

Kale and Cucumber Salad.

Isabella, Rachael, Jariatou, Rebecca
November 21, 2019



An eye-catching dish that screams flavor. Not only is it incredibly delicious but it's vegetarian. In this dish you get many unique flavors from lemon to creamy Italian dressing and cashews to kale. This dish is definitely the snack you would want to try for a healthy, fun, and new ways to find a new taste palate.

Ingredients

- 2 1/4 tablespoons of olive oil
- 1 tablespoon and 1/4 teaspoon of lemon juice
- 2 1/4 teaspoons of water
- 3 cups of kale
- 1/2 of a sliced and peeled cucumbers



RECIPE BY: Leila Quatorze, Olamide Daodu,
Joseph McCormick, Ryannah Blackman, and
Leah Cooper
November 21, 2019



Mediterranean Wraps

Serves 15 people Ready in 20 minutes

280 calories

If you're looking for something healthy but tasty too, this wrap is perfect for you! This dish has a variety of veggies, sauces, and cheese that will knock your socks right off your feet!

Ingredients

- 1/2 teaspoon Kosher salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons lemon juice
- 1/2 cup grape tomatoes, cut in half
- 1/2 cucumbers
- 2 tablespoons red onion, minced
- 2 tablespoons tahini paste
- 1 tablespoon hot water
- 4 gluten-free tortilla or pita wraps
- 1/2 kale
- 1 Red bell peppers

Preparation

- Combine 1 tablespoon of lemon juice, tomatoes, cucumber, red onion, and kale
- Toss well in a small bowl. Combine the remaining tablespoon of lemon juice, avocado, red bell peppers, water, salt, pepper, and garlic. Mix until smooth.
- Put the tortilla in air fryer with cheese on top. Lay the tortillas on a flat surface. Spread the avocado mix on it. Top with the kale and vegetables. Carefully fold the wrap over the filling to make a burrito shape. Cut in half and serve.

Powerful Popping Pasta Salad

**Team Member Names: Carlie Farren
Hannah Salita, Aliza Motley, Katie
Gallagher**

November 21, 2019



Description of Dish:

This healthy pasta dish is a mouthwatering meal and the pure oil brings it all together. This dish will leave you satisfied every single time and will have you running for more.

Prep time: 15 minutes

Cook time: 15 minutes

Serves: 5-7 people

List of Ingredients, Quantities and Prices:

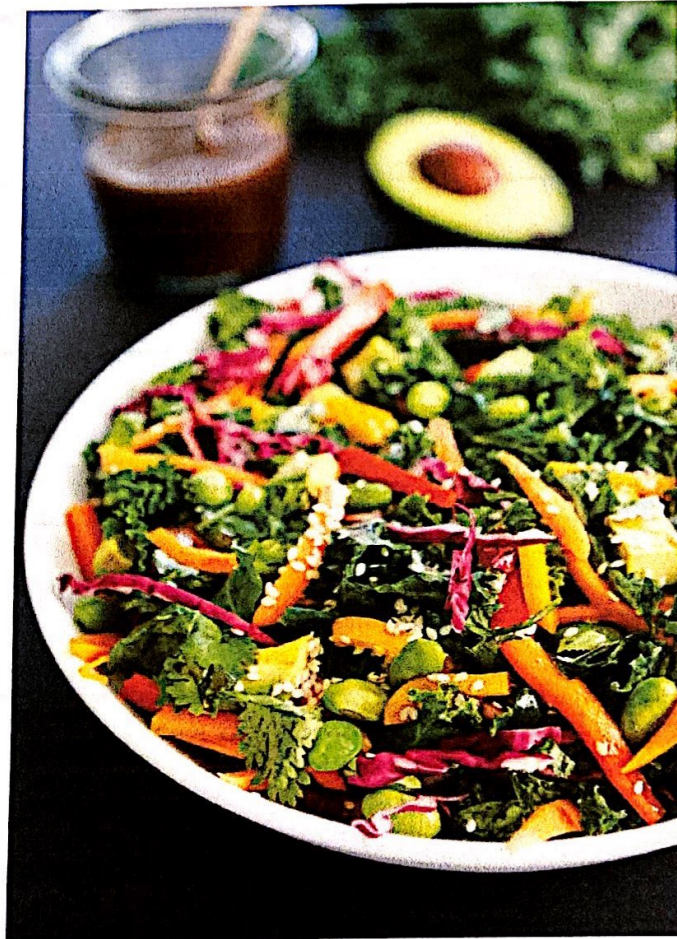
- **Luigi Vitelli Enriched Macaroni Product - Bow Ties (1lb) (\$0.75)**
- **Bowl and Basket Vegetable Oil (5 Tbsp) (\$1.99)**
- **Fresh grape Tomatoes (1 pint) (\$1.67)**
- **Kale (3 cups) (\$1.99)**

ASIAN KALE SLAW

CHOPPED VEGETARIAN APPETIZER CHALLENGE

BY: TAIWO OLABODE, MADISON CANTER, JADYNN CHANDLER

NOVEMBER 21, 2019



DESCRIPTION

- A dish perfect for vegans and vegetarians, and a dish perfect for 1. It's a simple and quick cold dish to make. But vibrant & packed with a sweet sour sensation with rich ingredients.

INGREDIENTS

- 2 lbs. Kale (Chiffonade)
- ½ Carrot (Julienne)
- ¼ Red Onion (Half Moon Cut)
- 2 tbsp Cilantro (Chiffonade)
- ⅛ tsp. Salt
- 2 tbsp. Cider Vinegar
- 2 tbsp. Extra Virgin Olive Oil
- 2 tbsp. Soy Sauce
- 1 tbsp. Honey

Prep Time: 15 mins. Ready in: 1 hr. 30mins Serving size: 1

DIRECTIONS

1. Prep vegetables with labeled cut.
2. Mix all dry ingredients in a bowl then salt it
3. Mix all wet ingredients in a separate bowl.
4. Mix everything and toss it all together into one bowl.

**Chopped Vegetarian Appetizer Garden Dish Food Challenge
Evaluation Form**

Name: Chloe Kennedy

Date: November 27, 2019

Evaluate the side dish based on the categories below. Be sure to provide constructive feedback in the comment section and total the points.

(4: Great, 3: Good, 2: Satisfactory, 1: Poor, or 0: Not Included)

Team	Name of Dish	Appearance	Texture	Taste	Incorporating the vegetable	Incorporating the herb	Comments	Total Score
Team 1	Salad	3	2	3	4	3	Appearance: Looked goods but could have been neater. Texture: Texture was okay because the pieces of lettuce were too big. Taste: Tasted good. Incorporating the vegetable: Incorporating vegetable great because there was a good amount of lettuce. Incorporating the herb: Their herb gave the salad a lot of flavors which made the dish overall good.	15
Team 2	Kale Alfredo	3	2	4	4	1	Appearance: It was nicely done and looked good. Texture: The texture was good but the pieces of kale were hard to swallow. Taste: Tasted very well but, it would be better if it was hot. Incorporating the vegetable: There was a good amount of kale in it. Incorporating the herb: I could not	16

**Chopped Vegetarian Appetizer Garden Dish Food Challenge
Evaluation Form**

Name: Kenny Olabode

Date: November 21, 2019

Evaluate the side dish based on the categories below. Be sure to provide constructive feedback in the comment section and total the points.

(4: Great, 3: Good, 2: Satisfactory, 1: Poor, or 0: Not Included)

Team	Name of Dish	Appearance	Texture	Taste	Incorporating the vegetable	Incorporating the herb	Comments	Total Score
1	Powerful Popping Pasta Salad	2	3	3	4	4	The appearance didn't look appealing but the taste was nice. The pasta didn't taste fresh though. Felt bland without any seasoning. Tomato was fresh and tasty. The texture was nice except for the pasta. They incorporated the herb and vegetables well.	16/20
2	Mango Fruit Salad	3	4	4	4	3	The appearance was not high quality or symmetrical but the placement was nice. The taste and texture was fresh and new. The lettuce was the center of the dish and the herb was there but was not noticeable when tasting the dish.	18/20
3	Rainbow Delight	4	3	2	1	3	Dish looked nice but when you tasted it, the filling was mediocre. The fruits were nice though. The texture was alright. When I swallowed, it did not feel right. Vegetable barley existed. Herb was there but not enough for	13/20

**Chopped Vegetarian Appetizer Garden Dish Food Challenge
Evaluation Form**

Name: Ryannah Blackman

Date: November 21, 2019

Evaluate the side dish based on the categories below. Be sure to provide constructive feedback in the comment section and total the points.

(4: Great, 3: Good, 2: Satisfactory, 1: Poor, or 0: Not Included)

Team	Name of Dish	Appearance	Texture	Taste	Incorporating the vegetable	Incorporating the herb	Comments	Total Score
1	Pasta Salad with Kale and Tomatoes	3	4	3	3	2	The dish had okay flavor, but the appearance was really pleasing. Kale wasn't very noticeable when I was eating it. They added some extra foods that weren't really necessary, otherwise, I didn't have much to dislike about this dish.	15
2	Kale Sushi Roll	4	4	4	2	2	The sushi tasted really good. I liked everything about it. The appearance was really well planned out, and the sushi tasted even better with the soy sauce and salsa. But the only problem was that I couldn't taste the kale, and it wasn't really one of the key points of the dish.	16
3	Mediterranean Wrap	4	3	4	3	2	The wrap tasted good, and the mix of vegetables went really well together. The appearance was really nice looking and creative. But I didn't taste too much of the herbs. Some of the wraps had little filling, and were falling apart	16

**Chopped Vegetarian Appetizer Garden Dish Food Challenge
Evaluation Form**

Name: Savannah Dutton

Date: November 27, 2019

Evaluate the side dish based on the categories below. Be sure to provide constructive feedback in the comment section and total the points.

(4: Great, 3: Good, 2: Satisfactory, 1: Poor, or 0: Not Included)

Team	Name of Dish	Appearance	Texture	Taste	Incorporating the vegetable	Incorporating the herb	Comments	Total Score
1	The Knockout Kale and Chip Dip	3	4	4	4	4	This chip and dip snack was very tasty and I enjoyed it very much. The appearance was appealing but it wasn't extravagant. I would definitely eat this dish again.	19
2	Asian Kale Slaw	3	4	4	4	4	The dish was very tasty. The dish looked like an expensive appetizer that you would order at a nice restaurant. They incorporated their vegetable and herb very well. The dish was decorated enough for me to eat it.	19
3	Kale Salad	2	2	2	4	0	This dish was very basic. Even though it was very dry and didn't have much flavour. They incorporated the kale very well because the majority of the dish was kale. Not to mention there was no herb added.	10
4	Lad's Chickpea Gyros	4	4	4	4	4	This is an amazing, beautiful, and tasteful dish. I felt that this dish looks as if it took a lot of time and consideration to prepare. It is very appealing and is something	20