



---

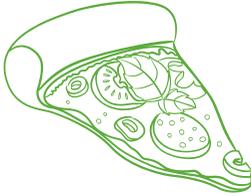
# CULINARY LABS

Presented by Dairy Council® of Arizona & Careers through Culinary Arts Program

---



# Table of Contents



## Introduction

4

## Breakfast Pizzas

EGGcellent Pizza

6

Bacon Swiss Sunrise

8

Spinach, Pesto, Egg Breakfast Pizza

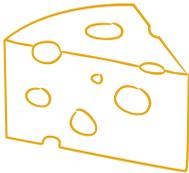
10

Southwestern Breakfast Pizza

12

Breakfast Bagel

14



## Cheese Dips

Orange Ricotta Dip

16

Cannellini Dip

18

Ricotta Avocado Dip

20

Five Minute Spread

22



## Smoothies

Berry Spinach Smoothie

24

RaspMango Smoothie

26

Kale Mango Smoothie

28

Peanut Butter Banana Smoothie

30

Afternoon in the Tropics

32



## Healthy Snacks

Greek Cream Cheese N' Fruit Kabobs

34

Hot Greek Spinach and Artichoke Dip

36

Greek Cream Cheese Bruschetta

38

Pretty Pinwheel Sandwiches

40

## Sponsors and Acknowledgments

42



# Introduction

Dairy Council® of Arizona partnered with the Careers through Culinary Arts Program (C-CAP) to create the “Dairy Council/ C-CAP Culinary Labs” program. This series of four classes was an exclusive opportunity for 20 of the top senior culinary students from around Arizona to learn about a variety of aspects of dairy foods and the importance of dairy in a healthy diet.

Three young chefs, Nicole Swartz, Luke Cornelius, and Jelani Port, all alumni of the C-CAP program, ran the labs like pros and provided the students with individualized feedback on recipe development, nutrient analysis, recipe costing, kitchen skills, professional soft skills and classroom nutrition presentation modeling.

For each lab session, the students each created a healthy recipe, ensured it met nutritional standards, and came to the Dairy Council office to prepare their recipe. The class sessions included:

- **Breakfast Boosts Brain Power**

The connection of breakfast and learning was emphasized along with the importance of dairy foods as part of a healthy breakfast. Students developed breakfast pizza recipes featuring either cheese or yogurt as the main dairy ingredient.

- **Ahh, the Power of Cheese**

Students learned about the history of cheese, how to make cheese, the nutritional and culinary qualities of cheese and they each developed a dip recipe using ricotta cheese.

- **Smoothies**

Students developed smoothie recipes that feature either milk or yogurt to provide the delicious base of the smoothie along with the unique nutrient package.

- **Smart Snacking**

Teens need 4 servings of milk, cheese or yogurt each day to meet their calcium needs and snacks can help them reach that goal. Students developed healthy snack recipes using either Greek yogurt or locally produced Franklin Foods Greek cream cheese as the main ingredient.



Culinary Lab students also had the opportunity to get a taste of local agriculture and learn firsthand where dairy foods come from. Danzeisen Dairy hosted a tour of both their dairy farm, where nutritious milk is produced, and their creamery, where delicious flavored milk and other dairy foods are bottled, churned and sold.

The rousing success of this inaugural year of the Dairy Council/C-CAP Culinary Labs program serves as the impetus to further develop the program for future C-CAP students.

## Franklin Foods Greek Cream Cheese Challenge

Special thanks to Rocco Cardinale, Vice President of Franklin Foods West, a local Arizona company that makes Greek Cream Cheese, for creating and sponsoring the Greek Cream Cheese Challenge awarded to the best Smart Snack recipes in the savory and sweet categories. This was a great way for Franklin Foods to introduce these young chefs to their innovative product, which has more protein and less fat than regular cream cheese. Each of the winning students was featured on Franklin Foods' blog and social media channels and received a \$100 gift card.

Look for these stamps on the winning recipes!





6  
**BREAKFAST  
PIZZAS**



# EGGcellent Pizza

Created by  
**Paulina Aguilar**

From  
**Carl Hayden High  
School, Phoenix**

Teacher  
**Kandy Cordova**

## Nutrition Facts

Amount Per Serving  
4 Servings

Calories	241
Fat	9 g
Saturated Fat	2 g
Cholesterol	40 mg
Sodium	423 mg
Total Carbohydrate	18 g
Dietary Fiber	3 g
Protein	14 g
Calcium	180 mg

## Ingredients

- ½ cup mozzarella cheese, shredded
- 2 whole grain English muffins
- 4 egg whites
- ¼ cup fresh spinach, chopped
- 2 green onions, chopped (use both green and white parts)
- 1 tsp vegetable oil
- 4 turkey Italian sausage links, 1 oz. each
- 1 avocado, medium
- Salt and pepper to taste

## Directions

1. Preheat oven to 350 degrees. Place sausage links on a cookie sheet and cook about 20 minutes until they brown and reach 165 degrees.
2. In a bowl whisk egg whites, then add spinach, green onions, pepper and salt.
3. Add egg mix into a hot sauté pan.
4. Cook egg mix as an omelet until eggs are cooked through.
5. Dice omelet into large squares and set aside.
6. Slice English muffins in half and place on cookie sheet. Top with mozzarella.
7. Place English muffins in oven until cheese is melted and muffins are slightly crispy.
8. Dice sausage and mash avocado.
9. Spread mashed avocado on top of melted cheese.
10. Arrange sausage and diced omelet pieces on top of English muffin.
11. Enjoy!



**8**  
**BREAKFAST**  
**PIZZAS**



# Bacon Swiss Sunrise

Created by  
**Juliet Auld**

From  
**Mountain View High  
School, Tucson**

Teacher  
**Rebecca Yim**

## Nutrition Facts

Amount Per Serving

Calories	148
Fat	7 g
Saturated Fat	3 g
Cholesterol	68 mg
Sodium	203 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Protein	9 g
Calcium	197 mg

## Ingredients

- 1 whole wheat pita bread
- ¼ cup Swiss cheese, shredded
- 2 slices turkey bacon
- ¼ cup fresh baby spinach
- 1 egg
- Crushed red pepper flakes to taste
- Salt and pepper to taste

## Directions

1. Preheat oven to 475 degrees.
2. Cook bacon in skillet, let cool slightly, then chop.
3. Place pita on baking sheet, sprinkle with cheese and bacon.
4. Break raw egg in middle of pita. Sprinkle with red pepper flakes, salt and pepper.
5. Bake for 5 minutes.
6. Remove from oven and arrange spinach around egg in a ring, being careful not to cover or break egg.
7. Return to oven for an additional 3-5 minutes until egg yolk is just runny and spinach is wilted.



**10**  
**BREAKFAST**  
**PIZZAS**



# Spinach, Pesto, Egg Breakfast Pizza

Created by  
**Mikayla Buresh**

From  
**Santa Rita High School, Tucson**

Teacher  
**Kerri Morton**

## Nutrition Facts

Amount Per Serving  
4 Servings

Calories	303
Fat	14 g
Saturated Fat	3 g
Cholesterol	106 mg
Sodium	491 mg
Total Carbohydrate	28 g
Dietary Fiber	1 g
Protein	15 g
Calcium	229 mg

## Ingredients

- 1 pre-made pizza dough
- 1 egg
- 3 tbs basil pesto
- $\frac{3}{4}$  cup shredded mozzarella
- 1½ oz ground turkey sausage
- $\frac{1}{2}$  cup spinach leaves
- $\frac{1}{4}$  cup canned diced tomatoes
- Salt to taste (optional)

## Directions

1. Preheat oven to 400 degrees.
2. Roll out dough onto pizza pan and spread with pesto.
3. Brown sausage in skillet.
4. Beat egg and add salt if desired.
5. Pour egg on top.
6. Sprinkle cheese, tomatoes, sausage and spinach on top.
7. Bake pizza for 16 minutes, cut and serve.



**12**  
**BREAKFAST**  
**PIZZAS**



# Southwestern Breakfast Pizza

Created by  
**Benjamin Cadriel**

From  
**Metro Tech High  
School, Phoenix**

Teacher  
**Dean Wilberscheid**

## Nutrition Facts

Amount Per Serving

Calories	241
Fat	13g
Saturated Fat	4 g
Cholesterol	146 mg
Sodium	304 mg
Total Carbohydrate	15 g
Dietary Fiber	1 g
Protein	16 g
Calcium	191 mg

## Ingredients

1 loaf challah bread  
4 large eggs  
½ cup ham, diced medium  
1 can (4.5 oz.) green chilies, diced  
2 medium tomatoes, sliced (1/8 inch thick)  
1 cup Colby Jack cheese, shredded  
¼ cup red onion, diced medium  
2 tbs butter  
½ bunch cilantro sprigs  
Salt and pepper to taste  
Hot sauce to taste (optional)

## Directions

1. Preheat oven to 350 degrees.
2. Slice Challah bread into 6 slices, each about ¾ inch thick.
3. Heat skillet to medium-low heat, add butter and let melt.
4. Sauté diced onion and ham for about 3 minutes.
5. While ham and onions cook, whisk eggs with salt and pepper.
6. Add eggs to pan and scramble easy. Remove eggs from heat.
7. Place bread on sheet pan and top each with 2 slices of tomato
8. Add about 1 tbs. of cheese on top of tomato
9. Top with egg mixture and more cheese and bake until cheese is golden brown.
10. Let cool for 5 minutes then top with cilantro sprigs and serve.



**14**  
**BREAKFAST**  
**PIZZAS**



# Breakfast Bagel

Created by  
**Sabrina Schneider**

From  
**Ironwood Ridge High  
School, Oro Valley**

Teacher  
**Jean Gowen**

## Nutrition Facts

Amount Per Serving  
4 Servings

Calories	347
Fat	15 g
Saturated Fat	5 g
Cholesterol	186 mg
Sodium	491 mg
Total Carbohydrate	34 g
Dietary Fiber	5 g
Protein	21 g
Calcium	271 mg

## Ingredients

2 bagels (preferably cheese)	1 tbs salt
1 cup oaxaca cheese, grated	1 tsp pepper
4 eggs	1 tbs parsley leaves, whole
4 slices turkey bacon	6 stems asparagus
½ cup marinara sauce	2 Tbs rice vinegar

## Directions

1. Preheat oven to 425 degrees.
2. Cut bagels in half, toast in oven until crispy. Set aside.
3. Cut bacon in half (vertically). Cook in frying pan until desired crispiness is reached. Remove bacon and set aside.
4. Heat marinara in same pan used to cook bacon. Set marinara aside.
5. Add 1 tbs. salt and 1 tbs. vinegar to a small sauce pan. Fill with water, bring to boil.
6. Cut asparagus in half, place in boiling water for 5 min. or until tender. DO NOT DISCARD WATER! Keep water at a simmer for poaching eggs in step 7. Set asparagus aside.
7. To poach eggs, crack eggs individually into a cup. Create a gentle whirlpool in simmering water in saucepan. Slowly tip egg into water, white first. Simmer 3 minutes. Remove with slotted spoon. Set aside.
8. To assemble Breakfast Bagel: On one half of bagel put ¼ cup cheese, 2 pieces bacon, 3 pieces asparagus (use asparagus to build a triangle so egg will stay in place in center). Place bagel in oven to melt cheese BEFORE adding poached egg.
9. After cheese is melted, place poached egg in center. Top with marinara and garnish with parsley leaves. Season with salt and pepper.



16  
**CHEESE  
DIPS**  
★ ★ ★

# Orange Ricotta Dip

Created by  
**Ivan Baldenegro**

From  
**Ironwood Ridge High  
School, Oro Valley**

Teacher  
**Jean Gowen**

## Nutrition Facts

Amount Per Serving  
4 Servings

Calories	67
Fat	3 g
Saturated Fat	1 g
Cholesterol	11 mg
Sodium	57 mg
Total Carbohydrate	5 g
Dietary Fiber	0 g
Protein	5 g
Calcium	132 mg

## Ingredients

- ½ cup ricotta cheese, part skim
- 1 tbs orange zest
- 1 tbs fresh orange juice
- ½ cup low-fat vanilla yogurt
- 1 apple, sliced for dipping
- ½ cup strawberries, halved for dipping

## Directions

1. Mix ricotta, orange juice, yogurt, and orange zest together.
2. Chill for at least 30 minutes.
3. Serve with strawberries, and apples to dip.



18  
CHEESE  
DIPS  
★ ★ ★

# Cannellini Dip

Created by  
**Kierra Coleman**

From  
**Central High  
School, Phoenix**

Teacher  
**Erin Sullivan**

## Nutrition Facts

Amount Per Serving  
10 Servings

Calories	96
Fat	3 g
Saturated Fat	1 g
Cholesterol	8 mg
Sodium	33 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Protein	6 g
Calcium	100 mg

## Ingredients

- 1 **tbls** olive oil
- 1 **cup** ricotta cheese, part skim
- 1 **tbls** lemon juice
- 1 **tbls** minced garlic
- 2 **cups** cannellini beans
- ¼ **bunch** cilantro
- Salt and pepper to taste
- 2 bell peppers, sliced for dipping

## Directions

- 1 Drain beans.
- 2 Pick cilantro leaves, discard stems.
- 3 Add the beans, cilantro, olive oil, garlic, and lemon juice to food processor and mix until combined. Add salt and pepper to taste.
- 4 Chill at least 30 minutes.
- 5 Serve with bell pepper dippers.



**20**  
**CHEESE**  
**DIPS**  
★ ★ ★

# Ricotta Avocado Dip

Created by  
**Selena Rodriguez**

From  
**Glendale High  
School, Glendale**

Teacher  
**Shawn Morris**

## Nutrition Facts

Amount Per Serving  
6 Servings

Calories	101
Fat	4 g
Saturated Fat	2 g
Cholesterol	14 mg
Sodium	117 mg
Total Carbohydrate	8 g
Dietary Fiber	1 g
Protein	7 g
Calcium	142 mg

## Ingredients

- 1 cup ricotta cheese, part-skim
- 4 oz fat free sour cream
- 2 tsp lemon juice, freshly squeezed
- ½ avocado, diced
- 3 strips turkey bacon, cooked and chopped
- 1 green onion, chopped
- ½ tomato, diced medium
- 2 tbs parsley, chopped
- Salt and pepper to taste
- Sliced vegetables and crackers for dipping

## Directions

1. Sauté bacon in skillet until desired crispness. Let cool slightly, then chop.
2. In a medium bowl, combine ricotta cheese, sour cream, lemon juice, salt and pepper. Mix together until incorporated.
3. Gently fold in remaining ingredients until combined.
4. Chill until ready to serve.



**22**  
**CHEESE**  
**DIPS**  
★ ★ ★



# Five Minute Spread

Created by  
**Austin Williams**

From  
**St. Johns High  
School, St. Johns**

Teacher  
**Deborah Crawford**

## Nutrition Facts

Amount Per Serving  
4 Servings

Calories	116
Fat	7 g
Saturated Fat	2 g
Cholesterol	18 mg
Sodium	73 mg
Total Carbohydrate	6 g
Dietary Fiber	1 g
Protein	7 g
Calcium	171 mg

## Ingredients

- 8 oz** part skim ricotta cheese
- 1 tsp** dried basil
- 1 tsp** dried oregano
- Salt and pepper to taste
- 1 green bell pepper** for serving
- 1 tbsp** pine nuts for garnish (optional)

## Directions

- Mix cheese and spices well.
- Cut top off bell pepper and remove seeds to make a bowl.
- Fill bell pepper bowl with dip.
- Garnish with pine nuts if desired.



24  
SMOOTHIES  
★ ★ ★



# Berry Spinach Smoothie

Created by  
**Erin Cherry**

From  
**Coolidge High  
School, Coolidge**

Teacher  
**Cassandra Yeo**

## Nutrition Facts

Amount Per Serving  
2 Servings

Calories	204
Fat	2 g
Saturated Fat	1 g
Cholesterol	9 mg
Sodium	126 mg
Total Carbohydrate	32 g
Dietary Fiber	4 g
Protein	18 g
Calcium	328 mg

## Ingredients

- 1 cup packed fresh baby spinach
- 1 medium apple (variety of your choice)
- ½ cup frozen strawberries
- ½ cup frozen blueberries
- 1 tbs fresh ginger, minced
- 1 cup low-fat milk
- 1 cup low-fat Greek yogurt

## Directions

1. Peel and core apple, cut into 4 slices.
2. Peel and mince ginger.
3. In a blender, add spinach, milk, ginger, and yogurt. Blend until smooth.
4. Add fruit and blend to desired texture.
5. Enjoy!



26  
SMOOTHIES  
★ ★ ★



# RaspMango Smoothie

Created by  
**Gabriela Hernandez**

From  
**Metro Tech High  
School, Phoenix**

Teacher  
**Dean Wilberscheid**

## Nutrition Facts

Amount Per Serving  
2 Servings

Calories	323
Fat	4 g
Saturated Fat	2 g
Cholesterol	12 mg
Sodium	112 mg
Total Carbohydrate	66 g
Dietary Fiber	8 g
Protein	11 g
Calcium	357 mg

## Ingredients

- 2 cups low fat milk
- ½ tbs chia seeds
- 2 tbs honey
- ½ cup frozen raspberries
- 1 ½ cup frozen mango, pieces
- ½ frozen banana

## Directions

1. Add all ingredients into blender.
2. Puree on high until smooth.



**28**  
**SMOOTHIES**  
★ ★ ★



# Kale Mango Smoothie

Created by  
**Dominick Licano**

From  
Coolidge High  
School, Coolidge

Teacher  
Cassandra Yeo

## Nutrition Facts

Amount Per Serving  
2 Servings

Calories	205
Fat	1 g
Saturated Fat	0 g
Cholesterol	4 mg
Sodium	150 mg
Total Carbohydrate	41 g
Dietary Fiber	2 g
Protein	12 g
Calcium	400 mg

## Ingredients

- ½ cup kale, chopped
- 1 cup mango chunks, frozen
- 1 ½ cup fat-free plain yogurt
- 1 tbl honey
- 1 tsp sugar
- ½ cup ice
- 1 tsp lime juice

## Directions

1. Remove stems from kale and discard stems.
2. Add everything in blender as listed in order.
3. Blend until smooth.



**30**  
**SMOOTHIES**  
★ ★ ★



# Peanut Butter Banana Smoothie

Created by  
**Martina Torres**

From  
**Carl Hayden High  
School, Phoenix**

Teacher  
**Kandy Cordova**

## Nutrition Facts

Amount Per Serving  
2 Servings

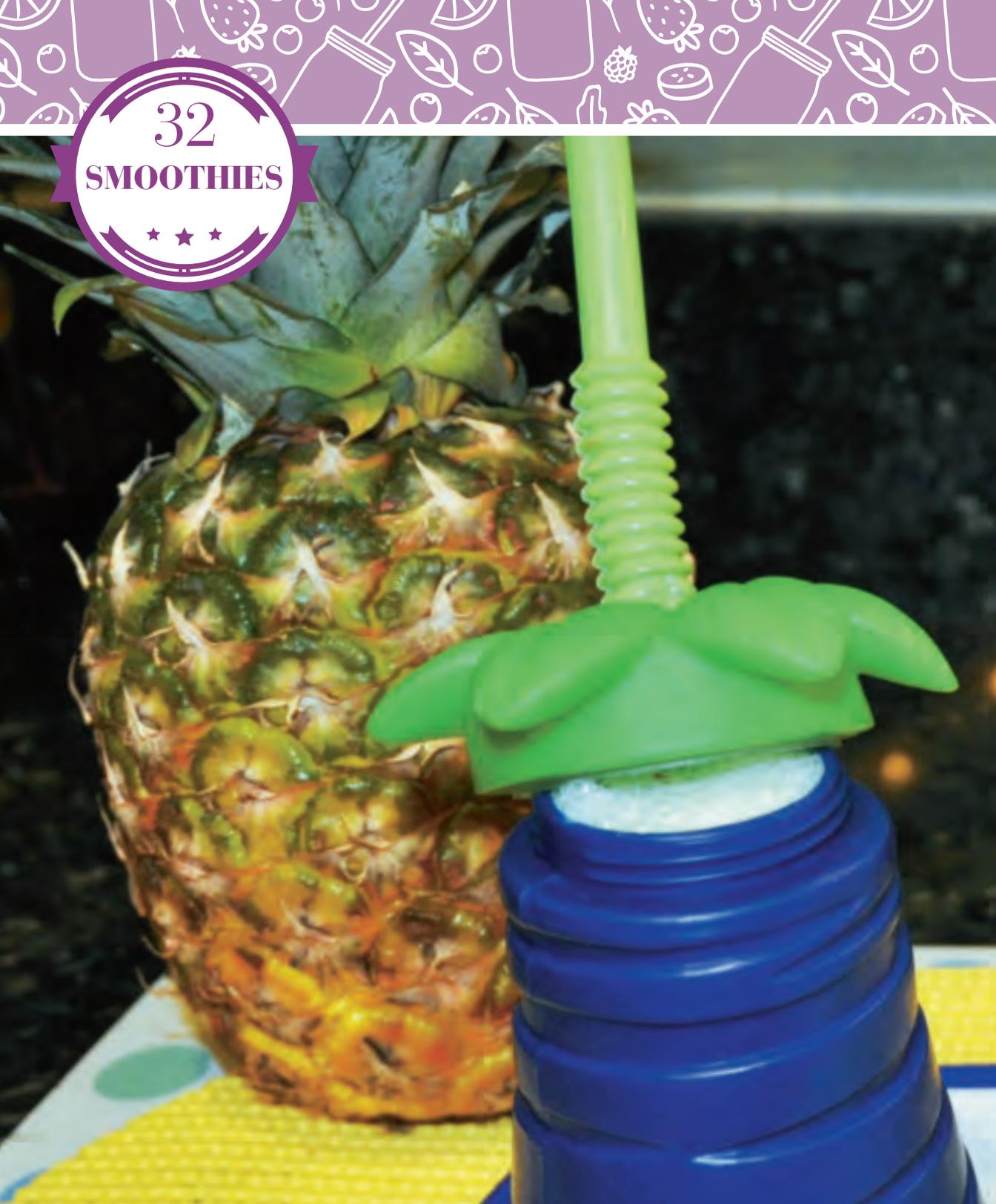
Calories	354
Fat	8 g
Saturated Fat	2 g
Cholesterol	4 mg
Sodium	186 mg
Total Carbohydrate	45 g
Dietary Fiber	5 g
Protein	27 g
Calcium	237 mg

## Ingredients

- 1 ½ cups plain Greek yogurt (low-fat)
- 2 tbs peanut butter
- 1 banana, peeled and frozen
- ½ cup old fashioned oats
- 2 tsp vanilla extract
- 1 tsp honey
- 1 cup ice cubes

## Directions

1. Combine all ingredients in a blender (or food processor).
2. Blend until smooth.



32

SMOOTHIES



# Afternoon in the Tropics

Created by  
**Lydia Wright**

From  
**Barry Goldwater High  
School, Phoenix**

Teacher  
**Ryan Mattheis**

## Nutrition Facts

Amount Per Serving  
2 Servings

Calories	295
Fat	2 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	178 mg
Total Carbohydrate	52 g
Dietary Fiber	5 g
Protein	23 g
Calcium	262 mg

## Ingredients

- 3 tbs coconut milk, canned
- ¼ cup rolled oats
- 1 ½ cup pineapple chunks, frozen
- 1 banana, peeled and cut in chunks, frozen
- 1 cup Greek yogurt, vanilla, fat free
- ½ cup coconut water

## Directions

1. Place oats and coconut milk in blender.
2. Blend until smooth.
3. Add remaining ingredients, blend until smooth.
4. Enjoy!



34

HEALTHY  
SNACKS



# Greek Cream Cheese N' Fruit Kabobs



Created by  
**Kelsey Anders**

From  
**Ironwood Ridge High  
School, Oro Valley**

Teacher  
**Jean Gowen**

## Nutrition Facts

Amount Per Serving

Calories	55
Fat	0 g
Saturated Fat	0 g
Cholesterol	2 mg
Sodium	159 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Protein	3 g
Calcium	55 mg

## Ingredients

- 4 oz Greek cream cheese (1 tsp per ball)
- 8 tsps pineapple (crushed and drained)
- 2 cups puffed rice cereal (Rice Krispies)
- 1/2 cup blueberries (16 whole blueberries)
- 1 cup strawberry (about eight cut in halves)

## Directions

1. Strain the crushed pineapple and wrap in cheese cloth or a paper towel to get as dry as possible.
2. Measure out 1 tsp of the Greek cream cheese and flatten.
3. Place one side of the cream cheese in the Rice Krispies.
4. In the other side stuff in about 1/2 of a tsp of the pineapple and close.
5. Place back into the bowl of Rice Krispies and form the Greek cream cheese into a ball until it holds its shape.
6. Repeat steps 2-5 until you have made 16 balls.
7. Place a tooth pick in each ball.
8. Cut the strawberries in half and place through tooth pick.
9. Add the blueberries on top, chill and serve cold.



**36**  
**HEALTHY**  
**SNACKS**



# Hot Greek Spinach and Artichoke Dip

Created by  
**Amanda Cueva**

From  
**Mountain Institute  
JTED, Prescott**

Teacher  
**Esther Flannigan**

## Nutrition Facts

Amount Per Serving  
12 Servings

Calories	139
Fat	4 g
Saturated Fat	2 g
Cholesterol	13 mg
Sodium	275 mg
Total Carbohydrate	18 g
Dietary Fiber	4 g
Protein	8 g
Calcium	117 mg

## Ingredients

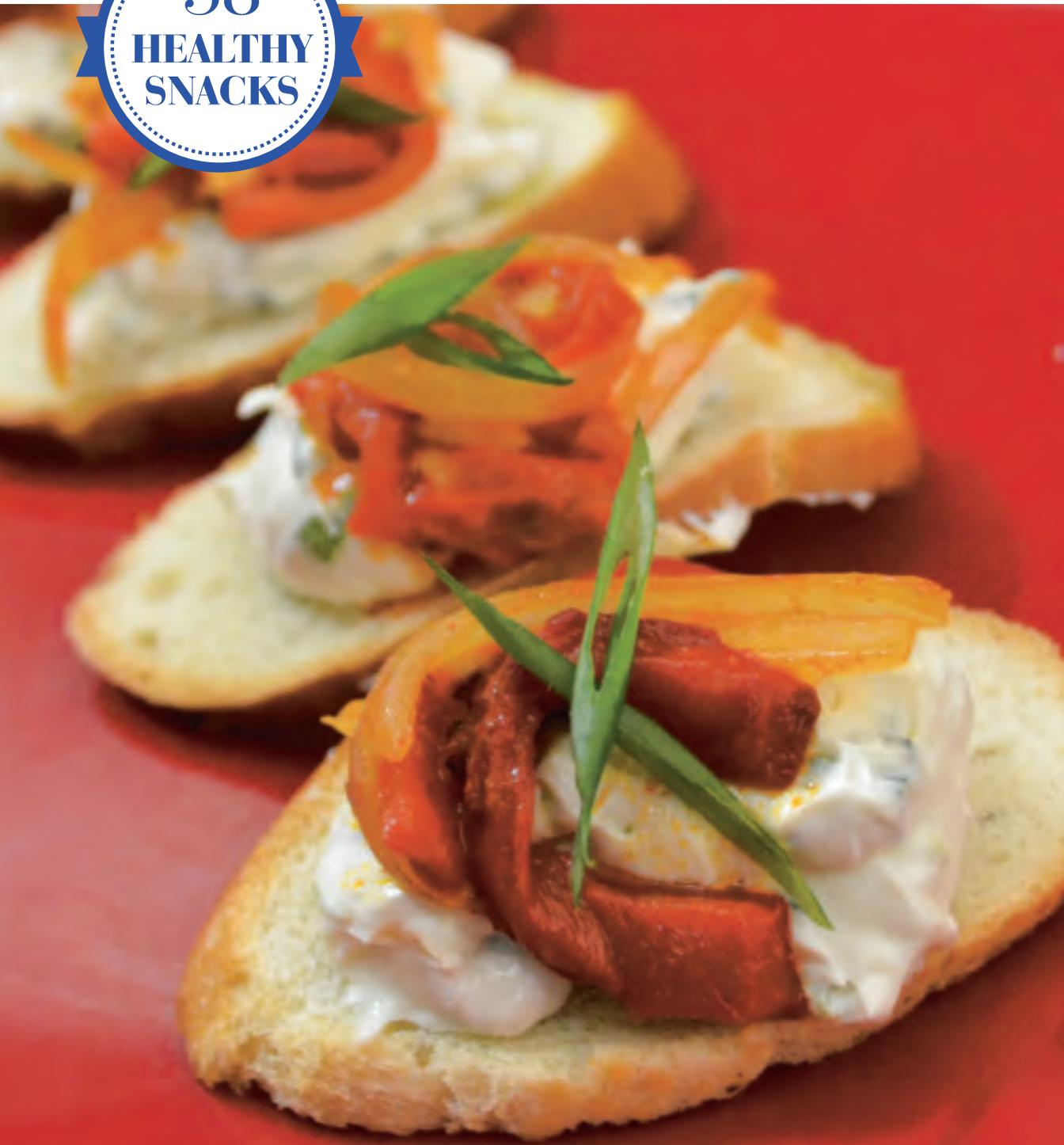
- 8 oz Greek cream cheese
- 6 oz plain Greek yogurt, fat free
- 10 oz fresh spinach, chopped
- 1 ½ cups artichoke hearts
- ½ cups romano cheese, grated
- 1 tsp crushed red pepper flakes
- Salt and pepper to taste
- 6 pieces pita bread, cut in triangles for dipping

## Directions

1. Add spinach, artichokes, yogurt and cream cheese in blender. Blend until mostly smooth. It will be thick in texture.
2. Pour mixture into a saucepan to warm up the dip.
3. Heat until warm but not boiling. Stir often to avoid burning. Add salt, pepper and red pepper flakes to taste.
4. Pour into serving bowl. Sprinkle with Romano cheese.
5. Enjoy with pita bread!



**38**  
**HEALTHY**  
**SNACKS**



# Greek Cream Cheese Bruschetta



Created by  
**Peter McQuaid**

From  
**Tempe Preparatory  
Academy, Tempe**

Teacher  
**Karin Moffitt**

## Nutrition Facts

Amount Per Serving  
6 Servings

Calories	120
Fat	3 g
Saturated Fat	1 g
Cholesterol	2 mg
Sodium	299 mg
Total Carbohydrate	17 g
Dietary Fiber	1 g
Protein	6 g
Calcium	83 mg

## Ingredients

½ **package (4oz)** Greek cream cheese, softened  
2 scallions, thinly sliced  
½ **clove** garlic, finely chopped  
½ lemon, juiced  
¼ **cup** sliced roasted red peppers in olive oil, drained  
¼ **cup** sweet yellow onion (thinly sliced)  
½ baguette (sliced)  
1 **tsp** cayenne pepper  
Salt to taste  
Olive oil

## Directions

1. Mix Greek cream cheese and scallion in a bowl, and set aside.
2. In a medium-high sauce pan add 1 tbs. of olive oil, add sliced onions and caramelize until golden brown. Add the roasted red peppers, garlic, lemon juice, cayenne pepper and salt. Stir for approximately five minutes, until ingredients are heated through.
3. Toast baguette slices in a 350 degree oven for approximately 3-5 minutes and arrange on a plate.
4. Spread 1-2 tbs. of Greek cream cheese and scallion spread on each baguette, then top with a spoonful of roasted red pepper and onion mixture.



**40**  
**HEALTHY**  
**SNACKS**



# Pretty Pinwheel Sandwiches

Created by  
**Chantel Merrell**

From  
**Mountain Institute  
JTED, Prescott**

Teacher  
**Esther Flannigan**

## Nutrition Facts

Amount Per Serving  
4 Servings

Calories	168
Fat	7 g
Saturated Fat	3 g
Cholesterol	35 mg
Sodium	384 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Protein	11 g
Calcium	163 mg

## Ingredients

- ½ cup whipped Greek cream cheese
- ½ tsp dried rosemary
- Salt and pepper to taste
- 2 whole wheat tortillas
- 1 cucumber
- 4 slices deli meat (chicken or turkey)
- 4 slices Monterey Jack cheese

## Directions

1. Place Greek cream cheese, salt, pepper, and rosemary in a bowl. Mix thoroughly.
2. Spread Greek cream cheese mixture generously onto tortillas.
3. Thinly slice cucumber.
4. Layer cucumber, meat and cheese on tortillas.
5. Roll tortillas jelly roll style, slice into 2 inch pieces.

## Careers through Culinary Arts Program

Careers through Culinary Arts Program (C-CAP) works with public schools across the country to prepare undeserved high school students for college and career opportunities in the restaurant and hospitality industry. C-CAP Arizona is part of this national program supporting culinary arts classes across the state. For more information, visit [www.ccapinc.org](http://www.ccapinc.org)

## Dairy Council® of Arizona

For almost 50 years, Dairy Council of Arizona has been promoting good health and nutrition in the classroom and the community. The Dairy Council of Arizona's mission is to encourage all Arizonans to get their three daily servings of milk, cheese or yogurt. We do this by promoting school wellness, dietary guidelines, sharing recipes and providing a vast collection of nutritional and educational resources to health, nutrition, culinary and educational professionals. Dairy Council's foundation is in sound nutrition science and everything we develop and promote is grounded in evidence-based nutrition research. For more information, visit [www.dairycouncilofaz.org](http://www.dairycouncilofaz.org)

## Franklin Foods

Franklin Foods, Inc., corporate offices are located in Delray Beach, FL, with manufacturing facilities in Enosburg Falls, Vermont and Casa Grande, AZ. Franklin Foods is a Safe Quality Foods (SQF) Level 3 Certified manufacturer. Franklin Foods began producing cheese in 1899 using fresh milk and cream from nearby farms. Today, the Franklin Foods tradition of top quality, delicious taste and dairy innovation continues. Franklin Foods is the fastest growing cream cheese producer in the world and continues on its mission to "Re-Invent Cream Cheese® for today's consumers." For more information, visit [www.franklinfoods.com](http://www.franklinfoods.com)

## Acknowledgments

This program would not have been possible without the tireless efforts of the following:

**Nicole Swartz**

C-CAP Alumni, Culinary Coordinator, C-CAP Arizona

**Luke Cornelius**

Chef, C-CAP Alumni

**Jelani Port**

Chef, C-CAP Alumni

**Heidi Jaenicke**

C-CAP Alumni

**Rocco Cardinale**

Vice President, Franklin Foods West

**Jill Smith**

Arizona Director, Careers through Culinary Arts Program (C-CAP)

**Gina Kent Verason**

Gina Marie Photography





C·CAP

CAREERS THROUGH CULINARY ARTS PROGRAM

