

JUNIOR CHEF  
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COMPETITION  
2020



# Apex High

Wake County Public Schools



## *Banh Mi with Turkey Meatballs and Slaw*

A crispy whole wheat sub is filled with Asian-flavored meatballs, cucumbers, and a purple cabbage slaw.

# Ashe County High

## Ashe County Schools



### *Carolina Pork BBQ Nachos*

The bowl features fluffy brown rice, grilled chicken, roasted vegetables, a cucumber tomato salad, and romaine lettuce bringing the flavors of the Mediterranean to schools in North Carolina.

# Clyde A. Erwin High

## Buncombe County Schools



### *Country Cavier Bison Bowl*

Adding southwest flavors and flavorful North Carolina raised Bison as the base to the Country Cavier Bison Bowl, we are bringing the wild west to the lunchroom. The bison is combined diced green chilies, topped with sautéed spinach and sweet and spicy sweet potatoes. Garnished with sour cream and fresh microgreens, this hearty dish is ideal to tame the open range.

# East Chapel Hill High Chapel Hill-Carrboro City Schools



## *Southern Style Corn Pudding with Pork*

Southern flavors of pork, cheddar, and BBQ take corn pudding to the next level in this twist on a Southern favorite.

# Hayesville High Clay County Schools



## *Asian Exploration*

This recipe is a wonderfully healthy and flavorful Asian inspired dish resembling an unpacked eggroll with a citrus twist.

# Parkwood High

## Union County Public Schools



### *Asian-style Turkey Meatballs with Fried Rice*

Baked Asian turkey meatballs that are tender and flavorful are served with a tasty hoisin-based sauce alongside a deliciously nutritious bed of fried rice with peas and carrots.



# Southern Lee High Lee County Schools



## *Sweet Carolina Chicken Bang Bang*

Sweet Carolina Chicken Bang Bang is hearty and comforting with an explosion of flavor and color. Packed with protein and filling complex carbohydrates, this dish combines chicken with two varieties of beans. It is a taste bud explosion combining the earthy flavor of cumin, heat of chili powder, subtle garlic, and smoky paprika. The sweetness from the corn and sweet potato paired with a slight heat will surely warm the belly and soul.

# Swain County High Swain County Schools



## *South of the Smokies*

This recipe features a hearty bowl of brown rice and black beans topped with skillet roasted corn and poblano peppers. A squeeze of lime compliments the smoky flavors of coriander and cumin. Add a drizzle of creamy chipotle sauce for a tangy zing. This entree is so delicious and hearty you won't even care that it's vegetarian.

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