

Thank you to all who participated

In this Future Chefs Culinary Celebration

From Sodexo Child Nutrition:

Maureen Remner

Tammy Drake

Pam Finck

Theresa Lypowy

Cindy O'Donnell

Tracy Potocki

Erin Venezio

Judges:

Mr. Matt Shea

Mr. Steve Kepnes

Dr. Stew Stumper

***Vernon Township Schools & Sodexo***

***Present the***

***“Future Chefs”***

***Healthy Asian Inspired Food***

***Recipe Cookbook***

***March 2018***

**Dylan Seidner**

**4<sup>th</sup> Grade, Lounsberry Hollow School**

**Spicy Jalapeno Chicken and Broccoli Stir Fry**

Ingredients:

1 Tbsp. oyster sauce	2 garlic cloves, minced
2 Tbsp low sodium soy sauce	2 shallots, chopped
3/4 cup low sodium chicken stock	1 Tbsp fresh ginger, grated
1 Tbsp corn starch	1 Jalapeno, sliced
2 Tbsp canola oil	4 C broccoli florets, blanched
1 pound boneless chicken breast	4 oz. rice noodles

1. Combine oyster, soy, chicken stock and corn starch in a bowl.
2. Add 1 Tbsp oil to a wok or large sauté pan.
3. Add chicken and cook through. Remove from pan to a plate. Drain any liquid.
4. Add remaining oil to pan. Add garlic, shallots, ginger and jalapeno. Sautee for 1 to 2 minutes.
5. Add stock mixture and cook until thickened, 2 to 3 minutes.
6. Add cooked chicken, broccoli and scallions. Stir to coat. Serve over cooked rice noodles.

**Larry Leve**

**4<sup>th</sup> Grade, Lounsberry Hollow School**

**Asian Pasta Salad**

Ingredients:

4 cups ziti noodles
1 Tbsp oil
1 cup each red and green bell pepper, chopped
1/2 cup diced red onion
1 cup mandarin oranges, drained, chopped
2 cups General Tso's sauce
1/2 cup crispy Chinese noodles

1. In a large pot cook pasta in boiling water. Drain and put into a large mixing bowl, toss with oil, set aside to cool.
2. Add peppers into the bowl.
3. Place red onion and oranges in the bowl.
4. Add General Tso's sauce and mix all ingredients together.
5. Place crispy noodles on top before serving.

**Alexa Clements**

**4th Grade, Lounsberry Hollow School**

**Chicken and Veggie Egg Rolls**

Ingredients:

8 oz. cooked chicken

8 oz. cole slaw

2 sheets of puff pastry, thawed

1 tsp. chopped garlic

2 Tbsp. olive oil

2 Tbsp. low sodium soy sauce

1. Heat oil in pan. Sauté garlic until brown.
2. Add cole slaw, chicken and soy sauce. Cook 5 minutes.  
Remove from heat.
3. Add 2 Tbsp. of chicken/slaw mixture into each egg roll.
4. Fold each end.
5. Heat 1 Tbsp oil in pan on medium heat. Place egg rolls in pan. Cook 7 minutes or until golden brown, turning occasionally.

**Monica Curry**

**4th Grade, Lounsberry Hollow School**

**Banana Sushi**

Ingredients:

Bananas

Natural peanut butter or almond butter

Healthy toppings (chia seeds, chopped nuts)

1. Peel banana.
2. Trim one end so it is flat.
3. Use a butter knife to coat with peanut or almond butter.
4. Roll in healthy topping.
5. Cut into slices and serve.
6. Eat with chopsticks.

## **Melody Buccieri**

**5<sup>th</sup> Grade, Lounsberry Hollow School**

### **Melody's Asian Tacos**

#### Ingredients:

1 cup Jasmine rice                      1/2 cup teriyaki marinade  
8 oz. chicken, thin strips              1/2 tsp fresh ginger, grated  
1/2 tsp. black sesame seeds      2 Tbsp. fresh orange juice  
1 tsp. soy sauce                          1 tsp. honey  
1/2 cup **each** shredded carrots, cabbage and cucumber  
1/2 cup sliced green onions  
4 soft taco flour tortillas  
1/2 cup crushed Chinese dry noodles

1. In a mixing bowl, combine chicken and marinade. Cover and refrigerate for 30 minutes.
2. In medium pot, bring 2 cups water to a boil. Add jasmine rice, lower heat, cover and let simmer until cooked (about 20 mins.).
3. In a mixing bowl, whisk together the ginger, sesame seeds, juice, soy sauce and honey. Add the cucumber, cabbage and carrots to the bowl and toss gently. Season with salt and pepper. Cover and refrigerate until ready to assemble tacos.
4. Heat a skillet on medium high heat until hot. Add chicken along with the marinade and sauté until cooked through, about 10 minutes, stirring occasionally.
5. To assemble the tacos, add 2 Tbsp of rice and 1/4 cup of the slaw in each tortilla. Top with 2 oz. of the chicken and sprinkle with sliced green onions and Chinese noodles. Cut in half and enjoy.

## **Shylee Korowaj**

**4<sup>th</sup> Grade, Lounsberry Hollow School**

### **Crab Rangoons**

#### Ingredients:

6 oz. can white crab meat  
1/2 tsp lemon juice (fresh lemon)  
oil for frying  
8 oz. softened cream cheese  
1 tsp. sliced green onion  
1/4 cup red Thai style chili sauce  
1 pkg. wonton wrapper  
1 egg, beaten

1. Add lemon juice to crab meat in a medium bowl.
2. Mix in cream cheese, onion, chili sauce to bowl.
3. Separate wonton wrappers. Add 1/2 tsp. of crab mixture to each wrapper; moisten edges with egg and seal.
4. Fry at 350° until golden.
5. Blot with paper towel.
6. Serve with 1/2 cup Thai chili sauce.

