



WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2022 COOKBOOK



Wisconsin Department of Public Instruction
Jill K. Underly, PhD, State Superintendent



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2022 Cookbook

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Introduction

For the tenth 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 2022 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-six teams submitted recipes for consideration. Recipes were judged on creativity and originality, recipe presentation, use of Wisconsin agricultural products, and school food service reproducibility. The top team was selected as the champion. Congratulations to the Yummy Tummies of New Glarus High School, New Glarus 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 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 dpi.wi.gov/team-nutrition/whipping-up-wellness.



THE CREAMIEST VEGAN CHICKPEA CURRY



Yummy Tummies

**New Glarus High School
New Glarus School District**

They say food is good for the soul, but this delicious dish is good for your health too. This creamy and gluten-free chickpea curry is fast, flavorful, and an addicting meal full of plant-based protein.

Ingredients

- 1 yellow onion
- 1 clove garlic
- 2 carrots
- 2 15-oz cans chickpeas
- 1 Tbsp olive oil
- 1 28-oz can diced tomatoes
- 2 Tbsp curry powder
- 1 tsp cumin powder
- $\frac{3}{4}$ tsp kosher salt
- 1 Tbsp corn starch
- $\frac{1}{2}$ c soy milk
- 1 c brown rice, dry

Instructions

1. In a large pot, bring 2 c water to a boil. In the meantime, rinse rice.
2. Add rice to boiling water. Cover the pot and simmer for 10 minutes. Remove from heat and let sit.
3. Mince onion, garlic, and carrots. Drain and rinse chickpeas.
4. In large skillet, heat oil on medium high. Add onion and carrot, sauté for 5 minutes. Add garlic and sauté for another 2 minutes.
5. Pour in tomatoes, then add curry powder, cumin, salt, and chickpeas.
6. Cook for 5 minutes until bubbly.
7. Stir in soy milk and corn starch until fully combined, then remove from heat.
8. Serve chickpea curry over rice.

Prep Time: 45 minutes

Cooking Time: 40 minutes

Yield: 4 servings

Serving Size: 1 c curry, 1 c rice

QUALIFYING RECIPES



BETTER THAN BUTTER NOODLES

The Spaghetti Squashers

New Glarus High School
New Glarus School District

Are you tired of bland buttered noodles? This is your solution: fresh spaghetti squash with rich leafy greens, toasty chickpeas, and an earthy garlic flavor. To top it all off, tasty and healthy turkey meatballs.

Ingredients

1 whole spaghetti squash

¼ lb ground turkey

1 c kale

½ c spinach

½ c canned chickpeas

1 lime

1 c onion, chopped

1 egg

¼ tsp black pepper

2 Tbsp milk

8 Tbsp unsalted butter, divided

6 cloves garlic, minced

1 tsp dried basil

1 tsp red pepper flakes

¾ Tbsp olive oil

Prep Time: 20 minutes

Cooking Time: 60 minutes

Yield: 6 servings

Serving Size: 1 c



Instructions

1. Preheat oven to 400 degrees.
2. Cut the squash lengthwise and scoop out the seeds. Discard seeds.
3. Placing the cut squash on a baking pan upside down with a little water. Bake for 40 to 45 minutes.
4. While squash is cooking, melt 1 tablespoon of butter in a sauté pan. Add chopped onions to heated pan and cook onions until soft.
5. In a mixer, add ground turkey, spinach, milk, eggs, salt, pepper, and onions. Mix one to two minutes, then evenly divide meatballs into round balls.
6. Melt 2 tablespoons of butter in the previously used sauté pan. Place meatballs in the pan and cook for 7 to 10 minutes. Remove from pan and set aside.
7. Melt 4 tablespoons of butter in the previously used sauté pan. Add minced garlic and cook until fragrant. Add lime juice and kale and cook for 3 minutes.
8. In a different sauté pan combine 1 tablespoon of butter and chickpeas and cook until browned.
9. Remove squash from oven. Let cool for 5 minutes.
10. Scrape the squash out using a fork. Add into the pan with sauce. Toss until covered.
11. Add meatballs once the squash "noodles" are covered.
12. Once combined, divide noodles into bowls, topping with black pepper, basil, red pepper flakes and toasted chickpeas. Serve warm.

BROCCOLI CHEDDAR SOUP

The Flaming Marshmallows

Tomahawk High School

Tomahawk School District

Our broccoli cheddar soup is the definition of comfort food. This dish is popular among all ages and makes use of Wisconsin agriculture. The tenderness of the vegetables paired with creamy cheddar cheese will have you wanting more.



Ingredients

2 c broccoli, chopped, florets and stems separated

1 c onion, finely chopped

1 c carrot, sliced

1 c red potato, diced

4 ½ c unsalted vegetable broth

2 Tbsp unsalted butter

¼ c all-purpose flour

12 oz fat-free evaporated milk

½ c water

¼ tsp freshly grated nutmeg

½ tsp pepper

1 c fat-free cheddar, grated

1 tsp low-sodium Worcestershire sauce

2 scallions, thinly sliced

Preparation Time: 30 minutes

Cooking Time: 60 minutes

Yield: 6 servings

Serving Size: 1 ½ c

Instructions

1. Coat a large pot with non-stick cooking spray and place over medium heat.
2. Add the broccoli stems, onions, carrots, and potatoes and cook for about 7-10 minutes, stirring occasionally. Stir in the vegetable broth and bring to a boil.
3. To prepare the roux, melt unsalted butter in a separate pan. Add the flour and mix well. Make sure it does not burn the bottom of the pan. Mix in evaporated milk. Add the roux to the main pot of vegetables.
4. Reduce heat to low and let simmer until thick, about 12 to 15 minutes. Stir occasionally, until vegetables are tender.
5. In a separate saucepan, combine the broccoli florets and ½ c water. Bring to a boil and cover the pan for about 5 minutes until the broccoli is cooked.
6. Add the broccoli florets and remaining water into the main pot along with the nutmeg and pepper.
7. Remove from heat and add the cheddar and Worcestershire sauce.
8. Mix in these ingredients until the soup is creamy.
9. Garnish with thinly sliced scallions as desired, serve, and enjoy!

CHEDDAR BROCCOLI GNOCCHI SOUP

The Foxy Ladies

Omro High School

Omro School District

This hot, creamy soup surely hits the spot on a cold day. It is loaded with flavor from the broccoli, bacon bits, and cheese. The gnocchi and cannellini beans enhance the texture, so it leaves you feeling full and ready to take on your day.



Ingredients

- 2 Tbsp unsalted butter
- 1 small yellow onion, diced
- 2 tsp garlic, minced
- ½ tsp crushed red pepper flakes
- 3 Tbsp all-purpose flour
- 4 c vegetable broth
- 1 ½ c fat-free milk
- 12 oz broccoli florets, chopped
- 6 slices bacon, cooked and chopped
- 1 15-oz cannellini beans, pureed
- 1 pinch salt
- 1 pinch pepper
- 12 oz gnocchi
- 2 c fat-free cheddar cheese

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Yield: 6 servings

Serving Size: 1 c

Instructions

1. Place a saucepan over medium heat. Once hot, add the butter, onion, garlic, and red pepper flakes. Cook until translucent and soft, about 5 minutes.
2. Stir in the flour and cook for about 30 seconds to make a roux.
3. Add the vegetable broth and milk. Stir to combine.
4. Add the broccoli and most of the bacon (reserve a small amount for a garnish). Bring the soup to a simmer. Cook until the broccoli has softened and the soup has thickened, about 5 to 8 minutes. Season the soup with salt and pepper to taste.
5. Add the pureed beans. Stir to combine.
6. Stir in the shredded cheese until melted through and the soup is silky.
7. Add the gnocchi and cook for approximately 5 minutes.
8. Ladle into shallow bowls and garnish with a sprinkle of crispy bacon.

CHEESY POTATO MAC AND CHEESE

HAKD

**New Glarus High School
New Glarus School District**

This dish includes potatoes, ham, homemade cheese sauce, and fresh chives. The creamy cheese sauce pairs perfectly with the potatoes and ham creating a savory and healthy meal. It is easy and quick, and a perfect meal for anyone.

Ingredients

4 russet potatoes

¼ c butter

4 Tbsp whole-wheat flour

2 c fat-free milk (plus additional
¼ c if needed)

2 ¼ c shredded cheddar cheese

2 c ham, chopped

1 Tbsp chives, minced

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Yield: 4 servings

Serving Size: 1 c



Instructions

1. Preheat oven to 350 degrees. Grease a 9x13 inch baking pan with cooking spray.
2. Bring a large pot of water to a boil.
3. Scrub potatoes and place them into the boiling water. Cook for 20 minutes. Remove them from the water and let them sit until you can handle them.
4. Melt butter in a saucepan over medium heat. Add flour, whisking constantly, until flour is golden brown. This should take about 2 minutes.
5. Add milk and cook, stirring often, until thickened. This should take about 2-3 minutes. Remove from heat and stir in 2 c of the cheddar cheese. Season with salt and pepper. If sauce is too thick, stir in ¼ c of milk.
6. Gently peel potatoes and slice into 1/8 inch rounds.
7. Place 1/3 of the potatoes overlapping in a single layer in the baking dish. Season with salt and pepper. Top with half of the ham. Spoon about 1/3 of the cheese sauce on top. Repeat by layering 1/3 of the potatoes, ham, and cheese sauce.
8. Finish with a remaining layer of potatoes and pour all remaining cheese sauce on the potatoes. Make sure the potatoes are covered.
9. Sprinkle with remaining ¼ c shredded cheddar cheese.
10. Bake in the oven for about 20-25 minutes. Once finished, garnish with minced chives.

CHEESY SLICED POTATOES

St. Rose Cooking Club

Messmer St. Rose

Messmer Catholic Schools

This hearty side dish can easily pair with any meal. It has just the right balance of spicy and savory with its unique use of basil and red pepper flakes. The shredded cheese ties the dish together in a gooey way that all kids love.

Ingredients

6 Yukon Gold potatoes

1 Tbsp olive oil

1 tsp Lawry's seasoning salt

1 Tbsp red pepper flakes

1 c Mexican shredded cheese

4 stalks green onion

½ c basil

Prep Time: 45 minutes

Cooking Time: 30 minutes

Yield: 6 servings

Serving Size: 1 c



Instructions

1. Preheat the oven to 425 degrees.
2. Slice the potatoes into ¼ inch slices. Toss with olive oil, seasoning salt, and red pepper flakes.
3. Place potatoes on a baking sheet and place in the oven. Cook for 15 minutes.
4. While potatoes are cooking, slice the green onions and basil.
5. After potatoes have cooked for 15 minutes, top the potatoes with cheese, green onions, and basil. Place back into the oven for another 3 minutes.
6. Take out of the oven and serve hot.

CHICKEN QUESO BURRITO

The Careful Cooks

Tomahawk High School

Tomahawk School District

A smoky burrito filled with chicken, piping-hot potatoes, dripping queso, and southwest seasonings.



Ingredients

- 1 ½ c brown rice, dry
- 3 Tbsp butter, divided
- 6 russet potatoes
- 12 oz chicken breast
- 1 ½ Tbsp paprika
- 1 ½ Tbsp garlic salt
- 1 ½ Tbsp pepper
- 1 ½ c queso cheese
- 6 whole wheat tortillas
- 1 ½ c shredded lettuce

Preparation Time: 30 minutes

Cooking Time: 45 minutes

Yield: 6 servings

Serving Size: 1 burrito

Instructions

1. In a medium sized pot, combine rice, 1 c water, and 1 Tbsp butter. Bring to a boil. Reduce heat to medium-low and simmer, covered, for about 15-20 minutes.
2. Wash potatoes and dice into small chunks. Heat 2 Tbsp of butter in a large sauce pan and add diced potatoes. Cook on medium-high heat for about 10-20 minutes, until soft.
3. Cut chicken breast into small chunks. Season with paprika, garlic salt, and pepper. Place into medium pan and cook for 6-10 minutes on medium-high heat until internal temperature reaches 165 degrees.
4. While chicken and potatoes are cooking, heat queso cheese and tortillas.
5. When everything is heated and cooked, lay out a tortilla. Top with potatoes, chicken, chopped lettuce, rice, and cheese. Roll into a burrito.

CREAMY VEGETABLE SOUP

Material Girls

**New Glarus High School
New Glarus School District**

A creamy vegetable soup filled with broccoli, potatoes, carrots, and celery. Perfect for lunch or an easy dinner.



Ingredients

2 c chicken broth

2 c water

2 c broccoli, chopped

1 c carrots, diced

1 c russet potatoes, diced

$\frac{3}{4}$ c celery, diced

1 c skim milk

$\frac{1}{4}$ tsp parsley flakes

$\frac{1}{4}$ tsp dried basil

$\frac{1}{4}$ tsp Italian seasoning

Instructions

1. In medium size pot, heat chicken broth and water on medium heat.
2. Add broccoli, carrots, potatoes, and celery to pot.
3. Once the vegetables are tender add milk and seasonings. Stir until fully combined.
4. Eat and enjoy!

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Yield: 6 servings

Serving Size: 1 c



EL QUESO PIZZA

High Time Chefs

Amherst High School

Tomorrow River School District

A pizza full of secrets! The potato-filled crust is stuffed with broccoli and mozzarella and covered in a delicious cheese sauce.

Ingredients

6 medium-sized potatoes, peeled

3 tsp yeast

1 c warm water

2 Tbsp oil

1 tsp sugar

1 tsp salt

2 ½ c whole wheat flour

1 c broccoli florets

4 oz mozzarella cheese, shredded

4 Tbsp butter, divided

2 Tbsp flour

1 c milk

6 oz queso fresco cheese, crumbled

½ tsp garlic powder

¼ tsp basil

¼ tsp marjoram

¼ tsp oregano

1 Tbsp onion powder

1 pinch salt

6 oz pepper jack cheese, shredded

15 slices pepperoni

Prep Time: 60 minutes

Cooking Time: 20 minutes

Yield: 8 servings

Serving Size: 1 slice



Instructions

1. Preheat oven to 400 degrees.
2. Boil potatoes in a pot of water.
3. Mix yeast and warm water in a small bowl.
4. In a large bowl, combine the yeast/water mixture, oil, sugar, salt, and whole wheat flour. Knead for 2-3 minutes. Shape into a ball and let sit covered for 10 minutes.
5. Once the potatoes are finished cooking, drain and pat dry with a dish cloth. Mash well.
6. Knead a handful of potatoes at a time into the dough until all are mixed in.
7. Roll the pizza dough to fit a 12" or 14" pizza pan, keeping the dough at least ¼ inch thick.
8. Steam broccoli florets, then chop. Add mozzarella to broccoli.
9. Spread the broccoli/cheese mixture around the edge of the pizza crust, placing it an inch away from the edge. Fold the crust so that the broccoli and cheese is stuffed inside. Seal the edges of the folded dough by pressing down with a fork.
10. In a pot over medium heat, mix 2 Tbsp butter and flour together. Stir for 60 seconds, add milk and queso fresco cheese and stir it in until it becomes thick. Remove from heat. Add garlic powder, basil, marjoram, oregano, pepper, onion powder and salt.
11. Spread cheese sauce evenly over the pizza crust. On top, sprinkle pepper jack cheese and pepperoni.
12. Bake at 400 degrees for 18-20 minutes.

GINGER ACORN SQUASH SOUP

Hot Bowls

**Longfellow Middle School
Wauwatosa School District**

This Ginger Acorn squash soup is perfect for fall and incorporates the flavors of Wisconsin. This creamy, low-sodium dish is sure to get you in the mood to get cozy and comfortable!



Ingredients

- 3 whole acorn squash
- 3 Tbsp extra virgin olive oil
- 1 ½ tsp Kosher salt
- 1 whole shallot
- 2 medium carrots
- 2 Tbsp unsalted butter
- ¼ tsp ground black pepper
- 6 cloves garlic
- 2 tsp ground ginger
- 10 sprigs fresh thyme
- 1 bay leaf
- 4 c low-sodium vegetable stock
- ¼ tsp dried sage
- ¼ tsp ground nutmeg
- ½ Tbsp parmesan cheese, grated

Prep Time: 10 minutes

Cooking Time: 1 hour 20 minutes

Yield: 6 servings

Serving Size: 1 c

Instructions

1. Halve squash and remove seeds. Place squash halves cut side up on baking sheets, drizzle with olive oil, and sprinkle with salt. Roast for about one hour.
2. While squash is roasting, dice shallot and carrots. Mince garlic cloves. Remove thyme leaves from sprigs.
3. Heat butter in a large pan over medium heat. Cook carrots and shallots until they begin to soften, about 5 minutes.
4. When squash is finished cooking, let it cool and scoop out the flesh.
5. To the carrots and shallots, add the vegetable stock, squash, black pepper, herbs, garlic, and ginger. Simmer, stirring occasionally for 10 minutes.
6. Using an immersion blender, puree the soup until it reaches desired consistency.
7. Stir in sage, nutmeg, and parmesan.

KIELBASA STIR FRY

Power Rangers

Tomahawk High School

Tomahawk School District

A colorful mixture of carrots, potatoes, bell peppers, onions, and kielbasa sausage.



Ingredients

3 c baby red potatoes, diced

1 c carrots, sliced

2 Tbsp olive oil

½ c orange bell pepper, sliced

½ c red bell pepper, sliced

½ c yellow bell pepper, sliced

½ c green bell pepper, sliced

1 small white onion, sliced

½ c turkey kielbasa, sliced

2 Tbsp garlic powder

2 Tbsp crushed red pepper

2 Tbsp onion powder

2 Tbsp chili powder

2 Tbsp rubbed sage

1 tsp garlic, minced

Instructions

1. Bring a large pot of water to a boil.
2. Add potatoes and carrots to boiling water and cook until soft, but not mushy.
3. Heat oil in pan over medium high heat. Add peppers and onions and cook until soft.
4. Add kielbasa to separate pan and cook over medium heat until browned.
5. Once potatoes and carrots are cooked add them to the pepper and onion mixture.
6. Add kielbasa, seasonings, and garlic to the mixture.
7. Cook until everything is a golden brown.
8. Plate and enjoy!

Prep Time: 15 minutes

Cooking Time: 30 minutes

Yield: 5 servings

Serving Size: 1 ½ c

LOADED MASHED POTATOES

Laona's Finest

Laona High School

Laona School District

This scrumptious loaded mashed potato dish is everything you would put on a baked potato and more. We even included the skins for additional nutritional value. The ingredients are sautéed in creamy Wisconsin butter with robust spices and topped with shredded cheese.

Ingredients

1 ½ lbs red potatoes, cubed

1 Tbsp butter

4 oz onion, diced

4 oz broccoli crowns, cut into small florets

4 oz bacon, cooked and diced

3 cloves garlic, minced

3 oz sour cream

3 oz cream cheese

2 oz low-fat milk

1 Tbsp chives, chopped

1 Tbsp parsley, chopped

2 Tbsp chicken base

1 Tbsp ground pepper

3 oz shredded cheddar cheese

Prep Time: 60 minutes

Cooking Time: 10 minutes

Yield: 8 servings

Serving Size: 2" x 3" slice



Instructions

1. Preheat oven to 350 degrees.
2. Put cubed potatoes into a pot of salted, cold water. Bring water to a boil. Cook for 20 minutes.
3. In large frying pan add butter and cook onions until almost translucent.
4. Add garlic and cook 1 minute.
5. Add broccoli and cook 2 minutes, stirring constantly. Add bacon and set aside.
6. When potatoes are done cooking, drain and put into a large bowl.
7. To the potatoes, add cream cheese, sour cream, milk, chicken base, seasonings, and whip well.
8. Add broccoli, onions, bacon, and garlic to bowl. Fold mixture together until well mixed.
9. Transfer to 8" x 8" pan. Sprinkle cheese on top.
10. Bake for 10 minutes.
11. Cut into 2" x 3" slices. Serve and enjoy!

MIDWESTERN BREAKFAST BURRITO

Kimberly Culinary Team

Kimberly High School

Kimberly Area School District

This Midwestern Breakfast Burrito will leave you ready to take on the day with the attitude of a Wisconsin farmer. The oven roasted peppers leave a savory taste in your mouth leaving you satisfied and wanting more. The crisp, freshly grated hashbrowns, scrambled egg, and turkey bacon are all held together with a sprinkle of pepper jack cheese and served with salsa, sour cream, and guacamole.

Ingredients

3 potatoes

3 Tbsp olive oil

2 red bell peppers

3 strips turkey bacon

6 large eggs

3/8 c skim milk

3/4 c Greek yogurt

6 whole grain tortillas

3/8 c pepper jack cheese,
shredded

3/8 c sour cream

3/8 c salsa

3/8 c guacamole

Prep Time: 20 minutes

Cooking Time: 20 minutes

Yield: 6 servings

Serving Size: 1 burrito



Instructions

1. Wash and peel potatoes. Use grater to shred into hashbrowns. Fill a bowl with water and rinse the hashbrowns until water is clear. Pat hashbrowns dry using paper towel.
2. Place half of oil into medium skillet and heat on medium-high.
3. Once oil is hot, place hashbrowns into skillet and cook for 10 minutes on one side until brown, then flip to other side for another 10 minutes.
4. While hashbrowns are cooking, wash and chop peppers into small pieces. Place peppers into large skillet with remaining oil over medium heat and cook 2-3 minutes.
5. Add turkey bacon into skillet with peppers and cook for 3 minutes.
6. Crack eggs into a bowl. Add milk and whisk. Add Greek yogurt to egg mixture and stir just until mixed.
7. Pour egg mixture into skillet with peppers. Cook until eggs are done.
8. Place hashbrowns to the side and use warm skillet to lightly toast tortillas. Once warm, remove tortillas from pan and place onto plates.
9. Assemble burrito: place 1/6 of the hashbrowns onto a tortilla, then 1/6 of egg mixture. On top, sprinkle 1 Tbsp of cheese.
10. Roll burrito, tucking sides in first. Place burrito seam side down into medium-high skillet for 1 minute to seal burrito closed. Serve with sour cream, guacamole, and salsa.

PASTA INVERNO (WINTER PASTA)

Shrek's Swamp

Waukesha Catholic School System

A lovely oven roasted, herb infused winter vegetable mix of butternut squash, potatoes, broccoli, and carrots tossed in a light parmesan cream sauce and served over whole wheat bowtie pasta.

Ingredients

- 1 small butternut squash
- 2 yellow potatoes
- 2 carrots
- 1 large broccoli crown
- 1 lb boneless skinless chicken breast
- 4 Tbsp olive oil, divided
- 1 tsp paprika
- ½ tsp garlic powder
- ½ tsp dried basil
- ½ tsp dried parsley
- 1 tsp cracked black pepper
- ¼ tsp crushed red pepper
- 1 tsp salt
- 4 ½ c skim milk
- 1/3 c parmesan cheese, grated
- 2 Tbsp olive oil
- 2 Tbsp corn starch
- 16 oz whole wheat bowtie pasta

Prep Time: 30 minutes

Cooking Time: 20 minutes

Yield: 8 servings

Serving Size: 1 ¼ c



Instructions

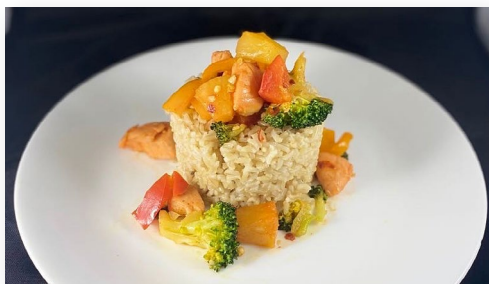
1. Preheat oven to 400 degrees.
2. Peel butternut squash and scoop out seeds. Dice squash into ½-inch cubes.
3. Wash and dice potatoes into ½-inch cubes. Peel carrots and slice into diagonal ¼-inch slices. Cut broccoli crown into bite-size pieces.
4. Dice chicken into 1-inch cubes. Spread chicken and vegetables on a parchment paper-lined sheet pan.
5. Combine 2 Tbsp olive oil, garlic, parsley, basil, ½ tsp paprika, ½ tsp cracked black pepper, crushed red pepper, and ½ tsp salt. Drizzle oil and spice mixture over chicken and vegetables.
6. Roast for 20-25 minutes until edges of vegetables are browned and chicken reaches an internal temperature of 165 degrees.
7. Cook whole wheat bowtie pasta according to package directions. Cook until al dente. Reserve about ½ c of pasta water.
8. In a sauté pan, combine milk, parmesan, 2 Tbsp olive oil, ½ tsp paprika, ½ tsp cracked black pepper, ½ tsp salt and bring to a simmer.
9. Add a little pasta water to 2 Tbsp of corn starch, then add to sauce and simmer until thickened.
10. Toss al dente pasta into sauté pan with sauce, then add roasted vegetables and chicken mixture. Add pasta water to thin out sauce to your liking. Enjoy!

PINEAPPLE AND SRIRACHA STIR-FRY

The Spicy Peppers

**New Glarus High School
New Glarus School District**

A spicy and tangy stir fry of pineapple, broccoli, red peppers, and chicken, served over a plate of brown rice. The sauce has the sweetness and tang of pineapple, the spice of sriracha, and a subtle aftertaste of ginger and garlic.



Ingredients

- 2 c brown rice, dry
- 2 chicken breasts, cut into small chunks
- 2 Tbsp olive oil
- 1 tsp seasoning salt
- 1 tsp cayenne
- 1 c broccoli, chopped
- ½ c pineapple, fresh or canned, chopped
- ½ c pineapple juice
- 2 Tbsp sriracha
- 1 tsp red pepper flakes
- 1 Tbsp apple cider vinegar
- 2 tsp ginger
- 1 clove garlic, minced
- 2 tsp corn starch
- 1 c water
- 1 c peppers, sliced

Instructions

1. Cook brown rice according to package instructions.
2. Heat olive oil in a skillet over medium heat. Add chicken breast, cayenne, and seasoning salt. Cook until internal temperature of chicken reaches 165 degrees.
3. Put chopped broccoli in a bowl with 3 Tbsp water, cover, and microwave until soft.
4. In a small pot over medium heat, mix the pineapple juice, pineapple, sriracha, red pepper flakes, apple cider vinegar, ginger, garlic, corn starch, and water. Cook for 5 minutes, or until slightly thickened.
5. Add broccoli and peppers into the skillet with the chicken and cook until the peppers are soft. Add the sauce and stir together. Serve over warm rice.

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yield: 6 servings

Serving Size: ¼ cup stir fry, 1 c rice

POTATO CURRY

Potato Guys

**Badger Ridge and Core
Knowledge Middle School
Verona Area School District**

This curry dish, which includes potatoes, broccoli, tasty spices, and tomato sauce, makes an interesting, delicious meal.



Ingredients

- ¼ c olive oil
- 1 Tbsp ground coriander
- 1 ½ tsp ground cumin
- ½ tsp turmeric
- ¼ tsp dried red pepper flakes
- 1 ½ lbs potatoes, diced
- 1 clove garlic, minced
- 2 c instant brown rice
- 4 c broccoli, chopped
- ½ c water
- 1 c low sodium beef bouillon
- ¼ tsp salt
- 1 c tomato sauce
- ¼ c cilantro
- 1 Tbsp sriracha

Prep Time: 20 minutes

Cooking Time: 35 minutes

Yield: 4 servings

Serving Size: ¾ c curry, ¼ c brown rice

Instructions

1. In a large skillet, heat oil over medium heat. Add coriander, cumin, turmeric, and red pepper flakes. Stir in potatoes and cook until softened. Add garlic.
2. Prepare brown rice according to package directions.
3. To the potatoes, add broccoli, water, bouillon, salt, tomato sauce, and cilantro. Bring to simmer and cover. Cook until broccoli is tender.
4. Serve curry over rice and drizzle with sriracha.

SOUTHWESTERN HASSELBACK POTATOES

The Hasselback Potato Heads

Tomahawk High School

Tomahawk School District

Golden Cajun crusted Hasselback style potatoes filled with a sweet barbecue shredded chicken and topped with shredded pepper jack cheese, scallions, and a dollop of sour cream.

Ingredients

4 Yukon Gold potatoes

1 medium scallion

1 tsp garlic powder

¼ tsp paprika

1 tsp dried oregano

½ tsp dried thyme

1 tsp black pepper

½ tsp cayenne pepper

½ tsp dried parsley

¼ c canola oil

1 chicken breast

¾ c barbecue sauce

4 tsp sour cream

¼ c pepper jack cheese, shredded

Prep Time: 30 minutes

Cooking Time: 1 hour 30 minutes

Yield: 4 servings

Serving Size: 1 potato



Instructions

1. Preheat oven to 425 degrees.
2. Wash and dry potatoes and scallion. Chop scallion.
3. Combine garlic powder, paprika, dried oregano, dried thyme, black pepper, cayenne, parsley in a small mixing bowl. Add canola oil and mix thoroughly.
4. Make crosswise cuts every 1/8 to 1/4 inch along each potato, slicing almost to the bottom.
5. Using a pastry brush, coat potatoes with the oil and spice mixture. Save about half of the mixture to reapply after the first baking period.
6. Put potatoes on a baking sheet and place in oven for 25-30 minutes.
7. Remove the potatoes from the oven and reapply the oil and spice mixture. Then put the potatoes back in the oven for 35-40 minutes.
8. Place chicken breast in a pot, cover with one inch of water, and bring to a gentle boil. Simmer for 6-8 minutes. When internal temperature reaches 165 degrees, remove chicken from the water.
9. Once cool, shred chicken using two forks.
10. Add barbecue sauce to the chicken and mix.
11. Remove potatoes from oven. Add a pinch of barbecue chicken to each slit in the potatoes. Add a tablespoon of pepper jack cheese to the top of the potatoes.
12. Broil potatoes until cheese is melted and golden brown.
13. Remove from oven. Top with sour cream and scallions.

SPICY FEISTY POTATO TACOS

Potato Naters

**New Glarus High School
New Glarus School District**

The potato tacos have delicious flavor with just the right amount of spice. The potatoes are savory, crispy, and have a different twist from your usual beef tacos, with more health benefits. The avocado and chipotle sauce enhance the rich flavors.

Ingredients

2 small russet potatoes

½ sweet potato

1 avocado

¾ c light mayo

2 Tbsp sriracha

2 tsp lime juice

1/8 tsp garlic powder

½ Tbsp chili powder

1/8 tsp onion powder

1/8 tsp leaf oregano

¼ tsp paprika

¾ tsp ground cumin

¼ tsp salt

½ tsp pepper

1 Tbsp olive oil

4 corn tortillas

¾ c fat-free cheddar cheese,
shredded

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yield: 4 servings

Serving Size: 1 taco



Instructions

1. Wash and peel russet and sweet potatoes. Dice into small chunks. Set aside.
2. Cut the avocado in half. Leave in peel and cut into 8 slices.
3. In a small mixing bowl add the light mayo, half the sriracha sauce, and the lime juice. Set aside.
4. In another small bowl mix garlic powder, chili powder, onion powder, leaf oregano, paprika, ground cumin, salt, and pepper. Set aside.
5. In a medium sauté pan, heat the olive oil over medium high heat. Add the diced potatoes and cook until tender and crispy on the edges.
6. Once the potatoes are just about done, add the seasoning mixture.
7. After the potatoes are cooked, remove from pan. Put corn tortillas into pan and heat them up.
8. Add desired amount of potatoes into the corn tortillas. Add 2 slices of avocado, sauce, cheese, and any extra sriracha.
9. Remove from heat and serve.

SQUASH SOUP

The Blades Edge

Tomahawk High School

Tomahawk School District

Squash soup is a simple yet comforting dish. The combination of sweet apples and flavorful spices get you ready for the lovely season of autumn.



Ingredients

2 Tbsp extra-virgin olive oil

¼ c yellow onion, diced

1 c celery, diced

8 c butternut squash, seeded, peeled, and diced

2 c McIntosh apple, peeled and diced

4 c low-sodium vegetable stock

1 c water

1 Tbsp garlic powder

1 Tbsp cayenne pepper

1 Tbsp nutmeg

1 Tbsp cinnamon

1 Tbsp fresh parsley, chopped

1 Tbsp chives, chopped

2 Tbsp smoked paprika

1/8 c sour cream

Instructions

1. In a large thick-bottomed pot, heat oil over medium heat.
2. Add onion and celery. Sauté ingredients on medium heat for 5 minutes. Lower the heat as the onions become soft and clear.
3. Add butternut squash, apple, broth, and water. Bring to a boil. Reduce heat to low, cover, and let simmer for about 30 minutes or until squash is softened.
4. Puree the soup with an immersion blender. Add garlic, cayenne pepper, nutmeg, cinnamon and stir.
5. Ladle into bowls and garnish with parsley, chives, smoked paprika, and sour cream as desired.

Prep Time: 10 minutes

Cooking Time: 20 minutes

Yield: 5 servings

Serving Size: 2 c

STIR-FRY WITH A KICK

The Chef Force

Luck High School

Luck School District

This stir-fry includes tasty, marinated chicken breast, fresh yellow and red bell peppers, fresh trimmed broccoli, and black beans. The hoisin sauce and red pepper flakes kick it up a notch!

Ingredients

1 large chicken breast, boneless and skinless

1 Tbsp soy sauce

1 dash salt

1 tsp sugar

1 tsp corn starch

2 Tbsp sesame oil

2 broccoli crowns

½ red bell pepper

½ yellow bell pepper

2 Tbsp vegetable oil

1 Tbsp red wine vinegar

2 tsp chili flakes

1/3 can black beans

1 tsp garlic, minced

¼ tsp black pepper

½ c hoisin sauce



Instructions

1. Cut chicken breast into 1-inch pieces. In a bowl, toss chicken pieces with soy sauce, salt, sugar, corn starch, and sesame oil. Let marinate for 15 mins.
2. Rinse and trim broccoli into florets. Place florets into microwave-safe bowl with one inch of water and cover. Steam in the microwave for 5 minutes.
3. While the broccoli is steaming, julienne cut the bell peppers.
4. In a skillet, heat vegetable oil over medium heat. Sauté chicken for 5 minutes. Add red wine vinegar and sauté for 5 more minutes. Add chili flakes and cook for 2 minutes.
5. Add black beans, broccoli, bell peppers, garlic, black pepper, and hoisin sauce.
6. Stir until the chicken is fully cooked and until the bell peppers are tender.

Prep Time: 15 minutes

Cooking Time: 60 minutes

Yield: 6 servings

Serving Size: 1 c

TOMATO BROCCOLI SOUP

Just Me

**Horace Mann High School
North Fond du Lac
School District**

Nothing beats hot soup on a chilly day, and this one is perfect to warm your body from the inside out. The ripest tomatoes will yield the best-tasting soup, so choose the prettiest deep red tomatoes you can find.

Ingredients

1 lb Roma tomatoes

2 large heads of broccoli

1 c low-fat milk

1 Tbsp garlic, minced

2 tsp dried oregano

2 tsp dried basil

1 tsp onion powder

¼ tsp salt

Prep Time: 15 minutes

Cooking Time: 20 minutes

Yield: 6 servings

Serving Size: 1 c



Instructions

1. Add one inch of water to a large pot. Put on stove and heat over medium-high heat.
2. Wash tomatoes and broccoli.
3. Remove stem, core, and seeds of tomatoes. Chop into roughly one-inch chunks and add to the pot.
4. Cut the florets from the stem of the broccoli head. Chop florets and add to the pot.
5. Cook florets and tomatoes on medium-high heat until soft enough to mash with the spoon.
6. Add all remaining ingredients to the pot; cook until mixture is heated through.
7. Ladle soup from the pot into a tall blender. Cover with lid, and cover lid with a towel.
8. Blend soup to desired consistency. Pour into serving bowl.

TWICE BAKED EXTRA CHEESY POTATOES

Team HER

**Badger Ridge and Core
Knowledge
Middle School**

Verona Area School District

Crisp, buttery potato skin is stuffed with flavorful twice baked potatoes, broccoli, melted Monterey jack cheese, and topped with a creamy spicy dressing and freshly chopped chives.

Ingredients

3 russet potatoes

$\frac{3}{4}$ c broccoli florets, chopped

$\frac{1}{4}$ c low-fat buttermilk

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

2 Tbsp chives, minced

$\frac{3}{4}$ c low-fat Monterey jack
cheese, shredded

$\frac{3}{4}$ c low-fat mayonnaise

1 Tbsp sriracha sauce

Prep Time: 35 minutes

Cooking Time: 15 minutes

Yield: 6 servings

Serving Size: $\frac{1}{2}$ potato



Instructions

1. Preheat the oven to 400 degrees.
2. Pierce the potatoes several times with a fork. Place in the microwave and cook for 5 minutes. Flip potatoes over and cook for 5 more minutes or until potatoes are cooked through. Remove from microwave and let cool.
3. Meanwhile, in a medium saucepan, combine broccoli with 1 inch of salted water. Bring to a boil, then reduce heat to low and simmer, covered, for about 3 minutes. Remove broccoli with a slotted spoon and set aside.
4. Cut cooled potatoes in half lengthwise. Scoop flesh out into the large bowl, leaving a $\frac{1}{4}$ " shell. Place potato shells on a baking sheet.
5. Mash the flesh with a potato masher or puree with a hand blender. Add buttermilk and salt and stir until smooth. Fold in half of the chives and half of the shredded cheese.
6. Spoon the potato mixture back into the shells. Top with the cooked broccoli and remaining cheese.
7. Bake for 5-10 minutes, or until heated through and the cheese is melted.
8. While potatoes are baking, combine mayonnaise and sriracha in a small bowl.
9. Remove potatoes from oven. Top with a drizzle of spicy mayonnaise and remaining chives. Enjoy!

VEGGIE GRILLED CHEESE

Sweetbreads

New Glarus High School New Glarus School District

This veggie cheese and ham grilled sandwich will make your mouth water. The soft, creamy cheese combined with the fresh veggies and warm ham will leave you satisfied.

Ingredients

- ½ c cauliflower, chopped
- ½ c spinach, chopped
- ½ c broccoli, chopped
- ½ c ham, diced
- ½ c low-fat mozzarella, shredded
- 8 slices whole wheat bread
- 1 tsp butter

Prep Time: 5 minutes
Cooking Time: 5 minutes

Yield: 4 servings
Serving Size: 1 sandwich



Instructions

1. Butter slices of bread.
2. Put four slices of bread, buttered side down, onto a large nonstick pan or griddle. To each slice of bread, add cheese, vegetables, and ham. Top each sandwich with a second slice of bread, buttered side up.
3. Heat pan or griddle to medium heat and cook for approximately 2-3 minutes on each side, until bread is golden brown.
4. Let cool for 2 minutes and serve.

WISCONSIN'S CHEESY HARVEST MEDLEY SOUP

Life Skills Class

Laona High School

Laona School District

This wholesome soup is a healthy, hearty blend of Wisconsin's finest garden vegetables, sharp cheddar cheese, Greek yogurt, milk, and savory smoked bacon. All ingredients are infused with robust spices and seasonings..



Ingredients

- 1 ½ lbs red potatoes
- ½ lb bacon, diced
- 1 c onion, diced
- ½ c carrots, sliced
- 3 cloves garlic, minced
- 1/3 c whole wheat flour
- 3 c low-fat milk
- 2 c chicken stock
- 1 Tbsp ground pepper
- 1 tsp chili powder
- 1 c broccoli, chopped
- 1 c cauliflower, chopped
- 1 c Greek yogurt, plain
- 1 ½ c cheddar cheese, shredded
- 3 Tbsp sour cream
- ¼ c fresh parsley, minced
- ¼ c fresh chives, minced

Prep Time: 40 minutes

Cooking Time: 40 minutes

Yield: 8 servings

Serving Size: 1 ½ c

Instructions

1. Wash and cube potatoes. Put in pot of salted, cold water. Bring water to a boil and simmer for 10 minutes until potatoes are fork-tender.
2. While potatoes are cooking, cook diced bacon in a large soup pot until crisp. Remove from pot.
3. Add onions and carrots and cook until onions are translucent. Add garlic and cook 1 more minute.
4. To the sautéed vegetables, add flour and stir until vegetables are coated. Whisk in milk and chicken stock, then bring to a simmer.
5. Add pepper, chili powder, cooked potatoes, broccoli, cauliflower, and yogurt. Cook 5 more minutes.
6. Put half of the soup into a blender and puree. Transfer back to the soup pot.
7. Add half of the bacon and 1 c of cheese and simmer for 5 minutes.
8. Set the sour cream, remaining cheese, parsley, chives, and remaining bacon on table for toppings.
9. Serve and enjoy!



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