



N U T L E Y

Healthy School

LUNCH

Recipe Contest

2012

COOKBOOK

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Grand-Prize Winner
First Place, K-3 Grade Category

BREAKFAST COOKIE WITH ENERGY SMOOTHIE

By Molly Morris

Serves 4

Ingredients

BREAKFAST COOKIE:

3 tablespoons softened butter
1/2 teaspoon stevia
2 tablespoons applesauce
1/2 cup plus 2 tablespoons unbleached flour
3 tablespoons agave nectar
1 egg
1 tablespoon water
1/2 teaspoon vanilla extract
2 cups old-fashioned oats
1/4 teaspoon baking soda
1/4 teaspoon salt
1/2 teaspoon cinnamon
1/8 teaspoon pumpkin pie spice
1/4 cup chopped dried apples
1/4 cup raisins
1/4 cup dried cherries
1/4 cup chopped dried banana
4 6-ounce servings of low-fat vanilla yogurt (for dipping)

ENERGY SMOOTHIE:

2/3 cup light soymilk
1 fresh banana
1 packet stevia
1 cup packed fresh baby spinach (thoroughly dried)
6 ice cubes

Instructions

BREAKFAST COOKIE:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine butter, stevia, applesauce, 2 tablespoons of unbleached flour, and agave nectar.
3. Mix with electric mixer on medium until smooth and creamy.
4. Beat in egg, water, and vanilla.
5. In another bowl, mix together the rolled oats, unbleached flour, baking soda, salt, cinnamon, and pumpkin pie spice.
6. Using a spoon, slowly stir the above dry ingredients into the wet mixture.
7. Stir in dried fruit.
8. Drop by heaping teaspoons, 2 inches apart, onto non-stick baking sheets (ungreased).
9. Bake for 12-15 minutes or until golden brown.
10. Cool on wire rack.
11. Divide into 8 equal servings. Store extra 4 servings in airtight container.
12. Serve with 6 ounces of low-fat vanilla yogurt for dipping.

ENERGY SMOOTHIE:

1. In blender, combine soy milk, fresh banana, stevia, spinach, and ice (in this order).
2. Blend until well-combined.
3. Divide into 4 equal servings.
4. Serve cold.

First Place, 4-6 Grade Category

C'S CROQUETTES WITH SWEET POTATO FRIES, FRUIT SALSA & CINNAMON TORTILLA CRISPS

By Dante Contella

Serves 4

Ingredients

CROQUETTES:

Filling

1 15.5 ounce can of chickpeas (garbanzo beans)
1 small potato, boiled until fork tender and peeled
1/8 cup grated Pecorino Romano cheese
1/4 teaspoon salt
1/8 teaspoon black pepper
1 large egg
1 teaspoon finely chopped fresh Italian parsley
2 ounces mozzarella cheese, cut into 1 cm cubes

Breading

1/8 cup grated Pecorino Romano cheese
1/4 cup wheat germ or ground flax seed
1/4 cup panko bread crumbs
1/4 cup seasoned Italian bread crumbs

For Frying

2 tablespoons of olive oil

SWEET POTATO FRIES:

2 sweet potatoes, peeled & cut into fries
2 tablespoons of olive oil
Seasoning to taste, including: salt, pepper, garlic powder, onion powder, paprika, oregano, and chili powder (optional)

FRUIT SALSA:

4 to 6 strawberries
1/2 large Fuji apple or jicama
50 blueberries
1/2 teaspoon agave nectar
Note: Other fruits may be substituted based on seasonal availability.

CINNAMON TORTILLA CRISPS:

1/2 tablespoon butter
2 8-inch whole wheat tortillas
1/2 teaspoon agave nectar
1/2 teaspoon cinnamon

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Instructions

CROQUETTES:

1. Combine the first seven filling ingredients (all except mozzarella cheese) in food processor and pulse.
2. In a bowl, combine all four breading ingredients, including grated Pecorino Romano cheese, wheat germ or ground flax seed, panko bread crumbs, and seasoned Italian bread crumbs.
3. Roll 1 tablespoon of chickpea mixture into a ball.
4. Place 2 cubes of mozzarella cheese into ball, then flatten into a round patty.
5. Dip patty into bread-crumb mixture.
6. Repeat steps 3 through 5 for remaining chickpea mixture.
7. Heat olive oil in a pan, and fry patties on both sides until lightly browned.*
8. Divide into 4 equal servings.

**Note: Instead of frying, croquettes can be baked in the oven at 375 degrees on a sheet pan lightly coated with olive oil for about 8 minutes or until they start to turn golden brown. Flip croquettes over halfway through the baking process.*

SWEET POTATO FRIES:

1. Preheat oven to 400 degrees.
2. In a large bowl, combine peeled and cut sweet potatoes, spices, and olive oil.
3. Spread seasoned potatoes on a baking sheet and bake for 10 to 15 minutes or more until crisp, flipping as needed to brown on all sides.
4. Divide into 4 equal servings.

FRUIT SALSA:

1. Cut all fruit into very small cubes (about 1 cm).
2. Combine in a a bowl, drizzle with agave nectar, and mix.
3. Divide into 4 4-ounce servings.

CINNAMON TORTILLA CRISPS:

1. Melt butter in heavy-bottom pan, and cook tortillas on both sides until crisp.
2. Sprinkle with agave and cinnamon.
3. Cut tortillas into strips (3/4 x 2 and 1/2 inches) or triangles of equal size.
4. Divide into 4 servings.

Serve warm croquettes and sweet potato fries with a side of fruit salsa and cinnamon tortilla crisps.

Second Place, K-3 Grade Category

CAROTY MAC & CHEESE “CUPCAKES”

By Sophia Budinich

Serves 8

Ingredients

1 cup uncooked whole wheat macaroni
1 cup coarsely grated carrots
1 and 1/4 cups whole milk*
2 tablespoons of unsalted butter, cut into pieces
1/4 cup sour cream*
1/4 cup grated parmesan cheese
2 cups grated cheddar cheese*
1 large egg
1 teaspoon salt
1/4 teaspoon black pepper
1/2 cup seasoned bread crumbs
Cooking spray

**Note: For a lower-fat option, substitute fat-free sour cream, low-fat milk, and reduced fat cheddar cheese.*

Instructions

1. Preheat oven to 350 degrees.
2. Cook macaroni until tender; drain.
3. In saucepan, whisk together milk, butter, sour cream, both cheeses, egg, salt, and pepper. Stir until cheese melts. Fold in carrots.
4. Grease a cupcake pan with cooking spray and coat cups with bread crumbs; shake off excess.
5. Fold in cooked macaroni along with most of remaining bread crumbs (reserving some bread crumbs to sprinkle on top of cupcakes).
6. Spoon mixture into cupcake pan and top with reserved bread crumbs.
7. Bake until golden on top, 15 to 25 minutes.

Second Place, 4-6 Grade Category

CHICKEN & CHEESE QUESADILLAS WITH FRUIT KABOBS

By Nick Harabedian & Taylor Waddleton
"Throwdown with Nick & Taylor"

Serves 4

Ingredients

QUESADILLAS:

4 4-ounce chicken cutlets, diced
4 8.5-inch whole wheat tortillas
1/2 green pepper, sliced thin
1/2 red pepper, sliced thin
1/2 medium onion, sliced thin
2 cups reduced fat shredded Mexican cheese blend
1/2 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 tablespoon chili powder
1 tablespoon extra-virgin olive oil
1 clove of garlic, chopped

SALSA:

4 plum tomatoes, cut in quarters
1/2 medium onion, chopped
1 clove of garlic, whole
1/4 of lime, juiced
1 packet of Goya garden vegetable seasoning
1/2 tablespoon chili powder
Handful of fresh cilantro, chopped

FRUIT KABOBS:

8 strawberries
8 grapes
8 chunks of watermelon
4 wooden skewers

SIDES:

20 baby carrots
1 cup reduced fat sour cream

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Instructions

QUESADILLAS:

1. Heat 1/2 tablespoon olive oil with chopped garlic clove in a non-stick pan.
2. Add sliced onions and all peppers to pan and sauté until done, about 3 minutes; set aside.
3. In same pan, heat other 1/2 tablespoon of olive oil.
4. Add diced chicken, cumin, coriander, and chili powder.
5. Cook until chicken is done.
6. Add onion and pepper mixture to pan and cook together with chicken for 2 minutes more.
7. Spray another pan with non-stick cooking spray.
8. Place one tortilla in pan.
9. Place chicken and vegetable mixture and 1/2 cup of shredded cheese on half of the tortilla.
10. Fold tortilla in half and cook for 3 minutes on each side.
11. Remove from heat and cut into thirds.
12. Repeat steps 8-11 for remaining tortillas.

SALSA:

Place quartered plum tomatoes, chopped onion, lime juice, garlic clove, seasoning packet, chili powder, and cilantro into food processor until all ingredients are combined and finely chopped.

FRUIT KABOBS:

Place 2 strawberries, 2 grapes, and 2 watermelon chunks (alternating the fruits) on a wooden skewer. Repeat for remaining 3 skewers.

Serve 1 quesadilla (cut into thirds), 1/4 cup of salsa, 1/4 cup of reduced fat sour cream, 5 baby carrots, and one fruit kabob with 1 cup reduced fat chocolate milk for a complete meal.

Third Place, K-3 Grade Category

FUNFETTI FRITTATA & MELT-IN-YOUR-MOUTH BLUEBERRY MUFFINS

By Ava Oliver & Jayne Cerreto

Serves 8

Ingredients

FRITTATA:

2 tablespoons olive oil
1/4 cup green onion, chopped
1/4 cup canned green chilies
1 cup snow peas, slivered
1 cup raw bean sprouts
1 cup spinach, chopped
1 cup red bell pepper, chopped
2 tablespoons low-sodium soy sauce
1 and 1/2 cups cooked brown rice*
3 large eggs
3 large egg whites
Salt & pepper, to taste

**Note: For extra texture and crunch, substitute wheat berries for brown rice.*

BLUEBERRY MUFFIN:

1 cup raw whole grain oats
1 cup whole grain steel-cut oats
2 cups buttermilk
3/4 cup brown sugar
1 and 2/3 cups whole wheat flour
2 tablespoons olive oil
1 tablespoon baking powder
Dash of salt
2 tablespoons honey
1 tablespoon vanilla extract
1 teaspoon grated orange zest
2 egg whites
1 egg
1 and 1/4 cups fresh blueberries**
Cooking spray

***Note: Bananas can be used in place of blueberries.*

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Instructions

FRITTATA:

1. Preheat oven to 350 degrees.
2. In a 10" ovenproof skillet, heat 1 tablespoon of olive oil and add the green onions, chilies, snow peas, sprouts, spinach, and red peppers. Sauté for 4 minutes, and then add soy sauce.
3. Remove vegetables from skillet and set aside.
4. In the same skillet, heat the remaining olive oil and sauté the brown rice. Cook on medium-high heat and let the rice get somewhat crispy. Pat the rice down to cover the skillet. Add the vegetables on top of the rice.
5. Lightly beat the egg and egg whites, and then pour over the vegetable and rice mixture. Place the mixture back over low heat and cook undisturbed for 5 minutes.
6. Wrap aluminum foil around the handle of the skillet and place it in the oven to cook for 10 to 15 minutes until the egg whites are set. You may want to place a piece of foil over the frittata to prevent it from browning too much.
7. Remove from the oven and let stand for 5 minutes before serving. Cut into wedges.

For an extra kick, serve with a side of medium fresh chunky salsa.

BLUEBERRY MUFFINS:

1. Preheat oven to 350 degrees.
2. Spray a large, six-count muffin pan with cooking spray.
3. In a shallow bowl, combine the oats, steel-cut oats, and buttermilk. Let the mixture stand for at least 30 minutes.
4. Add the remaining ingredients except the blueberries to the buttermilk/oat mixture and beat on medium speed until smooth.
5. Fold in the blueberries.
6. Spoon the mixture into the prepared muffin tin until 3/4 full. Bake for 15 minutes or until muffin tops spring back to the touch.
7. Remove from oven and serve warm with a glass of 1% or fat-free milk.

Third Place, 4-6 Grade Category

SALAD TRIO: CHICKEN, TWO-BEAN, & CITRUS SALADS

By Garrett Groeling

Serves 6

Ingredients

CHICKEN SALAD:

1 and 1/2 pounds of boneless, skinless chicken breasts, poached and torn into 1-inch chunks
1/3 cup plain yogurt
1/3 cup mayonnaise
1 tablespoon Dijon mustard
1 cup seedless green grapes, halved crosswise
2 tablespoons lemon zest*
2 stalks celery, diced
Salt, to taste
3 pita rounds, cut into halves or quarters

**Note: Can substitute orange zest.*

BEAN SALAD:

1 can pink beans, drained and rinsed
1 can black beans, drained and rinsed
1 can corn, drained and rinsed
1 cucumber, seeded and diced
1 teaspoon salt
1/4 cup cider vinegar
1/4 cup olive oil

CITRUS SALAD:

5 oranges
5 tangerines
5 clementines
1/4 cup sugar

Instructions

CHICKEN SALAD:

1. Boil chicken in 5 cups of water until cooked through. Remove and let cool.
2. Cut the grapes in half crosswise.
3. Dice celery.
4. Stir together yogurt, mayonnaise, mustard, lemon zest, and salt.
5. Tear cooled chicken into 1-inch chunks.
6. Combine all ingredients and mix well, then refrigerate.

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BEAN SALAD:

1. Drain both cans of beans and can of corn in colander; rinse.
2. Peel, seed, and dice cucumber.
3. Combine salt, vinegar, and olive oil in a small bowl and mix.
4. Combine all ingredients and mix well, then refrigerate.

CITRUS SALAD:

1. Peel and remove white pith from fruit.
2. Cut fruit between membranes to release segments.
3. Combine all fruit in a bowl and sprinkle with sugar, then refrigerate.

Serve the trio of salads with 2 pita quarters, or stuff a half of a pita with chicken salad and serve other two salads on the side.

Honorable Mention, K-3 Grade Category

SWEET SECRET PIE AND MUFFINS

By Sarah Bramley

Serves 6-8

Ingredients

2 cups mashed sweet potatoes
1/2 cup butternut squash, puréed or mashed
1/2 cup yellow raisins
1 cup sugar
2 tablespoons corn syrup
1 tablespoon vanilla
1 tablespoon ground cinnamon
6 eggs
2 tablespoons flour
1 cup light cream*
1 9-inch whole grain pie crust or reduced fat graham cracker crust

**Note: For a lower-fat option fat, substitute reduced fat milk.*

Instructions

1. Boil sweet potatoes whole with skin for 40-50 minutes or until tender. Run under cold water and remove skin.
2. Remove stem from squash, cut in half, and scrape out seeds. Roast halves flesh side down on cookie sheets at 400 degrees for 45-50 minutes or until tender. Scoop out flesh and purée in blender or food processor for 2 minutes.
3. Mix sweet potato and squash in a bowl. Add sugar, corn syrup, cinnamon, and vanilla.
4. Whisk in one egg at a time into the potato-squash mixture.
5. Add cream, flour, and raisins.
6. Pour into unbaked pie crust.
7. Bake at 375 degrees for 45 minutes or until a knife inserted in the center comes out clean. Pie will puff up like a soufflé, then sink down as it cools.
8. Remaining batter can be baked in muffin tins at 375 degrees for 20-25 minutes or until a knife inserted in the center comes out clean.

Honorable Mention, K-3 Grade Category

HEALTHY CHINESE DUMPLINGS

By Gabriel D'Ambrosio

Serves 8

Ingredients

1 chopped scallion
1/4 cup of finely chopped carrot
1/2 cup chopped cabbage
12 ounces of ground turkey
2 tablespoons soy sauce
1 tablespoon chili sauce
Pinch of salt
Pinch of garlic powder
Package of dumpling wrappers
Bowl of water
2 tablespoons olive oil
2 tablespoons sesame oil
Extra soy sauce for dipping

Nutritional notes: Turkey has half the saturated fat as red meat. Sesame oil is rich in Omega-6.

Instructions

1. Rinse and chop scallion, carrots, and cabbage and set aside in a bowl.
2. Mix ground turkey with soy sauce, chili sauce, salt, and garlic powder.
3. Add vegetable mixture to seasoned turkey mixture.
4. Place a spoonful of filling into dumpling wrapper, put water around edges of wrapper, then fold and press to seal.
5. Place dumplings in a pan with olive oil and one cup of water. Cover pan with a lid and cook for 3 to 6 minutes. Open lid, pour sesame oil over dumplings, and cook for another 3 minutes or until the bottom of the dumplings are browned.

Serve with soy sauce for dipping.

Honorable Mention, K-3 Grade Category

DELICIOUS CHICKEN SOUP

By Sophia Genna

Serves 8

Ingredients

About 2 pounds of chicken on the bone, rinsed

2 carrots, chopped

2-3 stalks of celery, chopped

1 small onion, chopped

1 leek, chopped (use white and light green parts; clean thoroughly as leeks can be sandy)

1/3 cup barley

1/3 cup small pasta (such as alphabets)

Salt & pepper, to taste

Instructions

1. Clean the chicken, put in a large pot, and cover with water.

2. Add salt.

3. Place on stove on medium to high heat.

4. Chop all vegetables and add to the pot.

5. Add barley to the pot.

6. Cook for two hours and turn off.

7. Remove chicken from the pot, then separate meat from skin and bone. Discard skin and bone.

8. Set aside chicken meat, and once soup has cooled, add chicken meat back to pot.

9. Cook pasta in boiling salted water according to package directions; drain.

10. When ready to serve, put some pasta at the bottom of a soup bowl and ladle heated soup over it.

Serve with 5 whole wheat crackers, a piece of fruit, and a cup of milk for a complete meal.

Honorable Mention, K-3 Grade Category

OUR FAMOUS HEALTHY DISH: TURKEY ROLL-UPS AND FRUIT KABOBS

By Natalie Morris

“Gluten-Free Gourmet”

Serves 4

Ingredients

TURKEY ROLL-UPS:

12 thin slices of oven-roasted turkey breast
6-8 large Romaine lettuce leaves, ripped into 1-inch pieces
Mustard or mayonnaise (optional)
52-60 whole grain tortilla chips (fewer if served with corn salsa or hummus)
Corn salsa (optional, for additional grains) or hummus (optional)

FRUIT KABOBS:

10 chunks of cantaloupe
10 chunks of honeydew
10 chunks of watermelon
10 strawberries, stems removed
4 wooden skewers

Note: Substitute pineapple, grapes, or other seasonal fruit as available.

Instructions

TURKEY ROLL-UPS:

1. Wash lettuce and pat dry. Rip into 1-inch pieces.
2. Lay out slices of turkey. Spread with a thin layer of mustard or mayonnaise (optional).
3. Spread each slice of turkey with about 1/4 cup of lettuce pieces.
4. Roll turkey and lettuce into a tight roll.

FRUIT KABOBS:

1. Wash fruit. Remove skin from melons and cut them into chunks about 1 and 1/2 inches each. Remove stems from strawberries, leaving them whole.
2. Put 10 pieces of fruit on each skewer, alternating to make it colorful.

Serve 3 turkey roll-ups, 1 fruit kebob, about 13 tortilla chips, and a cup of milk for a complete meal. If you include a side of corn salsa or hummus, cut the number of tortilla chips in half.

In addition to being a healthy dish, this meal is completely gluten-free, which is an added benefit for anyone following a gluten-free diet.

Honorable Mention, 4-6 Grade Category

NANA'S BIG HAMBURGER

By Marissa Realmuto

Serves 8

Ingredients

1 and 1/2 pounds lean ground beef or turkey
1 large yellow onion, halved then sliced
2 medium green bell peppers, diced
16 ounces tomato sauce (Del Monte recommended)
1 and 1/2 cups water
2 beef bouillon cubes
1 pound thin whole grain spaghetti or elbow macaroni, boiled and drained
Grated parmesan cheese

Instructions

1. Place ground meat in 12-inch pan, flattening out in the shape of a very large hamburger.
2. Brown both sides of the "hamburger." Don't worry if the meat breaks apart when turning over.
3. After browning on both sides, pour off any fat and discard.
4. Add tomato sauce, water, bouillon cubes, sliced onion, and diced pepper.
5. Bring to a boil and then reduce to simmer.
6. Simmer uncovered for 20 minutes until vegetables are soft and mixture has reduced slightly.
7. While the meat mixture is simmering, cook pasta until al dente and drain.
8. Put pasta in a serving bowl, pour meat mixture over it, and toss to combine.

Serve hot with grated parmesan cheese on the side.

Can be served with a small apple and a cup of skim milk for a complete meal.

Can also be served with a side salad of lettuce and tomato with fat-free Italian dressing.

Honorable Mention, 4-6 Grade Category

SWEET & SOUR STIR FRY

By Charlie Williamson

Serves 4

Ingredients

1 and 1/2 tablespoons cornstarch
2 teaspoons sugar
6 tablespoons low-sodium soy sauce
1/4 cup 100% apple juice
1 pound boneless beef round steak, cut into thin strips
2 medium carrots, thinly sliced
1 medium yellow pepper, thinly sliced
1 and 1/2 cups bok choy, chopped
1 green apple, thinly sliced
1 tablespoon fresh ginger, thinly sliced
2 tablespoons vegetable oil, divided
2 cups cooked brown rice

Instructions

1. In a bowl, combine cornstarch, sugar, soy sauce, and apple juice until smooth.
2. Add beef strips and toss to coat. Set aside.
3. In a wok or large skillet, heat 1 tablespoon of the vegetable oil and stir fry carrots, peppers, bok choy, apple, and ginger for 1 minute. Cover and cook for 3 minutes. Set aside in a bowl.
4. In the same skillet, heat remaining tablespoon of oil and cook beef to desired doneness.
5. Return vegetables to pan and toss.
6. Serve over rice (1/2 cup per serving).

Honorable Mention, 4-6 Grade Category

HEALTHY SPANISH LUNCH: SPICED TURKEY EMPANADAS WITH HEALTHY QUESADILLAS

By Hailey Conklin, Isabella Gonsiewski, & Alexcia Benitez

Serves 4

Ingredients

EMPANADAS:

1/2 pound lean ground turkey
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon cumin
1/4 teaspoon chili powder
1 tablespoon olive oil
Vegetable cooking spray
1 pound pizza dough

QUESADILLAS:

10 and 3/4 ounces condensed cream of chicken soup
1 cup shredded Mexican cheese blend
1 cooked chicken breast, cut into bits
4 flour tortillas

SIDES:

2 cups baby carrots
2 cups multigrain tortilla chips

Instructions

EMPANADAS:

1. Preheat the oven to 400 degrees.
2. Sprinkle turkey meat with salt, pepper, cumin, and chili powder.
3. Heat oil in large skillet over high heat. Cook seasoned turkey, breaking up with a spoon until brown, about 3 to 4 minutes.
4. Coat a large cookie sheet with cooking spray.
5. Cut pizza dough into 8 equal portions. Pull each portion into a flat disk, 8 inches in diameter.
6. Top each round with 1/2 cup of turkey filling.
7. Fold dough in half and over top of filling. Press edges to seal and close.
8. Place empanadas on cookie sheet and coat with cooking spray.
9. Bake until dough is firm and golden brown, 10 to 15 minutes.
10. Transfer to a wire rack to cool.

Empanadas may be stored in an airtight container in the refrigerator for up to 3 days.

QUESADILLAS:

1. Preheat the oven to 425 degrees.
2. Combine soup, cheese, and chicken bits in a medium bowl.
3. Place tortillas on a baking sheet and spread half of each one with 1/4 of the soup mixture, making sure it is at least a 1/2 inch from the edge.
4. Brush the edges of the filled tortillas with a little bit of water, then fold over the other side to cover the filling.
5. Bake for 10 minutes or until filling is hot.
6. Let cool for 5 minutes before serving.

Serve with 1/2 cup of raw baby carrots and 1/2 cup multigrain tortilla chips per serving.

Honorable Mention, 4-6 Grade Category

PALAK PANEER

By Saiyam Roy & Saunak Roy

Serves 4

Ingredients

8 ounces of fresh or frozen chopped spinach, drained
1 small onion, chopped
3 cloves of garlic, chopped
1 4-ounce package of Paneer cheese squares*
2 tablespoons olive oil
1/2 teaspoon turmeric
1/2 teaspoon green chili paste
1 to 2 teaspoons salt
1 to 2 teaspoons sugar
1/4 teaspoon of ghee (clarified butter)
Fresh coriander, chopped
2 cups cooked brown rice or roti (puffed bread)

**Available in Indian specialty markets. You can substitute queso blanco, queso fresco, farmer cheese, or dry-curd cottage cheese. You can also make your own Paneer! Check online for recipes. It's simple.*

Instructions

1. Heat 1 tablespoon of olive oil in pan. Sauté cheese squares until browned. Set aside.
2. Heat other 1 tablespoon of olive oil in pan. Sauté onion and garlic until it turn light brown.
3. Add spinach to onions and garlic and heat through.
4. Add turmeric, chili paste, salt, and sugar to vegetables.
5. Add cooked cheese squares. Cook the mixture until soft and ready to eat.
6. Garnish with ghee and chopped coriander. Serve with brown rice.

This dish is delicious and healthy – high in iron, protein, and vitamins.

Honorable Mention, 4-6 Grade Category

TACO PASTA

By Pax Ardanz, Matthew Cugliari, & Nick Ferraioli

Serves 4

Ingredients

3 cups tomatoes
8 ounces spaghetti
8 ounces ground turkey
12 tablespoons low-salt taco sauce
4 ounces reduced fat Mexican cheese blend
Low-sodium meat seasoning mix

Instructions

1. Coarsely chop tomatoes. Set aside.
2. Brown turkey in a skillet with seasoning mix. Drain excess grease and set aside.
3. Cook spaghetti until tender and drain. Separate into 4 equal portions.
4. Put 2 ounces of turkey on top of each portion of spaghetti.
5. Put 3/4 cup of tomatoes around outer edge of spaghetti.
6. Put 1 ounce of cheese on top of turkey.
7. Put 3 tablespoons of taco sauce on side.

Serve each portion with a 1/2 cup of grapes and 1 cup of skim milk.

Honorable Mention, 4-6 Grade Category

BAKED TERIYAKI CHICKEN OVER BROWN RICE WITH BROCCOLI AND CARROT CHIPS

By Jillian Garner & Jenna Garner

Serves 4

Ingredients

16 skinless, boneless chicken breast tenders, cleaned, pat dry, and trimmed of any fat
1 cup Kikkoman teriyaki takumi sauce*
1 cup Carolina whole grain brown rice
8 ounces fresh broccoli florets
8 ounces fresh carrot chips
2 Honeycrisp or other seasonal apples

**Can use as little as a 1/2 cup of teriyaki sauce.*

Instructions

1. Coat bottom of 9 x 12-inch baking dish with 1/2 cup of teriyaki sauce.
2. Place chicken in baking dish, turn to coat, and cover with remaining teriyaki sauce.
3. Bake at 350 degrees for 30 minutes.
4. While chicken is baking, cook rice by combining with 3 cups of water in a 2 and 1/2 quart microwave-safe dish.
5. Microwave rice on high for 10 minutes. Reduce power to 50% and microwave uncovered for another 20 minutes. Let sit for 5 minutes then fluff with fork.
6. While chicken and rice are cooking, cook broccoli and carrots. Bring 10 cups of water to a rapid boil in a 4-quart covered saucepan. Remove cover, add broccoli and carrots, and reduce heat to low.
7. Simmer vegetables on low for 10 minutes, then drain in colander.
8. Put 1/2 cup of rice on each plate, 4 chicken tenders, and a 1/2 cup each of broccoli and carrots.

Serve hot while chicken is juicy with half of a sliced Honeycrisp apple and 1 cup of 1% milk.

Sit, eat, and enjoy!

Honorable Mention, 4-6 Grade Category

LITTLE CHICKEN PIZZAWHEELS

By Ava Harabedian & Kelly Waddleton

Serves 4

Ingredients

CHICKEN PIZZAWHEELS:

4 ounces chicken cutlets, pounded thin
1/2 cup seasoned Italian bread crumbs
2 medium eggs, beaten
1 cup shredded mozzarella cheese
Non-stick cooking spray

TOMATO DIPPING SAUCE:

1/2 tablespoon extra-virgin olive oil
1 clove of garlic, sliced thin
12-ounce can salt-free tomato sauce
1 teaspoon dried Italian seasoning

STRING BEANS:

2 cups fresh string beans, trimmed
1 tablespoon extra-virgin olive oil
2 cloves of garlic, sliced thin
Salt & pepper, to taste

JELL-O:

1 box orange sugar-free gelatin
1 cup boiling water
1 cup cold water
1 cup grapes

4 small whole wheat dinner rolls

Instructions

CHICKEN PIZZAWHEELS:

1. Preheat oven to 365 degrees.
2. Dip chicken cutlets into beaten egg.
3. Coat with bread crumbs.
4. Lay breaded chicken on flat surface and place 1/4 cup of mozzarella cheese in the middle of each piece. Roll closed.
5. Lightly spray baking sheet with cooking spray.
6. Place rolled chicken seam-side down onto baking sheet.
7. Bake until internal temperature reaches 165 degrees.
8. Remove from oven and cut each chicken roll into pinwheels.

TOMATO DIPPING SAUCE:

1. Sauté 1 clove sliced garlic in 1/2 tablespoon of olive oil.
2. Add can of tomato sauce and Italian seasoning.
3. Simmer until bubbling.

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STRING BEANS:

1. Boil water in pot.
2. Place trimmed string beans in boiling water and cook for 2 minutes.
3. While string beans are boiling, heat 1 tablespoon of olive oil in a non-stick pan with 2 cloves of sliced garlic.
4. When string beans are cooked, drain them, then add to the pan of oil and garlic.
5. Sauté for 2 minutes, adding a pinch of salt and pepper.

JELL-O:

1. Boil 1 cup of water.
2. Put gelatin in bowl and add boiling water; stir until dissolved.
3. Add one cup of cold water.
4. Refrigerate for 1 and 1/2 hours, then add grapes.
5. Refrigerate until firm.

Serve chicken pizzawheels, 1/4 cup tomato dipping sauce, 1/2 cup of string beans, 1/2 cup of Jell-o, and a whole wheat dinner roll.