

# Kentucky Farm to School Junior Chef



## Cardinal Fiesta Pepper

*Cardinal Corral- Taylor County High School*

### **Ingredients:**

For the Chicken

<b>2</b>	<b>Small Chicken breasts</b>	4 Tbsp.	Olive Oil (2 Tbsp. for the rub, 2 Tbsp. for the skillet)
<b>1 Tbsp.</b>	<b>Parsley</b>	½ tsp.	Ground Cumin
<b>½ tsp.</b>	<b>Dill</b>	½ tsp.	Chili Powder
½ tsp.	Garlic Powder	½ tsp.	Paprika
½ tsp.	Onion Powder	<b>¼ tsp.</b>	<b>Red Pepper</b>
<b>½ tsp.</b>	<b>Basil</b>	½ tsp.	Black Pepper
½ tsp.	Black pepper	1 Tbsp.	Lime juice

For the rice

2 Tbsp.	Olive Oil	<b>¼ Cup</b>	<b>Corn</b>
<b>¼ c</b>	<b>Red Onion, minced</b>	<b>¼ Cup</b>	<b>Red Pepper, minced</b>
<b>½</b>	<b>Jalapeno, minced, seeded</b>	<b>¼ Cup</b>	<b>Sweet Potato, minced</b>
<b>2</b>	<b>Garlic cloves, minced</b>	<b>¼ Cup</b>	<b>Zucchini, minced</b>
1 tsp	Ground Cumin	<b>¼ Cup</b>	<b>Yellow Squash, minced</b>

1 ½ Cups Brown rice  
3 Cups Chicken Broth  
¼ Cup Black beans

For the Ranch Crema

½ Small Avocado, mashed  
1½ Tbsp. Hidden Valley Ranch Greek Yogurt  
Salad Dressing Mix  
¼ Cup Greek Yogurt  
**¼ Cup Sour Cream**  
¼ tsp. Chili Powder  
1 Tbsp. Lime Juice  
Pinch of sugar  
**Milk** (optional)

For Peppers:

**3 Peppers, cut in half as serving bowls**  
**6 sprigs Cilantro as garnish**

1 Tbsp. Butter  
**¼ Cup Cilantro, chopped**  
1 Tbsp. Lime Juice

For the Salsa

**1/8 Cup Green Bell Pepper**  
**2 Roma Tomatoes, diced**  
**¼ Cup Red Onion, diced**  
**1 Garlic cloves, minced**  
**½ Jalapenos, seeded, minced**  
**¼ Cup Cilantro, chopped**  
Black Pepper to taste

**Directions:**

For the chicken:

In a small bowl, whisk together the ingredients and rub evenly all over the chicken breasts. Time permitting; allow chicken to sit at room temperature for 10 minutes. Heat nonstick skillet

with 2 Tbsp. olive oil over medium high heat. Once very hot, add chicken and cook, undisturbed for 3-5 minutes or until nicely browned. Turn the chicken over, reduce heat to medium. Cook for 7 minutes or until chicken is thoroughly cooked. Remove to a cutting board and let rest for 5 minutes before dicing.

For Rice:

Heat 2 Tbsp. olive oil in a large skillet over medium heat. Add red onions and both peppers. Sauté 3-5 minutes. Add garlic and cumin and sauté 30 more seconds. Add rice and sauté for a few more seconds. Add beans, corn, zucchini, squash, sweet potato, and chicken broth. Bring to a boil. Reduce heat to low and simmer, covered for about 20 minutes. Stirring at 15 minutes. Remove from heat and let sit covered for 5 minutes. Stir in butter to melt. Stir in lime juice and cilantro. You will mix rice, vegetables and chicken together before stuffing the peppers.

For the Ranch Crema:

Combine all the ingredients together until smooth. For a thinner consistency add a tbsp. of milk at a time. Chill in fridge until ready to use.

For Salsa:

Combine all ingredients in a bowl. Season with pepper. Cover and refrigerate at least 30 minutes before serving.

For the Peppers:

Place 6 halved peppers on a baking sheet. Prebake peppers for 10 minutes at 375. Remove from oven and fill each pepper with rice and chicken. Top with shredded cheese. Bake in oven

at 375 for 20 minutes. Place stuffed peppers on plate. Place salsa and crema over each pepper. Garnish with a sprig of cilantro.