

First Place – Avianna Perez, Freedom Elementary
Chicken Teriyaki

8-10 Chicken Tenders, raw
2 Broccoli Crowns, cut up
2 cups shredded Carrots
Olive Oil
½ cup Water
½ cup Soy Sauce
2 Tbsp Honey
1 tsp ground Ginger
1 tsp Garlic Powder
2 Tbsp Brown Sugar
2 bags, Boil in bag Brown Rice

Preheat oven to 450 degrees

Coat skillet with olive oil. Season chicken with salt and pepper. Place in skillet and cook in oven 25-30 minutes, turning once. (the original recipe called for the chicken to be sautéed in the skillet, but we didn't have enough space on the stove, so for the competition, the chicken was done in the oven).
When chicken is done, slice

Chop broccoli, add to boil with carrots, toss with olive oil, salt and pepper. Put on sheet pan and cook in oven. (about 10-15 minutes to roast vegetables)

Cook boil in bag rice according to box directions.

Mix Soy Sauce, Water, Ginger, Garlic Powder, and Brown Sugar in sauce pan. Heat. Add sliced chicken, and cooked vegetables. Serve over cooked rice.

Second Place – Gage Mazza, Freedom Elementary
Cajun Chicken Pasta

1 bag Fajita Chicken Strips (for the competition we used 2 lbs of precooked chicken)
3 Tbsp Olive Oil
2 Tbsp Cajun Seasoning (Slap ya Mamma)
3 Tbsp Butter
3 cloves Minced Garlic
1 ½ cups Heavy Cream
¼ Cup fresh grated Parmesan
Salt and pepper to taste
8 ounces Penna Pasta

Heat Olive Oil in Skillet over medium heat, add chicken and cook until cooked through. Set aside and keep warm.

In a large pot of boiling salt water, cook pasta about 10 minutes and drain

Melt butter in a sauce pan over medium heat. Add garlic and cook, stirring frequently for 1-2 minutes. Gradually whisk in heavy cream. Cook and whisk that constantly for 1-2 minutes. Stir in Parmesan cheese and cook until slightly thickened, about 1-2 minutes. Salt and pepper to taste.

Stir in cooked Penne Pasta, gently toss to combine.

Serve immediately with chicken on top. Garnish with diced Roma Tomatoes and fresh parsley as desired.

3rd Place – Morriah Lee Cox, Holmes Park
Cox Healthy Meal Prep

3 cups instant rice
3 cups chicken broth
1 large Zucchini
1 Large yellow Squash
1 Large Purple Onion
6-8 pieces, Chicken Tenders, raw
¼ cup Italian Seasoning
½ Cup Olive Oil
1 Stick Butter
Salt

Preheat oven to 425 degrees

Bring 3 cups of chicken broth to a boil, add 3 cups of rice and 1 tsp salt. Set aside

Cut up chicken, squash, zucchini and onion, Place in a bowl.

Melt butter, add olive oil, 2 tsp salt and Italian Seasoning, mix well and add to chicken/vegetables.

Place in baking dish, cover with foil

Bake 40 minutes, stirring half way through.

Serve over rice.