

WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2024 COOKBOOK



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



WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2024 Cookbook

Developed by

Kelly Williams, RDN, CD
Nutrition Education Consultant

Claire Koenig, MPH, RDN, CD
Nutrition Education Consultant



Wisconsin Department of Public Instruction
Madison, Wisconsin

This publication is available from:

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

October 2024

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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:**
   U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410; or

2. **fax:**
   (833) 256-1665 or (202) 690-7442; or

3. **email:**
   program.intake@usda.gov

This institution is an equal opportunity provider.

Table of Contents

Acknowledgements 3
Introduction 5

COOK-OFF RECIPES

Taco Calzone with Melon Salsa (2024 Champion) 7
Asian Noodle Bowl (Finalist) 9
Butter Chicken with Jasmine Rice (Finalist) 11
Mango-Glazed Chicken Breast with Coconut Brown Rice and Pineapple Salsa (Finalist) 13
Honey Lemon Sesame Chicken with Broccoli on Rice (Finalist) 15

QUALIFYING RECIPES

Adobo Soup 17
Avocado Breakfast Burrito 18
Baked Chicken Pasta 19
BBQ Grilled Chicken Kabobs 20
Breakfast Burrito 21
Cajun Chicken Mac and Cheese 22
Chicken Alfredo Bake 23
Chicken and Lentils with Squash 24
Honey Garlic Ginger Glazed Chicken and Fried Rice 25
Hot Honey Crispy Chicken Bites over Wild Rice 26
Mexican Mac Bake 27
Mexican Street Taco Bowl 28
Pineapple Chicken Stuffed Pepper 29
Pizza Sandwich 30
Pokey Perfection 31
Rice and Beef Wrap 32
Saucy Garden Party Pasta 33
Sunshine Garden Soup 34
Super Slay Stuffed Peppers (SSSP) 35
Sweet Chicken and Pancake 36
Sweet Potato Breakfast Taco 37
Teriyaki Chicken and Fried Rice 38
The Breaky Bowl 39
The Chicken Down 40
Tropical Stir Fry 41
Vegetable Stir Fry 42



Acknowledgements

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

Funding

The United States Department of Agriculture Team Nutrition

School Nutrition Association of Wisconsin

SCHOOL NUTRITION ASSOCIATION OF WISCONSIN

Feeding Bodies. Fueling Minds.℠

Student Chef Competition Judges

Bobbie Guyette, MPH, RDN, CD, Supervisor of School Nutrition, School District of New Richmond

Justin Johnson, CEO and Founder, Sustainable Kitchens

Jeff Mallegni, Nutrition Program Consultant, Wisconsin Department of Public Instruction

Holly Prestegaard, School Nutrition Programs Chief, USDA Midwest Regional Office

Dr. Jill Underly, State Superintendent, Wisconsin Department of Public Instruction

Teacher Advisors for Student Chef Teams

Ryan Demers, Pewaukee High School (Pewaukee School District)

Lanae Flugaur, Amherst High School (Tomorrow River School District)

Stephanie Fox, Horace Mann High School (North Fond du Lac School District)

Renee Gavinski, Luck High School (Luck School District)

Ryan Lehman, New Glarus High School (New Glarus School District)

Cathy Lundgren, White Lake High School (White Lake School District)

Hana McWilliams, Sauk Prairie High School (Sauk Prairie School District)

Bailey Morse, Green Bay East High School (Green Bay Area School District)

Cindy Morse, Omro High School (Omro School District)

Amanda Nelson, Waupaca High School (Waupaca School District)

Debra Ottman, Plum City High School (Plum City School District)

Brenda Stielow, Grafton High School (Grafton School District)

Joy Suzik, St. Mary's Catholic School (Waukesha Catholic School System)

Ashley Westerfeldt, Richland Center High School (Richland Center School District)

Marcie Zimmerman, Plymouth High School (Plymouth School District)


Noodle Ningas
Plymouth High School
1

Introduction

For the twelfth consecutive year, student teams across the state worked together to develop nutritious, student-friendly recipes that could easily be incorporated into the school food service program. The 2024 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 and in-person cooking competition.

Sixty-two teams submitted recipes for consideration. Recipes were judged on creativity and originality, recipe presentation, and school food service reproducibility. Teams were required to view the MyPlate for School Meals video and in their application describe additional menu items that could be served with their entrée to make a complete school meal. The top five teams from the recipe contest were invited to participate in the cooking competition at Madison College on May 16, 2024. The teams invited to the Cooking Competition were:

- **Destiny's Children**, White Lake High School, White Lake School District
- **Mighty Eagles**, Sauk Prairie High School, Sauk Prairie School District
- **Noodle Ninjas**, Plymouth High School, Plymouth School District
- **Powerpuff Girls**, Grafton High School, Grafton School District
- **The Mix-Up**, Richland Center High School, Richland Center 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 presented 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 Mix-Up of Richland Center High School were declared the winners for their Taco Calzone with Melon Salsa. Congratulations to all participants!

The Wisconsin Student Chef Competition was made possible through the 2023 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.


WHIPPING UP
WELLNESS
Wisconsin Student Chef Competition
2024 CHAMPION
Public Instruction







TACO CALZONE WITH MELON SALSA



The Mix-Up
Richland Center High School
Richland Center School District

A whole wheat calzone stuffed with spicy taco meat, onions, and peppers. Served with a sweet and savory salsa made of melon, cilantro, lime, pepper, and onion.

Ingredients

- 2 tsp black pepper
- 2 tsp chili powder
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp crushed red pepper flakes
- ½ tsp dried parsley
- ½ tsp ground cumin
- 1 c hot water
- 4 Tbsp dry active yeast
- 1 tsp sugar
- 1 c water
- 4 Tbsp canola oil
- 4 Tbsp honey
- 1 tsp salt
- 6 c whole wheat flour
- 2 lb ground beef, 80% lean
- 2 c white onion, diced
- ¾ c yellow bell pepper, diced
- ½ c low-fat Mexican-style cheese, shredded
- ½ c honeydew, diced small
- ½ c cantaloupe, diced small
- ½ c fresh lime juice
- ½ c cilantro, chopped

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1 calzone

Instructions

1. Preheat oven to 400 degrees.
2. Combine black pepper, chili powder, garlic powder, onion powder, crushed red pepper flakes, dried parsley, and cumin into a small bowl. Set aside for later.
3. Combine hot water, yeast, and sugar in a large bowl. Let stand until foamy. Add water, canola oil, honey, and salt. Add flour 1 c at a time until dough is well combined.
4. Knead dough until soft and elastic. Roll dough to a ¼ inch thickness. Cut dough into circle shapes about 3 ¼ cm in diameter.
5. In a medium saucepan, heat ground beef on high until browned. Drain excess oil and add seasoning mixture.
6. To the ground beef, add 1 c diced onion, ¼ c diced bell pepper, and cheese.
7. To each circle of calzone dough, add ¼ c of the meat mixture. Place another circle of dough on top and crimp with a fork. Bake for 15-20 minutes.
8. Combine diced melon, remaining diced onion, remaining diced bell pepper, cilantro, and lime juice. Refrigerate until ready to use.
9. Plate calzone with salsa on the side.

FINALISTS


WHIPPING UP
WELLNESS
Wisconsin Student Chef Competition
2024 FINALIST
Public Instruction




1



ASIAN NOODLE BOWL

Noodle Ninjas
Plymouth High School
Plymouth School District

An Asian-style noodle bowl with whole grain spaghetti, diced chicken breast, and our homemade Asian sauce. Topped with fresh vegetables and garnished with cilantro and green onion.



Ingredients

- 10 oz cucumber
- 8.8 oz carrot
- 8 oz peppers
- 4 garlic cloves
- 8 cilantro stems
- 3 green onions
- 1 lb chicken breast
- 4 Tbsp hoisin sauce
- 3 tsp sesame oil
- 1 tsp black pepper
- 4 tsp honey
- 1 tsp garlic, minced
- 14 oz uncooked whole wheat noodles
- 1 Tbsp water
- 2 Tbsp olive oil, divided

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: 1 bowl

Instructions

1. Slice cucumbers, julienne carrots, and cut peppers into strips. Mince cilantro and chop green onions.
2. Dice chicken into small cubes.
3. Combine hoisin sauce, sesame oil, black pepper, honey, minced garlic, water, and half of the cut green onions into a bowl and mix well.
4. Fill a large saucepan with water and bring to a boil. Break pasta in half and add to boiling water. Cook until al dente, then strain and set aside.
5. Heat 1 Tbsp olive oil in a frying pan over medium heat. Add diced chicken.
6. Once the chicken is fully cooked, an internal temperature of 165 degrees, remove from pan.
7. Add remaining olive oil to pan, then add peppers to the pan and cook over medium heat until lightly seared.
8. Remove peppers from the pan and add the chicken back in along with the sauce. Cook until sauce thickens, approximately 5 minutes.
9. Portion pasta, chicken and sauce, and cooked peppers evenly into bowls. Add carrots and cucumbers right before serving to keep them crunchy.
10. Garnish with last half of the green onions and sprinkle with minced cilantro.


WHIPPING UP
WELLNESS
Wisconsin Student Chef Competition
2024 FINALIST
Public Instruction







BUTTER CHICKEN WITH JASMINE RICE

Destiny's Children
White Lake High School
White Lake School District

Buttery, warm chicken that has been marinated with a mixture of minced garlic, ginger, ground cumin, red chili powder, turmeric, salt, and yogurt. The chicken is laid over whole grain jasmine rice and garnished with fresh cilantro. Rich, tender butter chicken and fragrant steamed rice provides a hearty and flavorful meal.

Ingredients

- 3 c jasmine rice, whole grain
- ½ c plain yogurt
- 3 Tbsp garlic, minced
- 2 Tbsp ginger, minced
- 1 tsp ground turmeric
- 2 ½ tsp ground cumin
- 2 tsp chili powder
- 1 Tbsp + ½ tsp garam masala (optional)
- 1 lb 12 oz chicken thighs, boneless and skinless
- 2 ¼ tsp salt
- 1 Tbsp unsalted butter
- 1 Tbsp lime juice
- 3 Tbsp olive oil
- 1 c evaporated milk
- 1 c tomato paste
- 1 tsp sugar (optional)
- ½ c cilantro, chopped

Preparation Time: 50 minutes
Cooking Time: 25 minutes

Yield: 8 servings
Serving Size: ¾ cup rice, ½ cup chicken and sauce

Instructions

1. Cook rice according to package directions. Cover and set aside.
2. Combine yogurt, 1 ½ Tbsp garlic, 1 Tbsp ginger, turmeric, 1 tsp cumin, 1 tsp chili powder, 2 tsp garam masala (optional), and 1 tsp salt.
3. Slice chicken thighs into bite-sized pieces, combine with yogurt marinade, and stir to coat. Let marinate for 30 minutes.
4. When chicken is done marinating, heat olive oil in a large pan and add chicken. Cook in batches if necessary so chicken is not overcrowded. When chicken is cooked, set aside, and keep warm.
5. In the same pan that you used to cook the chicken, add unsalted butter, 1 ½ Tbsp garlic, and 1 Tbsp ginger and sauté over medium-low heat for 2 minutes.
6. Add 1 ½ tsp cumin, 1 ½ tsp garam masala (optional), and 1 tsp of chili powder. Sauté for 20 seconds, stirring occasionally.
7. Combine evaporated milk and tomato paste in a medium bowl and thoroughly mix using a whisk. Pour into pan along with lime juice, 1 ¼ tsp salt, and sugar (optional). Bring to a low simmer.
8. Once sauce has thickened, add chicken and cook for about 3 minutes, until chicken is warmed.
9. Serve rice and chicken with a garnish of cilantro.


WHIPPING UP
WELLNESS
Wisconsin Student Chef Competition
2024 FINALIST
Public Instruction




TERRY FAMILY FOUNDATION



MANGO-GLAZED CHICKEN BREAST WITH COCONUT BROWN RICE AND PINEAPPLE SALSA

Mighty Eagles
Sauk Prairie High School
Sauk Prairie School District

Mango-glazed chicken breast accompanied by coconut and ginger-scented brown rice pilaf and a colorful and zesty pineapple, jicama, corn, and pepper salsa. Have lunch on a tropical beach no matter where your school is located!

Ingredients

- 2 c brown rice
- 8 oz mango puree
- 0.75 oz tomato paste
- 0.75 oz molasses
- 1 ½ tsp dry mustard
- 1 c water
- 1 ½ tsp cumin, ground and toasted
- ⅛ c low-sodium soy sauce
- 4 garlic cloves, minced, divided
- ¼ c lime juice, divided
- 2 serrano peppers, minced, divided
- 8 chicken breasts, cooked
- 2 Tbsp vegetable oil
- 4 oz onion, minced
- 1 oz ginger, peeled and sliced
- 1 bay leaf
- 4 fl oz low-fat coconut milk
- 1 Tbsp salt, divided
- 1 tsp ground black pepper, divided
- 1 bunch cilantro, chopped
- 2 scallions, thinly sliced
- 1 oz olive oil
- 8 oz jicama, small diced
- 8 oz pineapple tidbits in juice
- 1 red onion, minced
- 1 red bell pepper, small diced
- 8 oz corn, frozen and thawed

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1 chicken breast, ½ cup rice, ½ cup salsa

Instructions

1. Preheat oven to 350 degrees.
2. Cook rice according to package directions.
3. Combine the mango puree, tomato paste, molasses, dry mustard, cumin, soy sauce, 1 c of water, 2 cloves of minced garlic and 1 minced serrano pepper in a saucepot and simmer 15 minutes. Cool and then add ⅛ c lime juice.
4. Place the chicken breasts on a tray with a rack and glaze them with the sauce using a pastry brush.
5. Bake until chicken reaches an internal temperature of 165 degrees.
6. In a pan, heat vegetable oil and cook onions and remaining minced garlic. Add ginger, cooked brown rice, bay leaf, water, coconut milk, 1 ½ tsp salt, and ½ tsp black pepper.
7. Bring to a simmer, reduce heat, cover, and bake at 350 degrees for 15-20 minutes or finish on the stovetop on low heat. Before serving, fold in half of the chopped cilantro and sliced scallions.
8. In a bowl, whisk together the olive oil, remaining lime juice, and remaining salt and black pepper.
9. Add the jicama, pineapple, red onions, red bell pepper, corn, 1 minced serrano pepper, and remaining chopped cilantro. Mix well.
10. Serve glazed chicken breast with the coconut rice and salsa on the side.


WHIPPING UP
WELLNESS
Wisconsin Student Chef Competition
2024 FINALIST







HONEY LEMON SESAME CHICKEN WITH BROCCOLI ON RICE

The Powerpuff Girls
Grafton High School
Grafton School District

This sweet and savory dish is the perfect combination of tender chicken cooked in a tangy sauce containing lemon juice, honey, and rice vinegar, served with brown rice and fresh broccoli, and topped with sesame seeds.



Ingredients

- 1 c brown rice, dry
- 2 Tbsp olive oil
- 1.6 lb chicken breast, boneless and skinless
- 2 Tbsp honey
- 1 Tbsp toasted sesame oil
- 2 tsp lemon zest
- 2 Tbsp lemon juice
- 2 Tbsp garlic cloves, minced
- 4 Tbsp rice wine vinegar
- ¼ c coconut aminos
- 1 tsp ground ginger
- ½ tsp black pepper
- ½ c broccoli, chopped
- ¼ c sesame seeds

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Yield: 4 servings
Serving Size: 1 cup

Instructions

1. Cook rice according to package directions.
2. Heat olive oil in a pan. Add chicken and sauté until browned on both sides, approximately 10-15 minutes.
3. While chicken cooks, whisk together the honey, toasted sesame oil, lemon zest, lemon juice, minced garlic cloves, rice wine vinegar, coconut aminos, ground ginger, and black pepper.
4. When internal temperature of chicken reaches 165 degrees, remove from the pan.
5. Pour the sauce mixture into the pan that was used for the chicken and cook for 3-5 minutes, stirring consistently until sauce begins to bubble and thicken. Once thickened, add chicken back into pan.
6. Add broccoli to pan stir until everything is coated in sauce.
7. Fluff rice with a fork.
8. In a bowl, portion ½ c rice and ½ c chicken and broccoli. Top dish with more sauce and a sprinkle of sesame seeds.

QUALIFYING RECIPES



ADOBO SOUP

Metallica
Plymouth High School
Plymouth School District

A savory dish with a sour kick, this adobo soup contains carrots, broccoli, chicken, and whole grain rice.



Ingredients

- 2 c brown rice, dry
- 4 garlic cloves, minced, divided
- 4 Tbsp low-sodium soy sauce
- 1 c white vinegar
- 1 ½ tsp chicken bouillon
- 2 c water
- 3 bay leaves
- 2 lb chicken thighs, boneless and skinless
- 2 c carrot, chopped
- 1 c yellow onion, chopped
- 3 c broccoli, chopped
- 3 Tbsp vegetable oil
- 4 c water
- 3 Tbsp brown sugar
- 2 Tbsp black pepper
- ¼ c green onion, chopped

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Yield: 6 servings
Serving Size: 1 bowl

Instructions

1. Cook rice according to package directions.
2. Mix half the garlic, soy sauce, white vinegar, chicken bouillon, water, and bay leaves to make a marinade. Add chicken thighs and set aside.
3. Heat vegetable oil in a large saucepan over medium-high heat. Add carrot, onion, broccoli, and remaining garlic.
4. Add marinade, water, brown sugar, and black pepper. Bring to a simmer for 10 minutes.
5. Add chicken, let simmer for 20-25 minutes. Shred chicken with two forks. Remove bay leaves.
6. Plate rice and soup together, evenly distributed into 6 bowls. Garnish with green onion.

AVOCADO BREAKFAST BURRITO

Flying Meatball
Waupaca High School
School District of Waupaca

Balance your palate with freshly cut vegetables and creamy avocado sauce all wrapped into one delicious meal. If you're looking for a balanced and nutritious meal, this recipe is for you!



Ingredients

- 3 medium avocados
- ½ lemon, juiced
- 5 Tbsp olive oil, divided
- ½ lb sweet potatoes, peeled and diced
- 2 tsp black pepper, divided
- 1 Tbsp garlic powder, divided
- ½ tsp salt, divided
- 1 ¼ c liquid egg whites
- ½ c green bell pepper, diced
- ½ c red bell pepper, diced
- 1 c onion, chopped
- 6 8-inch whole grain tortillas
- ¾ c reduced-fat cheese, shredded
- 4 Tbsp fresh parsley, minced

Preparation Time: 15 minutes
Cooking Time: 20 minutes

Yield: 6 servings
Serving Size: 1 wrap

Instructions

1. In a small bowl, mash the avocados. Add lemon juice and stir.
2. Heat 1 Tbsp of olive oil in a large frying pan over medium heat. Add the sweet potatoes and season with half of the black pepper, half of the garlic powder, and half of the salt. Cook until soft, stirring occasionally.
3. Meanwhile, heat 1 Tbsp of olive oil in a medium frying pan. Add egg whites and season with the remaining black pepper, garlic powder, and salt. Cook, stirring frequently, to make scrambled egg whites.
4. Heat 1 Tbsp olive oil in a small frying pan over medium heat and add the peppers and onions. Cook, stirring occasionally, until tender-crisp.
5. In one of the frying pans, heat 1 tsp olive oil. Add a tortilla and toast, flipping halfway through until both sides are crispy. Repeat for each tortilla.
6. Assemble the wraps by placing equal amounts of mashed avocados, sweet potatoes, eggs, and peppers and onions in each tortilla. Top each with 1 Tbsp shredded cheese. Roll and fold to close the wraps.
7. Garnish with fresh minced parsley.

BAKED CHICKEN PASTA

Ella & Amara
Pewaukee High School
Pewaukee School District

This baked chicken pasta is packed with Italian seasoning, shredded chicken, penne pasta cooked al dente, and plenty of delicious cheeses. It is creamy perfection!



Ingredients

- 1 lb penne pasta, dry
- ½ c butter
- 1 pint heavy whipping cream
- 4 oz cream cheese
- ½ tsp garlic, minced
- 1 tsp garlic powder
- 1 tsp Italian seasoning
- ¼ tsp salt
- ¼ tsp black pepper
- 1 ¼ c parmesan cheese, grated
- 2 c shredded chicken
- 2 c mozzarella cheese, shredded

Preparation Time: 20 minutes
Cooking Time: 30 minutes

Yield: 6 servings
Serving Size: 1½ cups

Instructions

1. Preheat oven to 350 degrees.
2. Bring a pot of water to a boil and add pasta, cooking until al dente. Strain and return to pot.
3. In a medium saucepan over medium heat, add butter, heavy whipping cream, and cream cheese. Cook until melted.
4. Add minced garlic, garlic powder, Italian seasoning, salt, and pepper. Whisk until smooth, then add parmesan cheese and bring to a low simmer for 3 minutes.
5. Pour the sauce over the pasta. Add chicken and stir until fully combined.
6. Add half of the pasta and chicken mixture to a 9"×13" baking dish and top with 1 c mozzarella. Add the rest of the pasta mixture to the dish and top with the remaining mozzarella and parmesan cheese.
7. Bake for 20-30 minutes until the cheese is golden and bubbly.

BBQ GRILLED CHICKEN KABOBS

Kabob Crew
Green Bay East High School
Green Bay Area School District

Our dish features a colorful variety of beautifully charred vegetables, paired with chicken, and doused in a homemade tangy barbecue sauce. To bring the dish together, the kabobs are served over a delicious, sweet barbecue rice.



Ingredients

- 2 cucumbers
- 2 carrots
- 2 red bell peppers
- 1 Tbsp + 1 tsp olive oil, divided
- 2 yellow bell peppers
- 10.5 oz chicken breasts
- ½ tsp salt
- ½ tsp black pepper
- 1 c ketchup
- 2 tsp apple cider vinegar
- ½ c light brown sugar
- 2 Tbsp Worcestershire sauce
- 12 cherry tomatoes
- 1 tsp black pepper
- 1 ½ c jasmine rice
- Skewers

Preparation Time: 45 minutes
Cooking Time: 20 minutes

Yield: 6 servings
Serving Size: 4 skewers

Instructions

1. Cook rice according to package directions.
2. Wash and cut cucumbers and peppers into 1-inch pieces. Wash, peel, and cut carrots into 1-inch pieces.
3. Place 1 tsp olive oil in a pan over medium-high heat. Add vegetables and cook until lightly charred.
4. Cut chicken breast into 1-inch pieces and season with salt and black pepper.
5. In a separate pan from the vegetables, cook the chicken with 1 tsp of olive oil until it reaches an internal temperature of 165 degrees.
6. In a small bowl, mix apple cider vinegar, light brown sugar, Worcestershire sauce, and ketchup to make the barbecue sauce.
7. When the chicken is finished cooking, brush half of the barbecue sauce onto the chicken. Add remaining barbecue sauce to cooked rice and stir to combine.
8. Assemble skewers by placing vegetables and chicken onto each skewer. Place a cherry tomato at each end of the skewer. Serve skewers on a bed of barbecue rice.

BREAKFAST BURRITO

Burrito Babes
Horace Mann High School
North Fond du Lac School District



A variety of breakfast flavors all wrapped up in a warm tortilla. Fluffy scrambled eggs, juicy sausage, savory hashbrowns, and crunchy bell peppers and onions come together to make a tasty breakfast burrito.

Ingredients

- 1 Tbsp vegetable oil
- 3 c hashbrowns
- 1 red bell pepper
- ½ yellow onion
- 6 brown and serve sausage links
- 4 eggs
- 6 whole wheat tortillas

Preparation Time: 10 minutes
Cooking Time: 15 minutes

Yield: 6 servings
Serving Size: 1 burrito

Instructions

1. Heat oil in large skillet on medium heat. Add hashbrowns and cover pan. Cook for 5 minutes on each side. While hashbrowns are cooking, chop onion and bell pepper. Place in a separate skillet and cook until soft.
2. Heat sausage in a separate small skillet. Remove from skillet, cut into cubes, and put back in skillet until golden brown.
3. Crack eggs into bowl and beat them. Add eggs to small skillet and scramble.
4. Warm up tortillas in microwave for 30 seconds.
5. When all ingredients are sufficiently cooked, put in the center of the tortilla and roll.



CAJUN CHICKEN MAC AND CHEESE

The High Time Chefs
Amherst High School
Tomorrow River School District

This is no ordinary mac and cheese! It contains four delicious cheeses, Cajun seasoning, peas, and juicy chicken. This dish is impossible to pass up.



Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: 1 ½ cups

Ingredients

- 2 c elbow macaroni, dry
- 2 ½ tsp paprika
- ¾ tsp salt, divided
- 2 tsp + ¼ tsp garlic powder, divided
- 1 ¼ tsp oregano
- 1 ¼ tsp thyme
- 1 tsp ground black pepper
- 1 tsp cayenne pepper
- 2 Tbsp vegetable oil
- 1 large chicken breast, butterfly fillet
- ¼ c tomatoes, diced
- 2 Tbsp unsalted butter
- 2 Tbsp flour
- 1 c whole milk
- ¼ c sour cream
- ¼ c Gruyère cheese, shredded
- ¼ c parmesan cheese, shredded
- ¼ c mozzarella cheese, shredded
- 1 c sharp cheddar cheese, shredded
- 1 ½ c peas
- 1 tsp onion powder
- 1 Tbsp parsley flakes

Instructions

1. Cook pasta according to package directions.
2. Make the Cajun seasoning: Combine paprika, salt, 2 tsp garlic powder, oregano, thyme, ground black pepper, onion powder, and cayenne powder in a small bowl.
3. Add vegetable oil to a medium frying pan and cook chicken on medium-high heat. Cook until the chicken is fully cooked, about 10 minutes. Add diced tomatoes and cook for 2 minutes.
4. Remove chicken and cut into strips.
5. Make the cheese sauce: In a medium frying pan, melt butter. In a small bowl, mix flour, ¼ tsp salt, and ¼ tsp garlic powder. Add flour mixture to the melted butter and whisk together. Cook for about one minute until slightly brown. Add milk and whisk until smooth. Add sour cream and whisk until smooth. Cook until the mixture thickens, about 3-5 minutes.
6. Reduce heat to low and add in the shredded cheese. Stir until cheese is completely melted and mixture is smooth again.
7. Add Cajun seasoning to the cheese mixture.
8. Add pasta to cheese sauce and stir until well-coated. Add peas and stir.
9. Serve mac and cheese with chicken strips and sauteed tomatoes. Sprinkle parsley on top.

CHICKEN ALFREDO BAKE

Tuna Squad
Waupaca High School
School District of Waupaca

Whole grain penne pasta tossed with creamy alfredo sauce, chicken, and lots of cheese.



Ingredients

- 1 lb whole grain penne pasta
- 2 Tbsp extra virgin olive oil
- 1 lb chicken breast, boneless and skinless
- 1 tsp Italian seasoning
- ¼ tsp salt, divided
- ¼ tsp pepper, divided
- 4 Tbsp margarine
- 2 cloves garlic, minced
- ½ tsp garlic powder
- 4 Tbsp all-purpose flour
- 3 c skim milk
- ½ c fat-free parmesan cheese, shredded
- ½ c fat-free mozzarella cheese, shredded
- ¼ c parsley, chopped

Preparation Time: 15 minutes
Cooking Time: 60 minutes

Yield: 6 servings
Serving Size: 1 cup

Instructions

1. Cook pasta according to package directions.
2. Preheat the oven to 350 degrees and butter a large 9"x13" baking dish.
3. Heat oil in large skillet over medium heat. Season both sides of chicken with Italian seasoning, half the salt, and half the pepper. Add chicken to skillet and cook, about 8 minutes per side, until cooked through. Remove chicken and wipe the skillet clean. Let chicken rest for 5 minutes before slicing crosswise.
4. Make sauce: Return skillet to medium heat and melt margarine. Add garlic and garlic powder and cook until fragrant, about 30 seconds.
5. Whisk in flour and cook until the mixture is bubbling and golden, 1 minute more. Gradually pour in milk, whisking constantly.
6. Bring mixture to a simmer and stir in parmesan cheese. Let simmer until sauce thickens, 1 minute, then season with remaining salt and pepper.
7. In a large bowl, combine the cooked pasta, chicken, and sauce. Spread about half of the pasta mixture on the bottom of the baking dish, then sprinkle with half of the mozzarella.
8. Add the remaining pasta mixture and top with remaining mozzarella. Bake until the cheese is melted, about 15 minutes. Garnish with parsley before serving.

CHICKEN AND LENTILS WITH SQUASH

Chicken Chompers
New Glarus High School
New Glarus School District

Shredded chicken and lentils in a rosemary béchamel, topped with sauteed zucchini and yellow squash.



Ingredients

- 1 c lentils, dry
- 1 zucchini
- 1 yellow squash
- 2 Tbsp vegetable oil, divided
- 2 lb chicken breast, boneless and skinless
- 1 ½ tsp salt, divided
- 1 tsp ground black pepper, divided
- 2 c milk
- 4 Tbsp flour
- 1 tsp rosemary

Preparation Time: 15 minutes
Cooking Time: 40 minutes

Yield: 8 servings
Serving Size: 1 cup

Instructions

1. Preheat oven to 200 degrees.
2. Cook lentils according to package directions.
3. Cut zucchini and yellow squash down the middle, then slice into medium width half rounds.
4. Slice chicken breasts and place in a hot pan with 1 Tbsp vegetable oil, cooking over medium-high heat until fully cooked. Season with ½ tsp salt and ½ tsp pepper.
5. Put chicken into a glass baking dish, cover, and put in oven to keep warm.
6. Make the roux: Heat the pan you used for the chicken over medium-low heat. Add milk and gradually stir in flour until thickened. Season with rosemary and remaining salt and pepper.
7. Pour roux and lentils over chicken in dish and put back in oven to warm.
8. Wipe out the pan. Add 1 Tbsp olive oil to pan and sauté zucchini and yellow squash until slightly softened. Add to the dish with the chicken.

HONEY GARLIC GINGER GLAZED CHICKEN AND FRIED RICE

Chop It Like It's Hot
Waupaca High School
School District of Waupaca

This sizzling dish is filled with colorful vegetables sautéed in a sweet and savory sauce. The dish has everything you are looking for in a well-balanced, nutritious meal.



Ingredients

- 2¼ lb chicken breast, boneless and skinless
- 1 ½ c brown rice
- 3 chicken breasts, boneless and skinless
- 3 garlic cloves, minced
- ½ c coconut aminos, divided
- 2 Tbsp honey, divided
- 1 tsp toasted sesame oil, divided
- 3 tsp grated ginger, divided
- 2 Tbsp olive oil, divided
- 3 tsp ground black pepper, divided
- 1 medium carrot, julienned
- 1 medium bell pepper, julienned
- ½ medium onion, sliced
- 1 ½ c broccoli florets
- 6 leaves bok choy, chopped (separate white parts from greens)
- 1 ½ c peas, frozen
- ½ c low-sodium chicken broth
- 1 Tbsp cornstarch
- 4 stalks green onion
- ¼ c sesame seeds

Preparation Time: 20 minutes
Cooking Time: 45 minutes

Yield: 8 servings
Serving Size: 1 ¼ cups

Instructions

1. Cook rice according to package directions.
2. Make marinade: Combine garlic, ⅛ c coconut aminos, 1 Tbsp honey, ½ tsp of toasted sesame oil, and 2 tsp of fresh grated ginger in a medium bowl.
3. Cut the chicken into cubes. Add chicken to marinade and stir to coat the chicken. Cover and place in refrigerator to marinate 1-2 hours.
4. Once chicken is marinated, heat 1 Tbsp olive oil in a large skillet over medium-high heat.
5. Add the cubed chicken to the pan, making sure to get a good sear. Season with 2 tsp black pepper and cook to an internal temperature of 165 degrees.
6. Add the prepped vegetables and frozen peas to the pan. Cook, while stirring constantly, until vegetables are tender-crisp. Remove from pan.
7. Make sauce: In a medium sized bowl, combine ¼ c coconut aminos, 1 Tbsp honey, chicken broth, ½ tsp toasted sesame oil, and corn starch. Mix well.
8. Add the sauce to the pan with the chicken. Cook on medium-low heat until thickened into a glaze.
9. Add 1 Tbsp of olive oil to the pan used for the veggies and heat pan to medium-high heat. Add cooked rice to pan and sauté until lightly toasted for about 3 minutes. Add cooked vegetables and combine thoroughly. Add ⅛ c coconut aminos. Stir until well combined.
10. Serve by topping 1 cup fried rice with ¼ c chicken. Garnish with sliced green onion and sesame seeds. Enjoy!

HOT HONEY CRISPY CHICKEN BITES OVER WILD RICE

Culinary Comets
Waupaca High School
School District of Waupaca

Crispy chicken bites served over a bed of wild rice and garnished with fresh chives.



Ingredients

- 4 c wild rice blend
- 2 lb chicken breast, boneless and skinless
- 4 Tbsp unsalted butter, melted
- 1 tsp kosher salt
- 2 tsp granulated garlic
- 1 tsp ground pepper
- 1 tsp smoked paprika
- 1 tsp red pepper flakes
- 2 lemons, juiced
- 2 Tbsp hot honey
- Chives for garnish

Preparation Time: 15 minutes
Cooking Time: 30 minutes

Yield: 6 servings
Serving Size: 1 cup rice, 8 pieces chicken

Instructions

1. Preheat oven to 400 degrees.
2. Cook wild rice blend according to package directions.
3. Cut chicken into 1-inch pieces.
4. Mix butter and spices together. In a bowl, stir the spice and butter mixture with the chicken. Spread out chicken evenly on a baking sheet lined with parchment paper. Place in oven and cook for 7 minutes. Flip pieces and cook for another 7 minutes.
5. While the chicken is cooking, whisk the lemon juice and honey together. Heat mixture in microwave for 30 seconds.
6. Remove chicken from oven and brush the honey and lemon mixture over the chicken. Put back in the oven for 3 minutes.
7. Plate the dish by topping 1 c cooked wild rice with 8 pieces of chicken. Garnish with chopped chives.

MEXICAN MAC BAKE

OHS Culinary Foxes
Omro High School
Omro School District

A twist on a classic, our dish is made with a creamy cheese sauce, flavored with Mexican seasonings, topped with pan-baked corn tortilla pieces, and garnished with a lime wedge.



Ingredients

- 1 lb whole grain rotini
- ½ lb ground beef
- 3 Tbsp paprika, divided
- 3 Tbsp chili powder, divided
- 1 Tbsp garlic powder, divided
- 1 c spinach
- 6 corn tortillas
- ½ c unsalted butter
- ½ c all-purpose flour
- 2 ½ c half-and-half
- 1 ½ c low-fat milk
- 4 c Mexican-style cheese, shredded
- 15 oz canned corn
- 1 lime
- Fresh cilantro

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1 ½ cup

Instructions

1. Preheat oven to 325 degrees. Spray a 9"x13" baking dish with nonstick spray.
2. Cook pasta according to package directions.
3. In a skillet, cook beef until browned. Season with 1 Tbsp paprika, 1 Tbsp chili powder, and 1 ½ tsp garlic powder.
4. Finely chop spinach. Cut corn tortillas into small pieces and season with remaining paprika, chili powder, and garlic powder.
5. Line a baking sheet with foil and spread corn tortillas evenly onto sheet. Broil on high for 4 minutes or until browned.
6. Melt butter in a large saucepan over medium heat. Sprinkle in flour and whisk to combine. Cook for approximately 1 minute, whisking often. Slowly pour in half and half, whisking constantly, until smooth. Slowly pour in milk, while whisking constantly, until combined and smooth. Continue simmering, whisking often, until it reaches a very thick consistency. Remove from heat and stir in shredded cheese, adding slowly until melted and combined.
7. In a large mixing bowl, combine the pasta, cheese sauce, corn, spinach, and beef. Pour into the sprayed baking dish and bake for about 20 minutes.
8. Remove from oven. Sprinkle the top with the corn tortilla bits. Garnish with fresh cilantro and lime wedge.

MEXICAN STREET TACO BOWL

The Senoritas
Grafton High School
Grafton School District

This homemade taco bowl contains whole grain brown rice, seasoned ground beef, black beans, and assorted vegetables.



Ingredients

- 2 c brown rice, dry
- 1 lb ground beef
- 2 tsp Mrs. Dash taco seasoning
- 2 tsp Mrs. Dash extra spicy seasoning
- ¼ c water
- 3 c tomatoes, diced
- 3 c bell peppers, diced (any color)
- ¾ c onion, diced
- 1 jalapeno pepper, diced
- ½ c cilantro, chopped
- 2 Tbsp lime juice
- 1 ¾ c black beans

Preparation Time: 20 minutes
Cooking Time: 30 minutes

Yield: 4 servings
Serving Size: 1 ½ cups

Instructions

1. Cook brown rice according to package directions.
2. In a skillet over medium heat, cook ground beef, breaking apart into small pieces.
3. Season with Mrs. Dash taco seasoning and Mrs. Dash extra spicy seasoning and add water. Reduce the heat to low once the seasoning is well incorporated.
4. In a skillet pan over medium heat, cook 2 c tomatoes, peppers, and 2 c onion until soft.
5. Make pico de gallo: Combine remaining tomato, remaining onion, cilantro, jalapeno, and lime juice. Stir until well combined.
6. Heat black beans in microwave until warm.
7. To serve, place the rice at the bottom of a bowl, then ground beef, and then black beans. Add pepper and onion mixture on top. Finally, add pico de gallo.



PINEAPPLE CHICKEN STUFFED PEPPER

Then There Were Three
Plum City High School
Plum City School District

These bright bell peppers stuffed with fluffy rice, roasted chicken, and pineapple sauce are sure to be a hit in your lunchroom.



Ingredients

- 1 c brown rice, dry
- 3 chicken thighs, boneless and skinless
- ¾ tsp garlic powder
- ¾ tsp thyme
- ¾ tsp oregano
- 3 red bell peppers
- ¾ c pineapple juice, divided
- 2 Tbsp cornstarch
- 1 ½ c pineapple tidbits

Preparation Time: 10 minutes
Cooking Time: 55 minutes

Yield: 6 servings
Serving Size: ½ stuffed pepper

Instructions

1. Preheat your oven to 400 degrees. Line a large baking sheet with parchment paper.
2. Cook rice according to package directions.
3. Cut chicken into 1-inch pieces and remove excess fat. In a bowl, mix chicken pieces with garlic powder, thyme, and oregano.
4. Place chicken on lined pan and roast in the oven for 7-12 minutes or until internal temperature reaches 165 degrees.
5. Fill a large pot with water and bring to a boil. Cut bell peppers in half and remove seeds. Add pepper halves to the boiling water and cook for 6 minutes or until tender. Remove from water and let cool.
6. Combine ½ c pineapple juice and cornstarch. Stir until smooth.
7. Put the rest of the pineapple juice in a saucepan and place on the stove over medium-high heat. Bring to a simmer and add the pineapple juice/cornstarch mixture. Simmer until thickened, then remove from heat.
8. Fill one half of a pepper with ½ c rice. Add chicken and pineapple tidbits to the top and drizzle with pineapple sauce.
9. Repeat for the other five servings.

PIZZA SANDWICH

The JJRs
Plymouth High School
Plymouth School District

A twist on classic pizza. This crisp, homemade whole grain garlic bread sandwich, filled with savory tomato sauce, mozzarella cheese, and pepperoni.



Ingredients

- 16 slices whole grain bread
- ½ tsp garlic powder
- 1 tsp Italian seasoning
- 1 Tbsp olive oil
- 4 Tbsp pizza sauce
- 16 slices fat-free mozzarella cheese
- 24 slices pepperoni, quartered

Preparation Time: 16 minutes
Cooking Time: 22 minutes

Yield: 8 servings
Serving Size: 1 sandwich

Instructions

1. Preheat oven to 300 degrees.
2. Line 2 baking sheets with parchment paper. Place 8 slices of bread per sheet and brush each slice with olive oil.
3. Mix garlic powder and Italian seasoning. Sprinkle evenly over bread slices. Bake for 14 minutes.
4. Remove bread from oven and place the following ingredients on each seasoned side of the bread: 1 tsp pizza sauce, 2 slices mozzarella, 3 quartered pepperoni slices. Cover with the remaining 8 slices of bread to make sandwiches.
5. Using a medium size frying pan, cook each sandwich on medium heat for 2 minutes to melt cheese.
6. Cut in half and enjoy!



POKEY PERFECTION

Hokey Pokes
Plymouth High School
Plymouth School District

A savory rice bowl with homemade tangy teriyaki sauce, crunchy cucumbers, colorful purple cabbage, thinly sliced carrots, and diced chicken.



Ingredients

- 13 oz brown rice, instant
- 2 large carrots
- 1 small head purple cabbage
- 2 small English cucumbers
- 3 stalks green onion
- ¼ c low-sodium soy sauce
- 6 fl oz pineapple juice
- ¼ c orange juice
- 3 Tbsp maple syrup
- 1 Tbsp white wine vinegar
- 1 tsp sesame oil
- ¼ tsp garlic powder
- 1 tsp fresh ginger
- 2 Tbsp cornstarch
- 2 tsp cold water
- 1 lb chicken breast, boneless and skinless, diced
- 3 hard-boiled eggs

Preparation Time: 25 minutes
Cooking Time: 45 minutes

Yield: 6 servings
Serving Size: 1 bowl

Instructions

1. Cook rice according to package directions.
2. Peel carrots. Once peeled, use peeler to shave carrots into ribbons. Roll carrot ribbons into a spiral, pierce with toothpick, and place spirals into a bowl of ice water.
3. Slice cucumbers ⅛" thick.
4. Cut head of cabbage in half, then cut on diagonal into small pieces.
5. Finely chop green onion.
6. In a medium saucepan, combine soy sauce, pineapple juice, orange juice, maple syrup, white wine vinegar, sesame oil, fresh ginger, garlic powder, and 1 Tbsp cornstarch. Bring to a boil, stirring constantly. Reduce heat and let simmer for 5 minutes, whisking occasionally. Remove from heat and set aside.
7. In a small bowl, combine 2 tsp cornstarch and cold water. Add to the sauce while whisking. Separate sauce evenly into 2 bowls.
8. In a skillet, cook chicken on medium-high heat until internal temperature reaches 165 degrees. Add half of the sauce to the chicken and stir.
9. Add the other half of the sauce into the cooked rice and stir.
10. To serve, evenly distribute rice and vegetables into six serving bowls. (Remove toothpicks from carrot curls before serving.) Add ¼ c chicken and ½ hardboiled egg to each bowl. Garnish with green onion.

RICE AND BEEF WRAP

A Little Seasoning
Plymouth High School
Plymouth School District

Juicy ground beef seasoned to perfection, combined with freshly chopped carrots and spinach, wrapped in a soft whole grain tortilla.



Ingredients

- 2 c instant brown rice
- 1 Tbsp unsalted butter
- 1 lb ground beef, 93% lean
- 1 tsp dried dill
- 1 tsp garlic powder
- ¼ tsp liquid smoke
- ½ tsp salt
- 1 ½ c carrot, diced
- 1 c spinach, chopped
- 1 Tbsp honey
- 1 Tbsp white vinegar
- 2 Tbsp low-sodium teriyaki sauce
- 2 Tbsp olive oil
- ¼ tsp minced garlic
- ¼ tsp fresh ginger
- ¼ tsp sesame seeds
- 8 whole grain tortillas, 8 inch in size

Preparation Time: 20 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1 wrap

Instructions

1. Cook rice according to package directions.
2. In a frying pan, melt butter over medium-high heat. Add beef and cook, breaking into small pieces.
3. In a small bowl, combine dill, garlic powder, liquid smoke, and salt. Add to meat and continue cooking until cooked through.
4. Add cooked rice, carrot, and spinach to the pan and stir to combine.
5. In a tall jar or glass, combine honey, vinegar, teriyaki sauce, and oil. Use an immersion blender to emulsify. Stir in garlic, ginger, and sesame seeds.
6. Add sauce to the pan and stir over low heat for 1 minute.
7. Place ½ c filling in each tortilla. Wrap up and serve.

SAUCY GARDEN PARTY PASTA

Pasta Peeps
Plymouth High School
Plymouth School District

This dish is a fun fusion of veggies, creamy homemade alfredo sauce, and whole grain pasta.



Ingredients

- 8 oz whole wheat penne pasta
- 1 lb chicken breast, boneless and skinless, diced
- 8 oz carrots, sliced
- 8 oz broccoli
- 8 oz corn
- 4 oz onions
- 8 oz peas
- 2 Tbsp extra virgin olive oil
- 8 garlic cloves, minced
- 2 Tbsp whole wheat flour
- 2 c beef broth
- 8 oz skim milk
- 1 Tbsp lemon juice

Preparation Time: 30 minutes
Cooking Time: 45 minutes

Yield: 8 servings
Serving Size: 1 cup

Instructions

1. Cook pasta according to package directions.
2. Add chicken to a large pan and cook over medium-high heat. Once cooked through, add carrots, broccoli, corn, onion, and peas. Cover pan and cook for 7 minutes.
3. In a separate pan, heat olive oil and sauté garlic until fragrant. Whisk in flour, then whisk in broth, milk, and lemon juice. Combine until smooth. Simmer until thickened, then remove from heat and set aside.
4. When everything is cooked, combine pasta, chicken and vegetable mixture, and sauce. Stir until well combined.



SUNSHINE GARDEN SOUP

Sharks
Plymouth High School
Plymouth School District



This soup is a harmonious blend of chopped carrots, colorful bell peppers, crisp jicama, juicy cherry tomatoes, and celery all mingled with hearty quinoa. It is infused with garlic and onion powder and finished with a sprinkle of fresh cilantro for a truly satisfying and nourishing delight.

Ingredients

- 8 c low-sodium vegetable broth
- ½ c quinoa
- 2 c carrot, diced
- 2 c potatoes, diced
- 2 c bell pepper, diced
- 1 c celery, diced
- 1 c cherry tomatoes, halved
- 2 tsp garlic powder
- 1 tsp onion powder
- 5 sprigs cilantro, chopped
- 1 ½ c jicama, diced

Preparation Time: 45 minutes
Cooking Time: 40 minutes

Yield: 8 servings
Serving Size: 1 cup

Instructions

1. In a large saucepan, bring broth to a light boil over medium heat. Add quinoa and stir until it has sunk to the bottom of the pan. Turn heat down to medium-low, just below a boil.
2. Add carrots and potatoes to the saucepan, stirring occasionally until slightly softened.
3. Add bell peppers, celery, cherry tomatoes, garlic powder, onion powder, and cilantro. Stir until thoroughly mixed.
4. Let the mixture simmer until vegetables reach desired softness.
5. Add jicama, stir.
6. Serve 1 c portions in a bowl.



SUPER SLAY STUFFED PEPPERS (SSSP)

Super Star Chefs
St. Mary's Catholic School
Waukesha Catholic School System



A surprising twist on an old favorite that will make you dream of far-off places. These stuffed peppers have a sweet and spicy blend of flavors and seasonings baked to perfection. We baked ours in a tagine, but covered in foil works, too!

Ingredients

- 2 c brown jasmine rice, dry
- 4 c unsalted chicken broth
- 4 bell peppers (any colors)
- 1 lb ground chicken
- 2 Roma tomatoes, diced
- ½ onion, roughly chopped
- 1 Tbsp minced garlic
- 2 Tbsp chives
- 1 c plain yogurt
- 2 Tbsp honey
- ½ tsp salt
- ½ tsp ground black pepper
- 1 bunch fresh parsley
- 1 ½ Tbsp Ras el Hanout
- 1 c cheddar cheese, shredded

Preparation Time: 20 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: ½ pepper

Instructions

1. Preheat oven to 400 degrees.
2. Cook rice according to package directions, using broth instead of water.
3. Slice peppers lengthwise keeping top intact, except for stem. Remove seeds.
4. In a mixing bowl, combine slightly cooled rice, raw ground chicken, and chopped tomatoes.
5. In a food processor, combine onion, minced garlic, chives, yogurt, honey, salt, pepper, and Ras el Hanout seasoning and blend until finely chopped. Add to the mixing bowl with rice, chicken, and tomatoes and stir until everything is mixed.
6. Stuff each pepper half with equal portions of the chicken and rice mixture.
7. Place peppers in shallow baking dish covered in foil and bake for 25 minutes. Add 1 oz cheese to the top of each pepper and continue baking until internal temperature reaches 165 degrees.

SWEET CHICKEN AND PANCAKE

McChicken
Plymouth High School
Plymouth School District



This scrumptious, protein-based entree contains a sweet whole wheat cinnamon pancake served with diced chicken sautéed in a light syrup sauce. It is topped with freshly cut strawberries, a dollop of smooth cool whip topping, and a dusting of cinnamon.

Ingredients

- 2 eggs
- ½ c skim milk
- 1 tsp vanilla
- 1 c non-fat Greek yogurt
- 1 ¼ c whole wheat flour
- 2 tsp baking powder
- 1 Tbsp sugar
- ½ tsp cinnamon
- 12 oz chicken breast, boneless and skinless, diced
- 6 Tbsp lite syrup
- Cooking spray
- 9 strawberries, diced
- 6 Tbsp lite Cool Whip

Preparation Time: 15 minutes
Cooking Time: 25 minutes

Yield: 6 servings
Serving Size: 1 pancake



Instructions

1. In a large mixing bowl, whisk together eggs, milk, vanilla, and Greek yogurt until well combined.
2. In a separate bowl, whisk together flour, baking powder, sugar, and cinnamon until well combined.
3. Add about ⅓ of the dry mixture to the wet mixture and stir. Continue adding the dry mixture to the wet mixture until thoroughly combined.
4. In a small bowl, combine chicken and 2 Tbsp of syrup. Stir until chicken is fully coated.
5. Heat a skillet over medium-low heat and spray with cooking spray. Add chicken. While chicken is cooking, slowly add remaining syrup to skillet. Stir occasionally and cook until internal temperature reaches 165 degrees.
6. Heat a nonstick skillet over medium heat. Once hot, add about ⅓ c of pancake batter. Once bubbles start to form in the pancake, flip and cook until golden brown. Remove from heat and continue to make pancakes with the rest of the batter.
7. To serve, top a pancake with a drizzle of syrup and 2 ounces of chicken. Add strawberries and Cool Whip. Dust with cinnamon.

SWEET POTATO BREAKFAST TACO

The Yummy Yams
Plymouth High School
Plymouth School District

A vibrant taco with sweet potato, fresh spinach, sauteed onion, crunchy carrot, and fluffy eggs, served with a creamy homemade ranch sauce.



Ingredients

- 2 Tbsp olive oil, divided
- 6 c sweet potato, diced
- 6 eggs
- ½ Tbsp ranch seasoning
- ¼ c skim milk
- ¼ c plain yogurt, fat-free
- ¼ c light mayo
- ½ Tbsp dried chives
- 6 whole grain tortilla
- 2 c spinach, chopped
- ½ c carrot, julienned
- 4 Tbsp white onion, chopped

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 6 servings
Serving Size: 1 wrap

Instructions

1. Heat 1 Tbsp olive oil in a frying pan over medium heat. Add sweet potatoes and cook, stirring often, until tender.
2. Heat 1 Tbsp olive oil in a frying pan over low heat. Crack eggs into a bowl and whisk. Pour eggs into pan and cook slowly, stirring frequently, until light and fluffy. Remove from heat when fully cooked.
3. Combine ranch seasoning, milk yogurt, mayo, and dried chives in a bowl to make ranch sauce.
4. Assemble the tacos by evenly dividing egg, sweet potatoes, spinach, carrots, onion, and ranch sauce between 6 tortillas.



TERIYAKI CHICKEN AND FRIED RICE

Frantic Fryers
New Glarus High School
New Glarus School District



Nestled in a bed of rice, the mix of corn, peas, carrots, and broccoli add a beautiful blend of color, flavor, and nutrients alongside the punch of protein that is exhibited by the perfectly cooked chicken. Added on top, the teriyaki adds a smooth, savory tang, garnished with green onions.

Ingredients

- 3 c brown rice, dry
- 2 lb chicken breast, boneless and skinless
- 3 Tbsp vegetable oil, divided
- 2 c carrots, diced
- 2 c broccoli, chopped
- 1-15 oz can baby corn, drained
- 1 c peas
- 2 garlic cloves, minced
- ½ c low-sodium soy sauce
- 1 ½ c teriyaki sauce
- 3 Tbsp green onion, chopped

Preparation Time: 20 minutes
Cooking Time: 15 minutes

Yield: 6 servings
Serving Size: 1 ½ cups

Instructions

1. Cook rice according to package directions.
2. Cut chicken into small, bite-sized pieces. In a medium skillet, heat 1 Tbsp vegetable oil. Add chicken and cook, stirring frequently for 6 minutes until internal temperature reaches 165 degrees.
3. Add remaining vegetable oil to the skillet. Then add carrots, broccoli, baby corn, peas, and garlic to the skillet and stir.
4. Add the cooked rice, teriyaki sauce, and soy sauce. Continue to cook on medium heat until everything is incorporated.
5. Garnish with green onions.



THE BREAKY BOWL

The Breakfast Bunch
Plymouth High School
Plymouth School District



The Breaky Bowl contains orange peppers, white onions, spinach, turkey sausage, egg whites, potatoes and a flavorful homemade chili aioli on top. This is the perfect way to start your day, or even have for lunch!

Ingredients

- 3 small red potatoes
- 2 Tbsp avocado oil
- ¼ c plain Greek yogurt, nonfat
- 2 Tbsp mayonnaise
- ½ Tbsp lemon juice
- ¾ tsp chili powder
- ½ tsp paprika
- ¼ tsp garlic powder
- 1 medium bell pepper, orange
- ½ small white onion
- 2 c spinach
- 6 links low-sodium turkey sausage
- 8 eggs, whites only

Preparation Time: 30 minutes
Cooking Time: 35 minutes

Yield: 6 servings
Serving Size: 1 bowl

Instructions

1. Dice potatoes.
2. Add avocado oil to pan over medium-high heat. Add potatoes and cook until browned and tender.
3. Make chili aioli: In a small bowl, combine yogurt, mayonnaise, lemon juice, chili powder, paprika, and garlic powder. Stir until combined.
4. Dice pepper and onion. Roll spinach and make straight cuts across the roll to cut the spinach into strips.
5. In a pan over medium-high heat, cook turkey sausage until brown and internal temperature reaches 165 degrees. Add egg whites and cook, stirring frequently, over medium heat until cooked through.
6. In the pan you used for the potatoes, add all the raw cut vegetables. Cook over medium-low until vegetables are softened. Combine cooked vegetables and potatoes into one bowl or pan.
7. To serve, portion ¼ c of egg and turkey sausage and ¾ c of vegetable mixture. Top with a drizzle of chili aioli.

THE CHICKEN DOWN

Blizzy Bakers
Luck High School
Luck School District

Toasted ciabatta roll filled with melted mozzarella, grilled chicken, fresh lettuce, juicy tomatoes, and a homemade chipotle sauce.



Ingredients

- 1 Roma tomato
- 6 leaves iceberg lettuce
- ½ c low-fat mayo
- 2 Tbsp chipotle peppers
- 1 ½ tsp garlic powder, divided
- 1 lime
- 12 oz chicken breast
- 1 tsp onion powder
- 1 tsp dried oregano
- 1 tsp Italian seasoning
- 1 Tbsp + 1 ½ tsp olive oil, divided
- 3 whole grain ciabatta rolls
- 3 oz fresh mozzarella

Preparation Time: 25 minutes
Cooking Time: 15 minutes

Yield: 6 servings
Serving Size: ½ sandwich

Instructions

1. Preheat oven to 425 degrees.
2. Slice tomato and chop lettuce; set aside for later.
3. In a mixing bowl combine mayo, chipotle peppers, and ½ tsp garlic powder. Juice the lime, then add it to the bowl with the rest of the ingredients and stir until well combined.
4. Cut chicken into 6 flat pieces and season with remaining garlic powder, onion powder, dried oregano, and Italian seasoning. Coat each piece of chicken well.
5. Heat 1 Tbsp olive oil in a pan over medium-high heat. Add chicken and cook on each side for 5-8 minutes or until internal temperature reaches 165 degrees. Remove from heat.
6. Slice ciabatta rolls in half. Brush cut sides with remaining olive oil and place on a pan, cut sides up. Toast in oven for 5 minutes or until golden brown.
7. Remove from oven and add ½ oz mozzarella cheese to each half. Place back in the oven until cheese is melted.
8. Assemble sandwiches: Spread sauce on each piece of ciabatta. On one piece of ciabatta, layer lettuce, tomato, and chicken. Top with the other half of the ciabatta. Cut diagonally and enjoy!

TROPICAL STIR FRY

Tropical Taste Makers
New Glarus High School
New Glarus School District

This tangy and sweet stir fry is made with chicken, broccoli, bell peppers, pineapple chunks, and lemon juice.



Ingredients

- 2 c instant brown rice, dry
- 1-20 oz can pineapple chunks
- ⅔ c chicken broth
- ½ c soy sauce
- 4 Tbsp brown sugar
- 2 garlic cloves, minced
- 1 Tbsp honey
- ¼ tsp red pepper flakes
- 4 Tbsp olive oil
- 2 lb chicken breast, boneless and skinless, diced
- 1 tsp salt
- 1 tsp ground black pepper
- 2 red bell peppers, diced
- 1 head broccoli, chopped
- 2 Tbsp cornstarch
- 4 Tbsp water
- 1 Tbsp basil, chopped
- 1 ½ Tbsp lemon zest

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: ½ c rice, ¾ cup chicken/ vegetables

Instructions

1. Cook rice according to package directions.
2. Open can of pineapple and drain, putting juice in one bowl and fruit in another.
3. In a mixing bowl combine pineapple juice, chicken broth, soy sauce, brown sugar, minced garlic, honey, and red pepper flakes. Mix until thoroughly combined and set aside.
4. Heat olive oil in a large skillet over medium heat. Add chicken and season with salt and pepper. Cook for 8 minutes, stirring occasionally, until chicken is mostly cooked.
5. Add the red bell peppers and broccoli to the skillet. Cook for 2-3 minutes or until softened.
6. Add the pineapple chunks and cook for another 3-4 minutes.
7. Pour sauce into the pan and stir everything together. Let simmer for about 5 minutes.
8. In a small bowl combine cornstarch and water, stirring until smooth. Add the mixture gradually to the pan until the sauce thickens. Cook for a few more minutes.
9. To serve, place chicken and vegetable mixture over rice. Top with fresh basil and lemon zest.

VEGETABLE STIR FRY

Megatrons
Waupaca High School
School District of Waupaca

A colorful vegetable stir fry with a savory sauce. Served with brown rice and garnished with green onions and sesame seeds.



Ingredients

- 1 Tbsp olive oil
- 1 red bell pepper, julienned
- 1 yellow bell pepper, julienned
- 1 c sugar snap peas, sliced
- 1 c carrots, julienned
- 1 c mushrooms, sliced
- 2 c broccoli, cut into small florets
- 3 Tbsp low-sodium soy sauce
- 3 garlic cloves, minced
- 2 Tbsp brown sugar
- 1 Tbsp sesame oil
- ½ c chicken broth
- 1 Tbsp cornstarch
- 3 c brown rice, cooked
- 1 green onion, sliced
- 1 Tbsp sesame seeds

Instructions

1. Heat olive oil in a large skillet over medium-high. Add bell peppers, peas, carrots, mushrooms, and broccoli. Sauté for 3 minutes until veggies are tender.
2. In a small bowl, whisk together soy sauce, garlic, brown sugar, sesame oil, chicken broth, and cornstarch. Pour the sauce over the veggies and cook until the sauce has thickened.
3. To serve, portion ½ c of rice and ½ c stir fried vegetables. Garnish with chopped green onions and sesame seeds.

Preparation Time: 10 minutes
Cooking Time: 50 minutes

Yield: 6 servings
Serving Size: ½ cup vegetables, ½ cup rice





WISCONSIN DEPARTMENT OF
Public Instruction
Jill K. Underly, PhD, State Superintendent