

Kentucky Farm to School Junior Chef



Commodore Cajun Stuffed Peppers

A Cut above the Rest- Perry County Central High School

Ingredients:

For the Rub

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| | Dash of Black pepper |
| 1/2 tsp. | Cajun seasoning |
| 3/4 tsp. | Canola Oil |
| 1/4 tsp. | Cajun seasoning |
| 1/4 tsp. | Red pepper flakes |
| 1/4 tsp. | Garlic Powder |
| 1/4 tsp. | Chili Powder |
| 1/8 tsp. | pepper |

Other

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|---------|------------------------------------|
| 3 Cup | Low Carb elbow macaroni (prepared) |
| 6 | Fresh red peppers |
| 1/2 | Large butternut squash-cubed |
| 1.2 Cup | Diced Cherry tomatoes |

Seasoning

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|--------------|------------------------|
| 1/2 tsp. | Butter |
| 3/4 tsp. | Cajun Seasoning |
| 1-1 1/2 Tbsp | Water |
| 3 Tbsp. | Minced Onion (fresh) |
| 1/2 tsp. | Garlic Powder |
| 1/2 tsp. | Onion Powder |
| | Dash of Salt |
| 2 1/2 Cup | Cheddar Cheese Sauce |
| 8 oz. | Unsalted Chicken Broth |
| 1 lb. | Chicken |
| 1/4 Cup | Diced Zucchini |

Directions:

- 1- Wash and hollow out fresh red peppers. In a large pot with boiling water place peppers inside and allow to boil for approximately 3 minutes-keeping peppers submerged. Remove peppers from water and sit upside down to cool and drain. Combine ingredients labelled "RUB" and use on the insides of the red pepper. Place peppers in a pan and transfer to oven preheated to 400 degrees. Allow to cook for 30-45 minutes or until tender.
- 2- Cube butternut squash and place in medium pot with unsalted chicken broth. When tender remove from heat and emulsify until smooth.
- 3- In a large pot, bring water to a boil and add in pasta (approximately 8-10 oz.). Boil until tender- approximately 10 minutes. Drain and set aside in large bowl. Simultaneously heat cheese sauce in small sauce pan until warmed through.
- 4- Mince and dice small onion.
- 5- Prepare and cube approximately 1 lb. of chicken. In a medium skillet add oil and butter and place chicken, onion, Cajun seasoning, and black pepper. Sauté.
- 6- In a mixing bowl, measure approximately 3 cups of prepared macaroni with 2 ½ cups of cheese sauce. Mix well. Add in sautéed chicken and set aside.
- 7- Remove peppers from oven. Add in Cajun macaroni mixture to tender stuffed pepper.
- 8- Return peppers to oven and allow to bake together for approximately 5-10 minutes.
- 9- Remove warm pepper and place on center of plate. Garnish.