



BACKGROUND

Recipe for Success contest winners and recipes

Grand Prize Winner: Wrap of Awesomeness

Created by students at Strathcona Elementary School:

- Kysha Desmarais-Mekish, Grade 6
- Shay Harris, Grade 6
- Kimberly Gonzalez-Contreras, Grade 6
- Miranda Quill, Grade 6
- Team leader: Mario Cueto

Ingredients:

- Whole wheat wrap
- Baby spinach
- Curry flavoured hummus
- Vine tomatoes, chopped
- Roasted pine nuts
- Broiled zucchini

Directions:

Peel the zucchini; season and broil on an oiled pan in the oven. Remove when it is slightly brown (about five minutes). Cool and chop.

Spread a layer of curry-flavoured hummus on a wrap. Sprinkle with roasted pine nuts. Put the vegetables (tomatoes, zucchini, baby spinach) on the wrap. Season with salt and pepper.

Fold the ends of the wrap and roll (put two small bamboo skewers or long toothpicks in the wrap to keep it from unrolling). Enjoy the Wrap of Awesomeness!

Runner-Up Winner: Mulvey Mouthful

Created by students at Mulvey School:

- Anwar Harper, Grade 4
- Ephone Laku, Grade 4
- Nikea Thomas, Grade 4
- Nova Hobson, Grade 4
- Team leader: Tim Doherty

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Ingredients:

- Flatbread or naan bread
- Red pepper
- Fresh basil, stems removed and chopped
- Baby arugula
- Low fat mozzarella cheese, grated
- Roma tomatoes, sliced
- Hummus

Directions:

Pre-heat oven to 500 F. Pre-heat Panini grill.

Wash all produce.

Brush pepper with olive oil and sprinkle with sea salt and black pepper. Roast pepper for approx. 30 minutes. Remove from oven and allow to cool; clean out seeds and slice into thin strips.

Brush olive oil on one side of flatbread. Spread hummus on other side of flatbread. Add tomato slices, cheese, basil and baby arugula. Place another slice of flatbread on top and brush with oil. Place sandwich on preheated Panini grill and cook until toasted. Cut in half and eat!

People's Choice Winner: Maple Bacon "Kimcheese" Sandwich

Created by students at École Van Wallegem School:

- Andy Choi, Grade 4
- Seung Joo Hwang, Grade 5
- Ray Hu, Grade 5
- Zoon Moon, Grade 5
- Team leader: Maureen Martin

Ingredients:

- Rye bread
- Korean kimchi, chopped
- 2 slices turkey bacon, cut into small pieces
- 1 tsp. maple syrup
- Green apple, sliced
- Cheddar cheese, grated

Directions:

Heat one cup chopped kimchi in a frying pan over medium heat. Mix together chopped turkey bacon and maple syrup and add to the frying pan. Put the kimchi and maple bacon mixture onto a slice of rye bread.

Place five apple slices on top of the kimchi mixture. Put 1/4 cup grated cheddar cheese on top.

Ask an adult to put the open-faced sandwich in the toaster-oven to melt the cheese.

Place the sandwich on a plate and garnish with the remaining apple slices. Enjoy!

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Wild Card Winner: BLT Mega

Created by students at Polson School:

- Omar Ba, Grade 4
- Jason Lamontagne-Wood, Grade 4
- Anthony Wingit, Grade 4
- Team leader: Carole Danneels

Ingredients:

- Rye bread
- White cheddar cheese
- Mayonnaise
- Tomato, thickly sliced
- 4 bacon slices

Directions:

Put slices of white cheddar cheese on slice of rye bread and put in the microwave for 15 seconds to melt.

Spread mayonnaise on the other slice of rye bread.

Place thick slices of tomato on the mayonnaise side and top the tomato with the bacon.

Put the slices of bread, with toppings, together to make a BLT Mega sandwich.

Wild Card Winner: Picnic Sandwich

Created by students at École Lacerte:

- Alyssa Godfrey, Grade 4
- Kyara Penner, Grade 4
- Sarah Hastings, Grade 4
- Team leader: Rachel Galindo

Ingredients:

- Whole wheat bread
- Cooked ham (shaved or sliced)
- Tomato, sliced
- Lettuce
- Mayonnaise

Directions:

Add some mayonnaise on a slice of bread. Add some ham. Add some lettuce. Add two tomato slices.

Top with remaining slice of bread.

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For info:

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