

# Cooking up Change: Healthy School Meal Created by Students

This healthy school meal, created by high school culinary students at Richards Career Academy in Chicago as part of Healthy Schools Campaign's Cooking up Change Healthy Cooking Contest, is being served on May 5 to more than 40,000 students in cities around the nation as well as in the Longworth Cafeteria in the US House of Representatives office building.

*Recipe provided courtesy of Chartwells-Thompson Hospitality and the award-winning culinary students of Richards Career Academy.*



## Carrotquedilla

12 Tortillas (six-inch)

12 oz. Raw Carrots, shredded

12 oz. Red Kidney Beans

12 oz. Light Mozzarella Cheese

1 ½ Tbsp. Adobo Seasoning

1. Prepare 6 tortillas with 1 ounce of cheese, 1 oz of beans, and 2 tbsp of shredded carrots each.
2. Spray bottom of pan with cooking spray.
3. Place tortillas in pan and top with 6 more tortillas.
4. Turn over when the bottom of the tortilla is brown. Cook the other side of the tortilla until it is brown.
5. Remove from pan and cut each tortilla into 4 pieces.

*Serving size: 2 pieces or ½ of quesadilla. Makes 12 portions.*

## Stuffed Peppers

6 medium Green Peppers, raw

1 Tbsp. Ground Cumin

4 cups Water, boiling

3 oz. American Cheese, shredded

24 oz. Chicken Dark Meat, raw, no skin

5 cups Brown Rice, cooked

16 oz. Diced Tomatoes

1. Cook diced chicken, drain and add cumin.
2. Cook rice.
3. Combine 3 cups cooked chicken, 4 cups cooked brown rice, and 1 cup of salsa until well mixed.
4. Prepare peppers by cutting in half lengthwise, removing stems and ribs.
5. Fill each pepper half with 10 ounces of chicken & rice mixture. Place in hotel pan and add enough water to cover bottom of pan. Cover with parchment paper and aluminum foil.
6. Bake 35-40 minutes at 350°F.

*Serving size: One half pepper, stuffed. Makes 12 portions.*

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## Refrascante side salad

2 medium Apples, raw, with skin  
2 Tbsp. Cucumber, raw, peeled, chopped  
1 Tbsp. Cilantro, raw  
1/8 Tsp. Black Pepper  
4 oz. Raisins

2 medium Oranges, raw  
1 Tbsp. Onions, raw  
1/8 Tsp. Table Salt  
2 oz. Orange Juice

1. Dice apple into medium pieces.
2. Peel orange and cucumber, and dice into medium pieces.
3. Dice onion into small pieces and chop cilantro. .
4. Combine all ingredients and add salt and pepper to taste.

*Serving size: 4 oz. Makes 4 portions.*



*The student chefs who created this meal prepare refrascante side salad*