



WHIPPING UP WELLNESS

Wisconsin Student Chef Competition
2023 COOKBOOK







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2023 Cookbook

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Introduction

For the eleventh consecutive year, student teams across the state worked together to develop nutritious, student-friendly recipes featuring local foods that could easily be incorporated into the school food service program. The 2023 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.

Thirty-eight teams submitted recipes for consideration. Recipes were judged on creativity and originality, presentation, use of Wisconsin agricultural products, and school food service reproducibility. The top five teams from the recipe contest were invited to participate in the cooking competition at Madison College on May 18, 2023. The teams invited to the Cooking Competition were:

- **Guajillo Amigos**, St. Mary's Catholic School, Waukesha Catholic School System
- **Hornets Hive Kitchen**, Markesan High School, Markesan School District
- **Omro Foxes**, Omro High School, Omro School District
- **Senioritis**, Grafton High School, Grafton School District
- **Wrap Masters**, 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. 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 Omro Foxes of Omro High School were declared the winners for their Chicken Stir Fry with Greek Rice. Congratulations to all participants!

The Wisconsin Student Chef Competition was made possible through the 2021 Team Nutrition Training Grant. Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the nation's school children. 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

2023 CHAMPION



CHICKEN STIR-FRY WITH GREEK RICE

Omro Foxes

Omro High School

Omro School District

Our delicious stir-fry will make your mouth water as you take a bite of juicy chicken sautéed in soy sauce, brown sugar, and garlic. Treat your taste buds to the Asian tang of our tender vegetables and enjoy the fresh flavor of our brown jasmine rice mixed with Mediterranean herbs.

Ingredients

- ¾ c low-sodium soy sauce
- ¼ c brown sugar
- 1 Tbsp cornstarch
- 1 Tbsp dried ginger
- 2 Tbsp minced garlic, divided
- ⅓ tsp red pepper flakes
- 2 chicken breasts, boneless and skinless
- 3 c low-sodium chicken stock
- 2 c brown jasmine rice, dry
- 1½ c carrots, chopped into ½" pieces
- 3 c broccoli, chopped
- 1 red bell pepper, chopped
- 1 small onion, diced
- 2 Tbsp sesame oil, divided
- 1 Tbsp dried oregano
- ½ Tbsp dried basil
- ¾ tsp dried dill
- ½ Tbsp onion powder
- ½ Tbsp garlic powder
- ½ tsp salt
- ¾ tsp black pepper
- 3 Tbsp olive oil

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Yield: 8 servings

Serving Size: 1½ cups

Instructions

1. Combine soy sauce, brown sugar, and cornstarch in a medium bowl and whisk until smooth. Stir in ginger, 1 Tbsp minced garlic, and red pepper flakes.
2. Trim fat off chicken and cut into cubes.
3. Add chicken to the bowl, toss until fully coated, and marinate in the fridge for 15 minutes.
4. Pour chicken stock into a medium saucepan. Add 1 Tbsp minced garlic and bring to a boil. Add rice and cover. Simmer for about 30 minutes.
5. Heat 1 Tbsp sesame oil in a skillet over medium heat. Add carrots, broccoli, bell pepper, and onion. Cook, stirring occasionally, until tender, approximately 5 minutes.
6. Remove vegetables from skillet, place them in a bowl, and cover.
7. Add remaining 1 Tbsp of sesame oil to the same skillet and cook the chicken and marinade for 5-7 minutes on medium-high heat until internal temperature has reached 165 degrees.
8. Reduce heat to a simmer and add cooked vegetables back into the pan.
9. In a small bowl, mix oregano, basil, dill, onion powder, garlic powder, salt, and pepper. Add olive oil to the seasoning mixture and mix.
10. Once the rice is finished cooking and has cooled for 5 minutes, fold seasoning mixture into rice and stir until completely mixed.
11. Serve on a bed of rice.



FINALISTS



APPLE BBQ CHICKEN WRAP

Wrap Masters

Plymouth High School

Plymouth School District

Fresh grilled chicken breast coated in a homemade apple BBQ sauce and served in a whole grain tortilla shell with fresh carrots and spinach.



Ingredients

0.25 oz olive oil

1 lb chicken breast, boneless and skinless, diced

2 fl oz apple juice

1 oz low-sodium soy sauce

2.5 oz low-sodium ketchup

4.5 oz apples, shredded

4 oz orange bell pepper, finely diced

1 oz onion, finely diced

2 oz light brown sugar

6 whole wheat tortillas

4.5 oz carrots, finely diced

4 oz spinach

Instructions

1. Heat olive oil in a medium-sized pan. Add diced chicken and cook on medium-high heat for about 8 minutes or until fully cooked. Remove from heat.
2. In a medium pot, combine apple juice, soy sauce, and ketchup. Add shredded apples, diced peppers, diced onions, and brown sugar.
3. Cook on medium heat for 6-10 minutes or until the sauce has thickened. Remove from heat.
4. Shred chicken with two forks. Add chicken to sauce and stir until completely coated.
5. Place one tortilla on a plate. Place one scoop of chicken and sauce in center of tortilla. Add 8 chopped carrot pieces and 4 torn spinach leaves.
6. Fold tortilla up into a wrap.
7. Garnish with one piece each of carrot, apple, and spinach speared onto a toothpick. Use toothpick to hold wrap together.
8. Repeat this for remaining 5 tortillas.

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Yield: 6 servings

Serving Size: 1 wrap

FINALISTS



APPLE CHICKEN HONEY DIJON WRAP

Hornets Hive Kitchen
Markesan High School
Markesan School District

This light refreshing wrap is great to take out and about on a summer day. The tangy Dijon mustard sauce pairs nicely with the sweet apples. Filled with fresh spinach, cucumbers, onions, and Honeycrisp apples, this wrap will ensure you a healthy and balanced meal.



Ingredients

Pan spray

1 lb chicken breast, boneless and skinless, cubed

1 tsp garlic powder

1 tsp onion powder

Salt to taste

Black pepper to taste

$\frac{1}{3}$ c Dijon mustard

$\frac{1}{3}$ c honey

1 large Honeycrisp apple, peeled and diced

2 c spinach, stems removed

1 medium English cucumber, peeled, seeded, and cubed

1 small red onion, sliced

$\frac{1}{2}$ c pecans, chopped (optional)

$\frac{1}{4}$ c dried cranberries (optional)

4 whole wheat tortillas

Instructions

1. Season cubed chicken with onion powder, garlic powder, salt, and pepper.
2. In a small bowl, stir together mustard and honey.
3. Place a non-stick skillet on the stove over medium heat and spray with pan spray. Add chicken to the pan and sauté, turning when cooked halfway through.
4. Add honey mustard sauce and continue to cook on medium-low heat. Once chicken is cooked through and sauce has thickened, add chopped pecans (if using). Remove from heat.
5. Steam warm tortillas in a wet paper towel in a microwave for 15 seconds.
6. Assemble wraps: in a tortilla, add chicken/sauce mixture, diced apple, spinach, cucumber, onion, and dried cranberries (if using). Roll wrap, tucking sides, and secure with toothpicks. Cut on the diagonal before serving.

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Serving Size: 1 wrap

FINALISTS



CHEDDAR CHICKEN TOSTADAS WITH APPLE SALSA

Senioritis

Grafton High School

Grafton School District

These sweet and spicy tostadas are layered with guacamole, topped perfectly with seasoned chicken, and served with a generous topping of flavorful apple salsa.



Ingredients

- 1 c Gala apple, diced
- 1 c green apple, diced
- ½ c Roma tomatoes, diced
- 1 jalapeño pepper, diced and seeded
- ½ c red onion, diced
- ½ c Vidalia onion, diced
- 1 lime, juiced
- 1 tsp garlic powder
- 1 tsp chili powder
- ½ tsp ground cumin
- 2 lb chicken breasts, boneless and skinless, diced
- 2 tsp Mrs. Dash Southwest Chipotle Seasoning
- 4 whole corn tostadas
- ½ c guacamole
- ½ c cilantro, chopped
- ½ c Mexican-style cheese, shredded
- ½ c sour cream

Instructions

1. To make the salsa: Combine the diced apples, diced tomatoes, diced jalapeño pepper, diced onions, lime juice, garlic powder, chili powder, and ground cumin. Set aside.
2. Toss diced chicken with Mrs. Dash seasoning and cook in a sauté pan over medium heat until cooked through.
3. To assemble tostadas: Spread 2 Tbsp guacamole evenly on one tostada. Add ½ cup chicken, ¼ cup salsa, and a sprinkle of cheese. Serve with a side of sour cream.

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Serving Size: 1 tostada

FINALISTS



WINTER GUAJILLIO WONDER BOWL

Guajillo Amigos

St. Mary's Catholic School
Waukesha Catholic School
System

Roasted Wisconsin butternut squash and chicken are combined with a flavorful guajillo chile sauce. The sweetness of the squash balances the spice of the peppery sauce. Served over cilantro lime rice, this dish is simple to make, affordable, and nutritious!

Ingredients

- 1 butternut squash
- 2 chicken breasts, boneless and skinless
- ¼ c canola oil, divided
- 4 tsp guajillo chile powder
- 1½ c no salt added chicken broth
- 1 bunch cilantro, divided
- 14.5 oz no salt added diced tomatoes
- 1 onion, roughly chopped
- 1 tsp salt
- 1 lime
- 2 c brown rice, cooked

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Yield: 8 servings

Serving Size: ½ cup



Instructions

1. Microwave butternut squash for 3-5 minutes to soften the peel. Once cooled, peel squash and scoop out seeds. Dice squash into ½ inch cubes.
2. Dice chicken into ½ inch pieces. Combine chicken and squash and toss with 1 Tbsp canola oil.
3. Arrange squash and chicken in an even layer on parchment-lined baking sheet. Roast at 400 degrees for 20 minutes or until internal temperature of chicken is 165 degrees and edges of squash are browned.
4. While chicken and squash are cooking, sauté chile powder in remaining canola oil for 2 minutes.
5. Add chicken broth to the chile and oil mixture and stir until smooth. Simmer for 2 minutes.
6. In a food processor or blender, blend 1 small handful (about half of a bunch) of cilantro, tomatoes, and onion until smooth.
7. Add tomato mixture to sauté pan. Simmer for 5 minutes.
8. Once chicken and butternut squash mixture is cooked, add it to sauce in the sauté pan. Add salt and let mixture simmer for 5 minutes.
9. Finely chop remaining cilantro. Juice one lime. Toss cilantro and lime juice with warm brown rice.
10. Serve ¼ cup rice with ¼ cup butternut chicken chile sauce.
11. Enjoy!

QUALIFYING RECIPES



BROCCOLI PESTO PASTA

Red Kitchen

Pewaukee High School

Pewaukee School District

Whole wheat pasta served with a pesto sauce made from roasted broccoli, pine nuts, and parmesan cheese.



Ingredients

8 oz whole wheat pasta, dry

1 lb broccoli florets

½ c + 1 Tbsp olive oil, divided

1 tsp kosher salt

1 tsp black pepper

1 clove garlic

¼ c pine nuts

½ c parmesan cheese, divided

1 lemon, juiced

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Yield: 8 servings

Serving Size: 1 cup

Instructions

1. Preheat oven to 425 degrees.
2. Cook pasta until al dente according to package instructions.
3. Toss broccoli with 1 Tbsp olive oil, ½ tsp kosher salt, and ½ tsp black pepper. Spread evenly on a sheet pan.
4. Roast broccoli until tender and starting to brown at the edges, about 8-10 minutes. Remove from oven and set aside ½ c of roasted broccoli.
5. In a food processor, mince garlic. Add ½ c roasted broccoli, pine nuts, ¼ c parmesan cheese, lemon juice, ½ tsp kosher salt, and ½ tsp black pepper. Puree until smooth.
6. With food processor running, add ½ c olive oil through the feeder tube. Mix until fully combined.
7. Once pasta is cooked, strain and transfer to a large bowl. Stir in pesto and remaining broccoli florets.
8. Top with remaining parmesan before serving.

BROCCOLI PESTO PIZZA

Spice Girls

Plymouth High School

Plymouth School District

Delicious homemade broccoli pesto sauce on a whole wheat flatbread covered with mozzarella and low-sodium turkey bacon cooked to perfection.



Ingredients

7.5 oz broccoli florets

3 Tbsp pine nuts

1.4 oz fresh basil leaves

2 cloves garlic

0.2 oz parmesan cheese

¼ tsp black pepper

1.8 oz extra virgin olive oil

4 strips low-sodium turkey bacon

3 whole grain flatbreads

7.4 oz shredded mozzarella cheese

Instructions

1. Preheat oven to 350 degrees.
2. Bring a large pot of water to a boil. Add broccoli to boiling water, cook for one minute, remove broccoli and drain, reserving ½ cup water.
3. In a small pan, cook pine nuts over medium heat until lightly brown and toasted, about 3 minutes.
4. In a food processor, place broccoli, toasted pine nuts, basil, garlic, parmesan, pepper, and ½ cup leftover water into food processor. Pulse until smooth, adding olive oil slowly while food processor is on.
5. Cook turkey bacon in a pan until desired crispness. Remove and cut into squares.
6. Place flatbreads on a baking sheet lined with parchment paper. Spread pesto sauce, and then mozzarella, evenly over flatbreads. Add turkey bacon on top.
7. Bake for 10 minutes, until cheese is melted. Cut each flatbread in half.

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Yield: 3 servings

Serving Size: 1 flatbread (two halves)

CALIFORNIA BREAKFAST SKILLET

Victoria's Skillet
Tomahawk High School
Tomahawk School District

The California breakfast skillet is composed of diced potatoes seasoned with garlic and pepper, together with fluffy scrambled eggs, roasted and halved cherry tomatoes, flavorful chopped green onions, and green peppers. The dish is garnished with shredded sharp cheddar and delicious sliced avocado.



Ingredients

- 3 c Yukon Gold potatoes, diced
- $\frac{3}{4}$ c green pepper, diced
- 1 stalk green onion, sliced
- 1 c cherry tomatoes, halved
- 2 Tbsp avocado oil
- 6 eggs
- 2 Tbsp whole milk
- 1 c reduced-fat cheddar cheese, shredded
- 1 avocado, sliced
- 2 cloves garlic, minced
- $\frac{3}{4}$ tsp black pepper

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Yield: 4 servings

Serving Size: 1½ cups

Instructions

1. Bring a large pot of water to a boil. Add potatoes and cook for 15 minutes.
2. Heat avocado oil in a large skillet. Add tomatoes and $\frac{1}{4}$ tsp black pepper and sauté on low until softened. Remove from pan and reserve for later.
3. Crack 6 eggs into a bowl and whisk with milk.
4. Place peppers, green onions, and potatoes in the large skillet and cook on medium-high heat until potatoes brown.
5. In a separate pan, scramble the eggs. Add the cheese for the last minute of cooking. Once cheese is melted, place scrambled eggs on top of veggie mixture in the other skillet. Add $\frac{1}{2}$ tsp black pepper to the mixture.
6. Remove from heat and place sauteed tomatoes on top.
7. Separate the dish into 4 servings. Serve with $\frac{1}{4}$ of an avocado.

CHEDDAR BROCCOLI SOUP

BS

**Tomahawk High School
Tomahawk School District**

A cheesy cheddar broccoli soup with carrots and onion.

Ingredients

2 Tbsp olive oil

½ c yellow onion, diced

2 Tbsp flour

½ c half and half

2 c fat-free milk

2 c chicken broth, unsalted

3 c broccoli, chopped

1c carrots, diced

1 c fat-free sharp cheddar
cheese

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Yield: 4 servings

Serving Size: 1½ cups



Instructions

1. In a medium pot, heat olive oil over medium heat. Add diced onion and sauté until translucent, about 5 minutes.
2. Add flour and stir. Let cook for about 4 minutes until golden. Whisk in half and half and milk slowly until smooth. Add chicken broth, simmer until thickened, about 10 minutes.
3. Add broccoli and carrots and simmer for about 20 minutes.
4. Add cheese, stir until just melted.



CHICKEN CHOP SUEY

Chop It Like It's Hot Plymouth High School Plymouth School District

This simple chop suey combines carrots, celery, and bean sprouts with tender bites of chicken. It's all tossed in the easiest ever sauce and served over a bed of shredded potatoes.

Ingredients

8 oz chicken breast, boneless and skinless, diced

1 Tbsp vegetable oil

24 oz potatoes, peeled

1 Tbsp olive oil

4.5 oz carrot, diced

2 oz celery, diced

2 oz onion, diced

1.5 oz water chestnuts

2 cloves garlic

16 oz bean sprouts

12 oz chicken broth

0.75 fl oz low-sodium soy sauce

0.5 oz chives

$\frac{3}{4}$ Tbsp sugar

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

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Yield: 4 servings

Serving Size: 2 cups



Instructions

1. Heat vegetable oil in a pan over medium high. Toss diced chicken with corn starch, add to pan, and sauté until cooked through, then put in a bowl and set aside.
2. Add potatoes to a pot of water and boil them until they are fully cooked (easily pierced by a fork). Drain potatoes and let them cool enough to handle.
3. Heat olive oil in a pan over medium high. Add carrots, celery, onion, water chestnuts, and garlic. Cook until soft. Add bean sprouts and cook for one minute.
4. Using a coarse grater, shred potatoes over a large plate.
5. Combine chicken broth, soy sauce, chives, sugar, and cornstarch in a bowl and pour over vegetable mixture in the pan. Add cooked chicken back to pan and simmer until sauce is thick.
6. Divide shredded potatoes onto 4 plates. Evenly divide vegetable/sauce/chicken mixture over the potatoes and serve immediately.

CHICKEN PESTO FLATBREAD

Ballone's Cooking Club
Algoma High School
Algoma School District

A pesto-based flatbread pizza with a chicken and Wisconsin mozzarella cheese layer topped with broccoli, spinach, and grape tomatoes.



Ingredients

$\frac{3}{8}$ tsp garlic powder

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

$\frac{3}{8}$ tsp Italian seasoning

1 Tbsp olive oil

3 oz chicken breast,
boneless and skinless,
cubed

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

$\frac{1}{3}$ c broccoli, chopped

1 whole wheat flatbread or
pita bread

$\frac{1}{4}$ c pesto

$\frac{1}{4}$ c shredded mozzarella
cheese

2 grape tomatoes

4 leaves spinach

Instructions

1. Preheat oven to 375 degrees.
2. Mix $\frac{1}{4}$ tsp garlic powder, parsley, and $\frac{1}{4}$ tsp Italian seasoning in a small bowl.
3. Heat olive oil in a skillet over medium-low heat. Sprinkle seasoning mix evenly over chicken and add chicken to skillet. Cook until chicken is cooked through.
4. In another skillet, over low heat, add water and broccoli. Add $\frac{1}{8}$ tsp garlic powder and $\frac{1}{8}$ tsp Italian seasoning, cover, and cook until broccoli is tender. Drain.
5. Place flatbread on a baking sheet. Spread $\frac{1}{4}$ c pesto on top of flatbread. Evenly add the cooked chicken and broccoli on top of the pesto. Add mozzarella cheese.
6. Thinly slice 2 grape tomatoes and add on top of the mozzarella cheese. Add spinach.
7. Bake flatbread for 14-16 minutes, until golden brown.

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Yield: 1 servings

Serving Size: 1 flatbread

CREAMY CAULIFLOWER POTATO SOUP

Stoo

**Grafton High School
Grafton School District**

This hearty soup contains a variety of local produce and the perfect amount of spices. All the ingredients work together to create an extraordinary, rich flavor.



Ingredients

2½ c reduced-sodium chicken broth

2 medium potatoes, diced

4 c cauliflower, chopped

3 Tbsp butter

3 Tbsp flour

2 c reduced-fat milk

1 medium carrot, peeled and shredded

½ c onion, diced

¼ tsp red pepper flakes

¼ tsp cayenne pepper

1¼ tsp salt

¼ tsp pepper

1 tsp onion powder

2 c broccoli, chopped

½ c celery, diced

Instructions

1. In a Dutch oven, bring chicken broth to a boil. Add potatoes and cauliflower and simmer until soft. Remove from heat and puree with an emulsion blender.
2. In a saucepan, melt butter. Add flour and stir for 3 minutes or until smooth. Add milk, shredded carrots, onion, and all seasonings. Stir until thickened.
3. Boil water in a small pot. Add broccoli and celery and simmer until softened.
4. Combine all ingredients into the Dutch oven.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Yield: 8 servings

Serving Size: 1 cup



CREAMY CHICKEN BROCCOLI PASTA

Broccoli Spears
Plymouth High School
Plymouth School District

Whole-grain penne pasta is tossed in a creamy homemade alfredo sauce and served with perfectly cooked, juicy chicken breast and freshly cooked broccoli.



Ingredients

- 1 tsp Italian seasoning
- ½ tsp lemon zest
- ½ tsp mustard powder
- ¼ tsp black pepper
- 8 oz chicken breast, boneless and skinless
- 5 Tbsp olive oil
- 1 Tbsp butter
- 1 clove garlic, minced
- 2 Tbsp flour
- ¾ c chicken broth
- 1¼ c fat-free half and half
- ¾ c parmesan
- 2 tsp lemon juice
- ½ lb whole wheat penne pasta
- 2½ c broccoli florets

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Serving Size: 1 cup

Instructions

1. Combine Italian seasoning, lemon zest, mustard powder, and black pepper in a small bowl.
2. Cut chicken into small pieces and season with the seasoning mix.
3. Heat olive oil in a large skillet over medium-high heat. Add chicken and cook on each side for 2-3 minutes, until you see a brown crust. Remove chicken from skillet and set aside.
4. Use a silicone spatula to scrape bits from the bottom of the skillet that was used to cook chicken. Over medium heat, add the butter and garlic and cook for 1 minute.
5. Stir in the flour and cook for 2 minutes, stirring continuously. Add the chicken broth in small splashes and stir it continuously.
6. Add half and half in small splashes and stir continuously. Bring to a boil. Reduce heat to low and slowly stir in the cheese.
7. Remove from heat and stir in the lemon juice.
8. Bring a large pot of salted water to a boil. Add pasta and cook until al dente, according to package instructions. Add broccoli to the boiling pasta water during the last 4 minutes, then drain.
9. In the skillet with sauce, combine pasta, broccoli, and chicken. Stir to combine.

FALL HARVEST NOODLE SQUASH PASTA

Simmer Down

Tomahawk High School

Tomahawk School District

Butternut squash noodles topped with cashew cream and marinated chicken and served with sautéed carrots and steamed broccoli florets.

Ingredients

2¼ lb chicken breast, boneless and skinless

1 Tbsp garlic powder

2 tsp mustard powder

2 tsp ground ginger

½ c honey

3 c apple juice

3 butternut squash

2 c cashews, unsalted

1 c water

6 Tbsp avocado oil, divided

2 Tbsp lemon juice

3 cloves garlic, divided

3 carrots, peeled and sliced

2 c broccoli florets and stems, diced

2 Tbsp chives, minced

Preparation Time: 30 minutes

Cooking Time: 1 hour 30 minutes

Yield: 6 servings

Serving Size: 1½ cups



Instructions

1. Slice chicken breast into half-inch strips.
2. In a medium bowl, whisk garlic powder, mustard powder, ginger, honey, and apple juice. Add the chicken strips and let marinate for 30-60 minutes in the refrigerator.
3. While the chicken marinates, peel butternut squash. Place peeled butternut squash on a spiralizer and set it to the large setting. Use the spiralizer to create butternut squash noodles and set aside in a large bowl.
4. Soak cashews in warm water for 10 minutes. Strain water and place cashews in a blender. Add water, 5 tablespoons avocado oil, lemon juice, and 1 garlic clove. Blend on high until smooth and creamy.
5. Place carrots and 1 Tbsp avocado oil in a large frying pan and sauté until tender. Remove carrots from pan and reserve pan for later.
6. Place 1 inch of water in a saucepan with a steamer and bring to a boil. Add broccoli and cover; reduce heat to medium and let cook for 5 minutes or until tender.
7. Place marinated chicken in the large frying pan and cook on medium heat until the outside is golden brown, and the internal temperature is 165 degrees.
8. Place cashew cream in a saucepan over medium heat until heated through.
9. Bring a large pot of water to a boil. Once boiling, add butternut squash noodles and cook until tender. Drain noodles.
10. Place butternut squash noodles on plate. Top with cashew cream, carrots, broccoli, and chicken strips.

FOREST FRESH PANINI

Teeny Paninis
Plymouth High School
Plymouth School District

Discover the flavors of the forest with the tastes of fresh mushrooms, turkey, broccoli, onions, mozzarella cheese, and basil on fresh whole grain rye bread.

Ingredients

- 2 slices whole grain rye bread
- 1 tsp olive oil
- 1 slice low-sodium, part-skim mozzarella cheese
- 1 slice low-sodium turkey breast
- 2 broccoli spears
- 2 mushrooms
- 1 onion slice
- 2 Tbsp fresh basil, chopped

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Yield: 1 servings

Serving Size: 1 sandwich



Instructions

1. Brush one side of each slice of bread with olive oil.
2. Finely dice the onions, broccoli, and mushrooms. Place vegetables on the non-oiled side of a slice of bread.
3. Place the turkey breast over the vegetables. Add the cheese and basil, then place the other slice of bread on the sandwich, olive-oil-side up.
4. Place the sandwich in a panini press and cook until golden brown. Alternately, grill sandwich on a pan over medium heat. Remove and enjoy!



HEARTY POTATO SOUP

Soup

Grafton High School Grafton School District

A creamy potato soup that is simple to prepare while also being incredibly satisfying and filling. The potatoes and carrots cooked in a low-sodium broth leaves a delicious taste that lingers on your tongue.



Ingredients

- 2 tsp vegetable oil
- 4 cloves garlic, minced
- 1 medium onion, diced
- 2 Tbsp whole-wheat flour
- 2 medium carrots, diced
- 2 stalks celery, diced
- 2 lbs potatoes, diced
- 2 c vegetable stock
- 2 c water
- ½ tsp salt
- 1 tsp pepper
- ½ tsp dried rosemary
- 1½ bay leaves
- ½ c spinach
- 1½ Tbsp dried parsley

Instructions

1. In a large pot, heat oil on medium heat until it shimmers. Add garlic and onion and sauté for 2 minutes. Add flour, stir, and cook for 1 minute. Add diced carrot and celery and cook for 2 minutes.
2. In a different large pot, boil 8 cups of water. Add potatoes to water and cook until they are easily pierced with a fork. Drain water and mash potatoes.
3. Combine the cooked vegetables, mashed potatoes, vegetable stock, and water. Mix well and bring to a boil. Season with salt and pepper, rosemary, and bay leaves. Lower heat, cover, and cook for 15-20 minutes. Add spinach for the last 5 minutes of cooking.
4. Garnish with parsley and serve warm.

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Serving Size: 1 cup

JAPANESE VEGETARIAN GYOZA

Kimberly Culinary Team
Kimberly High School
Kimberly Area School District

Japanese Vegetarian Gyoza are infused with chili oil that pairs perfectly with a bed of crunchy, crisp lemon zested purple cabbage and carrots. Each dumpling is delicately folded, making them easy to dip into a sweet yet spicy soy sauce.

Ingredients

2½ c green cabbage, finely shredded

½ c carrot, shredded

2 tsp fresh ginger, grated

1 clove garlic, minced

1 tsp crushed red pepper flakes

1½ tsp olive oil

12 wonton wrappers

2 Tbsp corn flour

1 c purple cabbage, finely shredded

2 Tbsp + 2 tsp carrot, finely shredded

1 tsp lemon juice

1 tsp lemon zest

1 Tbsp sesame oil

1 tsp low-sodium soy sauce

1 tsp agave

½ tsp chili garlic paste

¼ c vegetable oil

1 c water

¼ tsp white sesame seeds

¼ tsp black sesame seeds



Instructions

1. Combine green cabbage, shredded carrots, and ginger in a mixing bowl.
2. Combine garlic, red pepper flakes, and olive oil in a small bowl and pour over cabbage/carrot mixture.
3. Add a small amount of filling to the center of one wonton wrapper. Wet fingers with a small amount of water, get the edges of the wontons wet, fold four corners to meet in the middle, and seal.
4. Pour corn flour onto a plate. Place each folded dumpling onto plate to coat bottom evenly with corn flour.
5. Combine purple cabbage and finely shredded carrots in a small mixing bowl. Add lemon juice, lemon zest, and toss.
6. To make dipping sauce, combine sesame oil, low-sodium soy sauce, agave, and chili garlic paste in a small bowl.
7. Heat vegetable oil in a pan over medium-high heat. Add dumplings and sear the bottoms for 3-4 minutes. Add 1 c water to the pan, cover, and reduce heat. Cook for another 3-4 minutes. Remove from heat.
8. Place purple cabbage/carrot mixture onto a plate. Add 3 dumplings, and garnish with sesame seeds. Serve with a small bowl of dipping sauce.

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Serving Size: 3 dumplings

LOADED VEGGIE MAC AND CHEESE

Team Cuisine

Grafton High School

Grafton School District

Our recipe is a healthy alternative to traditional mac and cheese, loaded with vegetables and made with quinoa penne noodles. The texture of the roasted vegetables pairs well with our smooth sauce and al dente noodles.

Ingredients

Olive oil pan spray

10 oz broccoli florets

10 oz carrots, diced or coins

10 oz asparagus, chopped

10 oz cauliflower florets

$\frac{1}{8}$ c olive oil

$\frac{3}{4}$ tsp kosher salt

12 oz brown rice and quinoa noodles

1 $\frac{1}{2}$ Tbsp butter

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

$\frac{1}{4}$ c flour

2 c fat-free milk

1 c vegetable broth

$\frac{1}{2}$ tsp ground black pepper

$\frac{1}{2}$ tsp garlic powder

$\frac{1}{2}$ tsp onion powder

5 oz fat-free sharp cheddar cheese, shredded

4 oz reduced-fat cream cheese



Instructions

1. Preheat oven to 425 degrees. Line two baking sheets with aluminum foil, and coat with olive oil spray.
2. Toss broccoli, carrots, asparagus, and cauliflower with olive oil and season with salt. Spread vegetables in an even layer on prepared baking sheets. Bake for about 25 minutes, stirring vegetables and rotating pans halfway through cooking time, until vegetables are soft and begin to brown around the edges.
3. While vegetables roast, bring a large pot of water to a boil. Cook pasta according to package directions. Drain and set aside.
4. Melt butter in a medium saucepan over medium heat. Add onion and cook for 2 minutes. Add flour, stir, and cook another minute or until the flour mixture is golden. Add milk and broth and whisk, increasing heat to medium-high until mixture comes to a boil. Simmer about 4 minutes or until thickened slightly. Season with pepper, garlic powder, and onion powder. Remove pan from heat.
5. Add cream cheese and shredded cheese to pan and stir well until cheese is melted. Add cooked pasta and mix well. Fold in roasted vegetables.

Preparation Time: 30 minutes

Cooking Time: 40 minutes

Yield: 10 servings

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

MAMMA MIA'S CHEESY BROCCOLI POTATO SOUP

Souper Troupers
Plymouth High School
Plymouth School District

A creamy cheese soup containing potatoes and colorful broccoli florets, seasoned with paprika.

Ingredients

- 6 c broccoli florets
- 1 Tbsp olive oil
- 1 onion, diced
- 4 c potatoes, peeled and cubed
- 1 c low-sodium chicken broth
- 3 c water
- 3 c skim milk
- 2 c low-sodium mozzarella cheese, shredded
- 1 c low-fat cheddar cheese, shredded
- 2 Tbsp flour
- 2 tsp paprika
- 1 tsp black pepper
- 8 croutons

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Yield: 8 servings

Serving Size: 1½ cups



Instructions

1. Place broccoli in food processor and process until finely chopped.
2. Heat oil on medium heat in a large Dutch oven. Add onions and cook about 5 minutes, until onions are soft.
3. Add potatoes, chicken broth, and water. Bring to a boil, then reduce heat and simmer for 8 minutes or until potatoes are fork tender.
4. Mash potatoes with potato masher, leaving some chunks. Add broccoli and skim milk. Bring to a boil, then reduce heat and simmer for 7 minutes or until broccoli is soft.
5. Toss cheese in flour and add to Dutch oven, one cup at a time.
6. Season with pepper to taste. Place in a bowl and serve with a crouton and sprinkle of paprika.

ROLL-UPS

Wolf Pack
Plum City High School
Plum City School District

These colorful tortilla roll-ups give students a healthy and filling lunch to last the rest of the school day.

Ingredients

½ c red bell pepper, chopped

½ c banana pepper, chopped

8 oz low-fat cream cheese,
softened

8 whole wheat tortillas

2 c spinach

16 slices provolone cheese

8 slices cheddar cheese

24 slices turkey

Preparation Time: 20 minutes

Cooking Time: 0 minutes

Yield: 8 servings

Serving Size: 1 roll-up



Instructions

1. In a food processor, combine banana peppers and red bell peppers. Process until finely chopped.
2. Place cream cheese in a bowl and add processed peppers. Stir until evenly combined.
3. Place tortilla on a plate. Thinly spread cream cheese on tortilla.
4. Add spinach, two slices of provolone, one slice of cheddar, and three slices of turkey.
5. Roll up, cut in half, and serve.



SPAGHETTI SQUASH FRITTERS

**Grafton High Green
Grafton High School
Grafton School District**

Fritters made with local spaghetti squash with an apple-tomato sauce.

Ingredients

- 1 spaghetti squash
- ¼ c Vidalia onion, diced
- ¼ c red onion, diced
- ½ tsp baking powder
- ¼ tsp black pepper, ground
- ½ tsp salt
- ½ c scallions, minced, divided
- ½ tsp garlic powder
- 2 Tbsp Parmesan cheese
- ¼ c almond flour
- 1 egg
- 2 Tbsp vegetable oil, divided
- 2 jalapeño peppers, seeded and minced
- ½ c red pepper, diced
- 1 c yellow onion, diced
- 1 Granny Smith apple, diced
- 14.5 oz petite diced tomatoes, drained
- 14.5 oz crushed tomatoes
- ½ c apple cider vinegar
- ½ c cilantro, chopped

Preparation Time: 40 minutes

Cooking Time: 30 minutes

Yield: 8 servings

Serving Size: 1 fritter



Instructions

1. Cut squash in half and scoop out seeds. Place halves in separate microwave-safe dishes with a little water. Pierce the squash shells with a fork. Cover and microwave on high until the squash is tender when pierced with a fork, about 10-15 minutes. Once cooled, scrape out the squash flesh with a fork.
2. Place the squash strands and diced onion in the center of a clean towel; squeeze firmly over the sink to remove as much liquid as possible.
3. In a large bowl, combine the squash mixture, baking powder, pepper, salt, ¼ c scallions, garlic powder, Parmesan cheese, and almond flour. Whisk egg in a small bowl and stir into squash mixture.
4. Line a rimmed baking sheet with parchment paper and brush with 1 Tbsp oil. Scoop about 3 Tbsp of squash mixture onto baking sheet and flatten into a 3-inch round disc using a spatula. Repeat the process with the remaining squash mixture, making 8 fritters total.
5. Brush the tops of the fritters with 1 Tbsp oil. Bake until crisp and golden, 10-12 minutes per side.
6. *Make the sauce:* In a saucepan over medium heat, combine jalapeño peppers, red peppers, yellow onion, apple, canned tomatoes, and apple cider vinegar. Bring to a simmer, stirring occasionally, for 8 minutes.
7. Stir in cilantro, cook for 2 minutes, and remove from heat.
8. Top with the remaining scallions and serve with sauce.

TERIYAKI POPCORN CHICKEN

Hartford Union 2
Hartford Union High School
Hartford Union School District

This delicious dish starts with rice and is topped with broccoli and cornflake-breaded chicken breast and covered in a homemade teriyaki sauce.



Ingredients

- 2 eggs
- ¼ c milk
- ½ tsp salt
- ½ tsp pepper
- ½ tsp garlic powder
- ¼ tsp paprika
- 2 lbs chicken breast, boneless and skinless, cubed
- 1 c flour
- 4½ c cornflakes, crushed
- 3 c brown rice
- 5 c broccoli, chopped
- 1 c water
- ¼ c low-sodium soy sauce
- 3 Tbsp + 2 tsp packed brown sugar
- ½ tsp ground ginger
- ¼ tsp garlic powder
- 2 Tbsp cornstarch
- ¼ c water, cold
- 1 Tbsp honey

Instructions

1. Preheat oven to 400 degrees.
2. In a medium-sized bowl, combine eggs, milk, salt, pepper, garlic powder, and paprika. Whisk until well combined.
3. Place crushed cornflakes in a medium-sized bowl.
4. In a separate bowl, coat chicken pieces with flour. Dip flour-coated chicken pieces into egg mixture, then into cornflakes. Set chicken on a parchment-covered baking sheet. Cook for 10-15 minutes, until internal temperature reaches 165 degrees.
5. Cook rice according to package instructions.
6. In a large saucepan, combine one inch of water with broccoli. Bring water to a boil, then reduce heat and cover. Steam until broccoli is cooked but still bright green, approximately 7 minutes.
7. In a saucepan over medium heat, combine water, soy sauce, brown sugar, ginger, and garlic powder. Cook, stirring, until sugar is dissolved.
8. In a small bowl, mix ¼ c cold water and cornstarch and stir until dissolved. Add to soy sauce/brown sugar mixture and bring to a boil.
9. On a plate, place rice, chicken, teriyaki sauce, and broccoli.

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Yield: 8 servings

Serving Size: 1½ cups

TOOTY FRUITY SALAD

Fruit Ninjas

Plymouth High School

Plymouth School District

Fresh Honeycrisp apples and seedless green grapes tossed in a homemade yogurt dressing with raisins, homemade granola, and celery as a crunch.

Ingredients

½ c canola oil

½ c honey

1 tsp cinnamon

1 c rolled oats

1 c almonds

1 c raisins, packed

2 Honeycrisp apples, cored and diced

2 c strawberries, sliced

1 c green grapes, halved

¾ c celery, thinly sliced

7 oz Greek vanilla yogurt

2 Tbsp maple syrup

½ tsp cinnamon

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Yield: 8 servings

Serving Size: ½ cup



Instructions

1. Preheat the oven to 325 degrees and line a baking sheet with parchment paper.
2. Whisk together the oil, honey, and cinnamon in a large mixing bowl.
3. Add the oats and almonds and mix until thoroughly coated. Spread evenly on prepared baking sheet. Bake for 20 minutes, stirring halfway through. Remove granola from the oven and add the raisins, then let cool.
4. In a large bowl combine the apples, strawberries, grapes, and celery.
5. In a different, smaller bowl, combine the yogurt, maple syrup, and cinnamon. Stir yogurt mixture into the bowl with the strawberries, apples, grapes, and celery.
6. To serve, place fruit and yogurt mixture in a bowl and sprinkle granola on top.





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