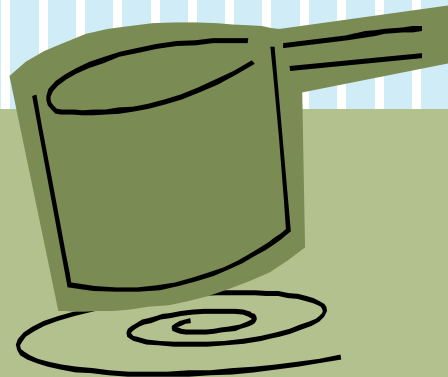


Helena School District & Sodexo
Present the Future Chefs Cookbook

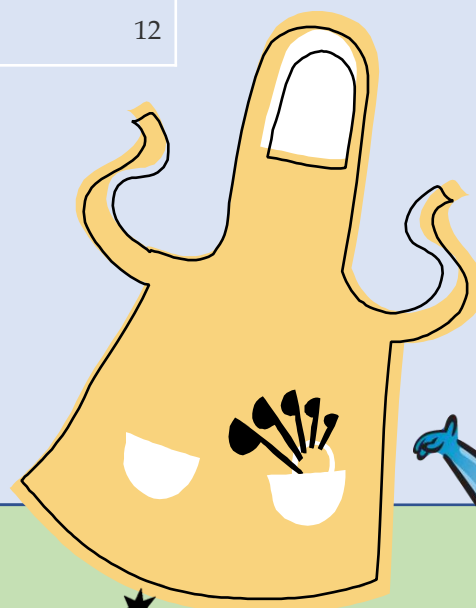
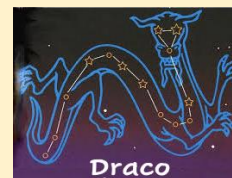
2023



RECIPES

TABLE OF CONTENTS

PAGES	
Avery Harlow	1
Ryan McCullough	2
Abigail Brown	3
Harmony Blackburn	4
Payton Cole	5
Jackson Reed	6
Emma Allen	7
Anthony Hunt	8
Charlotte Kassler	9
Ben Blom	10
Irelyn Lamb	11
Kennedy Alger	12



sodexo

FRIED ZUCCHINIS

AVERY HARLOW

Ingredients

3 Zucchini

2 eggs

¼ tsp Salt

¼ tsp. Pepper
Ground

½ tsp Garlic Powder

½ tsp Italian season

½ cup Italian
Breadcrumbs

½ Cup Parmesan
Cheese Grated

Directions

1. Preheat oven to 425°.
2. Slice Zucchini into 3-4' chunks.
3. Cut each chunk into 4 slices along length (Should look like "French Fries.")
4. In a bowl, add 2 eggs, salt & pepper, then mix
5. In a different bowl, add cheese , breadcrumbs, garlic powder, Italian seasoning
6. Line baking sheet with parchment paper
7. Dunk each Zucchini "fry" in egg mix and roll in the breadcrumb mix and place on baking sheet.
8. Bake 20-25 minutes, rotating after 15 minutes
9. Serve plain or with ranch dressing.



Team



Ursa Major

"Bears"



RYAN'S SUNRISE PARFAIT

RYAN McCULLOUGH

Ingredients

1 Banana

2 Strawberries

2 cups Vanilla Yogurt

Granola

Honey

Directions

1. Cut up fruit into small pieces put into bowl
2. Put yogurt on top of fruit in bowl
3. Sprinkle granola on top
4. Squeeze on a little honey for flavor



Team



Ursa Major

"Bears"



SCALLOPED CORN CASSEROLE

ABIGAIL BROWN

Ingredients

1 can Corn creamed
1 can Corn whole kernel
1 stick of Butter
8 oz Sour Cream
2 Eggs
1 box of Jiffy Corn Bread Mix

Directions

1. Preheat oven to 350°
2. In small mixing bowl beat eggs and set to the side
3. Melt butter
4. In large mixing bowl combine butter and both cans of corn(do not drain), sour cream and mix well.
5. In the large bowl add the eggs, and cornbread mix and stir thoroughly .
6. Pour mixture into 8x8 baking dish and bake uncovered.
7. Cook for 1 hour or until firm



Team



“Bears”



HARMONY'S MOMS GUAC

HARMONY BLACKBURN

Ingredients

3 Avocados large

2 Limes fresh

1 Jalapeños small

½ Red Onion chopped

¼ cup Cilantro
minced fine

1 Roma Tomato
small - chopped

1 tbsp salt - taste

Directions

1. Cut, pit, peel and chuck up the avocados.
2. In Large bowl place the avocados
3. Squeeze the lime juice into the bowl
4. Chop the onions and tomato to preferred size and add to bowl
5. Finely mince the jalapeño and cilantro and add to the bowl
6. Add salt to bowl and mash all ingredients together with handheld masher
7. Add salt as needed for taste.
8. Serve with tortilla chips and enjoy



Team



"Lions"



ROASTED BRUSSEL SPROUTS

PAYTON COLE

Ingredients

2 lbs. Brussels Sprouts
fresh

1 clove Garlic chopped

Olive Oil

1 Lemon

Parmesan Cheese

½ cup Balsamic Glaze

1/3 cup Honey

Salt

Directions

1. Preheat oven to 400°
2. Wash and quarter the sprouts
3. Place parchment paper on cookie sheet and spread out the sprouts evenly
4. Drizzle oil and garlic over the sprouts
5. Squeeze the lemon juice over the sprouts and then sprinkle lemon zest and parmesan over the top.
6. Finally drizzle the balsamic glaze and honey over the sprouts with a sprinkle of salt
7. Place in oven for 30-40 minutes



Team



“Lions”



ZESTY ASPARAGUS

JACKSON REED

Ingredients

6-10 stalks of Asparagus

¼ cup Water

½ Lemon

Salt to taste

Pepper to taste

¼ tsp of Butter

Directions

1. Trip ends of stalks
2. Place the water into pan and heat to a boil
3. Place asparagus into pan steam until tender 3-5 minutes
4. Drain water, and add butter
5. Sautee in the melted butter for 1 minute
6. Add lemon juice to taste
7. Add salt and pepper to taste.



Team



“Lions”



EMMA'S POTATO SALAD

EMMA ALLEN

Ingredients

6 Potatoes

2 cups Mayo

3 Celery stalks with tops still on

½ cup White Onion chopped

Salt

Pepper

½ cup Pickles diced

Mustard

BBQ Sauce

2 tbs Dill

Directions

1. Wash peel and dice potatoes
2. Place in water set to boil and cook until medium soft
3. While potatoes are boiling cut up the rest of the veggies and place in a bowl.
4. Add the mayo, mustard and BBQ sauce
5. Drain water from potatoes when done and add the veggies and sauce mix gently
6. Salt and pepper to taste.



7

Team



“Dragons”



POTATOES FROM SPAIN

ANTHONY HUNT

Ingredients

6 Red Potatoes

¼ cup Olive Oil

1 tsp Salt

2 tbsp Mayonnaise

1 tsp Paprika

1/8 tsp Garlic Powder

2/3 tbsp Water

Directions

1. Preheat oven to 375°
2. Cut the potatoes into bite size pieces and place in large bowl
3. Add olive oil and stir to coat potatoes
4. Place parchment paper on cookie and evenly spread-out potatoes with only a single layer for even baking
5. Sprinkle salt over the potatoes
6. Put potatoes into oven to cook until golden brown about 30 minutes
7. Make the sauce while potatoes are cooking: In a small bowl mix mayo, paprika, garlic powder and water until smooth
8. Remove the potatoes from oven transfer to serving dish then drizzle sauce over potatoes
9. Serve warm



Team



“Dragons”



TORTILLA DE PATATAS

CHARLOTTE KASSLER

Ingredients

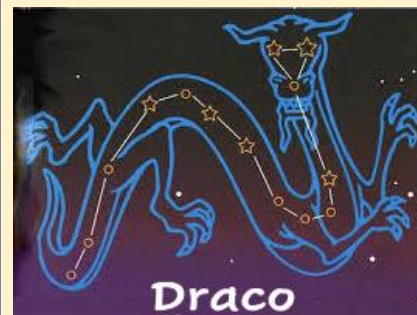
2 ½ cups Olive Oil
 3 Yukon Gold Potatoes
 medium sliced thin
 1 Yellow or White Onion
 sliced thin
 6 Eggs
 2 tsp Sea Salt crushed

Directions

1. Add oil to large skillet over medium heat
2. Add potatoes & onion to pan they should mostly be covered in oil
3. Cook on medium heat for 8-12 minutes turning occasionally until tender, do not over cook
4. Drain potatoes reserving oil add salt if needed, and allow to cool for a few minutes
5. Mix eggs and ½ tsp salt and add with potato mixture
6. Put oil in a 10 pan over high heat and add mixture and cook for 1 minute on high , turn to medium low cook additional 5 minutes
7. Use rubber spatula around edges of mixture as it cooks into a "tortilla" to keep from sticking
8. Once mostly cooked use a large plate to flip over "tortilla" and put back in pan to cook for additional 1 minute on high and 2-3 minutes until done.
9. Serve warm



Team



"Dragons"



BUGS ON A LEAF

BEN BLOM

Ingredients

1 Cucumber

¼ cup Cherry Tomatoes

2 tbsp Black Olives

2 tbsp Cream Cheese

Directions

1. Cut vegetables
2. Spread cheese on cucumber
3. Assemble ladybug



Team



“Bulls”



CORIANDER-MAPLE GLAZED CARROTS

IRELYN LAMB

Ingredients

2 ½ lb Rainbow Carrots

2 tbsp Whole Coriander Seeds

½ tsp Kosher Salt

½ tsp Black Pepper
Freshly Ground

1 tsp Lime Zest
Grated

1 tbsp Lime Juice
Freshly Squeezed

1 ½ tbsp Pure Maple Syrup

Directions

1. Preheat oven to 425° with rack in bottom and middle positions
2. Carrots halved crosswise. Thick ends quartered.
3. Toss carrots, oil and coriander in a bowl
4. Season with salt and pepper
5. Divide carrots between 2 rimmed baking sheets
6. Bake, stirring and rotating pans halfway through until golden brown and tender about 18-20 minutes
7. Remove from oven
8. Toss with maple syrup and lime zest and juice
9. Serve warm



Team



“Bulls”



SUPER SALAD

KENNEDY ALGER

Ingredients

1 Head of Lettuce

1 Carrot

1 Tomato

½ cup Bacon Bits

Parmesan Cheese

Salad Supreme
Seasoning mix

Croutons

Dressing

1 cup Mayo

1 cup Milk

1 Dry Ranch Packet

Directions

1. Chop lettuce
2. Chop Veggies
3. Mix veggies and lettuce in bowl
4. In another small bowl mix dressing packet with mayo and milk
5. Top salad with ranch, cheese, croutons and secret ingredient - Salad Supreme seasoning mix



Team



“Bulls”

