

JUNIOR CHEF

2023





Maple Barbecue Chicken with Sweetpotato Waffle and Apple Slaw

A crispy, fluffy sweet potato waffle with chives mixed in is paired with a baked maple-barbeque glazed chicken breast and topped with a fresh cabbage and apple slaw.



Apex High, Waffle House Wake County Public Schools

Team Members

- Jr. Chefs: Isabella English, Aidan Russ, Madeleine Russ
- Adult Team Supervisor/Teacher: Erica Hoskins
- School Nutrition Advisers: Mary Catherine-Talton and Paula Delucca



Kickin Chicken with Rice

Grilled chicken breast is presented with seasoned rice and pepper, corn, and pineapple salsa.



Ashe County High, Huskies Ashe County Schools

Team Members

- Jr. Chefs: Tristan Fogger, Greyson Sturgill, Jacob Swain
- Adult Team Supervisor/Teacher: Debbie Sturgill
- School Nutrition Adviser: Tammy Woods



Thai Pineapple Fried Rice with Chicken

Brown rice is paired with sauteed onions and red bell peppers, edamame, eggs, and chicken.



Brevard High, Culinary Devils Transylvania County Public Schools

Team Members

- Jr. Chefs: Meleah Foster, Jordan Joyner, Han Pham, Addison Robinson-Simpson
- Adult Team Supervisor/Teacher: Jessica Whitmire
- School Nutrition Adviser: Janette Broda



Smoky Mountain Cajun Pizza

This recipe is a Cajun twist on a homestyle Appalachian vegetable and andouille sausage pizza. Alfredo sauce with a kick spread is spread across a 2-ingredient Greek yogurt and whole wheat pizza dough with lowfat mozzarella.



Franklin High, Panthers Macon County Schools

Team Members

- Jr. Chefs: Cesia Ortega Escobar, Miguel Ortega Escobar, Breanna Pelletier
- Adult Team Supervisor/Teacher: Liliana Vitale, Amanda Dowdle
- School Nutrition Adviser: David Lightner, Tabitha Sanchez



Rainbow Veggie Wraps

This is a delicious and colorful wrap full of locally grown vegetables and powerful vitamins.



Havelock High, HHS Jr. Chef Craven County Schools

Team Members

- Jr. Chefs: Angela Ovando, McKenna Poirier
- Adult Team Supervisor/Teacher: Jessica Gardner
- School Nutrition Advisers: Paula Green and Lauren Weyand



Honey Garlic Glazed Chicken on Sweet Potato Steamed Buns, with Kale and Apple Salad

Strips of seared chicken, with a honey garlic glaze are served on fluffy North Carolina sweet potato steamed buns and topped with a kale and apple salad dressed with an Asian vinaigrette.



Northern High, NHS Culinary Durham Public Schools

Team Members

- Jr. Chefs: Caroline Barber, Alex DeMaeyer, Kendall Keaton, Sydney Rogers
- Adult Team Supervisor/Teacher: Peter Brodsky
- School Nutrition Advisers: Bridgette Harper-Reid, Linden Thayer, James Keaton



Blueberry Chicken Salad Wrap

This delicious wrap has it all: fruits, vegetables and lean protein. Blueberries add sweetness to the mixture, while celery, red bell pepper, and romaine adds the right amount of crunch. Rounding out the wrap is a tangy lemon yogurt dressing.



Swain County High, Ridgerunners Swain County Schools

Team Members

- Jr. Chefs: Lilly Colcord, Zackary Ford, Austin Paredes
- Adult Team Supervisor/Teacher: Nira Franklin
- School Nutrition Adviser: Michelle Herron



Oven Baked Chicken Sandwich

An oven baked breaded chicken breast sandwich is topped with cheese, lettuce, tomato, and spicy sauce and served with sides of sweet potato waffle fries, steamed broccoli, and blueberries.



Weaver Academy, Paje Guilford County Schools

Team Members

- Jr. Chefs: Jasanna Evans, Passion H, Amory Gonzalez, Emily Garcia Vazquez
- Adult Team Supervisor/Teacher: Rita Tisdale
- School Nutrition Advisers: Kim Best, Aisshia Cheek

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