Marysville School District & Sodexo
"Future Chefs"
Cookbook
March 22, 2018

Well-Being
by sodexo
Nutrition • Achievement • Environment • Community • Activity
Grade 3

Recipe:

**Cafe Bennett**

**Preparation Method:**

1. Line salad plates with chopped cabbage topped with chow mein noodles.
2. Toss with carrots, chicken, peas, and cucumber.
3. Drizzle with half of the dressing.
4. Serve immediately, passing the rest of the dressing.

**Ingredients:**

- 1 cup Thousand Island
dressing
- 2 cucumbers
- 2 cups frozen peas
- 3 cooked chicken breasts
- 2 cups shredded carrots
- 6 oz chow mein noodles
- 6 cups chopped cabbage

Marysville School District #25
Libery Elementary

Chow Mein Chicken Salad
### Preparation Method:

1. Blend soy sauce, honey, sesame seeds and ginger well.
2. Base chicken breast in sauce while sautéing each side. Baking one each side brushing frequently with sauce.
3. When done serve with a side of ramen.

### Recipe Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 packages ramen/yakisoba noodle</td>
<td></td>
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<tr>
<td>3-4 chicken breast</td>
<td></td>
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<tr>
<td>1/2 cup sauce</td>
<td></td>
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<tr>
<td>1 cup honey</td>
<td></td>
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<tr>
<td>1 tablespoon sesame seeds</td>
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<tr>
<td>3 teaspoons ginger powder</td>
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Marysville School District #25
Kellogg Marsh Elementary
Sesame Ginger Chicken

**Grade 4**
Jaden Nelson
Preparation Method:

1. Cut asparagus diagonally into ¼ inch slices. Place in saucepan containing the 2 cups of boiling water. Cook for 2-3 minutes and remove asparagus from liquid. Asparagus should be crunchy. Retain the liquid for gravy.

2. Slice the steaks into thin slices diagonally and marinate in the oil and salt.

3. Mix soy sauce, garlic, and black beans.

4. Make a thin paste with the cornstarch and ½ cup asparagus liquid, set aside.

5. Heat the work. Stir-fry the beef until lightly browned and remove from the work.

6. Place the black bean mixture in the work and add 1 cup of asparagus liquid and cook for 5 minutes.

7. Add asparagus and meet, add the cornstarch mixture and stir until thickened.

8. Serve immediately with hot steamed rice.

Ingredients:

- Steamed rice
- 1 Tbsp cornstarch
- 1 cup asparagus liquid
- 1 Tbsp soy sauce
- 1 clove garlic
- 1 Tbsp garlic black beans sauce
- 1 lb flank or sirloin steak
- 1 tsp salt
- 2 Tbsp olive oil
- 3 cups boiling water
- 4 cups fresh asparagus

Grade 4

Jenna Muse

Maryville School District #25
Kellogg Marsh Elementary
Beef with Asparagus and Black Bean Sauce
**Preparation Method:**

1. Prepare the sauce. Place all ingredients in a small bowl and whisk to combine.

2. Heat olive oil in a large skillet over medium heat. Add the ground or sliced chicken. Cook, stirring occasionally, until the chicken is done.

3. Add cashews and cook stirring 1-2 minutes. Then add the sauce and cook for 1-2 minutes more. Stir in the green onions.

4. Topped with chopped cilantro, cashews, and shredded carrots.

**Recipe Ingredients:**

- 1 romaine lettuce
- 1 bunch green onion
- 1 bunch chives
- 2 cups shredded carrots
- 1/4 cup lightly salted cashews
- 1 lb ground or 3-4 chicken breast
- 1 Tbsp olive oil or sesame oil

**Sweet Spicy Chicken Wrap**

Marysville School District #25
Quill Ceda Tulip Elementary
Recipe Ingredients:

- 3-4 chicken breast (optional)
- 1 onion
- Crushed peanuts (optional)
- Sriracha
- 3 Tbsp peanut butter
- 3 Tbsp soy sauce
- 6 cups chicken stock
- 1 lb thin spaghetti

Preparation Method:

1. Cook the noodles on high with chicken stock for 5-7 minutes.
2. Drain 90% of the water and add soy sauce, peanut butter, and sriracha mix.
3. Add peanuts and green onions.
4. Marinate chicken in your favorite sauce and cook until done then chop in chunks and mix with noodles.
Finish cooking, about a minute. Fold omelet in half. Transfer to plate and serve with sauce. Garnish with cilantro if desired.

Mixtures still to cook. Occasionally stirring, prevent from sticking, until mostly cooked. Flip and turn omelet over to add shrimp, onions, mushrooms, and few tablespoons of sauce to the eggs so they become part of the omelet. Let the egg and becomes a sauce. Then reduce heat to low. In a small bowl, lightly beat eggs, then add to a medium pan over medium heat and boil until it is think. Onions and mushroom mixture. Put marinated and combined in a small sauce pan over medium-low heat and boil until it is the onion and mushrooms in vegetable oil until onions are translucent. About 3-4 minutes. Remove shrimp from marinade and add to the mixture. Chop the mushrooms and mince the onion. In a small pan, over medium heat, sauté the onions is still together and pour into a ziplock bag. Add your shrimp to the bag and marinate in the cooler for 30 min. While your shrimp is marinating:

**Recipe Ingredients:**

- 1 tsp cornstarch
- 1 tsp chili sauce
- 8 eggs
- 1 Tbsp vegetable oil
- 1 cup sliced mushroom
- 1 cup minced white onion
- 1 tsp pepper
- ½ tsp salt
- 2 tsp honey

**Recipe Ingredients:**

- 2 tsp minced green onion
- 2 tsp minced garlic
- 2 tsp minced fresh ginger
- Juice from 1 orange
- 1 cup ginger juice
- 3 tsp peanut butter
- 1 tsp rice vinegar
- 1 cup soy sauce
- 1 pound of medium peeled shrimp; tail removed

**Preparation Method:**

1. In a bowl, combine soy sauce, rice vinegar, peanut butter, sesame oil, ginger, jalapeno, honey, salt and pepper.

2. Heat the marinade and cook it. Add your shrimp to the bag and marinate in the cooler for 30 min. While your shrimp is marinating:

3. In a small saucepan, cook the vegetables and marinated shrimp.

4. Add the remaining ingredients to the saucepan and simmer for a few minutes.

5. Serve the Asian Shrimp Omelet over rice or noodles. Enjoy!
Preparation Method:

1. Soak rice paper in hot water
2. Take rice paper out and lay flat
3. Lay chicken, pineapple, and mushrooms on rice paper. Then sprinkle with sesame seeds and wrap everything together.

When "Peek-a-boo Wrap" is wrapped, dip in teriyaki sauce and enjoy.

Ingredients:
- 10 rice papers
- 5 tablespoons of teriyaki sauce
- 3 tablespoons of sesame seeds
- 2 cup of mushrooms
- 5 cups of pineapple chunks
- 3-4 chicken breasts (baked)

Recipe: Kozharko
Preparation Method:

1. Create cauliflower rice like consistency.
2. Heat wok or large skillet over med high heat
3. Add 1 tsp canola oil
4. Add eggs & quickly scramble
5. Transfer eggs to bowl & set aside
6. Heat remaining 2 tsp canola oil
7. Add garlic & ginger stirring constantly for 1 min
8. Add peas/cornrots, scallions & cauliflower stir until tender (about 6 minutes)
9. Add soy sauce, sesame oil & chicken. Cook for about 3 mins
10. Stir in eggs and serve.

Recipe Ingredients:

Grade 3
Joshua

1/4 cup thinly sliced scallions
1 cup frozen peas/cornrots, thawed
3-4 cooked chicken breasts, diced
2 tbsp sesame oil
1/4 cup + 2 tbsp soy sauce

Recipe Ingredients:

Hot sauce optional @ serving
1 inch fresh ginger, peeled
3 cloves minced garlic
2 lg eggs, lightly beaten
1 med head cauliflower
Grade 5

Dylan Curren

Preparation Method:

Ingredients:

- 3/4 cup cooked rice
- 1 1/4 oz can coconut milk
- 2 tbsp. bamboo shoots
- 2 tbsp. fish sauce
- 2 tbsp soy sauce
- 3/4 tsp red pepper flakes
- 1 inch ginger, grated
- 2 cloves garlic, minced
- 2 lbs chicken tenders, sliced

Cooked rice, bamboo shoots, and coconut milk. Then add curry to the chicken and cook for 10 minutes. Then add coconut milk and fish sauce and bring to a low boil. Add bamboo shoots, fish sauce, and red curry paste to the chicken and cook for two minutes.

Enjoy with cooked rice.
Preparation Method:

1. Bring chicken stock to a simmer. Meanwhile, season chicken with salt and pepper, and brown in oil. After approx. 4 minutes, remove to a separate dish and set aside.

2. Melt butter and add ginger, garlic, and onion. Cook a few minutes until done. Sprinkle in flour and cook making sure to scrape the starch off the bottom of the skillet.

3. Pour the mixture into the simmering stock and add the chicken, onions, potatoes, and carrots. Simmer for about 30 minutes.

4. Add apples, soy sauce, and honey. Allow to cook for 5 more minutes. Remove from heat and serve over rice.

Recipe Ingredients:

- 2 cups cooked rice
- 1 small fuji apple, grated
- 1 medium potato, chopped 1 inch
- 1 medium carrot, chopped ½ inch
- 1 bay leaf
- 2 tsp. crushed tomatoes
- 2 tbsp. curry powder
- 1 garlic clove
- ½ meduim carrots, cut into 1-inch chunks
- ½ medium onions, thinly chopped
- 1 tsp. fresh ginger
- 3 tbsp. butter
- Salt and black pepper
- 1 lb boneless chicken breast, cut in chunks
- 1 tbsp. canola oil
- 3 cups chicken stock
- 1 tbsp. honey
- Soy sauce

Grade 5
Cashden Sellers

Marysville School District #25
Marshall Elementary
Japanese Curry