



Fall Newsletter 2012

## **Chefs Move to Schools volunteer inspires own child to make a difference and win a national recipe competition**

A very active Chefs Move to Schools volunteer, Kathryn Guylay inspired not only her community in Sun Valley, Idaho, to get healthy, but also her very own child Elena to get involved in making a change.

Elena Guylay, age 11, won the [Healthy Lunchtime Challenge](#) for her state with her easy and delicious dish Fiesta Casserole. Her recipe passed the test at the D.C. Central Kitchen and was judged by White House Assistant Chef Sam Kass, Chef Jose Andres, Marshall and Alex Reid (authors of Portion Size Me), Epicurious Editor-in-Chief Tanya Steel and representatives from the USDA and the Department of Education.

"It sounded like a fun opportunity, and we have the best recipe I've ever tasted in my whole life," said Elena. "I wanted to share it with other kids!"

Elena traveled with 53 other challenge winners to the White House and enjoy a Kids' "State Dinner" on August 20th with First Lady Michelle Obama.

The Fiesta Casserole dish is gluten- and nut-free and includes most of the USDA's [ChooseMyPlate](#) food groups. Elena served it to her class with raw carrots, celery, jicama and avocado slices.

Elena continues to stay busy promoting healthy eating to kids by creating a fun and quick video about her mother's volunteer work with her fifth-grade class. Check out her recipe on the following page!



**Healthy Lunchtime  
Challenge winner  
Elena Guylay**



### RECIPE: Fiesta Casserole

Here is Elena Guylay's Healthy Lunchtime Challenge winning recipe, Fiesta Casserole, for the state of Idaho. This recipe competed against three other finalists in the state to go onto Washington, D.C., and a total of 1,200 recipe submissions nationwide, so you know it is delicious and healthy!



**Fiesta Casserole**

Start to finish: (60 minutes)

#### Ingredients:

- 1 1/2 cups (dry) quinoa, rinsed
- 1 cup (dry) brown rice
- 2 16 oz. jars of salsa, your favorite brand
- 4 cans (15 oz.) of beans- rinsed;  
Tip: We used various types to make it colorful: kidney, pinto, and black
- 2 16oz containers of cottage cheese
- Juice of 1-2 limes, depending on your taste
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 bunch of fresh cilantro, washed, rinsed and chopped
- 2 bags (8oz) of shredded cheese

#### Directions:

- Preheat the oven to 350 F. Cover two 9x12 Pyrex baking dishes with foil.
- On the stovetop or in a rice cooker, prepare the rice and quinoa. Combine the rice and quinoa mix with the remaining ingredients, except shredded cheese.
- Split the mix between the two baking dishes and bake in the oven for 40 minutes.
- Take the casserole from oven, remove foil and sprinkle cheese on top. Return to the oven for about 5 minutes, until the cheese is melted and bubbly.
- Serve immediately with avocado slices, carrots, celery, jicama, extra salsa and lime.