

Cucumber Sandwich

Troy School District

Troy, MI



Recipe Ingredients:

- 1 Whole Cucumber
- 1 Can of Tuna, in Water
- 1/8 tsp. Dried Celery
- 1 Tbsp. Low-Fat Mayonnaise
- 1 Heart of Romaine Lettuce
- 1 Mozzarella String Cheese (Pull apart into long string pieces)
- 1 Avocado
- 1 Small Tomato
- 1.2 Tsp. Dried Parsley
- 1 Tsp. Soy Bacon Bits
- Chives - Diced



Preparation Method:

1. Peel & cut cucumber in half lengthwise, Hollow out with a spoon, avoid breaking the bottom
2. Drain tuna, mix with mayo and dried celery.
3. Romaine Lettuce, cut two leaves the size of your cucumber half
4. Avocado – cut in half spoon out and slice.
5. Cut the tomato in half, cut each half into thin slices.

Building the Cucumber Boat:

1. Place 1 romaine leaf in each cucumber half. Layer the following ingredients in order: Cheese, avocado, tuna (2tbsp each half), tomato, chives and bacon
Garnish with dried parsley.

Yield 2 Servings



Chef MaryJane
Ware

Toasted Cheese Dippers with Mango Salsa

Milton Freewater USD
Milton Freewater, OR



Recipe Ingredients:

Toasted Cheese Dippers:

- 4 Slices of Whole Wheat Bread
- 2 slices Cheddar Cheese
- 2 slices Mozzarella Cheese
- Pan Spray

Salsa:

- 3 cloves Garlic
- 1/2 cup Onion
- 2 cups Tomatoes
- 1/3 Cilantro
- 2 Fresh Limes
- 1 Mango
- 1 Avocado
- Garnish w/ Tomatoes and Lettuce



Preparation Method:

1. Chop garlic, onion, tomatoes, cilantro, mango and avocado. (save halved skin of avocado to use when plating salsa)
2. Mix all ingredients for salsa in a large mixing bowl.
3. Cut lime in half and squeeze over salsa, mix well.
4. Spray pan with cooking spray to keep sandwich from sticking
5. Lay slices of bread on pan
6. Add 1 slice mozzarella and 1 slice cheddar and top with slice of bread
7. Spray tops with cooking spray & place in 325 degree for about 5 minutes or until toasted.
8. Cut off crust and then cut into strips to make Toasted Cheese Dippers
9. Cover plate with large leaves of lettuce, place salsa in avocado cup, add toasted cheese dippers. Garnish with tomatoes and cilantro.



Meredith Moore

CRABBY SANDWICH

Lawton Public Schools
Lawton, OK



Recipe Ingredients:

- Croissants (8-10)
- 1-2 Packages of Sandwich Meat (Ham, Turkey, Pastrami, Etc.)
- 1 Bag of Baby Carrots
- 1 Can of Large Black Olives
- 1 Can of Mandarin Oranges
- 1 Carton of Strawberries
- 1 Package of Pearl Mozzarella Balls
- 1 Package of Sliced Cheese (American, Cheddar, Provolone, Etc.)
- Mustard (Regular, Honey or Dijon)



Preparation Method:

1. Slice open the croissants with a knife.
2. Dab a desired amount of mustard on both sides of the croissant.
3. Place a desired type of sliced cheese on both sides of the croissant.
4. Put 2 slices of desired chopped meat in the croissant, close and place on plate.
5. Slice 1 strawberry in half & cut "V" at the bottom of each slice. Place these at the ends of the croissant to form the claws of the crab.
6. Place 6 baby carrots, 3 on each side, on the backside of the croissant to form the legs.
7. Slice 1 large black olive in half and place it along with 2 pearl mozzarella balls on toothpicks and place on each side of the croissant to make the eyes. (Be sure the black olives are in front of the mozzarella balls)
8. Use a toothpick to place a Mandarin Orange in the center of the croissant to form the mouth. Have a cup of ranch dressing on the side for a dipping sauce.



Matthew Aguilar

Shamrock Sandwich
Windsor Locks Public School
Windsor Locks, CT



Recipe Ingredients:

- 3 Boneless Skinless Chicken Breast, Cooked and Shredded
- 1 Avocado
- ¼ Onion
- Whole Lime
- 2 Celery Sticks
- 2 Tsp. Cilantro
- Salt and Pepper to Taste
- Spinach Tortilla Wrap
- Tomato
- Pickle
- Romaine Lettuce



Preparation Method:

1. Cook chicken in fry pan and shred.
2. Cut up avocado, onion, celery and lime.
3. Combine all ingredients in a medium size bowl.
4. Place mixture in a wrap and garnish with lettuce, tomato and pickle.
5. Serve and enjoy.



Nicole Garrity

THE GOBBLE GOBBLER

Liberty Hill ISD
Liberty Hill, TX



Recipe Ingredients:

- 2 Large Leafs of Lettuce
- 3 Slices of Oven Roasted Turkey
- 1 Slice of American Cheese
- 1 Small Pickle
- 1 Toothpick



Preparation Method:

1. Wash lettuce and allow to air dry
2. Place lettuce on plate
3. Layer turkey & cheese on lettuce
4. Fold lettuce leafs over
5. Top with pickle and use the toothpick to hold it together
6. Goes great with veggie chips



Noeli Hernandez