

# COOKING UP CHANGE 2010

## Recipes: School Lunch Created by Students

The high school culinary students of Tilden Career Community Academy created this healthy, great-tasting school lunch for Healthy Schools Campaign's Cooking up Change healthy cooking contest. The lunch won first place and was served in high schools across Chicago in January 2010. In March 2010, the students are bringing their meal to Congress: they are presenting it at a briefing on Capitol Hill on the same day that it is served in the Longworth House of Representatives cafeteria. Enjoy!

You can learn more about Cooking up Change at [www.cookingupchange.org](http://www.cookingupchange.org).

Recipes courtesy of Chartwells-Thompson Hospitality and the Tilden student team.



### Chicken-Vegetable Jambalaya

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|-------------------------------|---------------------------------|
| 4 cups Onion, diced           | 2 cups Bell Peppers, diced      |
| 2 cups Celery, diced          | 3 Tbsp Vegetable oil            |
| 5 lb Dark chicken meat, cubed | 6 cups Tomatoes, diced (canned) |
| 1 cup Tomato Paste            | 2 Tbsp Hot Sauce                |
| 1 Tbsp Garlic Powder          | ½ tsp Basil                     |
| 2 tsp Paprika                 | 3 cups Chicken Stock*           |
| 4 cups Rice (uncooked)        | 3 Tbsp Cajun Seasoning          |
| 2 cups Spinach                | 6 cups Water                    |

1. In a large, heavy pot over medium heat, sauté onion, pepper, spinach, and celery in oil.
2. Add chicken and cook, stirring occasionally, until chicken is cooked through.
3. Add tomatoes, tomato paste, hot sauce, and spices.
4. Simmer, uncovered, for 15 minutes.
5. Add chicken stock and water, bring to a quick boil, and add rice.
6. Cover pot and reduce heat, simmering for 15 min.

Serving size: 1 ½ cups. Makes 21 servings.

### Cucumber Salad

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|-------------------------------------|------------------------|
| 9 cups Cucumbers, peeled and sliced | 3 cups Carrot sticks   |
| 9 cups Tomatoes, sliced             | 1 cup Italian Dressing |

1. In a large, heavy pot over medium heat, sauté onion, pepper, spinach, and celery in oil.

Serving size: ¾ cup. Makes 28 servings.

### Jalapeño Cornbread

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|----------------------------------|------------------------|
| 5 lb Cornbread mix               | 6 cups Water           |
| 1 cup Chopped Jalapenos (canned) | 2 cups Frozen cut corn |
| 2 cups Shredded Cheese           |                        |

1. Place water in a mixer bowl, add total contents of mix using a paddle.
2. Mix at low speed for 15 sec.
3. Scrape bowl then add corn, peppers and cheese. Mix on low for another 15 sec.
4. Spread batter evenly into paper-lined 24x16" sheet pan.
4. Bake at 400 F for 20-25 minutes.

Serving size: 3x2" slice. Makes 8 servings.