

JUNIOR CHEF

2021





Apex High

Wake County Public Schools



Mediterranean Grain Bowl

This 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



Holy Smoke Show Waffle

A twist on a southern classic, this recipe elevates Taco Tuesday all the way to Waffle Wednesday. A homemade taco seasoning blend and diced tomatoes are added to N.C. Brasstown Beef as the feature protein of this dish. The rising star of the recipe is the crispy savory cornbread waffle topped with chilled sweet potatoes, crispy kale chips, diced jalapenos and cheddar cheese.



East Chapel Hill High

Chapel Hill-Carrboro City Schools



Blackened Chicken Taco Salad with Citrus Crema

A crispy homemade taco shell holds Southwestern rice, fresh vegetable toppings, blackened chicken, and a citrus crema drizzle for a flavor punch you'll be sure to enjoy.

Swain County High

Swain County Schools



Shepard's Pie with Sweet Potato Mash

A sweet spin on an old favorite, this is not your grandmother's shepherd's pie. Lean ground turkey is mixed with an array of fresh vegetables like mushrooms and green peppers, topped with a savory sweet potato mash. It's a healthy balance of taste and color.

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