

Beau Chunn
2nd Grade
Woodland Intermediate

Steak Fajitas with Beans and Rice

Yield: 4 servings

Ingredients:

- ¼ cup olive oil (plus extra for cooking)
- 1 lime juice
- 1 tsp dried oregano
- ½ tsp ground cumin
- ½ tsp chili powder
- 1 lb skirt flank stead
- Salt
- Black pepper
- 2 bell peppers sliced
- 1 large onion sliced
- Tortilla
- Sour cream
- Cilantro

Rice Side ingredients:

- 1 green pepper diced
- ½ cup red pepper diced
- ½ cup yellow pepper diced
- ½ cup red onion diced
- 2 tbsp canola oil
- 2 cans (15oz) black beans, drained
- 1 can (14.5oz) diced tomatoes
- 2 tbsp cider vinegar
- ½ tsp garlic salt
- 1/8 tsp cayenne
- 2 ½ cooked brown rice



Method:

1. In a large bowl, whisk oil, lime & seasoning together
2. Add in steak and cover. Refrigerate 20 minutes – 4hours
3. Preheat grill to med- high. Place cast iron skillet onto grill, drizzle with olive oil to coat
4. Add onion and peppers
5. Season with salt and pepper. Cook until vegetables are soft, about 5 min
6. Shake off excess marinade from steak. Season both sides with salt and pepper. Place on grill, cook to your liking. Remove from heat. Let rest for 10 minutes and slice into strips
7. Add to skillet with vegetables
8. Garnish and serve with tortillas

Rice side dish

1. Sauté peppers and onion until tender
2. Stir in beans, tomatoes, vinegar and seasoning. Bring to boil. Reduce heat and simmer 12 – 15 minutes



Ethan Doughten
2nd grade
Woodland Intermediate

Mexi Cauli-tots

Ingredients:

- 3 cups shredded cauliflower
- 4 oz pepper jack cheese - shredded
- 1 egg
- 1 tsp cumin
- ¼ cup corn meal
- 1 tsp salt (kosher)
- 2 tsp chili powder
- Cooking Spray



Toppings:

- Guacamole
- Salsa
- Sour Cream

Method:

1. Preheat oven to 400 degrees
2. Spray a mini muffin tin with cooking spray
3. Put shredded cauliflower in a dish towel and squeeze all the moisture out
4. Combine all ingredients in a medium mixing bowl
5. Divide the mixture between the muffin cups
6. Press mixture between the muffin cups and press firmly down
7. Bake 15 – 20 minutes until golden brown
8. Serve with guacamole, salsa and sour cream

Ellie Mueller
2nd Grade
Lewis River Academy

Yummy Bowls

Yield: 4-6 Servings

Ingredients:

- 2 cups quinoa
- 2 cups chicken broth
- Olives one can
- 1-2 cucumbers
- 1 red bell peppers
- 1 can black beans
- 1 avocado
- 1 lb chicken, chopped in bite size
- 1 bag tortilla chips
- Olive oil for sautéing chicken



Sauce Ingredients:

- ½ cup light olive oil
- ½ cup sliced almonds
- 1/3 cup nutritional yeast
- ½ cup chickpeas canned
- ¼ cup edamame cooked
- ½ cup water
- ½ cup lemon juice
- 2 cloves garlic
- ½ tsp salt
- 1 ½ tsp curry powder
- 1 tsp dried oregano
- ¼ cup cilantro

Method:

1. In an instant pot, cook quinoa with 2 cups of chicken broth for 1 minute
2. Let sit for 15 minutes and release pressure
3. Sauté Chicken in olive oil
4. Chop bell pepper and sauté in olive oil and salt
5. Slice olives
6. Slice cucumber
7. Slice avocado
8. Warm black bean
9. Blend all sauce ingredients and refrigerate for one hour
10. Scoop quinoa into a bowl. Top with olives, cucumbers, red bell peppers, avocado, black beans and chicken
11. Crunch with your hands tortilla chips and put on top
12. Add sauce on top and Eat!



Apple Joy Rhuman
2nd Grade
Lewis River Academy

Sorpresa Soup

Ingredients:

- 6 cup chicken stock
- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 onion diced
- ½ cup uncooked brown rice
- Two 14oz. cans black beans
- One rice plantain, peeled & chopping into cubs
- One sweet potato, peeled & chopping into cubs
- One pork bone
- Two avocados, chopped, for garnish
- 4 tablespoon olive oil



Method:

1. Put chicken stock, salt, cumin, paprika, onion powder, garlic powder, black beans, sweet potato, rice, and pork bone in a pressure cooker. Cook for 45 minutes once it has come to pressure.
2. Add 2 tablespoons of olive oil to a frying pan and heat until 350 degrees. Fry onions until golden brown. Add 2 more tablespoons of oil to pan and fry plantains until golden in color.
3. When soup is done, remove pork bone and add in the cooked onions & plantains.
4. Serve warm with diced avocados as garnish.

Ava Comstock
3rd Grade
Woodland Intermediate

Sausage, Sweet Potato and Black Bean Burrito Bowl

Yield: 5-6 servings

Ingredients:

- ½ tablespoon extra- virgin olive oil
- 1 small sweet potato, peeled then chopped into ½ cup cubes (1 ½ cup)
- ¼ onion chopped
- 6oz. Mexican pork chorizo
- ½ cup black beans
- 1 ¾ cup chicken broth
- ½ cup salsa verde
- ½ cup brown rice
- Chopping cilantro
- Guacamole



Method:

1. Add extra virgin olive oil to a large skillet over heat that's a little above medium
2. Add sweet potatoes and onions then sauté for 4-5 minutes, or until potatoes are just starting to turn tender
3. Add chorizo then turn heat up slightly and sauté until cooked through, breaking chorizo up as it cooks
4. Add black beans, chicken broth and salsa verde to the skillet then turn heat up to bring to a boil
5. Add rice then stir to combine, place the lid on top, turn heat down, and simmer until rice is tender, 15-18 minutes, add a splash more chicken broth near the end if needed. Sprinkle with chopped cilantro then serve as is, or with tortillas, and guacamole.

Josue Martinez
3rd Grade
Woodland Intermediate

Salsa with Chips

Ingredients:

- 46oz tomato juice
- 1 whole onion
- 3 tomatoes
- 1 pinch oregano
- ½ tbsp paprika
- ½ tsp salt

Method:

1. Diced onion and cut tomatoes finely
2. Add all ingredients together and mix
3. Enjoy with tortilla chips



Lilah Mosiman
3rd Grade
Woodland Intermediate

Pineapple Guacamole

Ingredients:

- 1 bunch fresh cilantro, chopped
- 3 ripe avocados
- ½ cup crushed pineapple
- ¼ tsp salt
- 1 bolillo bread, sliced and toasted

Method:

1. Cut avocados in half, take out seed and scoop out flesh into a bowl.
Crush avocado into a paste
2. Add crushed pineapple and salt
3. Mix – serve on toasted bolillo slices
4. Sprinkle cilantro on top and serve



Jamison Moultrie
3rd Grade
Woodland Intermediate

Doritos Taco Bake

Yield: 6 servings

Ingredients:

- 1 can refrigerated crescent rolls
- 1 package taco seasoning
- 1 lb lean ground beef
- 1 cup jarred salsa or 1 (8oz) can tomato sauce
- 8 oz sour cream
- 1 ½ cups shredded cheddar cheese
- ¾ bag Doritos crushed



Method:

1. Preheat oven to 350 degrees
2. In a large skillet brown ground beef and drain off fat
3. Stir in the taco seasoning, salsa or tomato sauce – simmer 5 minutes
4. Press crescent rolls on the bottom of a 9x13 pan lightly sprayed with cooking spray
5. Press seams to seal top crescent roll with meat mixture
6. Spread sour cream over meat
7. Top with cheese and crushed Doritos
8. Bake for 30 minutes

Connor Owens
3th Grade
Woodland Intermediate

Grilled Chicken Fajitas

Ingredients:

- 1 onion
- 1 green bell pepper
- 1 orange bell pepper
- 1 red bell pepper
- 3 chicken breast boneless
- 6 flour tortillas
- ½ cup vegetable oil
- ½ tsp pepper
- 2 tbs chili powder
- 2 tbs lime juice
- 2 tbs honey
- 2 tbs garlic powder
- ½ tsp paprika
- Plain Greek yogurt



Method:

1. Mix spices, oil, honey and lime juice in large ziplock bag. Take to tablespoon of the mixture and set a side
2. Butterfly the chicken breast and place in the bag for one hour mixing occasionally
3. Quarter the peppers and slice the onion into ½ slices. Brush the veg with remaining spice mixture
4. Grill everything on BBQ set on medium heat
5. Once done slice into strip place on tortillas
6. Add plain greek yogurt instead of sour cream

Winston Ann
4th Grade
Woodland Intermediate

Chicken Taco in Lettuce Wrap with Mexican Corn

Chicken Taco Ingredients:

- 1 lb chicken diced
- 1 tablespoon olive oil
- ½ cup onion
- 1 tablespoon chopped garlic
- 1 teaspoon garlic jalapeno spice
- 1 teaspoon garlic salt
- ¼ teaspoon pepper
- 1 whole lime juiced
- 1/2 cup Greek yogurt
- 1 head romaine
- 2 lime – 12 wedges
- 1 tablespoon chopped pickled jalapeno
- ½ cup cotija Mexican cheese
- Taco topping: 1/c cup cilantro & chopped onion

Mexican Corn:

- 4 ears of corn
- 1 cup cotija Mexican cheese
- 1 cup Greek yogurt plain
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ½ teaspoon cayenne
- 1/8 teaspoon pepper
- 1/2 cup cilantro



Method:

1. Add seasonings and chopped chicken in a bowl- mix and let sit
2. Heat oil and add onion and garlic on medium heat
3. Slice limes for garnish
4. Wash and clean lettuce wedges
5. Add chicken to hot oil and onion till browned – reduce heat.
Add pickled jalapeno
6. Prepare finely chopped onion and cilantro – taco topping
7. Add/toss crumbled cotija cheese to meat before service
8. To assemble take chicken taco filling and put filling in a leaf of romaine
9. Garnish taco with cilantro onion mix, lime ad a dollop of Greek yogurt
10. Serve with corn

Mexican Corn

1. Boil four ears of corn for 20min
2. While corn is boiling mix one cup of cotija Mexican cheese and one cup of plain Greek yogurt
3. Mix spices to sprinkle on corn when cheese mixtures is spread on corn
4. After corn is boiled spread cheese mixtures all over and sprinkle the spices and cilantro and serve with taco



Athena Curtis
4th Grade
Woodland Intermediate

Pork & Reggie Torta

Ingredients:

- 4 Bolillo Rolls
- 16 oz cooked shredded pork
- 2 avocados pitted and mashed
- 8 oz chichua cheese
- 1 ½ cups of shredded jicama
- 1 shredded carrot
- 1 can black beans – drained
- 1 chopped cucumber
- 2 chopped scallions
- 2 tsp chopped cilantro
- ¼ cup yogurt – plain
- 1 lime – juice
- 1 package sauza goya
- 2-3 tsp olive oil
- Salt & Pepper



Method:

7. In a medium bowl mix the following: jicama, carrots, cucumber, scallions, cilantro, lime juice, salt & pepper and set aside
8. Cut Bolillo Rolls in Half. Sprinkle oil on open faces and toast in a hot pan for 1-2 minutes until brown
9. In a small bowl, mix yogurt, avocado and sauza
10. Spread yogurt mixture on both sides of the roll
11. Spoon beans on bottom half
12. Place cooked pork on top of beans
13. Spoon reggie mix on the meat
14. Please cheese on top of meat
15. Put top half of roll in the cheese and eat!

Gina Ek
4th Grade
Woodland Intermediate

Fish Tacos



Ingredients:

- 1 to 2 pieces of tilapia filets
- 8 small tortilla
- Tamed jalapenos
- 1 lime
- ½ cup cilantro leaves

- Coleslaw
 - 1/3 cup mayonnaise
 - 2 tablespoon vinegar from jalapenos
 - 4 to 5 cup coleslaw mix

- Creamy Jalapeno Sauce
 - ½ cup mayonnaise
 - 3 tablespoon vinegar from the jalapeno
 - 1 tsp paprika
 - 1 tsp cumin
 - ¼ tsp cayenne pepper
 - ¼ tsp garlic powder

Method:

1. Start by baking the fish according to package instructions
2. While fish is cooking, whip up the coleslaw. Whisk mayonnaise and jalapeno vinegar until smooth and pour over the coleslaw. Keep in fridge until ready to use
3. Then make the creamy sauce. Whisk all ingredients together and keep in the fridge.
4. Heat the tortilla on a hot frying pan (flipping once)
5. To assemble. Place 3-4 pieces of fish in center of the tortilla. Layer with coleslaw, jalapeno, sauce and some fresh cilantro. Squeeze on some lime juice for the ultimate experience



Riley D. Jones Huezo
4th Grade
Woodland Intermediate

Chicken Fajita

Ingredients:

- 1 lb skinless/ boneless chicken breast (cut in strips)
- 4 flour tortillas
- 1 red, yellow and green pepper (cut into thin strips)
- ½ teaspoon ground cumin
- 3 tablespoon of olive oil
- 2 cups of shredded lettuce
- 2 cups of shredded cheddar cheese
- 1 avocado (cut in thin strips)
- ½ cup of sour cream
- 1 fajita seasoning mix pack (McCormick)



Method:

1. Heat 2 table spoon of olive oil in a large skillet medium high heat
2. Add chicken and cook for 3 to 4 minutes turn and cook the other side for some time
3. Add yellow, green and red peppers
4. Stir in all ingredients
5. Add ground cumin
6. Add fajita season mix pack

Lexi Manalili
4th Grade
Woodland Intermediate

Steak Fajita Bruschetta

Yields: 5-6 Servings

Ingredients:

- Bolillo roll 4 -5 rolls
- 1 can black beans
- 1 ½ pound ribeye steak
- 1/2 yellow onion
- 1 each red and yellow bell pepper
- ¼ cup olive oil
- 1 pack fajita seasoning



Sauce Ingredients:

- ½ bunch cilantro
- 2/3 cup sour cream and onion
- 2/3 cup mayonnaise
- 3 cloves of garlic
- Hot sauce to your taste
(Secret aardvark serrabanero green hot sauce)

Method:

1. Heat oven to 350 degrees
2. Slice each bolillo roll length wise an inch thick
3. Apply olive oil on bread and toast in oven 5 minutes until semi crunchy
4. Open can of black beans and heat in sauce pan until warm
5. Slice ribeye steak extra thin
6. Slice onion and bell peppers thin
7. Heat frying pan and get really hot
8. Apply olive oil to coat pan
9. Add steak and cook for a minute
10. Add vegetables, cook until done and add fajita seasoning to taste
11. Assemble by spreading black beans on bread, add steak fajita and top with sauce

Sauce:

1. In a food processor add all sauce ingredients and process until well blended
2. Adjust to taste and spiciness



Sheilana Riscajche
4th Grade
Woodland Intermediate

Mexican Shrimp Cocktail

Ingredients:

- 5 roma tomatoes
- 1 green peeled cucumber
- 2 cup cooked small shrimp ready to eat
- ½ white onion
- 6 radishes
- 3 limes
- 2 cup v-8 juice not spicy regular
- ½ bunch of cilantros
- 2 avocados
- 1 bag casero tostades
- Salt to your tasting



Method:

1. Clean shrimp with cold water
2. Place in a bowl and squeeze lime (3) to shrimp with salt to your tasting
3. Clean & dice veggies - must peel cucumber before dicing
4. Dice avocado and put in a bowl
5. 2 cups of v – 8 juice to cocktail
6. Before eating taste to make sure cocktail has just the right amount of salt
7. Pour shrimp cocktail in bowl with avocado and tostadas on side
8. Add slice of avocado and cilantro for garnishment on top of cocktail
9. Serve and enjoy cocktail

Treb Lawley
5th Grade
Woodland Middle School

Sweet Potato, Black Bean & Chicken Quesadilla

Yield: 6 servings

Ingredients:

- 1 can low sodium black bean
- ¼ cup cilantro
- 1 sweet potato, large
- 1 tablespoon taco seasoning
- 8 whole wheat tortilla
- 1 can Costco canned chicken
- 1 cup of Monterey jack cheese - lowfat



Method:

1. Prick sweet potato with fork and microware for 5 min on high – let school slightly
2. Cut in ½ length wise & scoop flesh into large bowl. Mash until smooth
3. Combine beans, cilantro and seasoning to sweet potato & mix well
4. Heat skillet over medium heat. Spread sweet potato mixture evenly on one side of tortilla, sprinkle cheese, chicken and place 2nd tortilla on top
5. Cook 3-4 minutes for until cheese is melted
6. Flip and cook an additional 2-3 minutes. Repeat with remaining tortilla and mixtures. Cut into quarters
7. Serve with side of sour cream, guacamole or salsa
8. Enjoy!