

KY Farm to School Jr Chef TexMex Wraps

Panther Cooking Team – Pikeville High School

TexMex Meatballs

Ingredients:

20 oz ground turkey
1 tsp canola oil
¼ sweet onion, minced
½ red bell pepper, minced
2 garlic cloves, minced

TexMex Meatballs

Directions:

Heat oil in small saucepan. Sauté onion, bell and jalapeno pepper for 3-5 minutes. Add garlic and continue to cook for one minute.

Cool cooked vegetables. Mix remaining ingredients and stir in vegetables. Portion with 1 oz scoop and roll into balls.

Bake at 375° for 18 minutes or until an internal temperature of 165°.

½ jalapeno pepper, minced with seeds
membrane removed

1 tsp cumin

1 tsp Mrs. Dash southwest chipotle

½ tsp chili powder

½ tsp smoked paprika

1 tsp kosher salt



Pico de Gallo

Ingredients:

12 oz tomatoes, diced

¼ sweet onion, diced

1 jalapeno pepper, minced with seeds and
membrane removed

¼ c cilantro leaves

Juice of one lime

1 ear of corn, parboiled and corn removed
from cob

½ c black beans

Pico de Gallo

Directions:

Combine all ingredients and mix well.

Avocado Cream

Ingredients:

½ avocado
¼ c cilantro leaves, chopped
Juice of ½ lime
¼ tsp cayenne pepper, ground
¼ tsp cumin, ground

½ c sour cream
Kosher salt to taste

Avocado Cream

Directions:

Remove avocado from peel, and press into sour cream. Mix well.
Add remaining ingredients and mix well.

Spanish Rice

Ingredients:

1 Tbs canola oil
½ onion, diced
1 garlic clove, minced
1 c brown rice
1 can Rotel tomatoes and chiles

Chicken stock to equal 1 1/2 cups
1 tsp salt
1 Tbs cilantro leaves, chopped

Spanish Rice

Directions:

Heat oil in large skillet set on medium/high heat. Add the rice and stir. Cook on medium high heat, stirring often, until much of the rice has browned.

Add the onion and cook, stirring frequently another 3 minutes, until the onions begin to soften. Add the garlic and cook until the onions are translucent and softened, about a minute more.

Drain the Rotel tomatoes and reserve the liquid. Combine the liquid and chicken broth to equal 1 ½ cups. Combine broth/tomato product, tomatoes, salt, and browned rice mix in a small saucepan and bring to a simmer.

Pour broth over the rice and stir thoroughly.

Bring everything to a simmer, cover the pot and lower the heat to barely maintain a low simmer. Cook for 20-25 minutes. Remove from heat and let sit for 5 minutes. Add cilantro and fluff with a fork

Meatball Wrap

Ingredients:

Spinach wrap

TexMex meatballs

Spanish rice

Avocado cream

Pico de gallo

Cheese

Meatball Wrap

Directions:

Briefly heat wrap in warm oven. Layer the items in the following order on the wraps: avocado cream, spanish rice, meatballs, pico de gallo and cheese. Wrap all items tightly, slice and plate.

Garnish with tortilla chips and pico de gallo.