

# 2021 LaRue County High School Jr. Chef Recipe

## LaRue County Jr. Hawkes

### Squashed Italian Delight with Zucchini Cheesysticks

#### SPAGHETTI SAUCE

**Ingredients:** 1 Tbsp. Olive Oil  
½ Tbsp. Basil Leaves  
¼ Cup Chopped Red Peppers  
¼ Cup Chopped Yellow Peppers  
½ Tbsp. Fresh Garlic  
1 ½ tsp. Dried Oregano  
1 tsp. Dried Marjoram  
1 tsp. Dried Thyme  
½ tsp. Dried Rosemary  
½ tsp. Dried Sage  
¼ tsp. Crushed Red Pepper  
¼ Cup Chopped Green Onion  
1 Cup Tomato Sauce (low sodium)  
¾ Cup Tomato Paste (low sodium)  
½ Cup Diced Tomato  
2 Tbsp. Fresh Parsley  
1 Tbsp. Worcestershire Sauce  
1 Tbsp. Granulated Sugar  
1 Cup Water  
¾ Cup Fresh Pineapple (puree)  
½ Cup Diced Mushrooms  
½ Cup Green Onion Tips (for garnish)

#### **Directions:**

1. Wash parsley and dry.
2. Combine parsley, dried oregano, marjoram, thyme, sugar, rosemary, sage, and crushed red pepper in a small bowl and set aside.
3. In food processor, puree ¾ cup pineapple.

4. In medium saucepan, add water, tomato sauce, tomato paste, and Worcestershire Sauce. Warm over medium heat.
5. In skillet, add 1 Tbsp. of Olive Oil, and saute onions, red and yellow peppers, mushrooms, and fresh garlic for approximately 5 minutes.
6. Place all remaining ingredients (pineapple, tomatoes, herbs and spices, mushrooms and meatballs into saucepan, and simmer over medium heat for approximately 30 minutes.

## **MEATBALLS**

**Ingredients:**     **1 Pound Ground Beef**  
                          **¼ Tbsp. Crushed Red Pepper**  
                          **¼ Tbsp. Black Pepper.**

### **Directions:**

1. Preheat oven to 350 degrees.
2. Place ground beef in medium mixing bowl and add crushed red pepper and black pepper. Mix well.
3. Scoop out meat mixture and form into balls.
4. Place Meatballs on lightly greased sheet pan
5. Place in oven and bake for approximately 20 minutes or until the internal temperature reaches 165 degrees.
6. Remove Meatballs from pan and place into the simmering spaghetti sauce to simmer.

## **SPAGHETTI SQUASH**

**Ingredients:**     **4 Cups Grated Spaghetti Squash**  
                          **¼ Tbsp. Extra Virgin Olive Oil**  
                          **1 Tbsp. Black Pepper**

### **Directions:**

1. Preheat oven to 400 Degrees.
2. Wash and dry squash.
3. Slice squash in half lengthwise and scoop out all seeds and ribbing.
4. Place the spaghetti squash, cut side down, on greased pan. Using fork to poke holes in the skin.
5. Place in oven and cook for 30 minutes.
6. Remove from oven when done and turn over.

7. When cool to the touch, use a fork to scrape and fluff strands from the sides of the squash.
8. Place  $\frac{3}{4}$  cup of spaghetti squash on each plate and add cup of the meatballs. Ladle sauce on top.
9. Garnish with green onion tips and shredded cheddar cheese.

## **ZUCCHINI CHEESYSTICKS**

**Ingredients:**     **4 Cups Grated Zucchini**  
                          **1/2 Cup Mozzarella Cheese (low-fat)**  
                          **1/3 Cup Parmesan Cheese**  
                          **1 Large Egg**  
                          **1 tsp. Garlic Salt**  
                           **$\frac{3}{4}$  Cup Grated Cheddar Cheese**

### **Directions:**

1. Preheat oven to 425 degrees.
2. Wash zucchini and cut off ends.
3. Grate zucchini and place on cheesecloth or hand towel and squeeze out as much juice as possible.
4. In medium bowl, add together the zucchini, mozzarella cheese, parmesan cheese, cheddar cheese, egg, and garlic salt. Mix well.
5. Spread the mixture about  $\frac{1}{2}$  -inch thick in an ungreased 8x8 inch pan. Place in oven and bake for 15-20 minutes.
6. Remove pan from oven. Let cool for about 5 minutes, then slip loaf out of the pan onto a cutting board.
7. Cut into strips and serve.

**LaRUE COUNTY 2021 RECIPE  
KY PROUD INGREDIENT Shopping List**

**1 Large Red Bell Pepper  
1 Large Yellow Bell Pepper  
1 Head Fresh Garlic  
1 Bunch Green Onion  
1 Large Tomato or 3 Large Roma Tomatoes  
1 Bunch Fresh Parsley  
1 Large Spaghetti Squash  
6 Medium Zucchini (8" long, minimum)**

**1 Pound Ground Beef  
8 Ounces Shredded Mozzarella Cheese  
6 Ounces Shredded Parmesan Cheese  
8 Ounces Grated Cheddar Cheese  
2 Eggs**