



The Foodservice Team will be Hosting an

## **Iron Chef Competition**

**This event will be held in both schools**

**On Thursday May 24th**

Judging will take place at 11 am in the Cafeteria

Winner will be announced at NOON

**The theme for this challenge is Whole Grains  
w/ fruits or veggies**

All ingredients will be provided. Entrees may be served hot or cold

Blind taste testing will be done during the lunch period

**Winning Team will receive  
A Gift Certificate for a Putorti's Pizza Party!**

And . . .

**The Winning recipe will be served on the menu during the month of June**

We're looking for teams - each will consist of one Faculty Member, and at least 2 students, but no more than 4 students

## Sign up in the kitchen

### Team # 1

Faculty-  
Students

- 1.
- 2.
- 3.
- 4.

### Team # 2

Faculty-  
Students

- 1.
- 2.
- 3.
- 4.

~~~~~

### Team # 3

Faculty-  
Students

- 1.
- 2.
- 3.
- 4.

### Team # 4

Faculty-  
Students

- 1.
- 2.
- 3.
- 4.

**Here's some ideas for whole grain recipes that could include fruits and vegetables**

**Grains:**

|                    |           |              |
|--------------------|-----------|--------------|
| Whole Wheat Pastas | Barley    | Oats         |
| Granola            | Quinoa    | Brown Rice   |
| Wild Rice          | Bulgur    | Couscous     |
| Farro              | Buckwheat | Wheatberries |

**Fruits:**

|             |              |            |
|-------------|--------------|------------|
| Apples      | blueberries  | cantaloupe |
| Grapes      | peaches      | pears      |
| Raspberries | strawberries | watermelon |

**Veggies:**

|             |                |                  |
|-------------|----------------|------------------|
| asparagus   | lima beans     | snap peas        |
| Beets       | broccoli       | brussels sprouts |
| Cabbage     | carrots        | cauliflower      |
| Celery      | collard greens | corn             |
| Cucumber    | eggplant       | garlic           |
| Kale        | leeks          | lettuce          |
| Onions      | peas           | peppers          |
| Potatoes    | pumpkin        | radish           |
| Rhubarb     | spinach        | summer squash    |
| Swiss chard | zucchini       | tomato           |

**Recipe Ideas:**

Apple Cheddar Quesadilla  
Turkey, WG Stuffing & Cranberry Mayo on WG Bread  
Broccoli & Cheese WG Calzone  
Energy Bars (oat, bran, dried fruits)  
Oat Cookies - WG Choc Chip & Dried Fruit Cookies  
Farro Salad (w/ tomato, scallions, mint or cilantro)  
Quinoa Salad (w/ fruits)  
Wheat Berry Salad (craisins, scallions, parsley)  
Tabbouleh  
Risotto (brown rice & corn)  
Soup w/ rice, QG pasta and veggies  
WG Fruited Muffins  
Barley w/bacon, peas, dill or mint

This list is really never ending. . . .