

Breakfast for Lunch – Egg Muffins in Potato Nest and French Toast Roll Ups

Created By: Danielle Staunton

Egg Muffin in Potato Nests

Liquid egg
Yellow onion
Milk
Cheddar jack cheese
Frozen spinach
Breakfast sausage
Hash browns shredded potato
Red delicious apples
Three Amigos Rub
Canola blend oil

French Toast Rollup

Cream cheese
Whole wheat bread
Brown sugar
Ground cinnamon
Fresh strawberries
Butter

For Egg Muffins

1. Preheat oven to 350 degrees
2. Spray muffin tins with cooking spray
3. Grate apple in food processor and remove excess water in kitchen towel. Mix with hash browns
4. Place 2 tbs of the mix into each cup, pressing down and spreading up the sides. Spray with more cooking spray and place in oven for 15-20 minutes
5. Cook the sausage in a skillet over medium heat, breaking it up until brown all the way through
6. Heat 1 teaspoon oil over medium-high heat. Add onions and spinach (squeeze out excess water if using frozen). Cook 4-6 minutes or until onion is translucent. Remove from heat and set aside
7. Place eggs and milk in a large bowl. Whisk to blend and add cheese, mix well. Season with salt and pepper, then add onion / spinach mixture, mix well
8. Remove hash browns from oven and evenly pour egg mixture into cups
9. Sprinkle tops with cheese and bake for 15 minutes, or until toothpick inserted comes out clean

For French Toast Roll Ups

1. Cut crusts off bread. Roll out each slice with a rolling pin
2. Spread cheese over bread, distributing evenly
3. Place two rows of sliced strawberries at one end of the bread. Roll up each slice and place seam-side down on a baking sheet
4. Combine sugar and cinnamon on a plate
5. Melt butter and brush over rollups. Then roll them in the cinnamon-sugar mixture until completely coated. Return to baking sheet
6. Cover and freeze at least 2 hours
7. Bake rolls in oven at 400 degrees for 10-12 minutes or until golden



Soy and Chicken Rice Cakes

Created By: David Mandell

Calrose Rice
Chicken Breast
Eggs
Soy Sauce
Frozen Peas
Frozen Carrots
Green Onions
Monterey Jack Cheese
Sweet Onion
Sliced apples
Sesame Oil
Salt to taste

For Rice Cakes

1. Cook rice as per instructions in rice cooker.
2. While rice is cooking, sauté sweet onions until translucent.
3. Add green onions and chicken breast, cooking until chicken is cooked through.
4. Add soy sauce, peas, and corn and continue cooking until vegetables are warmed through.
5. In a separate pan, scramble eggs until cooked through.
6. When rice is ready, combine all in a large bowl, then spread into sheet pan and press down smoothing into a cake.
7. When slightly cooled, cut into servings and serve separate cakes.
8. Serve with apple slices and milk.



Baked Chimichanga with Cabbage Slaw and Fruit Salsa

Created By: Lisa Barbato

Chimichanga

Chicken
Onion
Garlic
Cilantro
Cheese
Tomato
Tortilla
Vegetable oil
Salt, pepper, and spices

Fruit Salsa

Canned fruit
Onion
Cilantro
Lime juice

Cabbage Slaw

Cabbage
Apple
Carrot
Yogurt
Lime juice

For Chimichanga

1. Rub seasonings on chicken and grill for 15 minutes under broiler in oven.
2. Remove from oven and heat oven to 450 degrees.
3. Put 1 tablespoon vegetable oil in a pan and heat.
4. Add chopped onion, garlic, and cook until soft.
5. Add seasonings, tomato and cilantro and cook until veggies are cooked through.
6. Add grilled chopped chicken.
7. On a greased cookie sheet place tortilla open and add chicken mixture and cheese.
8. Fold ends in and then roll up.
9. Put the chimichanga on the baking pan and bake 8 minutes, seam side down.
10. Flip tortilla over and cook on the other side for 8 more minutes.
11. Serve with shredded lettuce on top and sides of salsa and slaw for dipping.

For Slaw

1. Shred cabbage thinly.
2. In a bowl mix lime juice, yogurt, cilantro, chopped carrots and chopped apple.
3. Add cabbage to the dressing and serve on the side of the baked chimichanga.

For Salsa

10. In a food processor combine fruit, onion, cilantro, lime and serve with the baked chimichanga.

Japanese Chicken Rice Bowl

Created By: Tucker Humphrey

**REAL SCHOOL FOOD
CHALLENGE**

A program of Chef Ann Foundation



Chicken Bowl

Chicken thighs
Teriyaki sauce (see right)
Seasoned rice (see below)
Red bell pepper
Carrots
Avocado
Dried seaweed sheets
Red kidney beans

Teriyaki Sauce/Marinade

Reduced sodium soy sauce
Honey
Rice wine vinegar
Sesame oil
Brown sugar
Garlic, fresh
Ginger, fresh
Water
Cornstarch

Seasoned Rice

Rice wine vinegar
Unrefined coconut sugar
Mirin cooking wine
Short grain brown rice
Black sesame seeds
Salt

Sugar Snap Peas Side

Sugar snap peas
Salt
Extra virgin olive oil

Watermelon Side

Watermelon

For Watermelon

11. Chop watermelon into bite size chunks. Set aside

For Teriyaki Sauce/Marinade

1. Combine ingredients except for water and cornstarch in small saucepan over medium-high heat
2. Whisk cornstarch into water in a bowl and then add to the soy sauce mixture.
3. Cook sauce, stirring regularly, at a simmer until thickened (5-7 minutes). Use 1/3 to marinate chicken (for at least one hour) and the rest as sauce.

For Seasoned Rice

1. Cook brown rice according to package directions. While rice is cooking, combine vinegar, mirin, coconut sugar and salt in a small saucepan over low heat and stir until sugar and salt dissolve.
2. When rice is finished cooking, remove from heat and let rest for 10 minutes. Stir in seasoning mixture and black sesame seeds.

For Chicken Bowl

1. Chop carrot, red pepper and avocado. Chop seaweed into small bits and rinse beans under cold water. Set aside.
2. Heat broiler. Remove chicken from marinade and place on broiling pan. Position a rack in the oven about 7 inches from broiler. Broil each side about 5-7 minutes or until chicken reaches 175 degrees. Remove from heat, cool slightly, and chop.
3. Measure $\frac{3}{4}$ cups rice into a bowl/tray. Top with vegetables, seaweed and kidney beans.

For Snap Peas

1. While the chicken is cooking, heat a large skillet over medium-high heat, adding olive oil when hot.
2. Add the snap peas and cook for 3-5 minutes or until crisp tender. Season with salt.