

2022 Henderson County High School Junior Chef Recipe

Colonel's Crazy's

Colonel's Crazy's Awesome Chicken & Veggie Bowl

Colonel's Chicken Ingredients: **1 ½ lbs. Boneless, Skinless Chicken Breast**
6 slices Turkey Bacon
1 cup Fresh Mushrooms, washed & sliced
2 cups Pepper Jack Cheese (commodity)
2 tsps. Mrs. Dash Salt-free Chicken Grilling Blend
½ cup stone ground no-salt added Mustard
½ cup Honey
¼ cup lite corn syrup
¼ cup lite mayonnaise
2 Tbsp. dried onion flakes
3 Tbsp. Olive Oil
1 Recipe Colonel's Rice (*see below*)
1 Recipe Colonel's Veggies (*see below*)
1 bunch Cilantro, Wash, dried, chopped (Garnish)

Directions: Pre-heat oven to 350 degrees.

1. Spray a 9x13 inch baking dish with non-stick cooking spray. Set aside.
2. In skillet over medium high heat, cook turkey bacon until crisp. Drain on paper towels and chop into bits. Set aside.
3. While bacon is cooking, pound each chicken breast to ½ inch thickness. Rub the breasts with the Mrs. Dash Chicken Grilling blend. Place on tray and keep cool.
4. In medium bowl, combine the mustard, honey, corn syrup, mayonnaise, and dried onion flakes. Mix well with wire whisk. Place half the sauce in a small saucepan. Set the remaining sauce aside.
5. Heat the olive oil in a large skillet over medium heat. Place the chicken breasts in the skillet – taking care not to crowd – and saute for 3 to 5 minutes per side, or until browned. As they are done, remove each chicken breast from the skillet and dip into the honey mustard sauce. Place the chicken breast portions in the prepared baking dish.
6. When all the portions are in the baking dish, drizzle any remaining sauce over the chicken. Distribute the sliced mushrooms evenly over the chicken breasts. Sprinkle with the chopped bacon, and cover with the shredded Pepper Jack Cheese.
7. Place baking dish in preheated oven for 15 minutes, or until cheese is melted and the internal temperature of the chicken has reached 165 degrees. Remove the chicken from the oven, allow to cool for 2-3 minutes, then carefully place each portion on a large cutting board and slice the breasts into 4 or 5 pieces.

To assemble the Bowls:

1. Divide the rice among 6 serving bowls, placing the scoop of rice in the center. Arrange the sliced chicken with the mushrooms, bacon, and cheese sauce on one side of the bowl. Display the cooked vegetable mixture on the opposite side of the bowl.
2. Garnish with chopped cilantro. Serve immediately.

Colonel's Rice

Ingredients: 2 cups Jasmine Rice
4 cups low-sodium Chicken Broth
2 Tbs. Mrs. Dash Salt-free Seasoning (original)
2 Tbs. White Vinegar

Directions:

1. Bring the chicken broth to a boil; add Mrs. Dash seasoning and rice. Return to boiling, cover, and reduce heat. Simmer for 10-20 minutes or until rice is tender and all water is absorbed. Remove from heat, add white vinegar, and fluff with a fork. Keep warm until ready to serve.

Colonel's Veggies

Ingredients: 1 Tbsp. Butter
½ cup diced onion
½ cup seeded, chopped tomato
1 clove garlic, minced
1 ½ cups diced Zucchini
1 cup frozen Corn (Commodity)
1/3 cup low-sodium Chicken Broth
1 Tbsp. Mrs. Dash Salt-free Extra-spicy Seasoning

Directions:

1. Melt Butter in large skillet over medium heat. Add onion and cook until translucent. Add the garlic and saute 1 minute more.
2. Add the tomato, corn, zucchini, and chicken broth to the skillet and cook for 10-12 minutes until the vegetables are tender. Stir in the Mrs. Dash Seasoning and remove from heat. Keep warm until ready to serve.