

Crispy Korean Chicken Sandwich

Created by: Bolsa Grande High School

Prep Time: 20 min

Total Time: 25 min

Serves: 4

Ingredients:

1 cup	Cucumber
2 tbsp	Vinegar, distilled
12	Spicy Chicken Tenders
4 tbsp	Zesty Orange Sauce
2 tsp	Sriracha Sauce
2 tbsp	Mayonnaise
1/4 tsp	Cayenne Pepper
4	Hamburger Buns

Directions:

1. Thinly slice cucumbers into 1/16" thick slices (do not peel and slice across into circles). Place the sliced cucumber in a bowl and mix in the vinegar. Set aside to let marinate for 15 minutes, then drain.
2. Bake chicken tenders in a 400°F preheated oven for 18-20 minutes or until cooked through.
3. Combine orange sauce and the sriracha in a bowl and toss with the cooked chicken until coated
4. In a separate bowl, combine the mayo and cayenne and spread on the buns.
5. Top the buns with the chicken and the drained cucumbers.



Pollo Saltado



Created by: Los Amigos High School

Prep Time: 15 min

Total Time: 55 min

Serves: 4

Ingredients:

13.6 oz	Chicken Fajita Strips
1 cup	Tomatoes (fresh)
1/2 cup	Onion, yellow
1 cup	Red Bell Pepper
1 tbsp	Red Wine Vinegar
1 tsp	Chicken Soup Base
1 tsp	Vegetable Oil
2 cups	Brown Rice
2 1/2 tsp	Garlic, raw, chopped
4 tsp	Taco Seasoning

Directions:

1. In a sauce pot, combine 2 cups of rice, 4 cups of water (rice will double in quantity when cooked), 1/2 tsp. chicken soup base, and 1 tsp. garlic. Bring to a boil. Reduce heat to low and cover with a lid. Simmer for 45-50 minutes or until all water is absorbed.
2. Cut onions, pepper into small strips and tomatoes lengthwise in a julienne cut.
3. Next, heat 1 tsp. oil in a sauté pan over medium-high heat. Sauté onion, peppers and 1 1/2 tsp. garlic until soft, about 4 minutes.
4. Add chicken, taco seasoning, 1/2 tsp. chicken soup base and vinegar to sauté pan. Sauté for about 4 more minutes or until chicken is thoroughly heated to 165*. Add tomatoes.
5. Serve chicken and vegetable mixture over rice.



Kalua Pork Hawaiian Bowl

Created by: Rancho Alamitos High School



Prep Time: 30 min

Total Time: 40 min

Serves: 4

Ingredients:

2 cups	Brown Rice
9.2 oz	Pork Carnitas
1 1/2 cup	Red Cabbage, Shredded
4 tsp	Red Wine Vinegar
1/4 tsp	Chicken Soup Base
1 tsp	Garlic, Raw, Chopped
1 tbsp	Vegetable Oil
4 tbsp	Cilantro



Directions:

1. Pre heat oven to 400. Separate carnitas into chunks and put on a sheet pan lined with parchment. Reheat in oven for approximately 10 min (until it reaches 165 degrees).
2. Wash rice in cold water and place rice with 4 cups of water in a pot. Cover with a lid and bring to boil, then lower to a simmer for 20 min until you don't see steam. Turn off heat and fluff with a spoon.
3. Mince garlic, and rough chop cilantro. Place in bowl with cabbage and set aside
4. Wisk oil, red wine vinegar, and soup base together (until dissolved); toss with the cabbage mixture. Leave it to marinate for 30 minutes.
5. To plate: evenly distribute carnitas, rice, and coleslaw mixture. Enjoy!