

2022 Barren County High School Junior Chef Recipe

Trojan Junior Chefs

Chicken-Bacon Vegetable Medley

Serves 6

Ingredients:

- 1 lb. Chicken (Boneless breasts or thighs)**
- 3 Tbs. Olive Oil (Divided Use)**
- 1 ½ tsp Paprika**
- 3 TBSP Garlic Herb Seasoning (no sodium)**
- 1 ½ cups Seeded Diced Tomato**
- 1 cup Broccoli Florets, diced**
- 9 oz. Yellow Squash, sliced in thin Rounds**
- 6 oz. Green Bell Pepper, Julienne sliced**
- 6 oz. Orange Bell Pepper, Julienne sliced**
- 6 oz. Red Bell Pepper, Julienne sliced**
- 2 ½ tsps. Garlic Powder**
- 1 tsp. Crushed Red Pepper Flakes**
- 12 oz. Sliced Bacon (12 slices)**
- 1 ½ cup Half-n-Half**
- 1-1/3 cup Shredded Mozzarella Cheese (Divided Use)**
- 1 cup Shredded Parmesan Cheese (Divided Use)**
- 10 oz. Penne Pasta**
- 3 tsp. Salt (Optional)**
- Non-stick cooking spray (optional)**

DIRECTIONS: Pre-heat Oven to 350 Degrees F.

1. Place Penne Pasta in large pot of boiling water. Return water to a boil and cook pasta for 2 minutes. Place lid on pot, turn off heat, and allow pasta to rest for 10 minutes. Pasta will be cooked al dente. Drain, and set pasta aside to stay warm.
2. Pat Chicken dry and cut into ½ inch cubes. Heat 2 TBS of the oil in a saute pan over medium high heat. Add half of chicken to pan. Let cook for 1 minute, then add remaining chicken to pan. Allow chicken to cook to golden, turning occasionally and moving chicken about with spatula until chicken reaches internal temperature of 165 degrees on cooking thermometer. Using slotted spoon, transfer chicken pieces to a tray and keep warm.
3. Wipe out saute pan and return to stovetop. Place bacon in pan (should be 12 slices) and cook bacon until moderately crispy. Drain bacon on paper towels and crumble. Set aside.
4. In large, clean saute pan or stock pot, heat remaining 1 TBSP olive oil. Add sweet peppers, broccoli florets, yellow squash, garlic & herb seasoning, paprika, garlic

- powder, and crushed red pepper flakes. Saute for 2 minutes. Add half-n-half, ½ cup Mozzarella cheese, and ½ cup Parmesan cheese. Cook, over medium-low heat, stirring gently until the sauce is smooth and vegetables are tender, but not mushy. Remove from heat and stir in diced tomato, cooked Penne pasta, half of the bacon, ½ cup Mozzarella Cheese, ¼ cup Parmesan Cheese, and Chicken until evenly blended.**
- 5. Transfer mixture to 13 x 9-inch pan (sprayed with non-stick cooking spray, if desired). Sprinkle with the remaining 1/3-cup Mozzarella Cheese, and the remaining bacon bits. Place pan in pre-heated oven and bake just until cheese has melted, and mixture has reached an internal temperature of 145-degrees or higher.**
 - 6. Remove from oven and divide mixture among six serving plates. Sprinkle portions with remaining ¼ cup Parmesan Cheese before serving.**