Students are rewriting the recipe for school food.
And showing us delicious, nutritious meals are possible.

Cooking up Change student chefs show us it is possible to create delicious and nutritious school meals that students want to eat using whole grains, less sodium and plentiful fruits and vegetables.

As the current administration looks to weaken school nutrition standards, these incredible student chefs demonstrate what’s possible when the standards are seen as an opportunity rather than a limitation.

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Broccoli Cheese Bread Pudding
Spicy Roasted Broccoli
Walrus Monkey Crisp
Broccoli Cheese Bread Pudding

Serves 4

**Ingredients**
- 8 slices whole grain sandwich bread
- 1 cup broccoli florets
- 8 ounces liquid eggs or four large eggs
- 4 ounces shredded cheddar cheese
- 4 ounces nonfat milk
- 2 teaspoon granulated garlic
- 1 tablespoon salad oil

**Preparation Steps**
1. Preheat oven to 350 degrees Fahrenheit. Dice bread into half-inch pieces. Set aside.
2. Medium dice broccoli, and steam in a pot on the stovetop until just tender.
3. In a large bowl, mix together egg, cheese, milk, broccoli, bread and granulated garlic.
4. Coat a baking dish with the oil. Pour mixture into dish and spread evenly.
5. Bake for 30 minutes or until golden brown.
6. Serve and enjoy!
Spicy Roasted Broccoli

Serves 4

Ingredients
- 2 cups broccoli florets
- 1 red bell pepper
- 2 tablespoons salad oil
- 2 teaspoons crushed red pepper

Preparation Steps
1. Preheat oven to 350 degrees Fahrenheit.
2. Medium dice broccoli florets and red pepper.
3. Place the vegetables in a large bowl. Add the oil and crushed red pepper; toss to coat.
4. Transfer to a baking sheet and roast in the oven for 10 minutes.
5. Serve and enjoy!
### Walrus Monkey Crisp

*Juarez Community Academy*

**Serves 4**

**Preparation Steps**

1. Preheat oven to 350 degrees Fahrenheit. Cut bananas into thin slices.

2. Gently toss bananas with yogurt and cinnamon.

3. Transfer to a baking dish and bake for 13 minutes; sprinkle granola on top and continue baking for additional 2 minutes.

4. Serve warm and enjoy!

**Ingredients**

- 4 bananas
- 3/4 cup vanilla yogurt
- 4 teaspoons ground cinnamon
- 2 ounces granola
Prosser Career Academy

Prosser Wedding Soup
Garden Wrap
Apple Cranberry Parfait
**Prosser Wedding Soup**

Serves 4

**Ingredients**
- 2 2/3 cups water
- 2 1/4 teaspoons chicken soup base
- 2 tablespoons dried oregano
- 1/4 teaspoons onion powder
- 1/2 teaspoon Italian seasoning
- 1/2 cup sliced fresh carrots
- 1 cup fresh spinach
- 2 cups cooked brown rice
- 20 frozen chicken meatballs

**Preparation Steps**

1. In a pot, mix soup base and water with oregano, onion powder and Italian seasoning. Bring to a boil.

2. Meanwhile, chiffonade the spinach leaves. Add the carrots and spinach to the pot and simmer until tender.

3. Add meatballs and cook until the internal temperature of the meatballs is 165 degrees Fahrenheit.

4. Add rice and continue to cook until rice is heated through.

5. Serve and enjoy!
Preparation Steps
1. Chiffonade the romaine, and julienne the green pepper.
2. Warm the tortillas; then spread ½ tablespoon of mayonnaise on each tortilla.
3. Divide the romaine, green pepper, tomatoes, onion and carrots among the tortillas. Roll each tortilla up burrito style.
4. Cut each wrap in half. Serve alongside the soup.
5. Enjoy!

Ingredients
1 cup romaine lettuce
1 green bell pepper
2 tablespoons light mayonnaise
4 9-inch whole grain tortillas
2 tablespoons diced tomatoes
2 tablespoons diced onion
2 tablespoons shredded carrots
Prosser Career Academy

Apple Cranberry Parfait

Serves 4

**Ingredients**
- 2 cups apple slices
- 1 tablespoon dried orange flavored cranberries
- 3/4 cup vanilla yogurt

**Preparation Steps**
1. Mix the apple slices and cranberries together.
2. Divide between four bowls. Top each bowl with yogurt.
3. Serve and enjoy!
Richards Career Academy

Sassy Stuffed Pepper
Cool Cucumber Salad
Bella Banana
Preheat oven to 350 degrees Fahrenheit. Simmer 1 cup uncooked rice in 2 cups of boiling water until all the liquid is absorbed. Remove from heat and set aside. Chop jalapeños while rice is cooking.

2. Remove the stem top and then slice green peppers in half the long way, creating four half peppers. Remove the seeds and ribs.

3. In a large skillet, begin to heat the pinto beans. Add the cooked rice, spaghetti sauce, jalapeños and taco seasoning. Cook together, mixing well.

4. Divide bean and rice mixture into four equal portions. Using a scoop or large spoon, gently but firmly stuff the cavity of the prepared peppers with the beans and rice.

5. Place each pepper, filling-side up in a baking dish. Add enough water to fill half of the pan. Cover the pan with tight-fitting foil or a lid and bake for 25 minutes. Remove the foil and lay 1 ½ slices of cheese across each pepper. Return to the oven and bake just until the cheese is melted.

6. Serve and enjoy!
**Preparation Steps**

1. Peel the cucumber and chop into ½ inch cubes.
2. Finely chop the cilantro.
3. Whisk the lime juice and the oil together in a small bowl until blended.
4. Place diced cucumber into a large mixing bowl; add the chopped cilantro and the lime vinaigrette and toss together until evenly coated.
5. Serve and enjoy!

**Ingredients**

- 2 cups cucumber
- 2 tablespoons cilantro
- 2 tablespoons lime juice
- 1 1/2 tablespoons salad oil
Preparation Steps
1. Remove the peel from the bananas. Slice the bananas into half-inch slices and place on a tray lined with parchment paper. Roast in a 350 degree Fahrenheit oven for 5-7 minutes until the bananas start to brown. Remove from the oven and cool, then chill.

2. Meanwhile, combine yogurt and cinnamon and mix together.

3. Add the chilled bananas to the yogurt cinnamon mixture. Gently coat so that all the bananas are enrobed in the yogurt cinnamon mixture.

4. Serve and enjoy!

Ingredients
4 bananas
1/2 cup vanilla yogurt
2 teaspoons ground cinnamon

Richards Career Academy
Bella Banana
Serves 4
Roosevelt High School

Fish Wrap
Serves 4

Ingredients
4 frozen whole grain breaded fish patties
4 9-inch whole grain tortillas

Preparation Steps
1. Bake fish patties according to package instructions.
2. Warm tortillas; place 1 fish patty on each tortilla, fold up bottom and sides and roll until wrapped.
3. Serve with zesty slaw if desired (see next page for recipe) and enjoy!
**Preparation Steps**

1. Mix all ingredients together in a large bowl.  
2. Keep chilled until ready to serve.  
3. Serve alongside or on top of fish wrap.  
4. Enjoy!

**Ingredients**

- 1/4 cup shredded carrots  
- 1 3/4 cups shredded red cabbage  
- 3 tablespoons zesty orange sauce  
- 1/4 cup + 2 tablespoons light mayonnaise  
- 2 teaspoons Sriracha
Baked Apples

Serves 4

Ingredients

4 small apples
1/2 teaspoon ground ginger
1/2 teaspoon ground cinnamon
2 tablespoons salad oil

Preparation Steps

1. Cut apples into 1-inch chunks.
2. Toss apples with ginger, cinnamon and oil.
3. Spread mixture on a baking sheet and roast until apples are tender.
4. Serve warm and enjoy!
Southside Occupational Academy

Cheesy Meatball Mash
Zesty Orange Broccoli
Hawaiian Salad
**Cheesy Meatball Mash**

**Ingredients**

3/4 cup mashed potato pearls or potato flakes*

1 1/2 tablespoons sour cream

20 frozen chicken meatballs

2 tablespoons brown gravy mix

4 tablespoons garlic powder

4 tablespoons dried parsley

4 tablespoons dried oregano

1 1/4 teaspoons Italian seasoning

2 ounces shredded cheddar cheese

4 whole grain dinner rolls

**Preparation Steps**

1. Cook potatoes according to package instructions. Stir in sour cream.

2. Bake meatballs in a 350 degree oven until their internal temperature reaches 165 degrees Fahrenheit. Meanwhile, prepare the gravy according to package instructions. Stir together until the meatballs are coated.

3. Spread half of the potatoes across the bottom of a baking dish. Then lay the meatballs on top. Layer the remaining mashed potatoes on top of the meatballs.

4. In a small bowl, mix garlic powder, parsley, Italian seasoning, oregano and cheese together; sprinkle on top of layered mashed potatoes and meatballs.

5. Bake until the cheese has melted, about 10-15 minutes.

6. Serve with a roll on the side. Enjoy!

*Potato pearls or flakes can be substituted with 2 1/4 cups of prepared mashed potatoes.
Preparation Steps
1. Boil broccoli in a pot until just tender, then drain and return to the pot.
2. Add orange sauce and crushed red pepper; cook just until mixture reaches a simmer.
3. Serve and enjoy!
Southside Occupational Academy

Hawaiian Salad
Serves 4

**Ingredients**
- 1 tablespoon light mayonnaise
- 1 1/2 cups strawberry-flavored dried cranberries
- 1 cup shredded red cabbage
- 1/2 cup shredded carrots

**Preparation Steps**
1. Stir mayonnaise together with 1 tablespoon of water in a large bowl.
2. Add cranberries, cabbage and carrots to the bowl and toss to coat.
3. Serve chilled and enjoy!
Vaughn Occupational High School

Pho Sho
Apeeling Vegetable
Time Flies Like an Arrow, Fruit Flies Like a Banana
**Pho Sho**

Serves 4

**Ingredients**
- 20 frozen chicken meatballs
- 40 ounces water
- 1 1/2 teaspoon chicken soup base
- 4 ounces spaghetti
- 3/4 cup spinach
- 3/4 cup shredded carrots
- 1 tablespoon lime juice
- 3/4 cup fresh cilantro
- 4 teaspoons Sriracha

**Preparation Steps**

1. Preheat oven to 375 degrees Fahrenheit. Place meatballs in a baking dish and bake for 20 minutes or until heated through.

2. Meanwhile, place water in a large pot and add chicken base. Bring to a simmer.

3. Fill a second large pot with water and bring to a boil. Cook spaghetti until al dente. Drain and set aside.

4. Portion meatballs, noodles, spinach, carrots and lime juice into four bowls. Ladle chicken broth into each bowl.

5. Top with cilantro and Sriracha.

6. Serve and enjoy!
Preparation Steps
1. Combine lemon juice, salad oil and zesty orange sauce in a large mixing bowl. Set aside.

2. Peel a cucumber to create vertical stripes on the surface to leave a pattern of light and dark green. Slice cucumber and onions, and add to bowl with dressing. Toss to coat.

3. Portion into individual serving bowls. Sprinkle with cayenne pepper.

4. Serve and enjoy!

Ingredients
1 tablespoon + 1 teaspoon lemon juice
2 tablespoons salad oil
1 tablespoon orange sauce
2 cucumbers
1 small yellow onion
1/8 teaspoon cayenne pepper
Preparation Steps

1. Peel the banana and place on a sheet pan lined with parchment paper.

2. Sprinkle with cinnamon and brush with lime juice.

3. Bake in a preheated 400 degree Fahrenheit oven for 12-15 minutes.

4. Serve with a dollop of yogurt and a sprinkle of cinnamon. Enjoy!

Ingredients

4 bananas
1/2 cup vanilla yogurt
2 tablespoons lime juice
1/4 teaspoon ground cinnamon