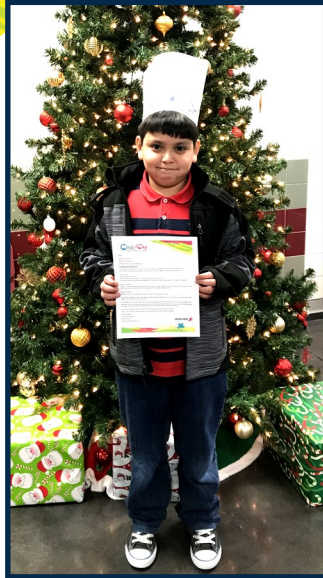


# Chelsea's Challenge Winning Recipe

## Colorful Chicken Salad

Created by:  
**Ismael Santana III**

Walker Elementary  
Grade 5



### INGREDIENTS

2 lb. chicken breast  
2 green apples  
½ red, green and yellow bell  
pepper  
3 carrots  
5 stalks of celery  
1 cucumber  
2 Roma tomatoes  
½ cup cranberry raisins  
2 t. lemon juice  
½ T. salt  
½ cup mayonnaise  
½ cup golden raisins  
Lettuce

### DIRECTIONS

First boil the chicken breast with salt, garlic and onion.

Second, wash all the vegetables. Then, dice all vegetables.

Next, put all vegetables in a large bowl and mix all together.

Last, shred the chicken and add in in the vegetables, mix all together, adding the rest of the ingredients.

Serve with crackers or lettuce leaf.

## Winning Recipes

2017-2018

## Chelsea's Challenge: 'Texas Produce' Recipe Contest



aramark 



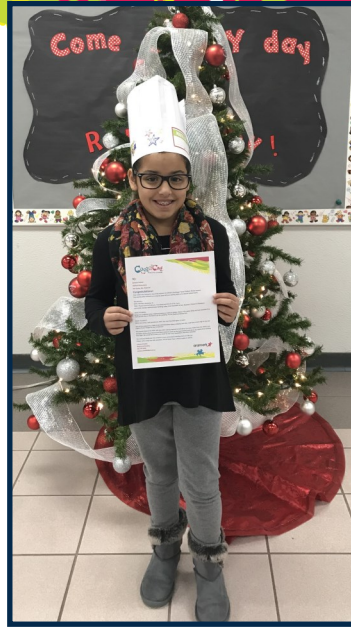
*Note: Recipes have not been tested*

# Chelsea's Challenge Winning Recipe

## Sopita

Created by  
**Genesis Acosta**

Harlem Elementary  
Grade 5



### INGREDIENTS

Seasoning (salt, chicken bouillon, cilantro and tomato bouillon)

Carrots (5-6 whole)

Cabbage (1)

Cilantro (handful)

Celery (3 stalks)

Potatoes (4-5)

### DIRECTIONS

Chop up all veggies: carrots, cabbage, potatoes, celery.

Wash and pour into soup bowl with water. Season and bring to a boil.

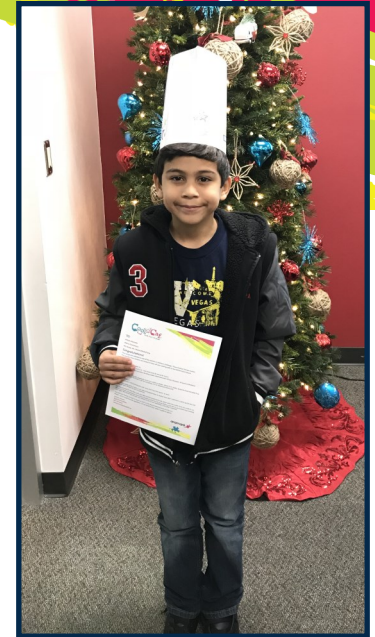
Add cilantro after boiling and just check potatoes and for everything else to be soft and cooked.

# Chelsea's Challenge Winning Recipe

## Crazy, Healthy Fruit Salad!

Created by:  
**Jeikobs Joel Mercado**

Alamo Elementary  
Grade 4



### INGREDIENTS

#### Salad:

Lettuce

Melon

Green & Red Apple

Pineapple

Grapes

Cucumbers

Kiwi

Strawberries

Mango

#### Dressing:

Honey

Orange

Lime

Orange Juice

Lime Juice

### DIRECTIONS

#### Salad:

½ lettuce

½ melon

1 green apple

1 red apple

¼ pineapple

½ cucumber

1 kiwi

½ mango

5 strawberries

1 cup of grapes

#### Dressing:

2 T. honey

1 t. orange zest

1 t. lime zest

2 T. fresh squeezed orange juice

½ T. fresh lime juice

Mix ingredients together in a bowl. Cool for 30 minutes.

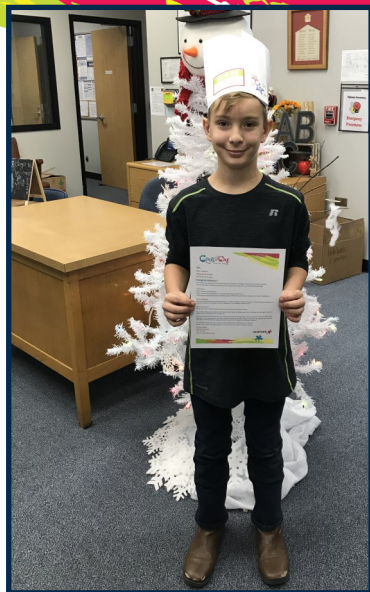
## Chelsea's Challenge Winning Recipe

### Spinach Artichoke Stuffed Chicken

Created by:

**Robert Johnson**

Highlands Elementary  
Grade 4



#### INGREDIENTS

##### Chicken:

4 boneless, skinless chicken breasts (2 lb.)  
2 T. Italian seasoning  
1 t. mild paprika (optional)  
Salt and pepper to taste

##### Spinach Artichoke Dip:

4 oz. frozen spinach, thawed  
8 oz. cream cheese (room temp.)  
6 oz. bottled or canned artichoke hearts in brine, finely chopped  
½ cup shredded mozzarella cheese  
¼ cup finely grated parmesan cheese  
1 T. minced garlic  
Salt to taste

##### Optional Cream Sauce:

Remaining spin artichoke dip  
1 cup milk

#### DIRECTIONS

##### Chicken:

Place the chicken on a flat surface. Season both sides of each breast with the Italian seasoning and paprika (optional.) With your hand supporting each piece, cut a slit or pocket about ¾ of the way through, being careful not to cut all the way through.

##### Dip Filling:

Squeeze any and all excess liquid out of the spinach. Discard the water released. In a medium-sized bowl, combine the spinach, cream cheese, artichokes, mozzarella, parmesan and garlic; mix well to combine (use your hands if necessary.)

Fill chicken "pockets" with 1-2 T. of the spinach artichoke dip, spreading evenly with the back of the spoon. Reserve the leftover dip for the optional cream sauce.

Seal with two or three toothpicks near the opening to keep the dip from falling out while cooking.

Heat 1 T. of oil in a skillet over medium-high heat. Add the chicken and fry until golden. Rotate and fry on the other side, covering pan with a lid, until cooked through (about 6 to 7 minutes per side.) Transfer chicken to a warm dish to make the cream sauce.

##### Cream Sauce:

In the same skillet, pour milk into the skillet and bring to simmer. Add in the remaining dip (you should have exactly half remaining) and stir until the sauce is combined and thickened. Add the chicken back into the pan and serve immediately.

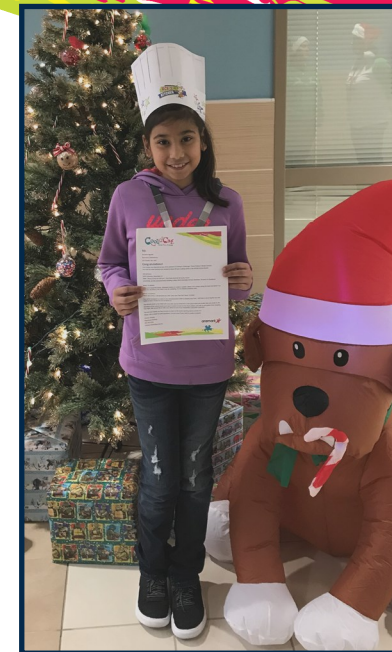
## Chelsea's Challenge Winning Recipe

### Honeydew Bowl

Created by:

**Annaira Aguilar**

Banuelos Elementary  
Grade 5



#### INGREDIENTS

Apples (any color) 1½  
Honeydew Melon ½  
Orange ½  
Grapefruit 1/3

Optional: you can add or remove fruit.

Optional: you can add spices and decorate.

#### DIRECTIONS

First, need to cut off half of the honeydew melon and take out the inner part.

Second, cut half of the apple and orange but peel the orange then cut both in pieces (wash apple and orange.)

Third, peel grapefruit and then cut into pieces (wash grapefruit.)

Fourth, put all pieces of fruit in the honeydew that has been hollowed.

Fifth, enjoy the Honeydew Bowl.

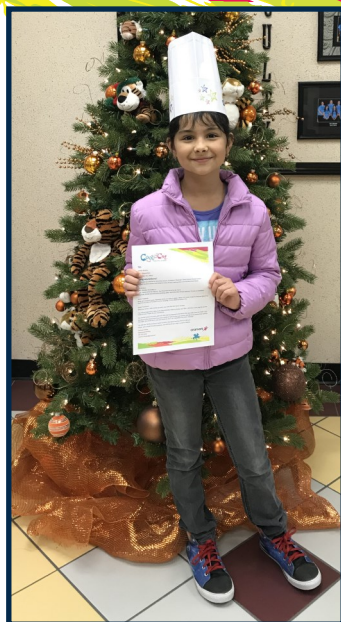
# Chelsea's Challenge Winning Recipe

## Veggie Chicken

Created by:

**Yoleth Alvarez**

Travis Elementary  
Grade 5



### INGREDIENTS

Chicken  
Onions  
Tomatoes  
Potatoes  
Spinach  
Squash  
Bell Pepper  
Carrots  
Garlic  
Black Pepper (grinded)  
Cilantro

### DIRECTIONS

Cut the chicken  
and cut the veggies.

Put the veggies and chicken in a  
pan to cook.

Let them cook for 15 minutes.  
And enjoy!

*Note: Recipes have not been tested*

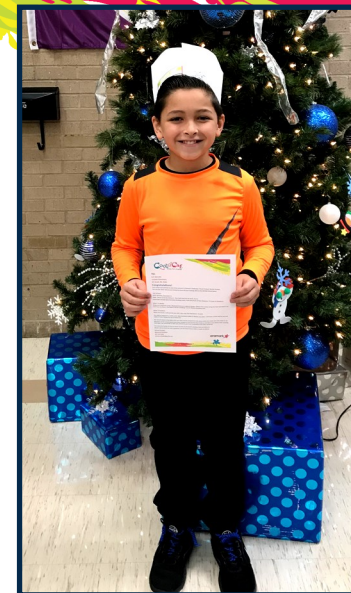
# Chelsea's Challenge Winning Recipe

## Pan-Grilled Chicken with Sautéed Cabbage, Mushrooms and Sweet Potatoes

Created by:

**Erik Gonzalez**

Crockett Elementary  
Grade 5



### INGREDIENTS

Boneless chicken breast  
2 sweet potatoes  
½ T. butter  
2 cloves garlic  
½ yellow onion  
8 oz. sliced mushrooms  
Salt  
Pepper  
1 orange  
1 apple  
Grapes  
Garlic Powder  
Onion powder  
½ green cabbage  
2 oz. feta cheese  
¼ red cabbage  
Peeler knife  
Cutting board  
12-inch pan  
2 qt. pan  
Teaspoon  
10-inch pan  
Potato masher  
Colander  
Tongs

### DIRECTIONS

First, wash hands and sanitize/clean prep area.  
Then gather vegetable ingredients.  
Fill 2 qt. pan with water ½ full. Place on stove at med. high heat  
and sprinkle salt for taste.  
Get out the cutting board and potato peeler.  
Peel sweet potatoes and cut into 1-inch cubes. Wash off.  
Carefully place potatoes into boiling water. Boil until fork tender.  
Drain. Mash with ½ butter.  
Wash off cutting board and knife.  
Rinse off cabbage.  
Place green cabbage head cut in half and slice thinly cut side  
down.  
Place red cabbage ¼ head slice thinly.  
Peel garlic and dice.  
Place 2 T. oil into skillet. Get warm on med. low.  
Add slice onion. Cook 'til translucent.  
Add garlic. Stir for 30 seconds.  
Add mushrooms/cabbage/red cabbage to pan.  
Stir/mix. Add salt, pepper, garlic and onion powder.  
Stir med. heat. Cook 'til tender.  
Place olive oil into 10-inch pan. Heat.  
Place chicken on meat cutting board and season with salt/  
pepper, garlic powder/onion powder.  
Place in pan.  
Cook 'til tender and temp 165 degrees.  
Serve on plate. Sprinkle feta cheese over sautéed cabbage.  
ENJOY!

Dessert:

Fresh apples/orange/grape fruit salad. Wash/slice/enjoy!

Drink: Tea with lemon and Water

*Note: Recipes have not been tested*