Stir-Fry Fajita Chicken, Squash, and Corn

MONUMENT VALLEY HIGH SCHOOL
Kayenta, Arizona

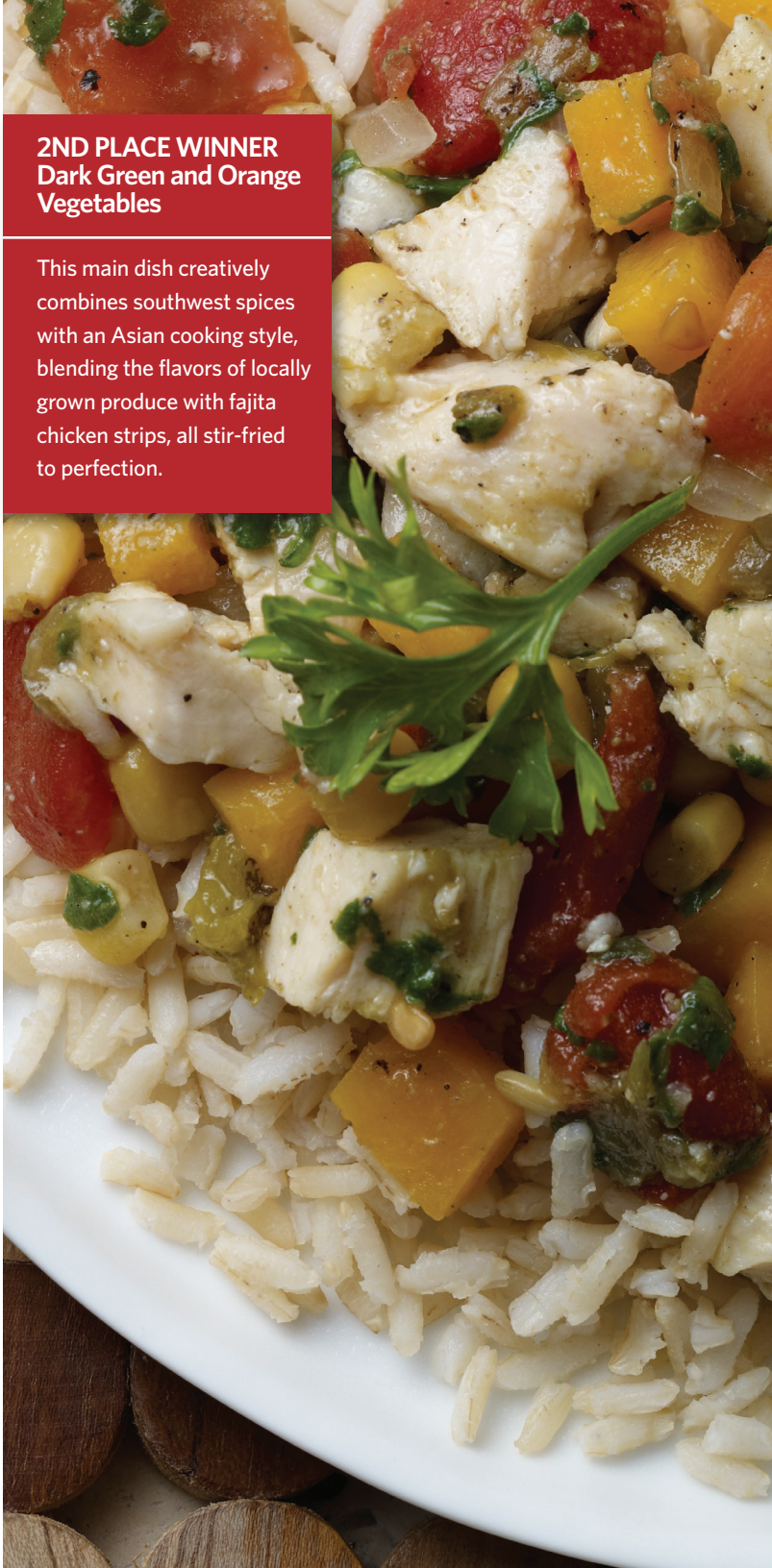
Our Story

On the Navajo Indian Reservation in Arizona, Monument Valley High School is part of the Kayenta Unified School District. For the recipe challenge, two student teams worked together to help prepare and sample dishes.

The team ultimately developed Stir-Fry Fajita Chicken, Squash, and Corn. This dish combines the sweet flavor of butternut squash with onions, corn, red peppers, and diced chilies brought together with a blend of spices and diced tomatoes. Stir-Fry Fajita Chicken, Squash, and Corn uses the natural flavors from vegetables and spices to make a savory meal, which can only be matched by the aroma produced when cooking.

School Team Members

SCHOOL NUTRITION PROFESSIONAL: Cathy Getz
CHEF: Paul Gray (Head Cook, Anasazi Inn)
COMMUNITY MEMBERS: Samantha J. Interpreter, RD, Lieutenant United States Public Health Service RDF-5 and Mike Williams
STUDENTS: Kevin B. and Brett B.



2ND PLACE WINNER
Dark Green and Orange Vegetables

This main dish creatively combines southwest spices with an Asian cooking style, blending the flavors of locally grown produce with fajita chicken strips, all stir-fried to perfection.

Stir-Fry Fajita Chicken, Squash, and Corn

Ingredients

1 ¾ cups Brown rice, long-grain, regular, dry
1 ½ tsp Salt-free chili-lime seasoning blend
¼ tsp Granulated garlic
1 Tbsp Fresh cilantro, chopped
2 Tbsp Canola oil
1 cup Fresh onions, peeled, diced
4 cups Cooked fajita chicken strips (16 oz)
3 ½ cups Fresh butternut squash, peeled, seeded, diced ½"
½ cup Fresh red bell peppers, seeded, diced
1 cup Frozen corn, thawed
½ cup Canned diced green chilies
½ cup Canned low-sodium diced tomatoes
½ tsp Ground black pepper
¾ tsp Ground cumin
¼ tsp Garlic powder

Preparation Time: 30 minutes
Cooking Time: 1 hour
Makes six ¾-cup servings stir-fry and six ½-cup servings brown rice

Directions

1. Combine brown rice and 4 ½ cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Sprinkle with ½ tsp salt-free seasoning blend, granulated garlic, and cilantro. Mix well. Keep warm. A rice cooker may be used with the same quantity of brown rice and water.

2. Heat canola oil in a large skillet or a wok. Cook onions for 2 minutes or until translucent.

3. Add chicken, squash, and remaining salt-free seasoning blend. Stir-fry over high heat for 10 minutes or until squash is tender.

4. Add red peppers, corn, green chilies, tomatoes, pepper, cumin, and garlic powder. Stir-fry over medium-high heat for no longer than 2 minutes so vegetables will remain crunchy. Do not overcook. Reduce heat to low and let simmer 2 minutes. Serve hot.

¾ cup stir-fry and ½ cup brown rice provides 1 ¼ oz equivalent meat, ¼ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and 1 oz equivalent grains.

Nutrients Per Serving: Calories **396,** Protein **20 g,** Carbohydrate **59 g,** Dietary Fiber **7 g,** Total Fat **10 g,** Saturated Fat **2 g,** Cholesterol **62 mg,** Vitamin A **7347 IU (359 RAE),** Vitamin C **44 mg,** Iron **2 mg,** Calcium **58 mg,** Sodium **574 mg**