

2022 Henderson County High School Junior Chef Recipe

Colonel's Crazy's

Colonel's Crazy's Awesome Chicken & Veggie Bowl

- Colonel's Chicken Ingredients: **1 ½ lbs. Boneless, Skinless Chicken Breast**
6 slices Turkey Bacon
1 cup Fresh Mushrooms, washed & sliced
2 cups Pepper Jack Cheese (commodity)
2 tsps. Mrs. Dash Salt-free Chicken Grilling Blend
½ cup stone ground no-salt added Mustard
½ cup Honey
¼ cup lite corn syrup
¼ cup lite mayonnaise
2 Tbsp. dried onion flakes
3 Tbsp. Olive Oil
1 Recipe Colonel's Rice (see below)
1 Recipe Colonel's Veggies (see below)
1 bunch Cilantro, Wash, dried, chopped (Garnish)

Directions: Pre-heat oven to 350 degrees.

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To assemble the Bowls:

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! l p n ck l n!Pck ck ck ckv!

Colonel's Rice

Ingredients: 2 cups Jasmine Rice
4 cups low-sodium Chicken Broth
2 Tbs. Mrs. Dash Salt-free Seasoning (original)
2 Tbs. White Vinegar

Directions:

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pck ck

Colonel's Veggies

Ingredients: 1 Tbsp. Butter
½ cup diced onion
½ cup seeded, chopped tomato
1 clove garlic, minced
1 ½ cups diced Zucchini
1 cup frozen Corn (Commodity)
1/3 cup low-sodium Chicken Broth
1 Tbsp. Mrs. Dash Salt-free Extra-spicy Seasoning

Directions:

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pl B p Pckpnl l l ck n ck n ck ! ck l ck v
n pck ck