

JUNIOR CHEF

2018





Ashe County High

Ashe County Schools



Spicy Chicken Cheese Enchiladas

Enjoy this twist on a family recipe - marinated chicken with peppers and onions, topped with a spicy roasted tomato sauce.

Clyde A. Erwin High Buncombe County Schools



Hot Asheville Chicken with Farmers Market Salad

After competing at the National FCCLA Meeting in Nashville Tennessee, this team was inspired to take a Tennessee classic and create a healthy, local dish. Tender baked chicken tenders spiced with a little heat are served on a bed of fresh local greens and crisp vegetables with homemade ranch dressing. Garnished with whole wheat bread, a pickle and a drizzle of local honey, it is a tasty sweet and spicy combo.

East Gaston High Gaston County Schools



Turkey Meatball Sliders

The dish is a new twist on a favorite sandwich - turkey meatball sliders with a quick-scratch sauce.

East Mecklenburg High Charlotte-Mecklenburg Schools



Chicken Sloppy Joes

A nutritious sandwich consisting of ground chicken, onions, green peppers, and carrots mixed with spices and mozzarella cheese served on a whole wheat bun.

Hunter Huss High Gaston County Schools



Chicken Alfredo Pizza

This recipe combines two favorite dishes - whole grain pizza with chicken, spinach, and alfredo sauce on top.



Parkwood High

Union County Public Schools



Roasted Lemon Chicken with Vegetables and Rosemary

A flavorful, one-pan hot lunch entrée provides comfort with chicken, potatoes, carrots, lemons and rosemary.



Topsail High

Pender County Schools



Tropical Island Wrap

Take a trip to the islands with this recipe of diced BBQ chicken, tropical salsa, and lettuce, wrapped in a whole wheat tortilla.

West Carteret High Carteret County Schools



Turkey Taco Wrap

A handheld menu item with flavors students love, these wraps feature ground turkey with refried beans and Pico de Gallo wrapped in a whole wheat tortilla, accompanied by a homemade cheese sauce.

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