

2022 Cumberland County High School Junior Chef Recipe

Sweet & Spicy Girls

Sweet Southern Wrap

Serves: 6

Ingredients:

2 Lbs. Ground Turkey

2 eggs

¼ tsp Salt

1 Tbsp. Dijon Mustard

1 Tbsp. dried Oregano

2 tsps. Lemon Juice

¼ cup Panko Breadcrumbs

Non-stick cooking spray

1 Tbsp. Fresh Parsley, chopped

¼ cup honey (for glaze)

1 Recipe Rice Filling (See below)

6 10-inch flour tortillas

6 large leaves of iceberg/head lettuce

2 radishes, thinly sliced

Rice Filling:

2 cups quick-cooking brown rice

7 ½ oz. whole sweet corn kernels, frozen

2 cups tomatoes, peeled and chopped

½ cup green bell pepper, chopped

½ cup red bell pepper, chopped

½ cup cucumber, seeded & Chopped

Wrap Sauce:

1 cup plain yogurt

¼ cup spring onions, chopped

½ cup cucumber, seeded and chopped

1 Tbsp. Lime Juice

Dipping Sauce:

½ Fresh Pineapple

3 medium peaches, peeled and chopped

6 large stalks of Rhubarb, chopped

¼ cup water

Sweet Potato Fries: 3 large Sweet Potatoes, Sliced, skin on
2 Tbs Olive Oil

Directions: Pre-heat oven to 375 degrees.

1. Prepare Rice: Add 2 cups water to medium sauce pot (with lid). Bring to a boil and stir in the quick-cooking brown rice. Remove from heat and let rest 5 minutes. (if using regular brown rice, use 4 cups water to 2 cups rice; cook for 15-20 minutes. Yield will be @ 8 servings). Fluff with fork and place cooked rice in large bowl over ice-bath. When cool, stir in the corn kernels, tomatoes bell peppers and cucumber. Place rice mixture in refrigerator until ready to assemble dish.
2. Prepare Wrap Sauce. In medium sized bowl, combine the plain yogurt, cucumber, spring onion, and lime juice until well blended. Cover and refrigerate.
3. Prepare Meatballs: Combine turkey, onion, eggs, salt, pepper, oregano, parsley, garlic, Dijon mustard, and lemon juice. Mix well and then add Panko breadcrumbs, ½ cup at a time, using only enough breadcrumbs as needed to allow mixture to form a ball that holds its' shape (reserve remaining breadcrumbs for another use). Mixture should make at least 18 meatballs. Place formed meatballs on tray and refrigerate until ready to cook.
4. Prepare Dipping Sauce: Remove the stem end (if present) from Pineapple, and peel. Cut in half lengthwise and remove core. Cut 12 very thin quarter slices, wrap in plastic or cover and refrigerate. Cut remainder of cored pineapple in to ½-inch cubes. Place pineapple in medium saucepan with the prepared rhubarb and peaches. Cook and stir over medium heat until fruits have broken down, and mixture is slightly thickened and "saucy". Remove from heat and set aside to cool slightly before serving.
5. Prepare Sweet Potato Fries: Coat a baking sheet with Olive Oil. Place sweet potato slices on pan, sprinkle with salt, and bake in oven for 20-25 minutes. Remove from oven, cover with paper towels, and keep warm.
6. Cook Meatballs: Remove tray with formed meatballs from refrigerator. Spray a large skillet with non-stick spray. Flatten each meatball slightly. Add meatballs to skillet in small batches, cooking over medium high heat for 3 minutes on each side, until meatballs are well-browned and the

internal temperature reads 165 degrees when tested with a kitchen thermometer. As each batch is cooked, remove to a paper towel-lined pan. Keep warm while cooking remaining batches.

Assembling the Wraps:

1. Starting with a clean, non-stick skillet, place each tortilla, one at a time in skillet over high heat for 20 seconds. Turn out onto serving plate. Repeat with remaining 5 wraps.
2. Place one lettuce leaf, $\frac{3}{4}$ cup rice salad, slice of radish, 1 Tbsp. of the Wrap Sauce, 3 meatballs, and one or two thin slices of pineapple in center of each tortilla. Fold the wrap and place it seam side down on plate. Fill portion cups with the Dipping Sauce, and serve with sweet potato fry slices, if desired.