

Bath County High School Wildcats

Wildcat “Paw” Burritos

Ingredients:

1 Tbsp	Olive Oil
1 ½ cups	Fresh Spinach
1 cup	Red Bell Pepper (small dice)
1 cup	Mushrooms (sliced)
1 ½ cup	Yellow Onion (small dice)
6 cups	Eggs (scrambled)
3 oz	Cheese, Sharp Cheddar, Low-fat (shredded)
½ cup	Milk, 2%
1 tsp	Kosher Salt
1 tsp	Pepper, Black
2 Tbsp	Fresh Sage (fine chopped)
12 each	Tortilla (10in.)

Directions:

1. Cut up vegetables as directed in the ingredient list.
2. Sauté peppers, onions, and mushrooms in pan with olive oil
3. Make sure they are soft but not overcooked
4. Add Fresh Spinach and sage at the end and wilt spinach
5. In a nonstick pan spray with scramble eggs and add cheese
6. Add to vegetable mixture
7. Place ⅓ of vegetables and eggs to each tortilla
8. Roll the tortilla
9. Put on pan and top with a small amount of cheese
10. Bake for 5 to 10 min. Check every 3 min.
11. Take out of oven and top with scallions
12. Put on plate for display

Grape Salad

Ingredients:

2 cups	Grapes, Red
1 cup	Grapes, Green
¼ cup	Honey
¾ tsp	Vanilla
¼ cup	Granola (see recipe)
½ cup	Greek Yogurt, Non-fat Plain
1/8 cup	Brown Sugar
1 oz	Cream Cheese, Low Fat

Directions:

1. Wash grapes and pat dry
2. Combine room temp cream cheese, Greek yogurt, sugar and vanilla in a medium bowl
3. Add dried grapes to the cream cheese mixture and gently mix until blended
4. Place 2/3 cup into a container, place 1/4 c granola on top and drizzle with honey 1.5 tsp)

Granola

Ingredients:

1 1/2 cup	Oatmeal, Quick Oats
2 Tbsp	Vegetable Oil
½ cup	Maple Syrup
1 tsp	Cinnamon
¼ tsp	salt, iodized

Directions:

1. Preheat Oven to 300.
2. Place oatmeal, cinnamon and salt into a medium bowl and mix well
3. Combine oil and maple syrup and stir well to blend
4. Add Maple syrup and oil mixture to oatmeal and combine gently until all oatmeal is coated
5. Spread mixture out evenly on sheet pan and bake for 30 minutes stirring every 10 minutes. or until all moisture is cooked out.
6. Cool Completely and store any unused granola in an airtight container for up to 1 month