

Acacia Barker
Senior
Protein
Carson

CURRIED CHICKEN SALAD SANDWICHES

Ingredients:

1/2 cup light mayonnaise
1/4 cup plain low-fat yogurt
1 teaspoon curry powder
1 teaspoon lemon juice
1/2 teaspoon salt
4 cups chicken breast, cooked and shredded
1/2 cup seedless red grapes, halved
1/2 cup toasted walnuts, chopped
1 large gala apple, dices
1/3 cup red onion, diced
16 slices of multi-grain bread
8 lettuce leaves

Directions:

Combine mayonnaise, yogurt, curry powder, lemon juice and salt in a large bowl. Add chicken, red grapes, walnuts, apple and red onion; stir well to combine. Top each of 8 bread slices with ½ cup of the chicken salad. Top each with a lettuce leaf and a slice of bread. Ready to Serve.

Avonley Powers
Senior
Protein
Dallam

RANCH CHICKEN CLUB ROLL-UPS

Ingredients:

8 chicken tenders, either precooked or cut from chicken breast and sautéed until cooked through
16 slices bacon
8 slices of your favorite cheese (Colby Jack, Pepper Jack, Cheddar, etc)
2 cans crescent rolls, separated and pressed into 8 rectangles
Ranch dressing

Instructions: Preheat oven to 375°. Spread about 2 tsp of ranch dressing over each crescent rectangle. Add a slice of cheese. Add 2 slices of bacon to top of cheese. Add chicken strips to top of bacon. Roll up in long logs, and place seam side down onto a greased cookie sheet. Bake for 15 to 20 minutes until golden. Serve with extra ranch for dipping (opt).
Makes 8 Roll-Ups

SUNSHINE CHICKEN SANDWICH

1 cup orange juice
1/3 cup lemon juice, fresh squeezed
¼ cup canola oil
2 teaspoons sugar
1 ½ teaspoons lemon pepper
6 boneless, skinless chicken breast filets
6 whole grain buns
6 low sodium bacon slices, cooked
6 ounces of low-fat pepper jack cheese, sliced
1 large avocado, sliced
½ cup chopped tomato
1 cup chopped mango
¼ cup chopped sweet onion
2 tablespoons diced jalapeño
1 tablespoon chopped cilantro
1 teaspoon lime juice, fresh squeezed
1/8 teaspoon season salt

Wash hands. Wash produce and set aside to dry. Prepare marinade in small mixing bowl, by combining orange juice, lemon juice, canola oil, sugar, and lemon pepper and stir to combine. Trim chicken breast of any fat and place into plastic gallon freezer bag. Pour marinade over the chicken and seal the bag. Toss marinade all over the chicken. Place bag in a 13x9x2 inch dish and keep in refrigerator until ready to cook. Preheat the grill. Prepare the toppings for the sandwiches. Cook 6 strips of bacon on microwave safe dish in microwave about 5 minutes. Remove from tray and set aside. Slice pepper jack cheese into 1/8 inch slices. You need 12 slices (2 for each sandwich) and set aside. Get chicken out of refrigerator and place the chicken breasts on the grill. (Dispose of the bag with the marinade.) Grill 7 minutes on one side, then turn over. Grill 7 minutes on the other side. When the internal temperature is 165 degrees remove the chicken breast onto a clean plate, cover, and let set. Prepare the mango salsa while the chicken is cooking. Chop mango and add to a small mixing bowl. Chop onion, jalapeno, and cilantro and add to the mango. Squeeze in 1 teaspoon of fresh lime juice and add 1/8 teaspoon of season salt. Stir and set aside. Grill the buns to get warm and toasty. Slice the avocado. Assemble the sandwiches: bottom bun, chicken breast, cheese, avocado, mango salsa, bacon, top bun. Yields 6 sandwiches.

Katherine Sheldon
Senior
Protein
Hutchinson

GARDEN FRESH TUNA SALAD

Ingredients:

1 6.4 oz. can or pouch of water packed tuna, drained
1 stalk of celery, chopped
6 tbsp. reduced fat olive oil mayonnaise
2 tbsp. finely chopped kosher dill spears
 $\frac{3}{4}$ cup chopped gala apples
3 medium tomatoes
3 whole grain crackers, for garnish

Directions:

In a large bowl, mix tuna and mayonnaise well until texture has a smooth consistency. Add chopped celery, apples, and dill spears to tuna and mix together. Set mixture aside. Using a small kitchen knife, cut a hole on top of a tomato. Remove the top and use a spoon to scoop out the seeds and pulp inside. Once tomato is hollow, spoon a cup of tuna mixture into tomato and garnish with one whole grain cracker. Repeat process with other 2 tomatoes. Serves 3.

Zach Stovall
Senior
Protein
Moore

SANTA FE CHICKEN PACKETS

Ingredients:

10-12 chicken tenderloins
Taco seasoning
2 cans black beans
2 cans whole kernel corn
1 cup salsa
Salt & Pepper
Sour cream
Cheddar Cheese
Cilantro

Directions:

Preheat the oven to 375 degrees. Place four 18 x 12 pieces of foil on the counter. Spray each with cooking spray. Place 2-3 chicken tenderloins in the center of each piece of foil. Sprinkle taco seasoning, salt and pepper over the chicken. Spoon $\frac{1}{4}$ cup of black beans over chicken in each packet. Spoon $\frac{1}{4}$ cup of corn over the beans and chicken. Spoon $\frac{1}{4}$ cup salsa over the corn, beans and chicken. Bring up short sides of each foil packet and double fold the top. Double fold both ends to seal each packet. Bake for 30 minutes at 375 degrees. Carefully open packets. Place contents of packet on a serving plate and top with cheese, sour cream and cilantro as desired.

Sean Lowry
Senior
Protein
Potter

CHICKEN JALAPENO CHEESE POPPERS

Ingredients:

1 8oz package cream cheese, softened
½ cup shredded cheddar cheese
2 large jalapeno peppers, seeded and minced
4 6oz skinless, boneless chicken breast halves
1 cup seasoned bread crumbs
¼ cup olive oil

Directions:

Stir together the cream cheese, cheddar cheese and jalapenos in a small bowl. Cut a pocket horizontally through the thickest side of each chicken breast, and fill with ¼ of the cheese mixture. Secure with toothpicks. Roll the chicken breasts in bread crumbs to coat. Heat the oil in a skillet over medium-heat heat, and cook chicken breasts until no longer pink in the center and the juices run clear, about 8 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F.

After trying the recipe once, next time I plan to add chopped garlic with the cheese mixture and wrap the chicken in foil, baking the chicken instead of frying it. By baking it, the chicken should be healthier.

Craig Odom
Senior
Protein
Randall

RIBEYE RELLENOS

USDA Choice Rib Eye Roll (2-3 lb. section, 6 steaks)
6 Fresh Anaheim Chile Peppers
½ lb. Block Monterey Jack Cheese
Steak Seasoning
Queso or any desired sauce

Ask a meat market to cut 6-½" slices of rib eye off the roll. Run steaks through a tenderizer at meat market or use a mallet and pound steaks out until ¼" thickness. Season both sides of steaks and set aside. Roast peppers until thoroughly charred and skin is blistered. Put peppers in a sealed ziplock bag for about five minutes, then peel skin off. Slice one side of each pepper open length wise. Remove stem and seeds. Cut cheese block into long strips. Place 2-3 strips of cheese inside each pepper. Place each stuffed pepper onto the edge of a steak. Roll up edge of steak over the stuffed pepper making sure the roll is tight and pepper is well secured in the steak. Secure the ends of the rolls with toothpicks. Place the steak rolls on any grill. Grill steak evenly on all sides until desired doneness. Once grilled to desired doneness, pull rolls from grill and set aside on cutting board for about five minutes. Cut rolls across into 5-6 slices. Arrange spiral rolls on serving plate. Drizzle desired amount of queso or any sauce over the rolls and serve hot. Makes 6 servings.
