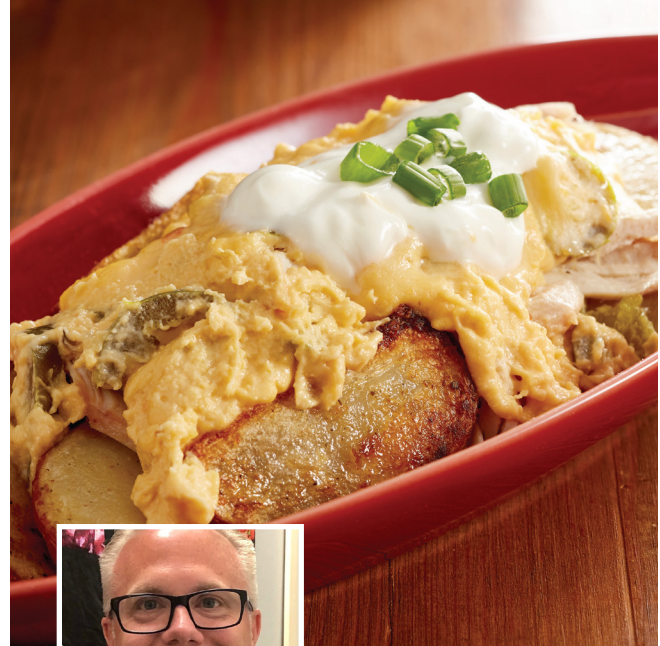




Jalapeño Popper Poutine

Chris Lutgen, Director of Nutrition Services for the Wenatchee School District, created the top prize-winning recipe by combining two popular menu items: poutine and jalapeño poppers. He starts with the jalapeño popper cheese sauce that the high school has successfully used for grilled cheese sandwiches, then serves the sauce over shredded chicken and oven-browned potato wedges.

Chris, father of six and feeder of thousands of students, knows that feeding kids well is feeding our future. He is a graduate of WSU's foodservice/food science programs. He thought he might like to be an RDN for athletes, but once he got into school foodservice he knew he was in the right place.



Yield: 25 Servings

Serving: 8 oz. potato wedges, 2 oz. jalapeño cheese filling, 3 oz. shredded chicken, 1/2 oz. sour cream, 1 Tbsp. chopped green onions

Ingredients

25 oz. Jalapeño Cheese Filling (recipe below)
12 lbs. 8 oz. potato wedges, frozen, precooked
4 lbs. 11 oz. chicken, shredded
12 1/2 oz. sour cream, fat free
1/2 cup + 1 Tbsp. onions, green, including tops, chopped

Jalapeño Cheese Filling

Combine in mixer bowl 4 3/4 oz. sliced jalapeño peppers, 9 oz. light cream cheese, 7 1/2 oz. feather-shred mild Cheddar cheese and 7 1/2 oz. USDA shredded Mozzarella. Mix on low until jalapeños are blended in. Mix on medium until evenly mixed.

Directions

1. Put prepared filling in 4-inch hotel pan. Cover or wrap and cook at 300° until temperature reaches 165°, stirring often.
2. Spread potato wedges in single layer on sheet pans and cook at 350° until browned and temperature reaches 165°, stirring frequently.
3. Place chicken in hotel pan and cover or wrap and heat at 350° until temperature reaches 165°.

Assembly: In #2 paper boat, portion 1 cup potato wedges. Top with 3 oz. chicken, 2 oz. Jalapeño Cheese Filling, 1/2 oz. sour cream, and 1 Tbsp. green onions.

Nutrient Analysis Per Serving:

Calories 851. Total fat 20.44 g. Saturated fat 9.19 g. Cholesterol 97.95 mg. Sodium 987.46 mg. Carbohydrates 122.25 g. Dietary fiber 8.92 g. Sugars 7.40 g. Protein 47.71 g. Vitamin A 623.07 IU. Vitamin C 57.29 mg. Calcium 248.63 mg. Iron 7.35 mg. 21.62% calories from Total fat. 9.72% calories from Saturated fat. 57.45% calories from Carbohydrates. 22.42% calories from Protein.