

Harlan County High School
Roasted Broccoli with Bear Paws

Serves: 6

Ingredients:

Broccoli:

2 Tbsp garlic, minced
2 lbs. broccoli florets, frozen
1 tsp kosher salt
1 tsp garlic powder
½ tsp black pepper
½ tsp dry mustard powder
1/8 tsp cayenne pepper
1/3 cup extra virgin olive oil
½ cup sharp cheddar cheese, shredded

Bear paw:

3 cups self-rising flour
1 tsp rosemary, chopped
3 cups fat-free Greek yogurt
1 can cooking spray
1 tsp onion powder
1 tsp garlic powder
½ tsp paprika
¼ tsp black pepper
1 Tbsp extra virgin olive oil
2 lbs. chicken breast, boneless, skinless, trimmed, and diced
½ cup red onion, diced
2 Tbsp garlic, minced
1½ cup sharp cheddar cheese, shredded
3 cups roasted broccoli
 rosemary to garnish

Instructions:

Bear Paw:

1. Spray a half sheet pan with non-stick spray. Set aside.
2. In a medium bowl, add flour and rosemary, and mix to combine. Add fat-free Plain Greek Yogurt, mix until well combined.
3. Place dough on a lightly floured surface and knead for about 5 minutes. Divide dough into 12 even pieces and roll each piece out into 6-inch circles. Using parchment paper between pieces, stack and set aside.
4. In a small bowl, mix 1 tsp onion powder, 1 tsp garlic powder, ½ tsp paprika, and ¼ tsp black pepper. Set aside.

5. In a skillet over medium-high heat, saute chicken for about 3-5 minutes. Add onion and garlic, and continue to saute for about 2-4 minutes. Add seasonings, stir, and cook until chicken has reached 165 degrees and most of the liquid has evaporated.
6. Place 1/8 cup cheese on top of each dough circle. Add ¼ cup chicken mixture, and carefully bring sides in and seal by pressing the dough together. Place seam side down on baking sheet. Top with a few shreds of cheese and bake for about 15-20 minutes until the dough is lightly golden brown and internal temperature reaches 165 degrees.

Broccoli:

1. Preheat oven to 425 degrees. Heat two half baking sheet pans in the oven.
2. In a small bowl, mix 1 tsp kosher salt, 1 tsp garlic powder, ½ tsp black pepper, ½ tsp dry mustard, 1/8 tsp cayenne pepper, and 2 Tbsp minced garlic. Set aside.
3. In a medium bowl, toss to coat frozen broccoli with 1/3 cup olive oil. Add spice mixture and toss to coat evenly.
4. Pour broccoli onto baking sheets, spreading evenly.
5. Place in pre-heated oven and roast for about 10-15 minutes.
6. Remove from oven, stir broccoli on the pan, and return to oven. Roast for another 5-10 minutes.
7. Remove from oven, sprinkle ½ cup shredded cheese over broccoli. Serve with a Bear Paw.

Nutritional Value: calories: 693, saturated fat: 7g, sodium: 1422mg