

WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2025 COOKBOOK



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



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2025 Cookbook

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Introduction

For the thirteenth consecutive year, student teams across the state of Wisconsin worked together to develop nutritious, student-friendly recipes that could easily be incorporated into the school food service program. The 2025 Whipping Up Wellness, Wisconsin Student Chef Competition allowed 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-three 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 15, 2025.

The teams invited to the cooking competition were:

- **Bowl Builders**, Algoma High School, Algoma School District
- **Healthy Hearts**, Pewaukee High School, Pewaukee School District
- **Knight Madness**, St. Mary's Catholic School, Waukesha Catholic School System
- **Nutri Ninjas**, Plum City High School, Plum City High School
- **The Whisk Takers**, Plymouth High School, Plymouth 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 dishes 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 Healthy Hearts of Pewaukee High School were declared the winners for their Chicken and Cucumber Pita Sandwich with Yogurt Sauce. 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.


Jones Dairy Farm
ADVANCED CULINARY LAB
WHIPPING UP WELLNESS
Wisconsin Student Chef Competition
2025 CHAMPION
Public Instruction







CHICKEN AND CUCUMBER PITA SANDWICH WITH YOGURT SAUCE



Healthy Hearts

Pewaukee High School

Pewaukee School District

This wonderfully curated Middle Eastern-inspired sandwich is wrapped in a whole wheat pita that melts in your mouth. Fresh and crunchy vegetables like red onions, cucumbers, and tomatoes are combined with grilled-to-perfection chicken and bound together with creamy yogurt dressing.

Ingredients

- 1 Tbsp lemon zest
- 2 Tbsp lemon juice
- 1 tsp dried oregano
- 1 Tbsp garlic, minced
- ¼ tsp crushed red pepper
- 1 Tbsp + 2 tsp olive oil
- 1 lb chicken thighs, boneless and skinless
- ¾ c non-fat plain Greek yogurt
- 2 tsp fresh mint, chopped
- 2 tsp fresh dill, chopped
- 1 tsp ground black pepper
- ½ tsp salt
- 4 whole wheat pitas
- 1 ½ English cucumbers
- ½ red onion
- 1 tomato
- 4 lettuce leaves

Preparation Time: 1 hour
Cooking Time: 45 minutes

Yield: 8 servings
Serving Size: ½ pita sandwich

Instructions

1. Cut chicken into strips.
2. In a separate bowl combine lemon zest, lemon juice, oregano, garlic, and crushed red pepper. Add chicken to this mixture and marinate for 1 hour in the refrigerator.
3. In a pan over medium-high heat, add olive oil and cook chicken until internal temperature reaches 165 degrees.
4. In a bowl combine yogurt, mint, dill, black pepper, and salt.
5. Cut the pita bread in half and toast.
6. Slice cucumber, red onion, and tomato.
7. Line the inside of each pita with yogurt sauce. Stuff each pita with 2-3 pieces of chicken, cucumbers, onions, tomato, and lettuce.




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2025 FINALIST
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BURRITO PROTEIN BOWL

Bowl Builders
Algoma High School
Algoma School District

A delicious burrito protein bowl containing brown rice, chili chicken, avocado, homemade queso, pinto beans, and mango salsa.



Ingredients

- 3 c instant brown rice, dry
- 2 ½ tsp garlic powder (divided)
- ¾ c fresh cilantro, chopped (divided)
- 3 limes (divided)
- 2 lb chicken breasts, boneless and skinless
- ½ 7-oz can chipotle peppers in adobo, diced
- 2 tsp garlic, minced
- 3 tsp onion powder (divided)
- 2 mangoes, cubed
- ¼ red onion, diced
- 1 red bell pepper, diced
- 3 oz Velveeta cheese
- 4 Tbsp skim milk
- 1 tsp cumin (divided)
- 1 Tbsp extra virgin olive oil
- 1 can reduced-sodium pinto beans
- 2 avocados, sliced

Preparation Time: 1 hour
Cooking Time: 45 minutes

Yield: 6 servings
Serving Size: ½ cup rice, ¼ cup chicken, ½ cup vegetables

Instructions

1. Cook rice according to package directions. When rice is cooked, remove from heat and add 1 tsp garlic powder, ½ c cilantro, and the zest and juice of 1 lime. Set aside and keep warm.
2. Cut chicken into two-inch cubes, then add chipotle peppers, minced garlic, and 1 tsp onion powder and stir to combine. Marinate for one hour.
3. Meanwhile, make the salsa: combine mangoes, onion, bell peppers, remaining cilantro, and the juice of one lime.
4. Make the queso sauce: put Velveeta cheese and milk in a small saucepan and heat over medium until cheese is melted. Add ½ tsp cumin, 1 tsp garlic powder and 1 tsp onion powder. Keep warm.
5. Heat olive oil in a pan over medium heat. Cook chicken until it is fully cooked through.
6. Season pinto beans with ½ tsp cumin, 1 tsp onion powder, and ½ tsp garlic powder.
7. To serve, put rice and chicken into a bowl. Add avocado, pinto beans, mango salsa, and drizzle queso over the chicken.


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CHICKEN AND VEG CURRY

Nutri Ninjas
Plum City High School
Plum City School District

A creamy curry filled with chicken, carrots, bell peppers, broccoli, green beans, and spinach. Packed with lots of flavor from aromatic spices and served over fresh brown rice.

Ingredients

- 6 c brown rice, dry
- ½ c plain yogurt
- 1 Tbsp lemon juice
- 1 tsp ginger
- 1 tsp cumin
- 1 tsp paprika
- 2 Tbsp curry powder
- 1/8 tsp salt
- ¼ tsp ground black pepper
- ½ tsp cinnamon
- 1 Tbsp sugar
- 2 lb chicken breast, diced
- ½ c carrot, diced
- 2 Tbsp onion, diced
- 1 Tbsp garlic, minced
- 6 oz tomato paste
- 1 ½ c Roma tomato, diced
- 13 oz coconut milk
- 1 c chicken broth
- ½ c broccoli, chopped
- 1 c bell pepper, diced
- 1 c green beans, chopped
- 1 c spinach, chopped
- 2 Tbsp fresh cilantro, chopped



Instructions

1. Cook rice according to package directions.
2. In a small bowl, combine the ginger, cumin, paprika, curry powder, salt, black pepper, and cinnamon.
3. Combine yogurt, lemon juice, and half of the seasoning mix.
4. Add chicken to yogurt mixture. Marinate for at least 10 minutes.
5. Remove chicken from marinade and cook in a non-stick pan until cooked through. Remove from pan.
6. Cook onion and garlic on low heat until the onion is translucent. Unstick the pan with either water or broth if the onion/garlic starts to stick.
7. To the onion/garlic mixture, add tomato paste, diced tomatoes, coconut milk, chicken broth, carrots, and remaining seasoning mix. Let it cook until carrots are almost tender and the sauce has reduced and thickened slightly.
8. Add broccoli, bell peppers and green beans and cook until tender.
9. Add spinach and remove from heat.
10. Serve 1 c of curry with ¾ c of rice and top with cilantro.

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: ¾ cup rice, 1 cup curry

FINALISTS


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HAWAIIAN BOWL

The Whisk Takers
Plymouth High School
Plymouth School District

A sweet and savory dish containing whole wheat noodles, colorful and crunchy vegetables, tender chicken, and a burst of sweet pineapple. All combined in a homemade garlic-soy sauce, with subtle hints of ginger and garnished with green onion.



Ingredients

- 12 oz whole grain spaghetti
- 3 yellow bell peppers, julienned
- 1 c light brown sugar
- ¾ c low-sodium soy sauce
- ⅓ c lite seasoned rice vinegar
- 2 cloves garlic, minced
- 1 Tbsp ginger, minced
- 2 Tbsp light pineapple juice
- 2 Tbsp cornstarch
- 1 c green cabbage, shredded
- 1 c purple cabbage, shredded
- 6 stalks bok choy, chopped
- 12 oz chicken breast, boneless and skinless
- 1 c green onion, chopped
- 1 c fresh pineapple chunks

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 6 servings
Serving Size: 1 bowl

Instructions

1. Cook pasta according to package directions. Drain and set aside.
2. Make the sauce: In a medium saucepan, combine low sodium soy sauce, rice vinegar, and light brown sugar. Add garlic and ginger and bring to a low boil. While the mixture is heating up, whisk together cornstarch and pineapple juice.
3. Once the soy sauce mixture has reached a low boil, whisk in the cornstarch and pineapple juice slurry, then bring it all to a simmer for 5 minutes.
4. While the sauce is simmering, cook the chicken in a large saucepan. Set aside to cool after it has reached 165 degrees and is cooked through.
5. In the same pan, sauté the yellow peppers, white and purple cabbage, bok choy, and pineapple chunks until tender but still crunchy.
6. Dice the cooled chicken and add it back into the pan. Add noodles and sauce and stir over medium heat until everything is warmed through.
7. Add green onion and serve.


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SAUCY LATALIANO VEGGIE PASTA

Knight Madness
St. Mary's Catholic School
Waukesha Catholic School System



This pasta is a mix of Latin and Italian influences. The creamy sauce is filled with chicken and fresh Wisconsin vegetables like corn, tomatoes, peppers and onions. The vegetables and chicken are roasted to perfection, then tossed with pasta and a creamy parmesan sauce.

Ingredients

- ½ tsp granulated garlic
- 1 tsp oregano
- 1 tsp paprika
- ½ tsp ground black pepper
- ¼ tsp cayenne pepper
- 1 tsp salt, divided
- 1 lb chicken breasts, boneless and skinless
- 2 ears fresh corn
- 1 onion
- 2 Roma tomatoes
- 1 orange bell pepper
- 2 Tbsp olive oil, divided
- 1 lb whole grain pasta
- 1 Tbsp butter, unsalted
- 2 c skim milk, divided
- ¼ c flour or Wondra
- ½ c parmesan cheese, shredded
- ½ bunch cilantro, chopped
- ¼ bunch parsley, chopped

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: 1 cup

Instructions

1. Preheat oven to 425 degrees.
2. Mix garlic, oregano, paprika, black pepper, cayenne pepper, and ½ tsp salt together.
3. Trim and dice chicken into bite size pieces.
4. Cut kernels off corn cobs. Dice onions, tomatoes, and bell pepper.
5. Combine vegetables and chicken in a bowl and coat with 1 Tbsp olive oil. Spread on parchment-lined baking sheet and season with about half of the seasoning mix (more or less to taste). Roast for 9-11 minutes or until the internal temperature of chicken is 165 degrees.
6. Boil pasta according to package directions, adding ½ tsp salt to water. Reserve 1 c pasta water.
7. In a Dutch oven, combine butter, 1 Tbsp olive oil, and 1 ½ c milk. Stir until butter is fully melted.
8. In a separate small bowl, whisk together ½ c milk and Wondra until smooth to make a slurry. Add slurry mix to the Dutch oven to create a smooth sauce. Add pasta water as needed to adjust thickness. Stir in the remaining seasoning mix and parmesan cheese.
9. Combine the roasted vegetable/chicken mixture, pasta, cilantro, and parsley into the sauce.

QUALIFYING RECIPES



ALOHA TACOS

Food Side of Tumblr
Plymouth High School
Plymouth School District

A Polynesian-inspired red cabbage slaw taco, with chicken coated in a balsamic vinaigrette.



Ingredients

- 12 oz chicken, precooked, diced
- 1/3 c water
- 4 ½ c red cabbage, shredded
- 1/3 c red onion, diced
- ¾ c green onion, chopped
- ¾ c carrots, shredded
- 1 ¼ c tomato, diced
- 4 Tbsp balsamic vinegar
- 1 ½ Tbsp honey
- 3 Tbsp extra virgin olive oil
- 1 ½ Tbsp lime juice
- 3 Tbsp low-fat sour cream
- 12 whole grain tortillas, 6-inch in size
- 1 lime, sliced, for garnish

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 6 servings
Serving Size: 2 tacos

Instructions

1. Heat chicken and water in a covered pan over medium heat until chicken is heated through.
2. In a large bowl, combine red cabbage, red onions, green onions, carrots, and tomatoes.
3. Drain chicken and add it to the bowl of vegetables.
4. Drizzle vegetable and chicken mixture with balsamic vinegar, honey, olive oil, lime juice and sour cream. Mix gently.
5. In a small frying pan, heat tortillas one at a time until golden on both sides.
6. Remove tortilla from pan and top with ½ c chicken/vegetable mixture.
7. Serve open-faced and garnish with lime wedge.

BIG MAK WITH CHEESE

Big Maks
Plymouth High School
Plymouth School District

A warm, healthy mac and cheese baked with whole grain macaroni noodles, chopped chicken and ham, and crunchy chopped broccoli and peppers.



Ingredients

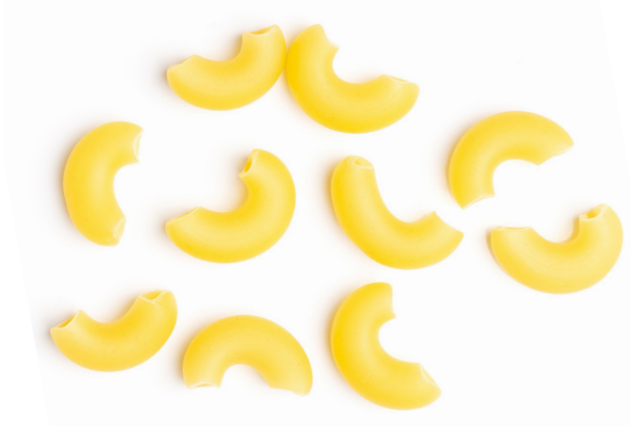
- 4 c whole wheat macaroni
- 1 c skim milk
- ½ c fat-free cheese
- 1 c broccoli, chopped
- 1 c bell pepper, diced
- 1 c onion, diced
- 4 tsp vegetable oil
- ½ tsp black pepper
- ½ tsp oregano
- ½ tsp garlic powder
- ½ tsp crushed chili flakes
- 8 oz chicken, precooked, diced
- 8 oz low-sodium ham steak, diced

Instructions

1. Preheat oven to 375 degrees.
2. Cook pasta according to package directions.
3. In a small saucepan over low heat, add milk and cheese. Heat slowly until cheese is melted, stirring to form a smooth sauce.
4. In a bowl, combine vegetables, oil, black pepper, oregano, garlic powder, and chili flakes.
5. Place noodles in a 9x13 baking dish. Add cheese sauce, vegetable mixture, and meat.
6. Put dish in the oven and bake it for 10-12 minutes or until the noodles on top are crispy.
7. Let cool for 5 minutes before serving.

Preparation Time: 15 minutes
Cooking Time: 30 minutes

Yield: 6 servings
Serving Size: 1 cup



CAJUN HONEY MUSTARD CHICKEN WRAP

Dazzling Dishes
Greenfield Middle School
Greenfield School District

This Cajun Honey Mustard Chicken Wrap is a colorful mix of ingredients and flavors. Spicy seasoned chicken pairs with crisp lettuce, cheddar cheese, and a satisfying corn and black bean mixture that's been marinated in a sweet honey mustard sauce. Wrapped in a soft whole wheat tortilla, it's a deliciously satisfying and nutritious lunchtime experience!



Ingredients

- ¼ c honey
- ¼ c low-fat mayonnaise
- ¼ c Dijon mustard
- 1 Tbsp white vinegar
- ¼ tsp cayenne pepper
- ¾ c canned black beans, rinsed and drained
- ¾ c canned corn, drained
- 6 oz chicken, precooked, diced
- 1 Tbsp Cajun seasoning
- 6 whole wheat tortillas
- 3 c lettuce, shredded
- 1 ½ c cheddar cheese, shredded

Preparation Time: 10 minutes
Cooking Time: 20 minutes

Yield: 6 servings
Serving Size: 1 wrap

Instructions

1. Whisk together honey, mayonnaise, mustard, vinegar, cayenne pepper in a medium bowl. Add black beans and corn, stir, and set aside.
2. Combine chicken and Cajun seasoning in a bowl.
3. Heat oil in a medium pan over medium-high heat. Place seasoned chicken in the hot pan, stirring occasionally until chicken reaches an internal temperature of 165 F.
4. In each tortilla, add 1/8 c chicken, ¼ c corn and beans, ½ c lettuce, and ¼ c cheese. Roll into a wrap and cut in half before serving.

CALDO DE POLLO/MEXICAN CHICKEN SOUP

OHS Fighting Foxes
Omro High School
Omro School District

This comforting and authentic Mexican chicken soup is filled with flavor, using seasoned chicken, fresh vegetables, and Mexican spices.



Ingredients

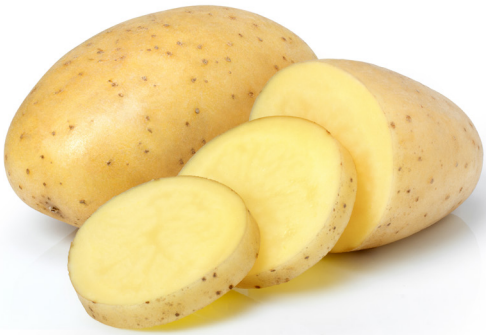
- 2 Tbsp olive oil
- ½ white or yellow onion, diced
- 2 stalks of celery, diced
- 4 large carrots, diced
- 2 tsp garlic, minced
- 8 c low-sodium chicken broth
- 8 oz tomato sauce
- 4 chicken breasts, boneless and skinless
- ½ tsp ground black pepper
- 1 tsp dried Mexican oregano
- ¼ c cilantro, chopped
- 1 c corn
- 2 russet potatoes, diced
- 2 zucchinis, diced
- 3 lime wedges

Instructions

1. Heat oil in a large heavy-bottomed pot over medium heat. Add the onion, celery and carrots. Sauté until the onions start to soften for about 3 minutes. Add the garlic and cook one minute more.
2. Add the broth, tomato sauce, cooked chicken, black pepper, and oregano. Bring to a boil and reduce heat to a simmer. Cover and cook for about 30 minutes.
3. Add cilantro, corn, and potatoes, and cook for 5 minutes. Add the zucchini. Cover and simmer for 10 more minutes.
4. Ladle into bowls and garnish with lime wedges.

Preparation Time: 15 minutes
Cooking Time: 55 minutes

Yield: 6 servings
Serving Size: 1 cup



CHEESY CHICKEN AND BROCCOLI PASTA

JauBrey
Plymouth High School
Plymouth School District



A delicious, comforting dish that combines tender pieces of chicken, vibrant broccoli, and colorful bell peppers, all tossed with pasta and smothered in a creamy cheese sauce.

Ingredients

- 1 lb whole grain penne pasta
- 4 c broccoli florets
- 1 orange bell pepper, julienned
- 3 Tbsp olive oil
- 2 c milk
- 1 Tbsp stone ground mustard
- 1 c parmesan, shredded
- 2 c low-fat, low-sodium mozzarella cheese, shredded
- 8 Tbsp garlic and herb salt-free seasoning
- 2 c chicken breast, precooked, shredded
- ¼ c chives, minced

Preparation Time: 10 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1 cup

Instructions

1. In a large pot, cook pasta according to package directions. When there are 4 minutes of cooking time remaining, add broccoli florets. When pasta is al dente and broccoli is tender, drain water.
2. In a sauté pan, heat olive oil over medium-high heat. Add bell pepper and cook for 4 minutes.
3. In a separate saucepan, add olive oil and milk, and bring to a simmer. Stir in mustard, parmesan, and mozzarella and cook on low heat until cheese is melted.
4. Remove from heat and add seasoning, chicken, peppers, broccoli, and pasta.
5. Evenly distribute to 8 plates and add chives for garnish.

CHICKEN ALFREDO LASAGNA

OHS Culinary Foxes
Omro High School
Omro School District

This classic pasta favorite is filled with flavor. Each cheesy layer is full of chicken and spinach and sure to satisfy.



Ingredients

- 1 lb chicken breast, boneless and skinless
- ½ tsp salt
- ½ tsp ground black pepper
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 Tbsp olive oil
- 10 oz baby spinach
- 1 lb whole grain lasagna noodles
- 16 oz jar alfredo sauce
- 15 oz low-fat ricotta
- 1 ½ c mozzarella cheese, shredded
- ¼ c cheddar cheese, shredded
- ½ tsp Italian seasoning
- ¼ c chives, minced

Preparation Time: 20 minutes
Cooking Time: 1 hour

Yield: 8 servings
Serving Size: 1 piece

Instructions

1. Preheat oven to 350 degrees.
2. Cut chicken breasts lengthwise. Season with salt, pepper, garlic powder, and onion powder.
3. Heat olive oil in a non-stick skillet over medium-high heat. Place chicken in pan and partially cover with lid. Cook for about 6 minutes, flipping halfway through. Once done, shred chicken.
4. Fill a saucepan halfway with water and bring to a boil. Add spinach and reduce heat to medium-high. Cook for about 2 minutes until tender, then drain.
5. Cook pasta according to package directions.
6. In one mixing bowl, combine ¾ of the alfredo sauce and all the shredded chicken.
7. In another mixing bowl, combine spinach and ricotta.
8. In a 9x13 pan, put down a layer of noodles, a layer of spinach/ricotta mixture, a layer of noodles, and a layer of chicken/alfredo mixture. Finish with one more layer of noodles. Cover with the rest of the alfredo sauce, then sprinkle with mozzarella and parmesan cheese.
9. Cover the pan with foil and place in oven. Bake for 35 minutes, then remove foil. Broil for 2-3 minutes.

CHICKEN BACON PESTO-RANCH FLATBREAD

Pesto Pals
Denmark High School
Denmark School District

This flavorful homemade flatbread is coated in a tasty pesto-ranch sauce and topped with tender chicken, crunchy bacon, and colorful vegetables.



Ingredients

- 2 c plain Greek yogurt, non-fat
- 1 c whole wheat flour
- 2 tsp baking powder
- ½ c spinach, chopped
- 2 lb chicken breast, boneless and skinless, diced
- 8 slices turkey bacon, chopped
- ½ c fresh basil
- ½ c buttermilk
- ½ packet low-sodium ranch seasoning
- 8 oz mozzarella cheese, shredded
- 2 c cherry tomatoes, halved
- 1 avocado, diced
- ½ c green onions, chopped
- 1 Tbsp olive oil

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Yield: 8 servings
Serving Size: 1 flatbread

Instructions

1. Preheat a griddle to 350 degrees.
2. In a large bowl, combine the yogurt, flour, baking powder, and spinach. Mix with wooden spoon or hands until dough ball forms. Knead dough until smooth, then divide into 8 evenly sized pieces. Flatten each piece using a rolling pin.
3. Place flatbreads on the griddle and cook until golden brown, flip, and cook until the other side is golden brown. Keep doing this until all 8 flatbreads are cooked.
4. In a sauté pan over medium-high heat, cook chicken until the internal temperature is 165 degrees. Add turkey bacon and cook until heated through.
5. In a blender, combine basil, buttermilk, and ranch seasoning until smooth.
6. Spread sauce onto each flatbread. Top with cheese, chicken, bacon, tomatoes, avocado, and green onion.

CHICKEN BULGOGI

Pasta Pals
Plymouth High School
Plymouth School District

A spinoff of a traditional Korean chicken bulgogi, this dish contains whole grain rotini noodles and a perfect mixture of carrots, broccoli, and onion.



Ingredients

- 1 lb whole grain rotini
- 1 knob fresh ginger
- 10 cloves of garlic
- 6 Tbsp hoisin sauce, divided
- ½ tsp ground black pepper
- 4 Tbsp mirin
- 2 Tbsp sesame oil
- 1 ½ lb chicken breast, boneless and skinless, diced
- 4 Tbsp extra virgin olive oil
- 4 c carrots, shredded
- 4 c broccoli, chopped
- 1 c red onion, diced
- 4 green onions, chopped
- 1 Tbsp sesame seeds

Preparation Time: 40 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1 bowl

Instructions

1. Cook pasta according to package directions. Drain and set aside.
2. Peel ginger and garlic and mince both in a food processor.
3. In a large bowl, combine the garlic/ginger mix, 2 Tbsp hoisin, black pepper, mirin, and sesame oil. Stir. Add chicken and marinate for 15 minutes.
4. Add olive oil to a skillet over medium heat. Cook carrots, broccoli, and onions until the onions start to brown. Add the chicken and remaining hoisin sauce. Continue to cook, stirring occasionally, until chicken reaches internal temperature of 165 degrees.
5. Divide pasta evenly between 8 bowls. Add chicken/vegetable mixture and garnish with green onions and sesame seeds.

CHICKEN MAC

Mac the Rippers
Riverview Middle School
Plymouth School District

This recipe is a creamy, cheesy chicken pasta bake, perfect for a comforting meal. The dish combines cavatappi pasta, tender shredded chicken, flavorful vegetables, and a blend of cheeses, all baked together for a hearty and flavorful experience.

Ingredients

- 2 lb whole grain cavatappi pasta
- 1 orange bell pepper
- ½ yellow onion
- 2 carrots
- 8 oz sharp cheddar cheese, shredded
- 12 oz gouda cheese, shredded
- 2 Tbsp olive oil
- 3 tsp garlic, minced
- 1 lb chicken breast, boneless and skinless
- 2 Tbsp garlic powder, divided
- 1 Tbsp onion powder, divided
- 1 Tbsp black pepper, divided
- 2 Tbsp paprika, divided
- 1 Tbsp Italian seasoning
- 3 ¼ c low-fat milk
- 6 Tbsp unsalted butter
- 6 Tbsp flour
- 8 oz cottage cheese

Preparation Time: 45 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: 1 cup



Instructions

1. Preheat oven to 400 degrees.
2. Cook pasta according to package directions. Reserve ¼ c pasta water.
3. Dice bell peppers, onions, and carrots. In a bowl, mix shredded cheeses together.
4. Heat olive oil in a pan over medium heat. Add minced garlic and cook for 2 minutes. Add diced vegetables and cook until they begin to soften. Remove from pan.
5. Season chicken breast with half of the garlic powder, half of the onion powder, half of the black pepper, half of the paprika, and all the Italian seasoning.
6. In the same pan used to cook the vegetables, cook chicken breast until internal temperature reaches 165 degrees. Remove from heat, cool, and shred.
7. In a blender, puree cooked vegetables, cottage cheese, and ¼ c milk. Blend until smooth. Add remaining seasonings.
8. In a medium saucepan, melt butter. Add flour and whisk until there are no lumps. Whisk in milk and reserved pasta water until smooth. Turn off heat. Add ¾ of the cheese blend. Let cheese melt until smooth.
9. Add vegetable sauce to the cheese sauce and stir until combined.
10. In a large bowl or pot, combine noodles, cheese sauce, and chicken. Pour half into a greased 9x13 pan, add remaining cheese, and then add remaining mixture.
11. Bake for 10 minutes or until bubbly.

CHICKEN ON THE UP SIDE

Quatros
Luck High School
Luck School District

Toasted ciabatta roll with melted mozzarella and drizzled with homemade chipotle sauce. Layered with fresh lettuce and tomatoes and topped with grilled chicken.



Ingredients

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

Preparation Time: 25 minutes
Cooking Time: 15minutes

Yield: 6 servings
Serving Size: ½ sandwich

Instructions

1. Preheat oven to 425 degrees. Slice tomatoes, chop lettuce, and dice chipotle peppers.
2. In a mixing bowl, combine mayonnaise, chipotle peppers, ½ tsp of garlic powder, and lime juice. Stir until well combined.
3. 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.
4. Heat 1 Tbsp olive oil in a pan over medium heat. Cook chicken on each side for 5-8 minutes until internal temperature reaches 165 degrees. Remove from heat.
5. While chicken is cooking, slice ciabatta rolls in half. Lightly coat the cut sides in olive oil then toast in the oven for 5 minutes or until golden brown. Remove from oven and put 1 oz of mozzarella on each sandwich. Put back in oven for 1 minute or until cheese is melted.
6. Assemble sandwiches: Spread sauce on the cut side of each ciabatta half. Layer lettuce, tomato, and chicken, and top with the remaining ciabatta half.
7. Cut diagonally and enjoy!

CHIPOTLE CHICKEN

One Kitchen, One Dream
Horace Mann High School
North Fond du Lac School District

Flavorful chicken is covered with a creamy chipotle sauce and served over a bed of fluffy rice and tasty vegetables.



Ingredients

- 2 c brown rice, dry
- 8 bay leaves
- 4 Tbsp vegetable oil, divided
- 2/3 c onion, diced
- 2 Tbsp minced garlic
- 6 oz cream cheese
- 1 c sour cream
- 4 oz chipotle peppers
- 2 tsp chicken bouillon
- ½ c reduced-fat milk
- 6 chicken breasts, boneless and skinless
- 1 tsp garlic powder
- 2/3 tsp salt
- 2/3 tsp ground black pepper
- 1 c fresh cilantro, chopped
- 1 c frozen corn, thawed
- 1 c frozen peas, thawed

Preparation Time: 40 minutes
Cooking Time: 1 hour

Yield: 6 servings
Serving Size: 1 cup rice, ½ cup chicken

Instructions

1. Cook rice according to package directions, adding bay leaves to water when cooking. When finished cooking, remove bay leaves and set rice aside.
2. In a pan, heat 2 Tbsp vegetable oil over medium heat. Add onion and garlic and sauté until softened.
3. In a blender, combine the sautéed onion and garlic, cream cheese, sour cream, chipotle peppers, chicken bouillon, and milk. Blend until smooth and set aside.
4. Cut chicken into strips and season with garlic powder, salt, and pepper.
5. In a pan, heat 2 Tbsp vegetable oil over medium heat. Add chicken pieces and cook until internal temperature reaches 165 degrees.
6. Add the blended chipotle sauce to the pan with the chicken, cooking for about 5 minutes until the sauce thickens.
7. Add chopped cilantro, corn, and peas to the cooked rice.
8. To serve, place 1 c rice/vegetable mixture and ½ c chicken/sauce mixture in a bowl.

CHIPOTLE CHICKEN AND RICE BOWL

Smashing Red Block
Mukwonago High School
Mukwonago School District

A spicy and flavorful take on a classic dish. Spiced up with jalapenos, chipotle, peppers, and creamy chipotle ranch.



Ingredients

- 1 ½ c brown rice, dry
- 3 Tbsp olive oil
- 1 green bell pepper, diced
- 2 jalapeno peppers, diced
- 4 oz green chili peppers, canned
- 1 c sweet corn
- 1 medium onion, diced
- 1 lb chicken breast, boneless and skinless
- 1 tsp salt
- 1 tsp ground black pepper
- 1 tsp chili powder
- 2 tsp cumin
- 2 tsp tomato sauce
- 1 c canned black beans, drained and rinsed
- ¾ c lite ranch dressing
- 1 tsp chipotle chili pepper seasoning
- 3 c lettuce, shredded
- 1 c grape tomatoes, quartered

Preparation Time: 40 minutes
Cooking Time: 40 minutes

Yield: 6 servings
Serving Size: ½ cup rice, 1 cup chicken/vegetables

Instructions

1. Cook rice according to package directions.
2. In a large pan, heat olive oil over medium heat. Add bell pepper, jalapeno peppers, green chili peppers, corn, and onion and sauté until vegetables are soft. Remove from pan.
3. In the same pan, cook chicken until the internal temperature reaches 165 degrees.
4. Add vegetables back into pan with chicken and season with salt, black pepper, chili powder, and cumin. Add tomato sauce and black beans and simmer for 10 minutes.
5. Combine ranch dressing and chipotle seasoning.
6. To serve, place a portion of rice in a bowl. Top with chicken and vegetable mixture, drizzle with chipotle ranch, and top with lettuce and tomatoes.



CUSTOM RICE BOWLS

Tastebud Titans
New Glarus High School
New Glarus School District

Students will love to create these bowls containing brown rice, chicken, and whichever tasty toppings they desire.

Ingredients

- 2 c brown rice, dry
- 1 ½ lb chicken breast, boneless and skinless, diced
- 7 Tbsp olive oil, divided
- 2 tsp ground paprika
- 2 tsp ground cumin
- 1 tsp ground chili pepper
- 1 tsp salt, divided
- ½ tsp black pepper
- 2 c onion, diced
- 2 Tbsp fresh cilantro, chopped
- 1 tomato, diced
- 8 Tbsp lime juice
- ¼ tsp kosher salt
- 1 Tbsp fresh parsley, chopped
- 1 Tbsp fresh basil, chopped
- 1 Tbsp red wine vinegar
- 2 cloves minced garlic
- 4 bell peppers, sliced
- 2 c cilantro, chopped
- 4 c Romaine lettuce, chopped
- 2 c canned black beans, drained and rinsed
- ½ c sour cream
- 1 c cheddar cheese, shredded



Instructions

1. Cook rice according to package directions.
2. In a bowl, combine chicken, 4 Tbsp olive oil, paprika, cumin, ground chili pepper, ¼ tsp salt, and black pepper. Stir to combine.
3. In a nonstick pan over medium heat, cook chicken for about 8 minutes, stirring occasionally, until internal temperature reaches 165 degrees.
4. In a medium bowl, combine onion, cilantro, tomato, lime juice, and ½ tsp salt to make pico de gallo.
5. In another bowl, combine 3 Tbsp olive oil, parsley, basil, red wine vinegar, ¼ tsp salt, and minced garlic. Add sliced bell peppers and mix to coat thoroughly.
6. In a nonstick pan over medium-high heat, cook peppers until soft, about 5-10 minutes.
7. To serve, set out rice, chicken, pico de gallo, cooked peppers, cilantro, lettuce, black beans, sour cream, and shredded cheese. Students can create their own bowls.

Preparation Time: 10 minutes
Cooking Time: 35 minutes

Yield: 8 servings
Serving Size: 1 bowl

HAWAIIAN CHICKEN

Girly Pops
White Lake High School
White Lake School District

Juicy white chicken, colorful bell peppers, crunchy water chestnuts, and golden pineapple are smothered in sweet and tangy sauce to enhance the tropical flavor of our dish.



Ingredients

- 3 c whole grain Jasmine rice, dry
- 3 Tbsp olive oil, divided
- 1 ½ Tbsp minced garlic
- 5 chicken breasts, boneless and skinless, diced
- 3 bell peppers, diced
- 1 fresh pineapple, diced
- 2 cans water chestnuts
- 1 c pineapple/mango juice
- ½ c orange juice
- ⅓ c low-sodium soy sauce
- ¼ c white wine vinegar
- 3 Tbsp cornstarch
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp pepper
- 1 tsp Lawry's low-sodium seasoned salt
- 1 Tbsp Dijon mustard
- 2 Tbsp brown sugar
- 3 Tbsp butter

Preparation Time: 20 minutes
Cooking Time: 30 minutes

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

Instructions

1. Cook rice according to package directions. Once rice is finished cooking, add butter and stir.
2. In a large skillet, heat 1 Tbsp olive oil. Add minced garlic and cook for 3 minutes.
3. Add chicken and cook for 5 minutes. Add bell peppers, pineapple, and water chestnuts and cook for another 5 minutes or until the internal temperature of chicken reaches 165 degrees and vegetables are softened.
4. In a small saucepan over medium heat, combine pineapple/mango juice, orange juice, soy sauce, white vinegar, and cornstarch. Stir until cornstarch dissolves. Add salt, onion powder, pepper, seasoned salt, mustard, and brown sugar. Continue to heat until everything is dissolved.
5. Add sauce to the skillet with chicken and vegetables. Simmer for about 7 minutes until sauce has thickened slightly.
6. To serve, place ½ c rice in the bottom of a bowl and place ½ c chicken/vegetable mixture on top.

HOLY TRINITY CHICKEN WRAP

SMLM Cooks

St. Mary's Catholic School

Waukesha Catholic School System

Our chicken wrap was inspired by the Holy Trinity of Cajun cooking in Louisiana - onion, celery, and green pepper. With every delicious bite, you will get a perfect mix of chicken, veggies and Cajun spices.

Ingredients

- 1 tsp onion powder
- 2 tsp granulated garlic
- 1 tsp oregano
- 2 tsp paprika
- 1 tsp ground black pepper
- 1 tsp thyme
- ¼ tsp cayenne pepper
- ½ tsp salt
- 3 chicken breasts, boneless and skinless
- 2 celery stalks
- 2 onions
- 2 green bell peppers
- 1Tbsp olive oil
- 8 whole wheat tortillas
- ½ c mozzarella cheese, shredded

Preparation Time: 20 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: 1 wrap



Instructions

1. Make Cajun seasoning mix by combining onion powder, granulated garlic, oregano, paprika, black pepper, thyme, cayenne pepper, and salt.
2. Trim and cut chicken into bite size pieces.
3. Dice celery, onions, and bell peppers.
4. In a large sauté pan, heat olive oil over medium heat, and sauté vegetables for 5 minutes. Add chicken and cook until vegetables are tender and chicken reaches an internal temperature of 165 degrees.
5. In a tortilla, spread 2/3 c chicken/vegetable mixture and top with 1 Tbsp of mozzarella cheese. Fold tortilla over the filling, tuck ends and roll to close.

LOADED CHICKEN FRIED RICE

Double C
Plymouth High School
Plymouth School District

Our dish includes brown rice with stir-fried chicken, scrambled eggs, peas, carrots, and low-sodium soy sauce, cooked to perfection and served on a bed of lettuce.



Ingredients

- 1 ¼ c brown rice, dry
- 2 eggs
- 2 garlic cloves
- 2 green onions
- 12 oz chicken breast, boneless and skinless
- 2 Tbsp vegetable oil
- ¾ c peas, frozen
- ¾ c carrots, frozen
- 2 Tbsp low-sodium soy sauce
- 2 Tbsp hoisin sauce
- 6 Romaine lettuce leaves

Preparation Time: 30 minutes
Cooking Time: 50 minutes

Yield: 6 servings
Serving Size: 2/3 cup

Instructions

1. Cook rice according to package directions.
2. In a small bowl, crack eggs and mix with a fork. Set aside.
3. Mince garlic cloves and thinly slice the green onions. Dice the chicken breast.
4. Pour 2 Tbsp of oil in a large skillet or a wok over medium heat and cook eggs until they are cooked through. Remove eggs from pan.
5. In the same pan, cook chicken until it reaches an internal temperature of 165 degrees. Remove chicken from pan.
6. In the same pan, add minced garlic and cook for 3 minutes. Add peas and cook for 2 minutes, then add onion and carrots and cook for another 2 minutes. Add rice, chicken, eggs, soy sauce, and hoisin sauce, and cook for 2 minutes.
7. Lay a piece of lettuce on a warmed plate and portion 2/3 c fried rice on top of the lettuce leaf to serve.

LOADED CREAMY POTATO SOUP

The Soupineers
Whitewater School
Whitewater Unified School District

This savory loaded potato soup contains blended and chunky bites of potato along with diced carrots, celery, and onion. The soup is served in a homemade bread bowl garnished with freshly fried bacon bits, parsley and shredded cheddar cheese. A little bit of heaven in every bite.

Ingredients

- 8 slices of bacon
- 2 Tbsp olive oil
- 3 celery stalks, diced
- 3 carrots, peeled and diced
- 1 onion, diced
- 4 c vegetable broth
- 4 c chicken broth
- 6 potatoes, peeled and diced
- 2 tsp salt
- 2 tsp ground black pepper
- 2 tsp onion powder
- 2 tsp garlic powder
- 2 tsp adobo all-purpose seasoning
- 2 tsp comino molido seasoning
- 1 Tbsp all-purpose flour
- 1 Tbsp cornstarch
- 1 c reduced-fat milk, divided
- 1 c heavy cream
- 1 tsp parsley, chopped
- 1 c cheddar cheese, shredded



Instructions

1. In a frying pan, cook bacon until crispy. Drain on a paper towel and chop into small pieces. Set aside.
2. In a large stock pot, heat olive oil and cook celery, carrots, and onions until soft. Add chicken broth and vegetable broth. Add potatoes and bring them to a boil. Reduce heat to medium. Season with salt, black pepper, onion powder, garlic powder, adobo seasoning, and comida molida seasoning.
3. In a small bowl, whisk together flour and cornstarch with ¼ c milk. When smooth, add to soup mixture with the remaining milk.
4. Carefully scoop 2 c soup into a blender and process until smooth. Pour back into stock pot. Add heavy cream and continue to heat over medium.
5. Add half of the cooked bacon into the soup and leave the rest for garnishing.
6. Divide soup into bowls and garnish with bacon pieces, parsley, and shredded cheese.

Preparation Time: 25 minutes
Cooking Time: 1 hour

Yield: 12 servings
Serving Size: 1 cup

MEDITERRANEAN PASTA

The Spice Girls
Omro High School
Omro School District

Our delicious Mediterranean Pasta is full of colors, shapes, and sizes appealing to the eye. The sweet potato, zucchini, and turkey perfectly tops and compliments our creamy lemon pasta noodles.



Ingredients

- 4 c sweet potato, cubed
- 4 c zucchini, sliced
- 1 c onion, diced
- 4 Tbsp olive oil, divided
- 1 tsp salt
- 1 tsp ground black pepper
- 1 lb whole grain spaghetti
- 2 lb ground turkey
- 2 tsp minced garlic
- 1 ½ c heavy whipping cream
- 2 Tbsp lemon juice
- 1 c mozzarella cheese, shredded
- 1 tsp parsley flakes

Preparation Time: 15 minutes
Cooking Time: 45 minutes

Yield: 8 servings
Serving Size: 2 cups

Instructions

1. Preheat oven 400 degrees.
2. In a bowl, combine sweet potato, zucchini, and onion. Add 2 Tbsp olive oil and mix until vegetables are coated. Spread evenly onto a baking pan and sprinkle half of the salt and pepper.
3. Bake for 30 minutes, flipping halfway through.
4. While vegetables are roasting, cook pasta according to package directions. Drain pasta and return to pot.
5. In a skillet, heat the remaining olive oil over medium-high heat. Add turkey and minced garlic and cook until browned. Season with the remaining salt and pepper.
6. To the cooked, drained pasta, add heavy whipping cream and lemon juice and stir.
7. Mix together the cooked vegetables and ground turkey, stir in the cheese.
8. To serve, plate noodles and top with mixed vegetables and turkey. Garnish with parsley flakes.

NOODLE NIRVANA

Cheese Weasels
Plymouth School
Plymouth School District

This tasty pasta dish is made with whole wheat noodles, flavorful chicken, bright carrots, and crunchy water chestnuts.



Ingredients

- 1 ½ c whole grain penne pasta
- 12 oz chicken breast, boneless and skinless, diced
- 2 Tbsp salted butter
- 3 cloves minced garlic
- 4 Tbsp whole wheat flour
- 1 ½ c skim milk
- 2 c unsalted chicken broth
- 3 Tbsp low-fat cheddar cheese, shredded
- 1 ½ c water chestnuts
- 3 ½ carrots, diced
- 1 ½ stalk green onion, sliced

Preparation Time: 30 minutes
Cooking Time: 10 minutes

Yield: 6 servings
Serving Size: 1 cup

Instructions

1. Cook pasta according to package directions.
2. In a sauté pan over medium heat, cook chicken until the internal temperature reaches 165 degrees. Set aside.
3. In a large pot over medium heat, melt butter. Add garlic and cook for 1 minute. Add flour and cook for another minute, stirring constantly.
4. Add milk and chicken broth to the mixture, stirring constantly until the sauce boils and thickens.
5. Add cheddar cheese, water chestnuts, and carrots. Continue to stir until cheese has melted and all is combined.
6. Add cooked pasta and chicken to sauce and stir to combine.
7. Garnish with green onions and serve warm.

PARMESAN-CRUSTED PERFECTION

The Parmesan Pros
Plymouth High School
Plymouth School District

This healthier twist on classic chicken parmesan features crispy, whole-wheat breaded chicken, topped with low-sodium marinara and part-skim mozzarella.

Ingredients

- 3 Tbsp olive oil, divided
- 1 lb whole grain penne pasta
- 1 c whole wheat breadcrumbs
- ½ c grated parmesan cheese
- 1 egg
- 1 lb chicken tenderloins
- 2 tsp salt-free garlic and herb seasoning
- ¾ tsp Lawry's seasoned salt
- 2 bell peppers, sliced
- 2 c spinach
- 1 ½ c low-sodium marinara sauce
- 1 c mozzarella cheese, shredded
- ½ c fresh basil, chopped
- 3 c low-sodium chicken broth

Preparation Time: 20 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: ¾ cup



Instructions

1. Preheat oven to 375 degrees. Lightly grease a baking sheet with 1 Tbsp olive oil.
2. Cook pasta according to package directions.
3. In one bowl, combine breadcrumbs and grated parmesan cheese. In another bowl, beat egg until smooth.
4. Season the chicken with garlic and herb seasoning and ¼ tsp of Lawry's seasoned salt.
5. Dip each seasoned chicken tenderloin into the beaten egg and then dredge in the breadcrumb/cheese mixture, pressing gently to coat evenly. Repeat for all chicken tenders.
6. Arrange the breaded chicken tenders on the greased baking sheet. Bake in the oven for 20-25 minutes, or until fully cooked (internal temperature should reach 165 degrees).
7. In a large skillet, heat 2 Tbsp olive oil over medium heat. Add the sliced bell peppers and sauté for 3-4 minutes until slightly tender. Add spinach and cook for an additional 1-2 minutes until wilted. Set aside.
8. On the baking sheet, spoon 2 Tbsp of marinara sauce over each piece of chicken. Sprinkle mozzarella cheese evenly over the chicken. Return to the oven and bake for another 5 minutes, or until the cheese has melted and is bubbly.
9. While the chicken finishes baking, toss the cooked penne pasta with the sautéed bell peppers and spinach. Add extra marinara sauce if desired.
10. Remove chicken from oven and garnish with fresh basil leaves. In a bowl, portion ½ c pasta/vegetable mixture and 1 chicken tenderloin.

PIONEER PERFECTION

Pioneer Perfection
Plymouth School
Plymouth School District

A fresh veggie stir fry with bell peppers, cauliflower, cherry tomatoes, carrots, broccoli, shredded chicken breasts, water chestnuts, and celery, served on a bed of zucchini noodles. Topped with homemade pesto cream sauce and garnished with fresh parmesan and green onion, this dish will hit the spot!

Ingredients

- 2 lb zucchini, spiralized
- 2 Tbsp olive oil, divided
- 1 lb chicken breasts, boneless and skinless, diced
- 12 oz cauliflower, chopped
- 1 small head broccoli, chopped
- 1 small can water chestnuts, chopped
- 3 stalks celery, diced
- 3 bell peppers, diced
- 6 oz pesto cream
- 2 Tbsp salt-free garlic and herb seasoning
- 1 c shredded carrots
- 1 pint cherry tomatoes, quartered
- 1 container parmesan cheese, shredded
- 3 stalks green onion, sliced

Preparation Time: 30 minutes
Cooking Time: 30 minutes

Yield: 8 servings
Serving Size: ½ cup zucchini noodles, ½ cup vegetables, ½ cup chicken



Instructions

1. Bring a pot of water to a boil and cook spiralized zucchini until tender. Drain and set aside.
2. In a frying pan, heat 1 Tbsp olive oil and cook chicken until the internal temperature reaches 165 degrees. Remove chicken from pan.
3. In the same pan, heat 1 Tbsp olive oil and cook cauliflower, broccoli, water chestnuts, celery, bell peppers, and pesto cream. Add garlic and herb seasoning. Cook until tender but still somewhat crispy.
4. To serve, place zucchini noodles into a bowl. Top with seasoned vegetable mixture, cooked chicken, shredded carrots, and cherry tomatoes. Garnish with parmesan cheese and green onion.

SPICY CHICKEN TACO

The Cheese Wizards
Plymouth School
Plymouth School District

A delicious, flavorful taco that features tender, seasoned chicken wrapped in a soft whole grain tortilla shell. The chicken is coated with a blend of cumin, chili powder, paprika, and cilantro, giving it a spicy and savory taste.



Ingredients

- 2/3 tsp cumin
- 2/3 tsp paprika
- 2/3 tsp dried cilantro
- 2 tsp chili powder
- ¼ tsp cayenne pepper
- 1 Tbsp olive oil
- 1 lb chicken breast, boneless and skinless, diced
- 8 whole wheat tortillas, 6-inch in size
- 1 c fat-free mozzarella cheese, shredded
- 1 c tomato, diced
- 1 c lettuce, shredded
- 1 c spinach, chopped
- 1 c canned black beans, drained and rinsed

Preparation Time: 35 minutes
Cooking Time: 15 minutes

Yield: 8 servings
Serving Size: 1 taco

Instructions

1. In a medium bowl, combine cumin, paprika, cilantro, chili powder, and cayenne pepper. Add diced chicken and toss until well coated.
2. In a pan, heat olive oil. Add chicken and cook, stirring often, until internal temperature reaches 165 degrees.
3. Evenly distribute the cooked chicken, cheese, tomato, lettuce, and black beans among each tortilla. Fold tortilla in half and set on a lined baking sheet. Broil for about 5 minutes or until tortillas are crunchy. Remove from oven and serve.

SWEET AND SPICY STIR FRY

Stirring Up the Competition
Horace Mann High School
North Fond du Lac School District



Picture fresh, crisp vegetables—bright bell peppers, tender broccoli, and crunchy carrots—seared to perfection with juicy, golden-brown chicken. The ingredients are tossed together in a luscious, savory sauce that sizzles as it coats each piece, offering a perfect balance of sweetness and spice with every bite.

Ingredients

- 1 Tbsp cornstarch
- 2 Tbsp cold water
- 1 c low-sodium chicken broth
- 4 Tbsp low-sodium soy sauce
- ½ c honey
- 1 Tbsp toasted sesame oil
- 4 Tbsp olive oil, divided
- 2 lb chicken breast, boneless and skinless, diced
- 2 tsp red pepper flakes
- 2 tsp ground black pepper
- 1 c carrots, diced
- 8 c broccoli, chopped
- 1 ½ c red bell pepper, diced
- 1 Tbsp green onion, sliced

Instructions

1. In a medium bowl, whisk together cornstarch and water. Add chicken broth, soy sauce, honey, and toasted sesame oil. Whisk to combine and set aside.
2. Season chicken with red pepper flakes and ground black pepper.
3. In a large skillet, heat 1 Tbsp olive oil over medium-high heat. Add chicken and cook for about 5 minutes, until internal temperature reaches 165 degrees.
4. Pour a small amount of the sauce into the skillet, stir, then transfer the chicken to a separate bowl.
5. In the same skillet, sauté the carrots briefly, then add the broccoli, bell pepper, and green onion.
6. Return the chicken to the skillet and stir to combine.
7. Whisk the remaining sauce, pour it over the chicken and vegetables, and mix gently. Serve immediately.

Preparation Time: 35 minutes
Cooking Time: 20 minutes

Yield: 8 servings
Serving Size: 1 cup

SWEET N SAVORY CHICKEN POKE BOWL

Food Baddies
Plymouth High School
Plymouth School District

A sweet and savory bowl made with chicken, rice, broccoli, peppers, and carrots and many delicious spices. Tossed in a homemade sauce and plated for perfection!



Ingredients

- 2 ½ c brown rice, dry
- 1 lb chicken breast, boneless and skinless
- ¾ tsp ground black pepper
- 1 ½ tsp chili powder
- 1 ½ tsp smoked paprika
- 1 ½ tsp onion powder
- 1 lb broccoli
- 2 bell peppers (red and yellow)
- 3 Tbsp olive oil
- 1 ½ c cold water
- ½ c honey
- 1/3 c low-sodium soy sauce
- ¾ tsp ground ginger
- ¾ tsp garlic powder
- ½ Tbsp brown sugar
- 1 ½ Tbsp cornstarch
- 6 oz carrots, julienned

Preparation Time: 20 minutes
Cooking Time: 25 minutes

Yield: 6 servings
Serving Size: ½ cup rice, ¼ cup chicken, ½ cup vegetables

Instructions

1. Cook the brown rice according to package directions.
2. Dice chicken and season with half of the black pepper, chili powder, smoked paprika, and onion powder.
3. In a medium frying pan, heat 1 Tbsp olive oil. Add chicken and cook until the internal temperature reaches 165 degrees. Remove chicken from pan.
4. Finely chop broccoli and peppers. Steam on stovetop until fork tender. Add 2 Tbsp olive oil and the remaining seasoning.
5. In the same pan used to cook the chicken, combine water and honey over medium heat. Cook until fully mixed. Add soy sauce, ground ginger, garlic powder, and brown sugar to mixture. As it is cooking, add cornstarch slowly and whisk until it's thickened.
6. To serve, portion rice, chicken, vegetables, and sauce in each bowl. Garnish with julienned carrots.
7. Serve and enjoy!

TERIYAKI CHICKEN BOWL

Beauty and a Feast
Plymouth High School
Plymouth School District

A colorful teriyaki chicken bowl composed of juicy chicken, red bell pepper, crunchy carrots, vibrant red cabbage and lush broccoli over brown rice and topped with a homemade, flavorful Asian-style sauce.



Ingredients

- 3 c brown rice, dry
- 6 Tbsp olive oil, divided
- 1 lb chicken breast, boneless and skinless, diced
- 3 Tbsp brown sugar
- 3 Tbsp cornstarch
- 3 tsp fresh ginger, minced
- ½ c mirin
- ¼ c low-sodium soy sauce
- ½ c cooking sake
- ½ large red bell pepper, sliced
- 3 c broccoli florets
- 1 c red cabbage, shredded
- ½ large carrot, shredded
- 2 Tbsp white and black sesame seeds
- 1 c green onion, sliced

Preparation Time: 30 minutes
Cooking Time: 15 minutes

Yield: 6 servings
Serving Size: ½ cup rice, ¼ cup chicken, ½ cup vegetables

Instructions

1. Cook rice according to package directions.
2. In a skillet, heat 3 Tbsp olive oil over medium heat. Cook chicken until it is browned and reaches an internal temperature of 165 degrees.
3. In a bowl, combine brown sugar, corn starch, ginger, mirin, soy sauce, and sake to make teriyaki sauce. Once the chicken is cooked, add half of the teriyaki sauce to the pan with the chicken and allow it to cook for about 2 minutes. Remove chicken and sauce from pan and set aside.
4. In the skillet, heat 3 Tbsp olive oil over medium heat. Cook peppers and broccoli into the pan and cook until browned.
5. In each bowl, place rice, chicken, sauteed vegetables, shredded cabbage, and shredded carrots. Top with remaining teriyaki sauce, green onions, and sesame seeds.

THE LOADED BLISS

The JAG Trio
Plymouth High School
Plymouth School District

This bowl features a layer of mashed potatoes topped with corn, carrots, diced chicken, and a drizzle of warm, savory gravy. This tasty dish offers a delicious combination of flavors and textures.

Ingredients

- 1 ½ lb potatoes
- 2 tsp garlic powder, divided
- 2 ½ Tbsp unsalted butter, divided
- ½ c skim milk
- 3 c low-sodium chicken broth
- 1 ½ tsp onion powder
- ½ c cold water
- 4 Tbsp cornstarch
- 1 lb + 4 oz chicken breast, boneless and skinless, diced
- 1 lb carrot, diced
- 1 lb corn
- 8 oz fat-free cheddar cheese, shredded
- 1 c green onion, sliced

Preparation Time: 20 minutes
Cooking Time: 1 hour

Yield: 8 servings
Serving Size: ½ cup potatoes, ¼ cup chicken, ½ cup vegetables



Instructions

1. Bring a large pot of water to boil. Peel potatoes and cut in half. Put potatoes in pot and bring to a boil until fork tender. Drain and return potatoes to pot. Mash potatoes and stir in half of the garlic powder, 1 ½ Tbsp butter, and milk.
2. In a small pot over medium heat, add chicken broth, onion powder, and remaining garlic powder and bring to boil. Turn off heat and set aside.
3. In a small bowl whisk together water and cornstarch until dissolved.
4. In a pan, melt ½ Tbsp butter over medium heat. Add diced chicken and the remaining garlic powder. Cook until chicken reaches an internal temperature of 165 degrees. Remove from pan.
5. In the same pan, melt ½ Tbsp butter over medium heat. Add carrots and cook for about 5 minutes. Add corn and cook for an additional 2 minutes.
6. Retrieve 8 bowls for serving. In each bowl, place mashed potatoes, gravy, cooked vegetables, and some of the cheese. Then add chicken and the rest of the cheese, and garnish with green onion.

WARM CAPRESE PASTA SALAD WITH CHICKEN

Ginger Jackets
Plymouth High School
Plymouth School District

A dish as flavorful as it is colorful, this pasta dish is the perfect combination of various vegetables, chicken, and rotini cooked to perfection, and topped with the finest cheese.



Ingredients

- 1 ½ c whole grain rotini
- 3 Tbsp olive oil
- 12 oz chicken breasts, boneless and skinless, diced
- 1 ½ c shallot, diced
- 3 garlic cloves, minced
- 1 ½ c carrots, diced
- 1 ½ c broccoli, chopped
- 3 c purple potatoes, diced
- 2 Tbsp sodium-free garlic and herb seasoning
- 1 ½ c shredded mozzarella cheese
- 4 basil leaves, shredded

Preparation Time: 10 minutes
Cooking Time: 50 minutes

Yield: 6 servings
Serving Size: 1 cup

Instructions

1. Cook pasta according to package directions.
2. In a large skillet, heat olive oil over medium heat. Add chicken and cook for 5 minutes. Add shallot, garlic, carrots, broccoli, and potatoes. Cook for about 5 more minutes or until the chicken starts to turn a very light golden brown and internal temperature is 165 degrees.
3. In a large serving bowl, combine pasta and chicken/vegetable mixture. Add garlic and herb seasoning and mozzarella cheese. Garnish with basil.



WISCONSIN DEPARTMENT OF
Public Instruction
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