

JUNIOR CHEF
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COMPETITION
2020





Apex High

Wake County Public Schools



Grilled Chicken Street Tacos with Mango Salsa, Seasoned Black Beans and Cilantro Lime Rice

These tacos feature grilled chicken breast seasoned with chili powder and salt and are topped with a salsa of chopped red peppers, green peppers, red onions, avocado, and mangos. All served with a side of cilantro lime rice and black beans.

Ashe County High Ashe County Schools



High County Fiesta Bowl

This is a creative twist on a bowl, marinated chicken strips served in a pineapple boat, alongside long grain Mexican rice seasoned with tomato bouillon and topped with colorful cilantro.



Asheville High

Asheville City Schools



Italian Bake with Beef and Roasted Vegetables with Kale Chips

A fun twist on Italian Pasta - This dish combines fresh, colorful roasted vegetables with whole grain noodles and cooked ground beef. Sprinkled with cheese at the end, this dish is a perfect meal for any day. It is served with a side of crunchy, vitamin-rich kale chips.

East Chapel Hill High

Chapel Hill-Carrboro City Schools



Sweet Potato Poutine

This recipe is Canadian inspired with North Carolina influenced ingredients. Sweet potato fries are topped with a warm chicken velouté, shredded chicken, cheese curds and pickled North Carolina vegetables.

Hayesville High – Category 4 Clay County Schools



Greek Chicken Pasta Bake

A pasta bake inspired by the flavors of the Mediterranean, this recipe utilizes sun-dried tomatoes, fresh kale and mushrooms, chicken and Greek seasonings to transport you on a unique culinary adventure.



Hayesville High – Meatball Boiz Clay County Schools



Mexican Meatball Sub

A traditional meatball sub takes a trip south of the border with Mexican inspired flavors and a homemade Mexican tomato sauce, topped with cheese and garnished with fresh cilantro and diced tomatoes

Hobbs High Sampson County Schools



Chicken Fajita Bowl

This dish offers a new twist on a fajita favorite, serving it up in a whole wheat tortilla bowl with lettuce, tomatoes and cheese.

Parkwood High

Union County Public Schools



Southern Fried Chicken Lo Mein

THIS flavorful one-pan Asian-inspired and Southern-loving hot lunch entrée features sautéed chicken pieces, spaghetti noodles, broccoli, red and green cabbage, carrots, onions, garlic and kale.

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