

**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