

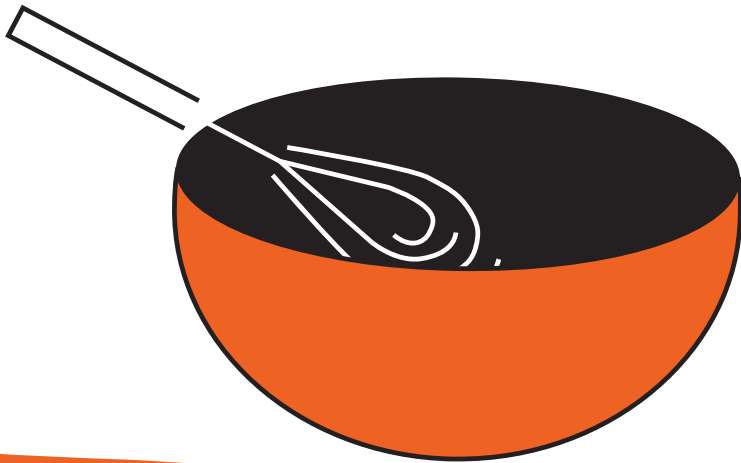


WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2020

COOKBOOK



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



WHIPPING UP WELLNESS

Wisconsin Student Chef Competition

2020 Cookbook

Developed by

Alicia Dill, RDN, CD
Nutrition Education Consultant

and

Kelly Williams, 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>

Revised August 2021

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

The Wisconsin Department of Public Instruction does not discriminate on the basis of sex, race, color, religion, creed, age, national origin, ancestry, pregnancy, marital status or parental status, sexual orientation, or ability and provides equal access to the Boy Scouts of America and other designated youth groups.

USDA Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Table of Contents

Acknowledgements.....	2
Introduction.....	3

FINALISTS

Chicken Fajita Bowl.....	4
Harvest Rice Bowl.....	5
One Pot Chicken Pasta.....	6
Spaghetti Remix.....	7
Upside Down Shepherd's Pie.....	8

QUALIFYING RECIPES

Avocado Egg Toast.....	11
Cheeseburger Butterburger.....	12
Chicken Chickpea Pita.....	13
Chicken Dumpling Soup.....	14
Chicken Quesadillas.....	15
Chicken Ranch Mac and Cheese.....	16
Chipotle Chicken Crunch Wrap.....	17
Chocolate Sweet Potato Chili.....	18
Egg Roll Unstuffed.....	19
Fish Tacos.....	20
Full Course Baked Mac and Cheese.....	21
Guac N Tac "o".....	22
Gyro Burgers.....	23
Hummus Bowl.....	24
Lemon Chicken Fried Rice.....	25
Loaded Potato Stir Fry.....	26
Pesto Chicken with Asparagus.....	27
Radical Ratatouille.....	28
Ratatouille.....	29
Rice Bowl.....	30
Savory Chicken Apple Salad.....	31
Southwestern Buffalo Chicken Quesadilla.....	32
Sunburst Greek Chicken Wrap.....	33
Supreme Salmon Platter.....	34
Sweet Potato Chickpea Curry.....	35
Taco Spaghetti Cups.....	36
Turkey Meatballs with Cheesy Cauliflower.....	37
Whole Wheat Spinach Mac and Cheese with Broiled Tomatoes.....	38
Zesty Pesto Rotini.....	39

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

Teacher Advisors for Student Chef Teams

Kelly Abel, Kaleidoscope Academy (Appleton Area School District)

Erin Ballone, Algoma High School (Algoma School District)

Jamie Buechel, Howards Grove High School (Howards Grove School District)

LaRon Buettner, Menominee Indian Middle School (Menominee Indian School District)

Veronica Campbell, Clintonville High School (Clintonville Public Schools)

Victoria Colle, Indian Mound Middle School (McFarland School District)

Ryan Demers, Pewaukee High School (Pewaukee Area School District)

Aleah Friemark, New London Middle School (New London School District)

Renee Gavinski, Luck High School (Luck School District)

Karen Halperin, Hamilton High School (Milwaukee Public Schools)

Gale Litt, Plymouth High School (Plymouth School District)

Beth Malik, Stevens Point Christian Academy

Julie Martin, New Glarus High School (New Glarus School District)

Tia Mohacsi, Longfellow Middle School (Wauwatosa School District)

Cindy Morse, Omro High School (School District of Omro)

Christine Novak, Divine Savior Catholic School

Allison Solum, Tomahawk High School (School District of Tomahawk)

Jamie Stepan, Horace Mann Middle School (Wausau School District)

Brenda Stielow, Grafton High School (Grafton School District)

Heather Stinson, Kaleidoscope Academy (Appleton Area School District)

John Swanson, Southern Door High School (Southern Door School District)

Sarah Wellens, Green Bay East High School (Green Bay Area Public Schools)

Cyndi Williams, Mount Horeb High School (Mount Horeb School District)

Introduction

For the eighth consecutive year, student teams across the state worked together to develop and cook nutritious recipes that could easily be incorporated into the school food service program and at home. The 2020 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 was limited to a Recipe Contest. Due to the COVID-19 public health crisis, the accompanying Student Chef Cook-off was not hosted.

Seventy-two teams submitted recipes for consideration. Recipes were scored based on their nutritional analysis, recipe creativity and originality, student acceptance, and school meal menu appeal. The top five teams from the Recipe Contest were selected as finalists. Congratulations to the following teams!

- **Daddy Bears**, *Horace Mann Middle School*, Wausau School District
- **Lady T-Birds**, *Menominee Indian Middle School*, Menominee Indian School District
- **Rice Rice Baby**, *Grafton High School*, Grafton School District
- **The Roaring Chefs**, *Howards Grove High School*, Howards Grove School District
- **Team 1**, *Green Bay East High School*, Green Bay Area Public School District

The Wisconsin Student Chef Competition was made possible through the 2017 Team Nutrition Training Grant. Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the nation's schoolchildren. This plan involves schools, parents, and the community in efforts to continuously improve school meals and to promote the health and education of schoolchildren. 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 and are presented as they were submitted from the student teams. For more information about the Wisconsin Student Chef Competition please visit dpi.wi.gov/team-nutrition/whipping-up-wellness.

CHICKEN FAJITA BOWL

Team 1

Green Bay East High School

Green Bay Area Public Schools

Spicy, sweet, healthy chicken fajita bowl. Add or subtract toppings to fit student needs and allergies. Chicken is marinated and cooked in mango sauce to perfection and put on a bed of whole grain rice. Add toppings to round out the bowl.



Ingredients

4 chicken breasts, boneless and skinless

1 tsp Southwest chipotle seasoning

½ tsp garlic powder

½ tsp onion powder

1 avocado

1 lime

1 red bell pepper

1 green bell pepper

1 mango

1 c brown sugar

1 onion

3 c brown rice

1 tomato

1 jalapeno

½ c Mexican cheese

Instructions

1. Combine Southwest chipotle seasoning, garlic powder, brown sugar, onion powder, and mango into blender. Blend until smooth and place into bowl.
2. Cut chicken breasts into strips.
3. Place chicken strips in mango sauce and marinate in fridge for 10 minutes.
4. While chicken is marinating, cook the rice according to package instructions.
5. Cut the peppers into strips and dice onion.
6. In a skillet, sauté the peppers and onions over medium heat until tender.
7. In another skillet over medium heat, cook chicken in mango sauce until it reaches 165 degrees.
8. Dice tomato, avocado, jalapeno for toppings.
9. Plate rice and top with peppers and chicken. Add tomato, avocado, and jalapeno as desired.

Prep Time: 30 minutes

Cooking Time: 20 minutes

Yield: 6 bowls

Serving Size: 1 bowl = 2 cups



HARVEST RICE BOWL

Rice Rice Baby

Grafton High School

Grafton School District

The signature rice bowl is served in a hearty portion of veggies sautéed to perfection in olive oil. Some veggies include crisp carrots, tender broccoli, sweet potatoes, and purple cabbage laid over a bed of rice garnished with green onions, served with a savory Italian sauce.



Ingredients

- 2 c long grain brown rice
- 2 c sweet potatoes, diced
- 1 c carrots, julienned
- 2 c broccoli, chopped
- 1 c zucchini, diced
- 1 c red bell pepper, diced
- 1½ c purple cabbage, shredded
- 15 oz can black beans, drained and rinsed
- 15 oz can garbanzo beans, drained and rinsed
- ⅓ c chives, chopped
- 2 tsp salt
- 1 tsp garlic powder
- ¾ c red wine vinegar
- 2 Tbsp fresh parsley, chopped
- 1 tsp dried oregano
- 1 c olive oil
- 1 head garlic
- 3 Tbsp Parmesan cheese, grated
- 2 Tbsp red onion, minced
- 1 Tbsp white sugar

Prep Time: 30 minutes

Cooking Time: 30 minutes

Yield: 8 bowls

Serving Size: 1 bowl

Instructions

1. Place rice and 4 c of water into a pot. Bring to boil, cover, and reduce to simmer for 20 minutes. Remove from heat and let sit for 15 minutes, then fluff with fork.
2. In a skillet, heat 2 Tbsp olive oil over medium heat and sauté sweet potatoes until tender.
3. In another skillet, heat 2 Tbsp olive oil over medium heat. Add carrots, broccoli, peppers, and zucchini. Season with ½ tsp of salt and garlic powder. Sauté until tender.
4. Place red cabbage into a bowl and season with 1 Tbsp sugar, ½ c red wine vinegar, ½ c water, and 1 tsp salt. Allow to sit for a minimum of 20 minutes.
5. Microwave the beans in a separate bowl for 1 minute.
6. Combine the rice, beans, and vegetables in a bowl, top with Italian dressing (recipe below). Serve immediately.

Italian Dressing

1. Preheat oven to 400 degrees.
2. Slice off top of garlic and drizzle with ¼ cup olive oil. Wrap in aluminum foil and roast for 15 minutes. Allow to cool, then squeeze the heads out of the skin.
3. Mash parsley, oregano, roasted garlic, and ½ tsp salt to form a paste.
4. Soak 2 Tbsp of red onion in cold water for 15 minutes, then drain.
5. To a bowl add 2 Tbsp red wine vinegar, red onion, and garlic/herb paste. Gradually whisk in ½ c olive oil and Parmesan cheese.



ONE POT CHICKEN PASTA

Daddy Bears

Horace Mann Middle School

Wausau School District

Whole wheat penne pasta layered with chicken breast, creamy tomato sauce, Parmesan cheese, and spinach.



Ingredients

1 lb whole wheat penne pasta

2 chicken breast, boneless and skinless

3 Tbsp olive oil

1 tsp garlic powder

¼ Tbsp salt

¼ Tbsp pepper

1 onion, finely chopped

2 garlic cloves, minced

12 oz tomato puree

2 tomatoes, blanched and peeled

1 Tbsp dried basil

⅓ c milk

2 Tbsp sugar

4 c spinach

1 c Parmesan cheese, shredded

Instructions

1. Add pasta to pot. Cook until al dente and drain.
2. Season chicken with garlic powder, salt, and pepper.
3. In a large skillet, heat 2 Tbsp olive oil over medium heat. Add chicken and cook chicken until it reaches 165 degrees. Remove chicken from pan and shred.
4. In a large pot, heat 1 Tbsp olive oil over medium heat. Add onion and garlic. Sauté until soft. Add tomato puree and peeled tomato, 1½ c water and basil. Stir in milk and sugar, then bring to a boil. Reduce to simmer.
5. Add pasta, spinach, and chicken to the large pot. Cook for 10-15 minutes on low heat, stirring continuously.
6. Remove from heat and sprinkle on Parmesan cheese.



Prep Time: 15 minutes

Cooking Time: 40 minutes

Yield: 6

Serving Size: 1½ cups



SPAGHETTI REMIX

Lady T-Birds

Menominee Indian Middle School
Menominee Indian School District

Spaghetti remix is a savory twist on a classic dish. Sparkling strands of spaghetti squash form the base of the plate. Perched in the center, turkey meatballs are packed with tiny vegetable textures, adding a colorful surprise. To finish it off, this appetizing entrée is drizzled with a sensational sauce.



Ingredients

- 1 spaghetti squash
- 1 Tbsp olive oil
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 1 lb ground turkey
- 1 egg
- $\frac{1}{2}$ c bread crumbs
- $\frac{1}{2}$ c carrot, finely diced
- $\frac{1}{2}$ c zucchini, finely diced
- $\frac{1}{2}$ c onion, finely diced
- $\frac{1}{2}$ tsp dried parsley
- $\frac{1}{4}$ tsp dried oregano
- $\frac{1}{4}$ tsp dried thyme
- $\frac{1}{2}$ tsp fresh basil, chopped
- 28 oz can whole peeled tomatoes
- $\frac{1}{2}$ c water
- 3 tsp brown sugar
- 3 tsp garlic, minced
- $\frac{1}{2}$ tsp crushed red pepper flakes

Prep Time: 30 minutes

Cooking Time: 30 minutes

Yield: 6

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

Instructions

1. Preheat oven to 400 degrees.
2. Slice ends off the spaghetti squash. Slice the squash into 1 inch rings. Remove seeds from each ring.
3. Place the rings on a foil lined baking sheet and brush with $\frac{1}{2}$ Tbsp olive oil. Sprinkle with $\frac{1}{4}$ tsp salt and $\frac{1}{4}$ tsp pepper. Bake for 35-45 minutes or until tender.
4. In a mixing bowl, combine turkey, egg, bread crumbs, carrot, zucchini, onion, $\frac{1}{4}$ tsp salt, $\frac{1}{4}$ tsp black pepper, dried parsley, dried oregano, dried thyme, basil, and mix by hand.
5. Scoop meatballs with a 2 oz. disher (about 18 meatballs). After the meatballs are portioned, roll them with hands to make round balls.
6. In a large skillet over medium heat, place the meatballs into the skillet and fry, turning often until the internal temperature reaches 165 degrees.
7. Place the tomatoes into a mixing bowl and crush by hand into small pieces. Add $\frac{1}{2}$ cup water to the tomatoes.
8. In a large saucepan, sauté minced garlic in $\frac{1}{2}$ Tbsp olive oil for about 2 minutes. Add the red pepper flakes and stir for about 15 seconds.
9. Add the tomatoes, water, and brown sugar to the saucepan. Bring to a boil and then reduce to a simmer for 20 minutes.
10. To serve, place a ring of squash on a plate, add 3 meatballs to the center of the squash and cover with tomato sauce.



UPSIDE DOWN SHEPHERD'S PIE

The Roaring Chef

Howards Grove High School

Howards Grove School District



This flavorful dish begins with a layer of garlic mashed potatoes, topped with ground turkey and hearty vegetables in a light gravy.

Ingredients

- 3 lbs potatoes, cubed
- ½ c reduced-fat milk
- 2 Tbsp butter, unsalted
- 1 Tbsp canola oil
- 12 oz ground turkey
- 1 onion, finely chopped
- 1 celery stalk, diagonal slice
- 3 garlic cloves, minced
- 2 Tbsp whole wheat flour
- 2 c vegetable broth
- ½ c cauliflower florets
- ½ c carrots, sliced
- ½ c frozen corn
- ½ c frozen green beans
- ¼ c frozen peas
- 2 Tbsp tomato paste
- 1 tsp onion powder
- ½ tsp garlic powder
- ½ tsp kosher salt
- 2 Tbsp fresh parsley, chopped

Instructions

1. Place potatoes into a pot with just enough water to cover. Boil over medium high heat until soft. Drain potatoes. Mash and add milk, butter, and 1 minced garlic clove.
2. In large skillet, add oil and cook ground turkey over medium heat until browned. Add onions, celery and remaining garlic. Cook for an additional 3-5 minutes.
3. Sprinkle with flour and cook for 2 minutes. Slowly add vegetable broth.
4. Add cauliflower, carrots, corn, green beans, and peas to pot. Cook an additional 5-7 minutes.
5. Stir in tomato paste, onion powder, garlic powder, and salt. Simmer until thickened.
6. Pipe mashed potatoes onto plate and top with turkey and vegetable mixture.
7. Top with fresh parsley.

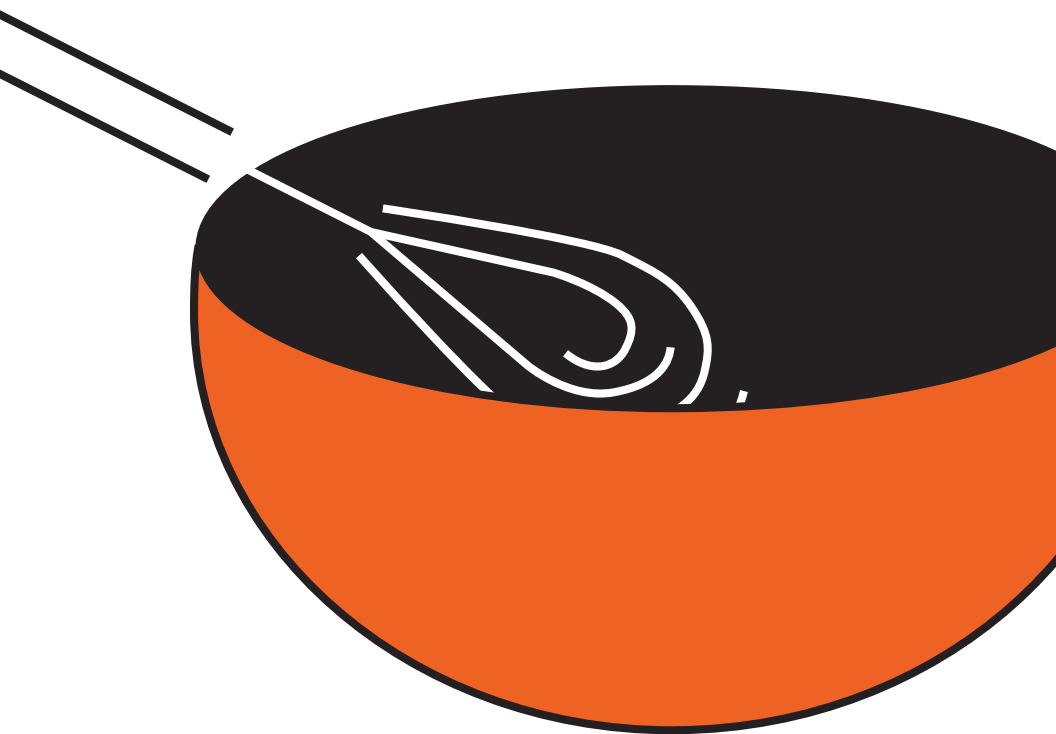


Prep Time: 20 minutes
Cooking Time: 25 minutes

Yield: 6
Serving Size: 1 cup



QUALIFYING RECIPES



AVOCADO EGG TOAST

The 3 Avocados

New Glarus High School

New Glarus School District

Enjoy a creamy savory avocado spread with a hint of sweet pineapple juice on whole wheat lightly toasted bread with a perfectly cooked fried egg and seasoned with basil.



Ingredients

6 slices whole wheat bread

6 large eggs

3 avocados

$\frac{1}{8}$ tsp salt

$\frac{1}{8}$ tsp pepper

$\frac{1}{8}$ tsp fresh basil, chopped

1 Tbsp pineapple juice

2 Tbsp butter

Instructions

1. Cut avocados in half and remove pit. Smash avocados with a fork.
2. Add pineapple juice to avocado. Mix and set aside.
3. In a skillet, add butter. Once melted, crack one large egg and cook over medium. Add salt and pepper for seasoning.
4. While egg is cooking, toast one slice of bread.
5. Spread mashed avocado evenly over the toast and top with fried egg.
6. Repeat until all eggs are cooked.
7. Sprinkle each piece of toast with basil.

Prep Time: 15 minutes

Cooking Time: 10 minutes

Yield: 6

Serving Size: 1 slice of toast with avocado with egg

CHEESEBURGER BUTTERBURGER

Cheeseburger Butterburger
Mount Horeb High School
Mount Horeb School District



If you love cheeseburgers, you'll love our delicious cheeseburger casserole. Loaded with cheese, beef, tomatoes, and whole wheat noodles, this dish is sure to please your palate.

Ingredients

- 2 c rotelle pasta
- 1 lb ground beef
- 1 c onion, chopped
- 3 garlic cloves, minced
- 2 Tbsp tomato paste
- 28 oz can diced tomatoes
- 2 tsp oil
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ tsp black pepper
- 2 Tbsp Dijon mustard
- 2 c cheddar cheese, reduced-fat
- $\frac{1}{4}$ c dill pickles, chopped

Instructions

1. Preheat oven to 350 degrees.
2. Bring pot of water to boil. Add pasta, cook until al dente, and drain.
3. In a large skillet, heat the oil over medium-low heat and add onions. Cook until lightly golden and soft, about 5 minutes.
4. Stir in garlic and cook for 30 seconds.
5. Add beef, salt, and pepper to skillet. Cook until browned and drain.
6. Stir in the tomato paste, diced tomatoes, and mustard. Allow to cook for about 5 minutes.
7. Add pasta to beef mixture and then spread into 9x13 inch pan.
8. Top with cheddar cheese.
9. Bake for 10-12 minutes until cheese melts.
10. Sprinkle with pickles and serve.

Prep Time: 30 minutes

Cooking Time: 15 minutes

Yield: 12 pieces

Serving Size: 1 piece

CHICKEN CHICKPEA PITA

The Plymouth Chickpeas Plymouth Comprehensive High School Plymouth School District

The crunch of the roasted chickpeas and the spicy chipotle ranch makes for a palate pleasing dish. Many delicious vegetables such as carrots, peppers, cabbage, and lettuce are added to give a colorful and flavorful look to our dish. A sprinkle of cheese on top is added to make the dish even more appealing.



Ingredients

- ½ c low sodium canned chickpeas, rinsed
- 1 Tbsp lime juice
- ½ c purple cabbage, thinly sliced
- ½ tsp dried mango, crushed, divided
- 1 tsp garam masala, divided
- 3 whole pita bread
- 2 c iceberg lettuce, shredded
- 2 Tbsp red bell pepper, thinly sliced
- ¼ c carrots, diced
- 2 Tbsp yellow bell pepper, thinly sliced
- 2 tsp olive oil
- ½ tsp dried mint leaves
- ½ tsp garlic powder
- ½ tsp red chili powder
- 1 c chicken, shredded
- ½ c cheddar cheese, shredded
- ½ c chipotle ranch dressing

Instructions

1. Preheat oven to 400 degrees.
2. Line baking sheet with paper towels. Place chickpeas on top of paper towel. With another piece of paper towel, pat them dry. Remove chickpeas from the paper towel and place in a bowl.
3. Coat chickpeas with olive oil.
4. Mix red chili powder, garlic powder, dried mint leaves, ½ tsp garam masala, and ¼ tsp crushed dried mango. Sprinkle over chickpeas and mix.
5. Spray sheet pan with cooking spray and place chickpeas onto sheet pan. Roast chickpeas for 30 minutes. Remove from oven and let cool.
6. Cut pita bread in half and open to create a pocket. Place on a sheet pan and toast for 4 minutes.
7. Combine all vegetables in a bowl. Add lime juice, ½ tsp garam masala, ¼ tsp crushed dried mango. Mix together.
8. Mix the shredded chicken with the vegetable mixture.
9. Place 1 Tbsp of chipotle ranch inside the pita bread.
10. Sprinkle some cheddar cheese on top of the sauce.
11. Place some of the roasted chickpeas on the bottom.
12. Take some of the vegetable mixture and place on the pita bread.
13. Sprinkle a few extra chickpeas on top as garnish.

Prep Time: 45 minutes

Cooking Time: 35-45 minutes

Yield: 6

Serving Size: ½ pita

CHICKEN DUMPLING SOUP

Knights

Divine Savior Catholic School



Creamy soup with delicious dumplings and a variety of healthy vegetables with a delightful sprinkle of herbs.

Ingredients

- 3 chicken leg quarters
- 1 garlic clove
- 1¼ c carrots, diced
- 1 c celery, diced
- ½ c mushrooms, chopped
- 1 c onions, diced
- ¼ c milk
- 2½ Tbsp chicken base
- 12 oz can evaporated milk
- ¼ c fresh parsley, chopped
- 2 tsp Lawry's Seasoned Salt
- 1 tsp turmeric
- 12 oz bottle herb and garlic marinade
- 1 c whole wheat flour
- ¼ tsp salt
- 1½ tsp Italian seasoning
- 2 tsp dried oregano
- 1 oz chicken gravy mix
- 2 large eggs

Instructions

1. Rub ⅓ tsp of Lawry's Seasoned Salt under the skin of each leg quarter and place them in a gallon size bag. (Two in each bag.) Add half a bottle of marinade to each bag and let sit a few hours or overnight.
2. Preheat oven to 350 degrees. Place chicken in pan with ½ c water and ½ tsp chicken base. Cover with aluminum foil and bake for 45-60 minutes.
3. In soup pot over medium heat, sauté onion for 3 minutes. Add the garlic and sauté for another 3 minutes.
4. Add celery and carrots. Sauté until soft, 5-7 minutes.
5. To the soup pot, add ¾ tsp Lawry's Seasoned Salt, dried oregano, Italian seasoning, turmeric, and remaining chicken base. Then add 12 c of water and stir.
6. Whisk together flour, ¼ tsp Lawry's Seasoned Salt, and ¼ tsp salt. Add milk and eggs and mix at low speed to make dumpling batter.
7. Scoop 1 Tbsp of the dumpling batter and drop into the soup.
8. Let dumplings cook in soup for 10 minutes.
9. Dish soup into bowls and enjoy.

Prep Time: 30 minutes plus 3 hours to marinate chicken

Cooking Time: 1 hour 30 minutes

Yield: 18 cups

Serving Size: 1 cup

CHICKEN QUESADILLA

Dog Ears

Kaleidoscope Academy

Appleton Area School District

A rich creamy quesadilla dish filled with layers of fresh onions and peppers, creamy, savory cheese and mouthwatering seasoned chicken, topped with parsley and a premium quality side of Greek yogurt.



Ingredients

12 whole wheat flour tortillas

8 oz reduced fat Colby Jack cheese

3 red bell peppers

3 onions

3 green onions

2 chicken breast, boneless and skinless

1 tsp cumin

1 tsp oregano

2 tsp chili powder

¼ tsp salt

¼ tsp pepper

1 Tbsp vegetable oil

6 oz plain Greek yogurt

1 sprig parsley

2 avocados, sliced

Instructions

1. Dice red bell pepper and onion. Put in a bowl and set aside.
2. Slice green onion. Put in bowl and set aside.
3. Cut chicken breast into small pieces. Season the chicken with cumin, oregano, chili powder, salt, and pepper.
4. In a skillet, heat vegetable oil over medium-high heat. Cook chicken, stirring occasionally, until cooked through, about 8 minutes or until internal temperature reaches 165 degrees. Transfer to a plate and dice.
5. Add 1 flour tortilla at a time to the pan and top the tortilla with a heavy sprinkling of Colby Jack cheese, cooked chicken, pepper-onion mixture, a few slices of avocado, and green onions.
6. Add another tortilla on the top and cook the other side of the tortilla, flipping once, until golden, about 3 minutes per side. Repeat to make 6 quesadillas.
7. Slice into wedges and garnish with Greek yogurt and parsley.

Prep Time: 20 minutes

Cooking Time: 20 minutes

Yield: 6

Serving Size: 1 quesadilla

CHICKEN RANCH MAC AND CHEESE

Fighting Foxes

Omro High School

Omro School District



This hearty pasta dish is filled with seasoned chicken and red peppers in a creamy ranch sauce.

Ingredients

2 Tbsp olive oil

2 chicken breasts,
boneless and skinless

½ package of ranch
seasoning packet

½ red bell pepper

½ onion

1 lb whole wheat rotini
noodles

½ c sour cream

½ c shredded Colby
cheese

1 c shredded cheddar
cheese

1 c cream of chicken soup

Instructions

1. Preheat oven to 375 degrees.
2. Dice red bell pepper and onion. Set aside.
3. Cut chicken breasts into cubes.
4. In a skillet, heat 1 Tbsp olive oil over medium heat. Add chicken breasts and ranch seasoning. Stir and cook until cooked through, about 10 minutes or until internal temperature reaches 165 degrees.
5. In the same skillet, heat 1 Tbsp olive oil. Add red bell pepper and onion. Sauté until soft, about 5-7 minutes.
6. Cook noodles in boiling water until just al dente.
7. Add noodles, sour cream, Colby cheese, ½ c cheddar cheese, chicken, and cream of chicken soup to skillet with peppers and onions. Stir to combine.
8. Place mixture in greased 8x8 pan. Sprinkle with ½ c cheddar cheese and bake for 10 minutes.
9. Serve and enjoy.

Prep Time: 5 minutes

Cooking Time: 30 minutes

Yield: 5

Serving Size: 1 cup

CHIPOTLE CHICKEN CRUNCH WRAP

Red Group

Grafton High School

Grafton School District

A satisfying crunch wrap, made with meaty poached chicken mixed with a zesty chipotle sauce, topped off with fresh veggies and extra sharp white cheddar, pressed to perfection in a whole wheat tortilla shell.



Ingredients

- 1 lb chicken breast, boneless and skinless
- ½ - 7 oz can chipotle peppers in adobo sauce
- ¾ c mayonnaise
- 16 whole wheat tortillas
- ¾ c Roma tomatoes, diced
- 3 tsp red onion, diced
- 1 tsp dried basil
- 16 slices extra sharp white cheddar cheese
- 3 Tbsp olive oil

Prep Time: 10 minutes

Cooking Time: 15-20 minutes

Yield: 8

Serving Size: 2 wraps

Instructions

1. Place chicken in large pot. Fill the pot with enough water to cover the chicken. Bring to a boil, then bring down to simmer. Cook for 8-10 minutes or until the chicken has reached a temperature of 165 degrees.
2. Once chicken is fully cooked, remove from pot and shred.
3. While chicken is cooking, prepare chipotle sauce.
4. In a food processor combine your mayonnaise and chipotle peppers with adobo sauce. Blend until smooth.
5. In a bowl, combine ½ c shredded chicken with 4 tsp of the chipotle sauce. Mix to combine.
6. Lay out your tortillas and top with ¼ c of chipotle chicken mixture.
7. Add 1 tsp chopped onion, 1 tsp tomato, and dried basil to each wrap.
8. Lay a slice of cheese over the ingredients inside the wrap. Pull the edges of the wrap toward the middle, creating a circular fold.
9. Heat skillet over medium-high heat.
10. Brush both sides of the wrap lightly with olive oil.
11. Cook wrap for 2 minutes per side, until golden brown.
12. Garnish with extra chipotle sauce and serve.

CHOCOLATE SWEET POTATO CHILI

Wildcats

Milwaukee Alexander High School

Milwaukee Public Schools

The blend of exotic and robust flavors give this chili the perfect balance. The spice of the chili powder, mixed with the mild tartness of Mexican chocolate is paired perfectly with the sweetness of the sweet potatoes and is all topped off with the smokiness of fire roasted tomatoes.



Ingredients

- 1 tsp olive oil
- 1 lb ground beef
- 1 yellow onion, small diced
- 4 garlic cloves, minced
- 3 sweet potatoes, medium diced
- 2 tsp cumin powder
- 1 tsp coriander
- 1 Tbsp dark chili powder
- 2 tsp cayenne pepper
- 2½ oz Abuelita Mexican Hot Chocolate Mix, crushed
- 2-14½ oz cans fire-roasted tomatoes
- 10 oz can diced tomatoes with green chilies
- 3-14½ oz cans black beans, drained
- ¾ c boiling water
- 1 tsp salt
- 1 tsp pepper
- 1 lime, wedged
- 1 Tbsp sour cream
- 1 Tbsp fresh cilantro

Instructions

1. In a large pot, heat olive oil over medium heat. Add ground beef, stirring occasionally. Season with salt and pepper. Continue to brown on all sides. Remove browned beef from the pan but allow some grease to remain.
2. Add onion, sweet potato, and all spices. Stir until vegetables are coated in spices, about 1 minute.
3. Stir crushed Mexican hot chocolate into hot water. Add to pot with onion and sweet potato.
4. Add canned tomatoes and black beans to pot. Bring to a simmer.
5. Return ground beef back to the pot. Continue to simmer until sweet potatoes are tender.
6. Remove from heat. Add salt and pepper to taste.
7. Garnish with sour cream, cilantro, and lime wedge.

Prep Time: 30 minutes

Cooking Time: 1 hour

Yield: 8

Serving Size: 1 cup

EGG ROLL UNSTUFFED

Ikonik

Kaleidoscope Academy

Appleton Area School District

This main course has all the flavors of a traditional egg roll without the hassle of frying or wrapping. Loaded with fresh vegetables and a touch of heat makes this a meal you are sure to love.



Ingredients

1 Tbsp sesame oil

3 garlic cloves, minced

½ c onion, diced

1 lb ground mild pork sausage

½ tsp ground ginger

½ tsp salt

½ tsp pepper

1 Tbsp garlic chili sauce

¾ c hoisin sauce

¼ head red cabbage, shredded

¼ head green cabbage, shredded

3 carrots, shredded

¾ c low sodium soy sauce

1 Tbsp rice vinegar

2 Tbsp sesame seeds

Instructions

1. Heat sesame oil in skillet over medium high heat. Add the garlic and onion and sauté until the onions are translucent.
2. Add the ground pork, ground ginger, salt, black pepper, and garlic chili sauce. Stir occasionally until pork is cooked through.
3. Add soy sauce and hoisin sauce to pork mixture.
4. Add cabbage and carrots. Sauté until the vegetables are tender.
5. Place mixture into bowl.
6. Top with sesame seeds and serve.

Prep Time: 40 minutes

Cooking Time: 10 minutes

Yield: 6

Serving Size: 1 cup

FISH TACO

Team Thunder
Kaleidoscope Academy
Appleton Area School District

These pan-fried cod tacos are flavor-packed with a special sauce, crunchy slaw, lime, and cilantro. All wrapped up in a corn tortilla.



Ingredients

- 2 lb cod
- 2 Tbsp olive oil
- 3 limes
- 1 Tbsp chili powder
- 1½ tsp paprika
- ¾ tsp ground cumin
- 1 tsp cayenne pepper
- 12 corn tortillas
- ½ c Greek yogurt
- ½ c low fat mayonnaise
- 1 tsp cayenne pepper
- 1 tsp oregano
- 1 tsp cumin
- 1 tsp dill weed
- 6 c coleslaw mix
- ½ c cilantro
- 1 Tbsp honey
- ¾ tsp pepper
- 1 tsp salt

Instructions

1. In a bowl whisk together olive oil, juice of 1 lime, chili powder, paprika, cumin, and cayenne pepper.
2. Add cod to bowl and let marinate for 15 minutes.
3. While waiting for fish to marinate, start making the sauce by mixing together Greek yogurt, low fat mayo, juice of 1 lime, 1 tsp cayenne pepper, oregano, cumin, and dill weed. Set aside.
4. Mix together coleslaw, cilantro, honey, juice of 1 lime, pepper, and salt. Set aside.
5. In a large non-stick skillet over medium heat, add vegetable oil. Remove cod from the marinade and season both sides with salt and pepper.
6. Add fish to skillet, flesh side down. Cook until opaque, about 3-5 minutes.
7. When fish is cooked, slice and place on corn tortilla.
8. Top with sauce and slaw, then serve.

Prep Time: 30 minutes

Cooking Time: 15 minutes

Yield: 6

Serving Size: 2 tacos

FULL COURSE BAKED MAC AND CHEESE

Corn Flake Crumbs
Indian Mound Middle School
McFarland School District

A scrumptious baked noodle blend of whole wheat noodles, steamed broccoli and savory chicken that all come together with a creamy cheese sauce. The breadcrumbs and cheese added to the top allow for a satisfying crunch and the baked noodles crisp up on the edges to help hold the form. Delicious!



Ingredients

- 4 Tbsp salted butter
- 2 Tbsp whole wheat flour
- ¼ tsp salt
- ¼ tsp pepper
- ½ tsp paprika
- ½ tsp cayenne pepper
- 1 c reduced fat milk
- 8 oz shredded sharp cheddar cheese
- 8 oz whole wheat elbow macaroni
- 1 lb chicken breast, boneless and skinless
- 1 lb broccoli
- ¼ c breadcrumbs

Prep Time: 45 minutes

Cooking Time: 18 minutes

Yield: 8

Serving Size: ¼ of 8x8 pan

Instructions

1. Preheat oven to 400 degrees.
2. Season chicken with a pinch of salt and pepper. Wrap in parchment paper and bake for 30 minutes.
3. While chicken is cooking, chop broccoli into small pieces and place in bowl with ¼ c water. Steam in the microwave until tender, 3 minutes.
4. Fill a pot with water and bring to boil. Add pasta and cook until al dente. Drain and set aside.
5. When chicken is done cooking, let cool and shred. Lower oven temperature to 350 degrees.
6. In a saucepan over medium heat, melt 2 Tbsp butter. Add flour, salt, pepper, paprika, and cayenne. Stir continuously until smooth and bubbly.
7. Take off heat and add milk. Return to medium high heat, stirring continuously until boiling. Boil for 1 minute then add 6 oz of cheese. Lower heat and stir to combine.
8. Add pasta, broccoli, and chicken back to pasta pot. Add cheese sauce and stir to combine.
9. Spray two 8x8 dishes with cooking spray. Split the pasta mixture between the two dishes.
10. In a saucepan over medium heat, melt remaining 2 Tbsp butter. Add breadcrumbs to butter. Stir to combine.
11. Sprinkle breadcrumbs on pasta mixture and top with remaining cheese.
12. Bake uncovered for 18 minutes.
13. Remove from oven, let cool, and serve.

GUAC N TAC "O"

**Bulldogs of New London
New London Middle School
School District of New London**

This delicious turkey taco can be served in various types of hard or soft shells, including whole wheat. Top with any of your favorite veggies; ours include tomato, onion, lettuce, cheese, and sour cream. The icing on our taco is the homemade guacamole, made from avocado and limes!



Ingredients

- 2 lbs ground turkey
- 2 avocados
- 2 lbs bacon
- 3 tomatoes
- 1 head lettuce
- 1 red onion
- 3 limes
- 16 taco shells
- 1 lb shredded cheese
- 15 oz jar of salsa

Instructions

1. In skillet over medium heat, brown 2 lbs of ground turkey, and set aside.
2. In another skillet over medium heat, fry bacon. When desired crispness is reached, remove, and set aside.
3. Dice tomatoes and onion. Shred lettuce. Put prepared vegetables in separate dishes.
4. Cut avocados in half, remove pit, and scoop into dish. Add $\frac{1}{2}$ c diced tomatoes, 1 Tbsp of red onion, and 2 tsp lime juice.
5. Take one taco shell and fill with turkey and desired toppings.
6. Sprinkle cheese on top and a squeeze of lime juice if desired. Serve with a side of salsa.

Prep Time: 30 minutes

Cooking Time: 15 minutes

Yield: 8

Serving Size: 2 tacos

GYRO BURGERS

**Plymouth Great Burger Greek
Plymouth Comprehensive High School
Plymouth School District**

An all beef Gyro Burger on a whole wheat bun. Served with a house made Tzatziki sauce that includes Greek plain yogurt, olive oil, lemon juice, vinegar, dill, and garlic. It also has grated cucumber that has most of the water removed. It also includes a Greek salad that has tomatoes, cucumber, red onion, parsley, olive oil, and pepper.



Ingredients

- 1½ lbs ground beef
- 1¼ c Greek yogurt
- 2½ Tbsp lemon juice
- 3½ Tbsp olive oil
- 2¼ tsp red wine vinegar
- 1 tsp cracked pepper
- ¼ c feta cheese
- ½ Tbsp fresh dill
- 1½ Tbsp garlic cloves, minced
- 2¼ c cucumber, small diced
- 2 c cucumber, grated
- 1 c tomatoes, small diced
- 6 hamburger buns
- 1 Tbsp red onion, minced
- 2 tsp fresh Italian parsley, chopped

Instructions

1. Preheat oven to 375 degrees.
2. In a bowl, mix ground beef, yogurt, lemon juice, olive oil, vinegar, ½ tsp pepper, and oregano. Combine and form them into six patties.
3. To make tzatziki sauce, stir together yogurt, olive oil, lemon juice, vinegar, dill and garlic. Stir in grated cucumber and taste for seasoning. Squeeze the cucumber to remove excess water before adding to rest of ingredients.
4. To make Greek salad, place tomatoes, cucumber, red onion, parsley, olive oil, and ½ tsp pepper in bowl. Stir to coat. Season to taste.
5. Bake patties in oven for 18 minutes, turning the patties after 9 minutes. Cook until an internal temperature of 160 degrees is reached.
6. Warm the buns for about 5 minutes in the oven on a sheet pan.
7. To assemble, place a patty on a bun. Top with tzatziki sauce and salad, then serve.

Prep Time: 50 minutes

Cooking Time: 20 minutes

Yield: 6

Serving Size: 1 burger

HUMMUS BOWL

Fireflies

Longfellow Middle School

Wauwatosa School District

A fresh hummus base topped with flavorful seasoned chicken and appetizing roasted red peppers. Garnished with fresh lemon slices and tasty feta cheese. On the side is creamy cucumber salad and toasted pita bread with a drizzle of olive oil on top.



Ingredients

2-15oz cans low sodium chickpeas

½ c tahini sauce

½ c olive oil

5½ Tbsp lemon juice

1 lemon, sliced

1½ tsp cumin

1 tsp salt

3 chicken breast, boneless and skinless

1½ tsp paprika

1 tsp lemon pepper

2 tsp garlic powder

1½ tsp onion powder

1 c low-fat Greek yogurt

1 garlic clove, minced

½ tsp black pepper

5 cucumbers, diced

4 radishes, sliced

1 green onion, sliced

¼ c fresh dill, chopped

2 red bell peppers, diced

4 whole wheat pita bread

1 c feta cheese

Instructions

1. Preheat oven to 450 degrees.
2. For the hummus, add chickpeas, ⅓ c water, ½ c tahini, ¼ c olive oil, 4 Tbsp lemon juice, 1 tsp cumin, and ¼ tsp salt into blender. Blend on high until creamy.
3. Cut chicken into cubes and place in bowl. Season with paprika, lemon pepper, ½ tsp cumin, garlic powder, onion powder, and ½ tsp salt.
4. In a skillet over medium high heat, cook chicken until it reaches an internal temperature of 165 degrees.
5. For the salad, mix the yogurt, garlic, and 1½ Tbsp lemon juice, and ¼ tsp pepper in a bowl. Add cucumbers, radishes, onion, and dill. Stir until combined.
6. Place red bell peppers on a sheet pan and roast for 20 minutes. Remove from oven and set aside.
7. Cut pita bread into 6 pieces. Lightly toast. Remove from oven and drizzle with remaining olive oil.
8. To assemble bowls, put a scoop of hummus on the bottom of each bowl. Place chicken on hummus. Add cucumber salad, roasted red peppers, 3 pieces of pita bread, 1 lemon slice, and a sprinkle of feta cheese.

Prep Time: 30 minutes

Cooking Time: 10 minutes

Yield: 8

Serving Size: 1 bowl

LEMON CHICKEN FRIED RICE

Lemonaders

Clintonville High School

Clintonville School District

Do you want a lip smacking meal? Well, our food product is the one for you! Our breaded chicken is served with a homemade lemon sauce, covered with a mixture of rice and Wisconsin vegetables. After your first bite you will always look for this treat on the lunch line.



Ingredients

1½ lbs chicken breast,
boneless and skinless

⅓ c all-purpose flour

1 tsp salt

½ tsp pepper

4 Tbsp butter, divided

3 Tbsp olive oil

¼ c fresh parsley leaves,
chopped

¼ c chicken broth

¼ c lemon juice

9 lemons, sliced

4 c water

2 c brown rice

½ c baby carrots

½ c pea pods

½ jalapeno, diced

½ c frozen corn

2 eggs

2 Tbsp soy sauce

Instructions

1. Cut chicken in half lengthwise. Place chicken between 2 sheets of plastic wrap. Pound chicken to ¼ inch thickness. Season chicken with salt and pepper. Lightly dredge chicken in flour, shaking off excess.
2. In a large nonstick skillet over medium-high heat, melt 1 Tbsp butter with 1 Tbsp olive oil. Cook half of chicken in skillet 2-3 minutes on each side or until golden brown and reaches an internal temperature of 165 degrees. Transfer chicken to a serving platter, and keep warm. Repeat procedure with remaining chicken, adding an additional 1 Tbsp butter and 1 Tbsp olive oil to the skillet.
3. Start making the rice, bring water to a boil in a saucepan. Add rice, bring to boil, reduce heat, cover, and simmer for 20 minutes. When done cooking, set aside.
4. In a small saucepan, cook carrots in water, about 3-5 minutes. Add peas and corn, then drain.
5. Heat 1 Tbsp oil in wok or large frying pan over high heat. Add carrots and peas, sauté about 30 seconds.
6. Crack eggs and add to wok, stirring quickly to scramble eggs with vegetables. Stir in cooked rice. Add soy sauce and toss rice to coat. Turn to low and cover to keep warm.
7. Add chicken broth and lemon juice to the skillet, then cook 1- 2 minutes or until sauce is slightly thickened. Stir occasionally to loosen particles from bottom. Add 8 lemon slices to the pan.
8. Plate rice mixture with chicken. Pour sauce over chicken and lightly sprinkle with chopped jalapeno. Garnish with lemon twist, if desired. Serve immediately.

Prep Time: 1 hour

Cooking Time: 1 hour

Yield: 8

Serving Size: 1 chicken breast
and 1 cup of rice/vegetable
mixture

LOADED POTATO STIR FRY

Ramsay Wannabe
Algoma High School
Algoma School District

Try our amazing Loaded Potato Stir-Fry! It is a mixture of baby red potatoes, fresh broccoli, and red peppers. It is cooked with seasoned chicken breasts, and topped off with our homemade lemon garlic sauce



Ingredients

- 3 chicken breast, boneless and skinless
- 4 c broccoli florets
- 2 red bell peppers
- 6 baby red potatoes
- 1 tsp lemon zest
- 2 Tbsp lemon juice
- ¼ Tbsp dried oregano
- 2 garlic cloves, minced
- 1 Tbsp olive oil
- ½ Tbsp fresh parsley, chopped

Instructions

1. Thinly slice potatoes and dice red pepper. Set aside.
2. Dice chicken breasts into small pieces.
3. In a skillet over medium heat, add 1 Tbsp olive oil. Add chicken, sprinkle with oregano. After about 2 minutes add lemon zest.
4. In a separate skillet over medium heat, add 1 Tbsp olive oil. Add potatoes, peppers, broccoli, and 1 Tbsp lemon juice and cook until tender.
5. Add vegetables to chicken and continue cooking until chicken reaches an internal temperature of 165 degrees.
6. To make sauce, add 1 Tbsp lemon juice and olive oil to bowl. Add garlic and parsley, whisk until combined.
7. Place chicken and vegetable mixture on a plate. Drizzle with 1 Tbsp of sauce. Serve.

Prep Time: 45 minutes

Cooking Time: 30 minutes

Yield: 8

Serving Size: 1½ cups

PESTO CHICKEN WITH ASPARAGUS

Chicken Patty Mcphister
Pewaukee High School
Pewaukee School District

A creamy pesto sauce with sautéed, seasoned chicken, along with fried asparagus and pineapple slices.



Ingredients

½ lb penne rigate pasta

1 Tbsp olive oil

1 lb chicken breast, boneless and skinless, cubed

1 tsp Italian seasoning

¼ tsp salt

¼ tsp ground black pepper

¾ c basil pesto

Instructions

1. Cook the pasta according to package directions. Before draining the pasta, reserve ¼ c of the starchy cooking liquid.
2. As the pasta cooks, heat the oil in a large skillet over medium high heat. Add the chicken, Italian seasoning, salt, and pepper. Stir well to coat the chicken. Cook for 6-8 minutes, until the chicken is cooked through, stirring occasionally. Remove the skillet from the heat.
3. Add the cooked and drained pasta and the pesto to the skillet with the chicken. Stir well.
4. To loosen up the sauce, add some of the reserved starchy cooking liquid, if needed.
5. Plate pasta and serve.

Prep Time: 5 minutes

Cooking Time: 12 minutes

Yield: 4

Serving Size: ¼ of the recipe

RADICAL RATATOUILLE

We're Kind of a Big Dill
New Glarus High School
New Glarus School District

Our entrée takes the simple ratatouille dish and gives it a new twist. From the addition of healthy whole wheat pasta, and the sweet flavor of pineapple, our dish gives people a healthy and savory meal for the whole family.



Ingredients

- 1 Tbsp olive oil
- 1 onion
- 2 garlic cloves, minced
- 1 green bell pepper
- 1 eggplant
- 2 Roma tomatoes
- 1 zucchini
- 20 oz can pineapple tidbits
- 28 oz can crushed tomatoes
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp onion powder
- 1 tsp dried parsley
- ½ tsp red pepper flakes
- ½ tsp salt
- ¼ tsp pepper
- ¼ c Parmesan cheese, grated
- 4 c whole wheat penne pasta

Instructions

1. Dice onion, green pepper, and tomatoes.
2. Slice up zucchini and eggplant.
3. Heat olive oil in sauté pan over medium high heat. Add the onions and garlic to the pan and sauté for 1 minute.
4. Fill a large saucepan halfway with water and bring to a boil.
5. In a sauté pan, add in the diced tomatoes, green peppers, pineapple, sliced zucchini, eggplant, and seasonings and sauté for 5 minutes, until lightly brown.
6. Pour the crushed tomatoes over the vegetables, stirring well to coat. Reduce the heat and simmer for 10 minutes.
7. While vegetables are simmering, add pasta to boiling water and cook until al dente. Drain.
8. Serve in bowls on top of the pasta with ½ Tbsp of Parmesan and a pinch of red pepper flakes if desired.

Prep Time: 15 minutes

Cooking Time: 30 minutes

Yield: 8

Serving Size: 1 cup

RATATOUILLE

Been There Done Rat
Stevens Point Christian Academy

This dish, ratatouille, is an explosion of colors and tastes. Italian sausage combined with tomato sauce and topped with an assortment of vegetables that will satisfy all your veggie cravings.



Ingredients

- 1 eggplant
- 3 Roma tomatoes
- 1 yellow squash
- 1 zucchini
- 2 Tbsp olive oil
- 1 onion
- 4 garlic cloves, minced
- 1 red bell pepper
- 1 yellow bell pepper
- 1 tsp salt
- 1 tsp pepper
- 28 oz can crushed tomatoes
- 4 Tbsp parsley, chopped
- 1 lb Italian sausage

Instructions

1. Preheat oven to 375 degrees.
2. Slice eggplant, tomatoes, yellow squash, and zucchini into ½ inch slices. Set aside.
3. Dice the onion and bell peppers.
4. In a skillet over medium heat, chop and brown Italian sausage. Set aside.
5. To make sauce, heat oil in sauce pan over medium heat. Sauté garlic, onion, and bell peppers until soft. Add crushed tomatoes and Italian sausage. Stir until ingredients are fully incorporated. Remove from heat and add parsley.
6. Arrange sliced vegetables in alternating patterns on top of sauce from the outer edge to the middle. Season with salt and pepper. Cover the pan with foil and bake for 35 minutes.
7. Remove from oven and serve.

Prep Time: 45 minutes
Cooking Time: 35 minutes

Yield: 8
Serving Size: 1½ cup

RICE BOWLS

Rice Bowl Rebels

Kaleidoscope Academy

Appleton Area School District

Brown rice topped with curry sauce and perfectly sautéed vegetables. The robust flavors of the sauce enhance the rice and make your taste buds explode. The vegetables include bell peppers, cucumbers, corn, and carrots, sautéed to perfection to make the taste of this rice bowl immaculate.



Ingredients

- 4 garlic cloves
- 2 Tbsp olive oil
- 1 onion, diced
- 2 inch fresh ginger, grated
- 2 Tbsp tomato puree
- 2 tsp cumin
- 2 Tbsp curry powder
- 2 tsp coriander
- 2 tsp garam masala
- 14 oz can coconut milk
- 14 oz can diced tomatoes
- 3½ c water
- 1 cucumber, diced
- 1 red bell pepper, diced
- ½ romaine lettuce head, hearts only
- 2 carrots, shredded
- ½ c frozen corn, thawed
- 4 c rice
- 2 chicken breasts, boneless and skinless, cubed

Instructions

1. To make sauce, in a large pan heat 2 Tbsp olive oil over medium heat. Add diced onion and sauté until translucent.
2. Add garlic, ginger, tomato puree, coriander, garam masala, cumin, and curry powder. Sauté for 3 minutes.
3. Add coconut milk, diced tomatoes, and 1 c of water. Bring to a simmer.
4. In a skillet, heat 2 Tbsp olive oil over medium heat. Cook chicken until an internal temperature of 165 degrees is reached.
5. In a large soup pot over high heat, bring 1½ c water and 2 c instant brown rice to a boil. Reduce heat to medium, cover and simmer 10 minutes or until water is absorbed.
6. Sauté vegetables over medium heat for 5 minutes.
7. Plate rice and top with sauce, chicken, and vegetables.

Prep Time: 45 minutes

Cooking Time: 30 minutes

Yield: 8

Serving Size: ½ cup rice, ½ cup chicken, ½ cup vegetables

SAVORY CHICKEN AND APPLE SALAD

Awesome Crunchers

Tomahawk High School

Tomahawk School District



Fresh romaine and spinach with seasoned and diced chicken, diced apples, homemade oven baked croutons, fresh Parmesan cheese, and homemade raspberry vinaigrette.

Ingredients

- 3 c spinach
- 9 c romaine
- 6 c green apple
- 6 c red apple
- 1½ lb chicken breast, boneless and skinless
- 6 slices whole wheat bread
- ⅓ c Parmesan cheese
- 1 c raspberries
- 1 Tbsp sugar
- ⅔ balsamic vinegar
- 1 Tbsp honey
- 1 tsp salt
- ½ tsp pepper
- ¼ c olive oil + 2 Tbsp

Instructions

1. Preheat oven to 375 degrees.
2. In a skillet, heat 1 Tbsp olive oil over medium high heat. Add chicken and cook until internal temperature reaches 165 degrees. Remove from skillet, let cool, and cut into chunks.
3. Cut bread into small cubes and place in a bowl. Drizzle with 1 Tbsp olive oil, ½ tsp salt, and pepper.
4. Place bread cubes on a sheet pan and bake for 5-10 minutes until they are golden brown.
5. Place raspberries in a glass bowl and mash with a fork.
6. Add sugar to berries and mix. Pour raspberry mixture into a mason jar and add balsamic vinegar, ¼ c olive oil, honey, and ½ tsp salt.
7. Cover jar and shake until mixed well. Refrigerate until ready to serve.
8. Dice apples and chop the romaine.
9. Mix vegetables, chicken, and croutons in a bowl. Drizzle with vinaigrette and sprinkle with Parmesan cheese. Serve.

Prep Time: 10 minutes

Cooking Time: 40 minutes

Yield: 6

Serving Size: 1 salad

SOUTHWESTERN BUFFALO CHICKEN QUESADILLA

The Plymouth Quesadilla

Plymouth Comprehensive High School

Plymouth School District

A spicy buffalo chicken quesadilla with melted Swiss and blue cheese, on a ultra grain tortilla filled with a colorful southwestern blend of vegetables, including black beans, corn, yellow and red bell peppers.



Ingredients

- 2 c chicken, shredded
- 4 Tbsp blue cheese, crumbled
- 4 Tbsp buffalo sauce
- 1 white onion, diced
- 1 c Swiss cheese, shredded
- 8 whole wheat tortillas
- 2 c bell pepper, diced
- 1 c low sodium black beans
- 1 c low sodium corn
- 2 garlic cloves, minced
- 2 lime wedges
- 1 Tbsp vegetable oil

Instructions

1. In a skillet, heat oil over medium heat. Add onions and saute for 5 minutes. Add bell peppers, corn, garlic, and black beans, saute for another 5 minutes.
2. Mix chicken with blue cheese and buffalo sauce.
3. Warm another skillet over medium heat and add tortilla.
4. Add $\frac{1}{8}$ of the cheese, vegetable mixture, and chicken mixture to tortilla. Fold tortilla in half.
5. Once the tortilla is toasted to a light golden brown, remove the quesadilla from the pan.
6. Repeat with remaining tortillas.
7. Serve and enjoy.

Prep Time: 30 minutes

Cooking Time: 30 minutes

Yield: 8

Serving Size: 1 quesadilla

SUNBURST GREEK CHICKEN WRAP

The Belgian Zeus
Southern Door High School
Southern Door School District

Tender grilled chicken, feta cheese, and spinach marinated in an olive oil dressing. Tossed with fresh crisp Mediterranean vegetables and wrapped in a whole wheat tortilla. Served with a side of hummus.



Ingredients

- 8-12 inch whole wheat tortillas
- 1 lb pre-cooked chicken fajita strips
- 8 oz feta cheese crumbles
- 10 oz spinach
- 6 oz kalamata olives
- 1 cucumber, peeled
- 1 c grape tomatoes
- 1 white onion
- 1 green bell pepper
- 4½ tsp olive oil
- ½ c Italian dressing
- ¼ tsp crushed red pepper flakes
- ¼ tsp dried oregano leaves
- ½ tsp black pepper
- 2 c garbanzo beans, drained
- 1 tsp garlic, minced
- 2 tsp lemon juice
- 2½ Tbsp tahini
- ½ tsp salt
- ½ tsp cumin

Instructions

1. To make dressing, mix 2½ Tbsp olive oil, Italian dressing, red pepper flakes, oregano, and ¼ tsp black pepper. Set aside.
2. Dice chicken into ¼ inch cubes.
3. Prepare vegetables: slice olives, slice cucumbers, quarter tomatoes, slice onions, and slice pepper into strips.
4. In a bowl, add chicken, spinach, feta, and dressing. Mix to combine.
5. Lay out tortillas. Divide chicken/vegetable mixture over the tortillas. Fold wrap like a burrito and cut in half.
6. In a food processor, add garbanzo beans, 5 Tbsp cold water, and 2 Tbsp olive oil.
7. Add garlic, lemon juice, salt, cumin, tahini, and ¼ tsp black pepper. Process until smooth and creamy, about 30 seconds.
8. Serve wrap with hummus on the side.

Prep Time: 1 hour
Cooking Time: none

Yield: 8
Serving Size: 1 wrap

SUPREME SALMON PLATTER

Cardinal Cooks
Luck Junior High School
Luck School District



Ingredients

- 4 salmon fillets
- 2 lbs fresh green beans
- 2 lbs red potatoes
- 1 tsp salt
- 1 tsp black pepper
- 1 lemon, juiced
- 1 tsp parsley, chopped
- 1 tsp lemon pepper
- 1 ranch season packet
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 Tbsp olive oil
- 2 tsp low sodium soy sauce
- 1 tsp balsamic vinegar

Instructions

1. Preheat oven to 425 degrees.
2. Place salmon on foil, skin side down. Season with salt, black pepper, onion powder, garlic powder, lemon pepper, parsley, lemon juice, and drizzle with olive oil.
3. Wrap salmon in foil to seal the packet. Place in oven and bake 15-17 minutes or until salmon flakes apart.
4. Medium dice potatoes and mix in a bowl with olive oil and ranch season mix. Stir to coat.
5. Place in a baking dish, bake for 15-20 minutes stirring frequently until potatoes are lightly browned.
6. Wash and trim green beans, place in a steamer over boiling water, steam for 5-7 minutes.
7. To make dipping sauce, combine balsamic vinegar and soy sauce.
8. Plate salmon, potatoes, and green beans. Serve with dipping sauce.

Prep Time: 1 hour

Cooking Time: 30 minutes

Yield: 6

*Serving Size: 1 salmon fillet,
15 green beans, ½ cup diced
potatoes*

SWEET POTATO CHICKPEA CURRY

Kitchen Ninjas

Kaleidoscope Academy

Appleton Area School District

A combination of chickpeas, tomatoes and sweet potatoes with a silky smooth coconut sauce makes this dish a crowd-pleaser. Not a fan of heat? Substitute fire-roasted tomatoes with regular. This recipe tastes amazing either way!



Ingredients

- 1 Tbsp olive oil
- 1 sweet onion, thinly sliced
- 2 tsp garlic, minced
- 1 tsp fresh ginger, minced
- 1 Tbsp garam masala
- ¼ tsp turmeric
- ¼ tsp black pepper
- 1 tsp cumin
- ½ tsp coriander
- ⅛ tsp salt
- 2 c spinach
- 14 oz can fire roasted tomatoes, drained
- 14 oz can coconut milk
- 15½ oz can garbanzo beans, drained and rinsed
- 1 sweet potato, diced
- 1 lime, juiced
- 2 c brown rice, cooked

Instructions

1. In a large saucepan, heat the olive oil over medium high heat.
2. To the saucepan, add the onion and salt. Cook, stirring frequently, until the onion is soft and starting to brown.
3. Reduce heat to medium. Add the garlic and ginger, stir and cook for 60 seconds.
4. Stir in the garam masala, turmeric, black pepper, cayenne pepper, and salt. Cook for 30 seconds more to toast the spices.
5. Add the tomatoes and diced sweet potatoes to the pan. Continue to cook, stirring occasionally for about 15 minutes, until the tomatoes are starting to break down and sweet potatoes soften.
6. Stir in the coconut milk and chickpeas. Bring the mixture to a boil and reduce the heat to medium low. Simmer for about 10 minutes or until reduced slightly.
7. Add in spinach and stir until wilted.
8. Stir in the fresh lime juice. Season to taste with additional salt.
9. Serve over cooked brown rice.

Prep Time: 40 minutes

Cooking Time: 25 minutes

Yield: 6

Serving Size: 1 cup

TACO SPAGHETTI CUPS

Food Fusion

Kaleidoscope Academy

Appleton Area School District

Can't quite decide if you want Mexican or Italian for lunch? Not sure if you want a fancy dish or comfort food? Well you get it all in this one dish, plus a big punch of flavor from 4 of the 5 'My Plate' food groups! The flavor of Mexican style tacos and a hint of juicy tomato makes it a delicious, healthy recipe.



Ingredients

- 1 egg
- ¼ c Parmesan cheese + 2 Tbsp
- ¼ packet taco seasoning
- 4 oz whole wheat spaghetti
- ¼ lb ground beef, 90% lean
- 4 oz canned diced tomatoes
- 2 Tbsp water
- 1 leaf romaine lettuce, shredded
- 18 cherry tomatoes, halved
- 2 Tbsp reduced fat Colby cheese
- ¼ c cottage cheese
- 1 tsp dried parsley

Prep Time: 40 minutes

Cooking Time: 30 minutes

Yield: 6

Serving Size: 1 taco spaghetti cup

Instructions

1. Preheat oven to 350 degrees.
2. In a large pot, bring water to boil. Add spaghetti and cook until al dente. Drain and rinse in cool water.
3. In a bowl, whisk egg. Add Parmesan cheese and cooked pasta.
4. Divide spaghetti mixture equally into 6 greased muffin cups, press down firmly.
5. Bake for 10-15 minutes and remove from oven.
6. While pasta is baking, brown ground beef in skillet over medium heat. Add taco seasoning, diced tomatoes, and 2 Tbsp water. Cook 5 minutes.
7. In a bowl, add 2 Tbsp Parmesan cheese, cottage cheese, and parsley. Stir to combine.
8. Spread cottage cheese mixture over the spaghetti noodles. Top with meat mixture and 1 tsp Colby cheese. Bake for 10-15 minutes more until cheese melts.
9. Top with lettuce and cherry tomatoes. Serve.

TURKEY MEATBALLS WITH CHEESY CAULIFLOWER

Foxy Ladies

Omro High School

Omro School District

Two turkey meatballs on top of a plate of white cauliflower rice, drizzled with a creamy cheese sauce.



Ingredients

2 lbs ground turkey

1¼ c breadcrumbs

2 eggs

2 tsp salt

2 tsp pepper

½ c olive oil

1 tsp dried oregano

1 tsp Italian seasoning

1 tsp garlic salt

1 tsp dried parsley

1 tsp onion powder

1 head cauliflower

½ c reduced fat milk

½ c cheddar cheese,
shredded

4 oz cream cheese

Instructions

1. Preheat oven to 400 degrees.
2. Combine ground turkey, eggs, breadcrumbs, and seasonings into a large bowl. Form into 1 inch balls.
3. Line a baking sheet with tinfoil. Place meatballs on baking sheet and brush with oil.
4. Brush each meatball with 1 tsp oil and place on baking sheet. Bake for 15-20 minutes.
5. Chop cauliflower in food processor until a rice consistency is reached.
6. In a large saucepan, heat remaining olive oil over medium heat. Add cauliflower and sauté 3-5 minutes.
7. In another saucepan, add milk, shredded cheese, and cream cheese. Stir continuously until melted together.
8. Scoop cauliflower rice into a bowl. Top with meatballs and cheese sauce.
9. Serve and enjoy.

Prep Time: 30 minutes

Cooking Time: 25 minutes

Yield: 8

Serving Size: 2 meatballs and

½ cup rice

WHOLE WHEAT SPINACH MAC AND CHEESE WITH BROILED TOMATOES

The Saucin Saucers

Tomahawk High School

Tomahawk School District



Whole wheat spinach mac and cheese served with breaded, broiled tomatoes.

Ingredients

- 12 oz whole wheat medium shell pasta
- 6 plum tomatoes
- 3 Tbsp whole wheat bread crumbs
- 2 Tbsp olive oil
- 2¼ tsp Italian seasoning
- 1½ Tbsp all purpose flour
- 2 garlic cloves
- 2¼ c canned pumpkin puree
- 18 oz non-fat evaporated milk
- 2¼ c reduced fat shredded cheddar cheese
- 2¼ c part skim shredded mozzarella cheese
- ⅓ c grated Parmesan cheese
- 6 c baby spinach

Instructions

1. Preheat the broiler to high.
2. Bring a large pot of water to boil. Add the shells and cook according to package directions. Drain, reserving some of the pasta water for later.
3. Meanwhile, arrange the tomatoes, cut side up, on baking sheet and broil until soft, about 4- 5 minutes.
4. Combine the bread crumbs, 1 Tbsp olive oil, and Italian seasoning. Sprinkle over the tomatoes and broil until golden brown, about 1 minute.
5. In a saucepan, heat 1 Tbsp of olive oil over medium heat. Add the flour and garlic, stirring until the flour turns light brown, about 1 minute.
6. Add the pumpkin puree and evaporated milk. Bring to a simmer and continue to cook until sauce just begins to bubble and thickens, 4- 5 minutes.
7. Stir in the cheddar, mozzarella, Parmesan, ½ tsp salt, and pinch of pepper. Stir until melted, about 1 minute.
8. Add the spinach and stir until wilted, about 1 minute. Add the cooked pasta and stir until coated. Thin out with the reserved pasta water as desired.
9. Divide the mac and cheese and tomatoes among plates and serve.

Prep Time: 30 minutes

Cooking Time: 25 minutes

Yield: 8

Serving Size: 2 meatballs and

½ cup rice

ZESTY PESTO ROTINI

Jála

Algoma High School

Algoma School District



Ingredients

4 chicken breast, boneless and skinless

2 tsp garlic, minced

½ tsp garlic salt

1 tsp dried basil leaves

½ tsp pepper

½ tsp oregano

2 c grape tomatoes

2½ c spinach

12 oz whole wheat rotini noodles

2 c fresh basil

⅔ c olive oil

¼ c Italian blend shredded cheese

2 oz pine nuts

1 lime, juiced

Instructions

1. Bring a large pot of water to boil. Add the pasta and cook according to package directions. Drain and set aside.
2. In a sauté pan, heat 1 Tbsp olive oil over medium heat.
3. Cut up the chicken in bite size chunks and add to the sauté pan. Cook for 5 minutes.
4. Add the spinach, tomatoes, garlic, dried basil, pepper, salt, and oregano to the sauté pan. Continue to cook until chicken reaches an internal temperature of 165 degrees. Keep warm until ready to serve.
5. To make pesto, put basil, pine nuts, Italian blend cheese, remaining olive oil, and lime juice in a food processor. Blend until creamy.
6. To serve, plate noodles with chicken/tomato/spinach mixture and top with pesto.

Prep Time: 5 minutes

Cooking Time: 30 minutes

Yield: 6

Serving Size: 1 cup pasta, ¼ cup chicken, ¼ cup pesto

