instructions

1. In a medium sized mixing bowl, crack eggs and beat with a fork.
2. Add, water, oil, and salt to eggs mix until well combined.
3. Add 1 cup whole wheat flour to mixture, mix well, then repeat until 3 cups of flour are well mixed.
4. Dust large surface with flour and roll out your dough, using a rolling pin.
5. Use a ravioli press as a template to cut out top and bottom layer.
6. In a medium sized sauce pan, combine pizza sauce and tomato paste on medium high heat until blended completely.
7. In a skillet brown ground beef.
8. Combine peppers, cheese, pepperoni, and beef into sauce mixture. Heat mixture until warm.
9. In a medium sauce pan bring water to a boil.
10. Spoon ½ tsp of sauce mixture to the center of ravioli noodles.
11. Place the other layer of dough over ravioli, press and close edges.
12. Place ravioli into boiling water and cook for 8 minutes or until cooked thoroughly.
13. Place raviolis onto a plate or bowl and use extra sauce mixture to pour over noodles until desired amount.

## POPPIN PEPPERS

**Shawano Chefs**  
**Shawano Community Middle School**  
**Shawano School District**



Vegetarian stuffed peppers.

### Ingredients

- 4 bell peppers (any color)
- 1 c brown rice
- 1¼ c water
- 18 oz no salt added tomato sauce
- 1½ tsp Worcestershire sauce
- ½ tsp garlic powder
- ¼ tsp onion powder
- 2 tsp Italian seasoning
- ¼ c parmesan cheese
- 15 oz can garbanzo beans
- 1 butternut squash
- Salt to taste
- Black pepper to taste

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

*Yield: 8*  
*Serving Size: 1 pepper*

### Instructions

1. Preheat oven to 350°.
2. Cut the butternut squash lengthwise, remove seeds. Put the squash on a baking sheet, skin side down, and bake for 30 minutes. Cool, remove from skin, and mash.
3. Place the rice and water in a saucepan and bring to a boil. Reduce heat, cover and cook for 20 minutes.
4. Remove and discard the top, seeds, and membranes of the bell peppers. Cut peppers in half. Place peppers in a baking dish, hollowed side up.
5. In a bowl, mix par cooked rice, 12 oz tomato sauce, Worcestershire sauce, garlic powder, onion powder, butternut squash, and salt and pepper to taste.
6. Mix the remaining 6 oz of tomato sauce, Italian seasoning and 2 Tbsp parmesan cheese in a separate bowl. Spoon sauce mixture over peppers.
7. Bake for one hour.
8. Top with remaining parmesan cheese before serving.

## POWER BOWL

**Squashin-it Panthers**  
**Plymouth Comprehensive High School**  
**Plymouth School District**



A delicious homemade black bean salsa with a Spanish rice topped with diced butternut squash and cilantro.

### Ingredients

- 1 butternut squash
- 1 red bell pepper, chopped
- 2 Tbsp lime juice
- 4 scallions, sliced
- 3 garlic cloves, minced
- 1 Tbsp cilantro, chopped
- 15 oz can no salt added diced tomatoes, drained
- 1 c frozen corn
- 15 oz can low sodium black beans, drained and rinsed
- 2 Tbsp red onion, chopped
- 2 c long grain brown rice
- 1 c tomato sauce
- ¾ c shredded pepper jack cheese
- 2 Tbsp olive oil
- 1 Tbsp chili powder
- 2 Tbsp cumin, divided
- 1 Tbsp olive oil
- 1 tsp garlic powder

### Instructions

1. Preheat oven to 400°.
2. Peel, dice and place butternut squash on a lightly oiled half sheet pan. Bake for 30 minutes or until tender and caramelized.
3. Prepare salsa by combining diced tomatoes, corn, black bean, red onion, lime juice, olive oil, chili powder, and 1 Tbsp plus 2½ tsp cumin.
4. Heat 1½ Tbsp of oil in a medium sized skillet over medium heat. Add red bell pepper, scallions, and garlic. Sauté until tender.
5. Prepare rice according to the package instructions. When completed add 1 cup of heated tomato sauce, garlic powder, and ½ tsp of cumin.
6. Combine salsa and red bell pepper mixture to a skillet and heat until 165°.
7. Place salsa mixture on the bottom of the bowl. Then add a scoop of rice on top of the salsa; after that add the butternut squash on top. Then garnish with pepper jack cheese, a small amount of salsa and some fresh cilantro.

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*Prep Time: 60 minutes*

*Cooking Time: 30 minutes*

*Yield: 8*

*Serving Size: 1 bowl*

## RATATOUILLE

**Crazy Cookers**

**Elkhorn Area Middle School**

**Elkhorn Area School Districts**



This is a delicious all vegetable dish which contains sliced eggplant, zucchini, yellow squash, and red bell peppers in a delicious tomato sauce. It is plated and drizzled with a homemade Italian cheese.

### Ingredients

6 oz can tomato paste

½ onion, chopped

¼ c minced garlic

1 Tbsp olive oil

¾ c water

¼ tsp salt

¼ tsp black pepper

1 eggplant, thinly sliced

1 zucchini, thinly sliced

1 yellow squash, thinly sliced

1 red bell pepper, sliced into strips

1 yellow bell pepper, sliced into strips

3 Tbsp olive oil

1 tsp thyme

3 Tbsp mascarpone cheese

### Instructions

1. Preheat oven to 375°.
2. Spread tomato paste (mix) into the bottom of the 10x10 baking dish.
3. Sprinkle with onion and garlic. Stir in 1 Tbsp of olive oil and water until thoroughly combined. Season with salt and pepper.
4. Arrange alternating slices of eggplant, zucchini, yellow squash, and bell peppers. Start at outer edge working in towards the center.
5. Drizzle with 1 Tbsp of olive oil and season with salt, pepper, and thyme leaves.
6. Cover dish with a piece of parchment paper cut to fit the dish before cooking.
7. Place in oven and bake until vegetables are roasted and tender about 45 minutes.
8. After baking, plate a spoonful on a dish and drizzle mascarpone cheese over the top.

*Prep Time: 45 minutes*

*Cooking Time: 45 minutes*

*Yield: 8*

*Serving Size: 1/8 of recipe*

## ROASTED TOMATO CHICKEN WRAP

**Mmmhhmmm That's a Wrap!**  
**South Park Middle School**  
**Oshkosh Area School District**



Baked chicken, with cabbage, red peppers, red onions, and cilantro in a whole grain tortilla. The wrap is topped with a roasted tomato vinaigrette and feta cheese.

### Ingredients

8 whole wheat tortillas

¼ c cilantro, chopped

1 bell pepper

¼ head cabbage

5 tomatoes

1½ c red wine vinegar

1/8 tsp salt

1/8 tsp black pepper

3 garlic cloves

¼ c feta cheese

½ c olive oil

4 chicken breasts, boneless  
and skinless

1 tsp lemon juice

1 red onion

1/8 tsp garlic powder

1 avocado

### Instructions

1. Preheat the oven to 425°.
2. Cut tomatoes into quarters and lay on a baking sheet. Sprinkle with salt and pepper.
3. Put into the oven for 15 minutes. Remove from the oven and let them cool enough so they are not steaming.
4. Chop peppers and cabbage. Set aside.
5. Put tomatoes into the blender. Add red wine vinegar, garlic, and feta cheese.
6. Start blending, as the blender is going add in the oil. Slowly, keep the blender going until all the oil is combined into the mix.
7. Thaw chicken and put the chicken into a gallon bag.
8. Use a mallet to beat the chicken. Add garlic powder and salt on the chicken for seasoning.
9. Put chicken in the oven and bake until internal temperature reaches 165°.
10. Cut the chicken into thin slices, half a chicken breast per wrap.
11. Add peppers and cabbage.
12. Cut open avocado and mash. Add the lemon juice, salt, pepper and stir.
13. Top wrap with avocado spread and cilantro.

*Prep Time: 1½ hours*

*Cooking Time: 35 minutes*

*Yield: 8*

*Serving Size: 1 wrap*

## SAVORY CHICKEN CARROT STIR FRY

### Anything

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



This mouth-watering recipe includes broccoli, zucchini, carrots, peppers, and delectable chicken. All of this is spread over scrumptious brown rice. Savory soy sauce is a garnish over this flavorful meal.

### Ingredients

¼ c low sodium chicken broth

2 Tbsp soy sauce

1 Tbsp honey

5 garlic cloves, minced

1 tsp sesame oil

1 tsp cornstarch

3½ Tbsp vegetable oil

1½ lbs chicken breast, boneless and skinless

1 medium broccoli crown, cut into florets

1 red bell pepper, chopped

3 carrots, sliced

2 zucchini, diced

3 c brown rice, cooked

2 scallions

*Prep Time: 10-20 minutes*

*Cooking Time: 30 minutes*

*Yield: 6*

*Serving Size: ½ cup of rice and ½ cup of stir-fry*

### Instructions

1. For the sauce: mix together chicken broth, soy sauce, honey, garlic, sesame oil, and corn starch until the cornstarch is dissolved; set aside.
2. Heat a flat bottomed large frying pan over medium high heat. Drizzle 1 Tbsp of vegetable oil around the pan and add garlic.
3. Cook, stirring constantly with a metal spatula, push the garlic to the side of the pan.
4. Add the chicken in a single layer and season with salt (if desired). Cook for 1 minute letting it sear. Continue cooking the chicken until lightly browned and cooked through, 3 to 4 minutes.
5. Transfer the chicken to a large plate and repeat with remaining chicken.
6. Drizzle 1 Tbsp of the vegetable oil around the pan, add the broccoli, and season with salt. Cook until brown edges (1-2 minutes).
7. Drizzle the remaining ½ Tbsp of vegetable oil around the pan, add the pepper, carrots, and zucchini. Season with salt.
8. Stir-fry until browned and softened, 1 to 2 minutes.
9. Add the reserved chicken and broccoli and any accumulated juices back to the pan and stir.
10. Stir the sauce one more time, pour into pan, and stir-fry until the sauce is thickened and coats the chicken and vegetables, 1 to 2 minutes.
11. Serve over rice or noodles and top with the scallions.

## SAVORY PEPPER POTS

**The Sky's the Limit**  
**New Glarus High School**  
**New Glarus School District**



This delectable, nutritious entrée displays vibrant red and orange vegetables, with ground turkey and tomato sauce. With a small kick, this savory entrée will have your mouth watering and your stomach full.

### Ingredients

- 8 red bell peppers
- 1 sweet potato, small diced
- 1½ c butternut squash, small diced
- 2 carrots, small diced
- 1 lb ground turkey
- 2 Tbsp tomato paste
- 14 oz can crushed tomatoes
- 14 oz can whole peeled tomatoes
- ½ c fat-free parmesan cheese
- 5 Tbsp olive oil
- ½ Tbsp Italian seasoning
- 2 tsp season salt
- 1 Tbsp pink Himalayan salt
- 1 tsp cayenne pepper
- ½ tsp minced onion
- ½ tsp garlic powder
- 1 tsp crushed red pepper
- ½ tsp black pepper

### Instructions

1. Preheat oven to 375°.
2. In a sauté pan, heat olive oil over medium-high heat. Add sweet potato, butternut squash, and carrots. Season vegetables with cayenne, Himalayan salt, and half the pepper.
3. Once vegetables are softened, remove from pan and place in a covered bowl.
4. In sauté pan, add ground turkey, season salt, and remaining pepper. Cook until turkey reaches internal temperature of 165°. Mix turkey and vegetables together.
5. Prep the peppers by cutting the top off and scooping out the seeds.
6. Combine tomato paste, crushed tomatoes, and whole peeled tomatoes in a medium saucepan.
7. Add Italian seasoning, minced onion, garlic powder, and crushed red pepper to saucepan.
8. Cook tomato sauce on medium heat for 10 minutes.
9. Scoop ½ cup of the veggie and turkey mixture into the peppers.
10. Pour sauce in each pepper until pepper is full, setting 1 cup sauce aside.
11. Sprinkle parmesan cheese on top of peppers.
12. Place peppers on foil-lined cookie sheet and bake for 30 minutes, then broil peppers for three minutes or until cheese is browned.
13. Use remaining sauce for garnish, serve immediately.

*Prep Time: 15 minutes*  
*Cooking Time: 43 minutes*

*Yield: 8*  
*Serving Size: 1 pepper*



## SHRIMP STIR FRY

**Chop it Like it's Hot**  
**Tomahawk High School**  
**Tomahawk School District**



This is a scrumptious, colorful, and delightful entrée filled with healthy and nutritious items. We have a wide variety of colors coming from red, orange, and green peppers, along with green onions, sugar snap peas, chopped carrots, broccoli, cauliflower, eggplant, and kohlrabi. All combined with brown rice and delicious shrimp, then put into a chicken broth sauce and seasoned with black pepper, cayenne pepper, garlic, and ginger to add more color and flavor to the entrée.

### Ingredients

- 1 c brown rice
- 1 lb medium shrimp
- ½ tsp ground ginger
- ½ tsp cayenne pepper
- 2 garlic cloves minced
- ½ tsp black pepper
- 4 Tbsp olive oil
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 orange bell pepper, diced
- ½ lb sugar snap peas
- ¼ c cornstarch
- 1½ c low sodium chicken broth
- 1 c carrots, chopped
- 1 c broccoli florets
- 1 c cauliflower florets
- 4 c water

### Instructions

1. In a medium saucepan, bring water to a boil.
2. Add brown rice and return to boil. Reduce heat, cover, and let simmer for 20 minutes.
3. While rice is simmering, heat 2 Tbsp olive oil in pan over medium-high heat. Add shrimp and cook for about 5 minutes.
4. Once shrimp are done cooking add remaining 2 Tbsp olive oil, garlic, and cut vegetables to large pan and fry, stirring occasionally for about 5 minutes.
5. While cooking vegetables, prepare the sauce by bringing 1½ cups of chicken broth to a boil in a separate pan and add ¼ cup of corn starch and stir until fully dissolved.
6. Once the rice is finished combine vegetables, shrimp, sauce, ground ginger, black pepper, and cayenne pepper to a large stir fry pan.
7. Serve on a plate and enjoy!

*Prep Time: 15 minutes*  
*Cooking Time: 40 minutes*

*Yield: 8*  
*Serving Size: 1½ cups*

## SPICY BUFFALO CHICKEN STUFFED PEPPERS

**Bake My Day**

**South Park Middle School**

**Oshkosh Area School District**

Half cut bell peppers stuffed with a zesty and spicy mixture. With the first bite there will be both sweetness from the cooked bell peppers and a buffalo flavor from the chicken and rice. The flavor has a great balance and could be

described as flavorful and fiery. The texture is crunchy and juicy from the bell peppers and onions. The cheese melts in your mouth along with juice from the chicken mixture. The chicken mixture just by itself is sharp with flavors, first spicy, then ending with a sour yet sweet lime flavor. While it's spicy you'll be coming back for more! The sprinkled chives and light drizzle of ranch add a chill flavor to the peppers. In the mixture there is flecks of red from the seasoning and sauce. Combining all ingredients together makes this dish divine and will leave you finger-licking!



### Ingredients

4 red bell peppers

4 yellow bell peppers

2 chicken breasts, boneless and skinless

½ tsp salt

½ tsp pepper

1¼ c water

1¼ c brown rice

½ onion

2 garlic cloves

1 c hot sauce

2 Tbsp smoked paprika

2 Tbsp lime juice

1 c shredded muenster cheese

1 Tbsp ranch dressing

2 Tbsp chives, chopped

2 Tbsp oil

### Instructions

1. Preheat oven to 400°.
2. Cut peppers in half and core. Drizzle 1 Tbsp olive oil on the peppers. Sprinkle with salt and pepper and set to the side.
3. Put chicken on sheet pan and sprinkle with salt and pepper. Put in oven for 10 minutes. Flip chicken and set timer for 15 minutes until cooked through.
4. Shred chicken and set to the side.
5. Add water to saucepan and bring to boil. Add rice, cover, and cook for 5 minutes.
6. Take off the heat and set aside.
7. Combine hot sauce, smoked paprika, and lime juice in a bowl. Set aside.
8. Chop onion and garlic. Add 1 Tbsp olive oil to sauté pan. Add onion and garlic, sauté for 6 minutes.
9. Add shredded chicken, rice, and hot sauce mixture. Turn heat to low and cook for 3 minutes. Take off heat and set aside.
10. Spoon mixture into peppers. Put in oven and bake for 17 minutes. Take out of oven sprinkle cheese on top and put back in oven for 3 minutes.
11. Remove from oven, top with ranch and chives.

*Prep Time: 45 minutes*

*Cooking Time: 1 hour*

*Yield: 8*

*Serving Size: 1 each*

## SPINACH AND RED PEPPER PASTA

**TMS Odd Purple Kitchen  
Templeton Middle School  
Hamilton School District**



Enjoy this light dish. The whole grain penne pasta is paired nicely with basil and garlic. It is also accompanied by fresh spinach, sweet bell peppers, and button mushrooms. It will leave you full but feeling great.

### Ingredients

- 1 lb whole grain pasta
- $\frac{3}{4}$  c onion, chopped
- 3 Tbsp garlic, minced
- 3 Tbsp olive oil
- $1\frac{1}{2}$  Tbsp basil, chopped
- 2 red bell peppers, cut into strips
- 3 c spinach, coarsely chopped
- $\frac{1}{2}$  tsp black pepper
- 1 lb chicken breast, cooked, cut into bite size pieces
- 1 c button mushrooms, sliced

### Instructions

1. Fill a large pot halfway with water.
2. Wait for your water to boil. When the water is boiling add in the pasta slowly.
3. Stir until the pasta is fully cooked.
4. Drain pasta and let cool.
5. In a medium pot, add olive oil over medium high heat.
6. Cook the onion, garlic, and basil until the onion is tender.
7. Add the pepper strips and mushrooms. Cook until softened.
8. Add in the spinach and cook it until warmed through.
9. Add pasta, chicken, and vegetables to a large bowl and mix all together.
10. Time to sit back and enjoy.

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*Prep Time: 15 minutes*

*Cooking Time: 30 minutes*

*Yield: 4*

*Serving Size: 2 cups*

## SWEET AND SPICY CHICKEN SURPRISE

Sweet and Spicy  
Luck High School  
Luck School District



Take a bite of our dish as you step into summer. The colorful bell peppers, the sweet yet spicy coating on our juicy chicken breast will blow you out of the water. Last but not least a surprise. A smooth and buttery mashed butternut squash sits among our flavorful dish. Enjoy.

### Ingredients

- 8 chicken breast, boneless and skinless
- ½ c brown sugar
- 4 Tbsp paprika
- 2 tsp oregano
- ¾ tsp salt
- 1¼ tsp pepper
- 1 butternut squash
- 4 Tbsp olive oil
- 8 Tbsp butter
- 6 garlic cloves
- 4 red bell peppers
- 4 yellow bell peppers
- 1 red onion
- 2 Tbsp garlic powder

### Instructions

1. Preheat oven to 425°.
2. Line pan with foil and coat with cooking spray.
3. Pour brown sugar, paprika, oregano, garlic powder, ½ tsp salt, and 1 tsp pepper into a gallon plastic bag. Add chicken breast and shake to coat chicken.
4. Place chicken on lined baking sheets and bake for 25 minutes.
5. Turn down oven to 400°. Line baking sheet with tinfoil.
6. Clean butternut squash and cut in half lengthwise.
7. Scoop out seeds and place halves face up on the baking sheet.
8. Toss with olive oil and season with garlic, 1/8 tsp salt, and 1/8 tsp pepper.
9. Roast in oven for 50 minutes. Remove from oven and let cool for 5 minutes.
10. Using a large spoon, remove the squash flesh from the skin and place into a bowl for mashing.
11. Add butter, 1/8 tsp salt, and 1/8 tsp pepper and mash with fork.
12. Remove seeds and ribs from peppers, cut lengthwise into strips and half crosswise.
13. Heat oil in a large nonstick pan over medium heat. Add bell peppers and onion, season with salt and pepper.
14. Cook, stirring occasionally until peppers are tender.
15. Plate and serve.

*Prep Time: 90 minutes*

*Cooking Time: 60 minutes*

*Yield: 8*

*Serving Size: 1 cup*

## THAI CURRY

**The Munchketeers of Plymouth  
Plymouth High School  
Plymouth School District**



Flooded with savory pepper chicken and nutritious vegetables, this spicy Thai dish will envelope your senses and cure all of its cravings. The garnish of cilantro perfectly accentuates this colorful dish. You certainly won't regret this. It's nutritious and delicious!

### Ingredients

- 2 tsp olive oil
- 12 oz chicken breast, boneless and skinless, cubed
- ½ tsp black pepper
- 1 lb sweet potatoes, diced
- 1 c yellow onion, chopped
- 1 c red bell pepper, chopped
- 1 Tbsp garlic, minced
- 2½ Tbsp Thai red curry paste
- 1 c lite coconut milk
- 2 c brown rice
- 5 oz baby kale, coarsely chopped
- 1 c unsalted chicken stock
- 3 Tbsp cilantro leaves, chopped
- 1 tsp ginger
- 1 Tbsp coriander

### Instructions

1. Prepare rice according to directions on package.
2. Mix together olive oil, ginger, black pepper, garlic, coriander, and Thai red curry paste.
3. Ready lite coconut milk and unsalted chicken stock.
4. Heat the olive oil in a large Dutch oven over medium high. Sprinkle the chicken with black pepper and cook, until it is brown on all sides.
5. Take the chicken out of the pan and place it into a bowl (do not wipe out the pan). Add sweet potatoes, onion, and bell pepper to the pan, stirring occasionally, for about 3 minutes.
6. Add garlic, ginger, and coriander; cook 1 minute. Stir in the curry paste and stock; bring to a boil.
7. Add the coconut milk and kale to the pan, and stir in the chicken; once again, bring to a boil.
8. Reduce the heat and cook until the potatoes are tender, about 10-15 minutes.
9. Divide the brown rice among 6 bowls and top evenly with the curry and chopped cilantro leaves.

*Prep Time: 45 minutes*

*Cooking Time: 25 minutes*

*Yield: 6*

*Serving Size: 3/4 cup rice and approximately ½ cup curry*

## THE SWEET SUNRISE

### Why Don't We Webster Webster High School Webster School District

Baked bell peppers stuffed with sweet honey marinated pork chops, apples smothered in cinnamon, portabella mushrooms, sweet peppers, onions, and mozzarella cheese. Baked until the cheese is golden and the outer peppers soft with a small crunch. Served with a spicy and cheesy corn dip, mixed with cream cheese, mayo, serrano peppers, and sriracha sauce on the side for added flavor.



### Ingredients

- 4 bell peppers (any color)
- 1 Tbsp Italian seasoning
- ½ c red onion, minced
- 2 apples
- 3½ Tbsp cinnamon
- 2 pork chops
- 2 Tbsp soy sauce
- 2 Tbsp honey
- 1 Tbsp lemon juice
- 1 tsp garlic
- 2 tsp apple cider vinegar
- 4 Tbsp olive oil
- 3 oz pre-sliced mushrooms
- 2 tsp rubbed sage
- 2 tsp onion powder
- 1 tsp mince onion
- 1 tsp thyme leaves
- 1 tsp salt
- 1 tsp pepper
- 1 c shredded mozzarella cheese

### Corn Dip

- 8 oz cream cheese
- 1/3 c sour cream
- ¼ c mayonnaise
- 1 lime
- 1 tsp chili powder
- 1 tsp kosher salt
- 2 garlic cloves, minced
- 1 jalapeño, minced
- 2-15 oz cans of low sodium canned corn
- 1¼ c Monterey jack cheese, shredded
- ¼ c feta, crumbled
- 2 green onions, chopped
- ¼ c cilantro chopped

### Instructions

1. Mix soy sauce, lemon juice, garlic, and honey together. Pour over pork chops and place in refrigerator to marinate overnight.
2. Preheat oven to 450°.
3. Chop tops off bell peppers and remove seeds. Cover in olive oil then roast for 10 minutes.
4. Remove pork from marinade and cut into small cubes. Season with 1½ Tbsp cinnamon, Italian seasoning, thyme leaves, rubbed sage, minced onion, and onion powder.
5. Cook in a medium sized pan with olive oil and apple cider vinegar, until medium rare.
6. Season apples with thyme, 2 Tbsp cinnamon, salt, and pepper. Cook over medium high heat. Add in meat after 4 minutes. Cook thoroughly with apple cider vinegar.
7. Chop bell peppers from leftover tops. Sauté with olive oil. Remove from pan and mix with cheese.
8. Remove peppers from oven and turn oven to 350°. Stuff peppers with the mixed ingredients. Bake for 25-28 minutes.
9. For corn dip, mix together cream cheese, sour cream, mayonnaise, lime juice, and chili powder.
10. Stir in garlic, jalapeño, corn, 1 cup of Monterey jack cheese, feta, green onions, and cilantro.
11. Put mixture in baking dish and top with remaining ¼ cup Monterey jack cheese. Bake for 28-38 minutes.

*Prep Time: 20 minutes (overnight marinade)*

*Cooking Time: 50 minutes*

*Yield: 8*

*Serving Size: ½ pepper and dip*



