

**White House Healthy Eating Challenge  
Sam Wohabe's New York State Winning Recipe**

**Fish Fueled Pepper Rocket with Kale Chips and Quinoa**

**Fish Fueled Pepper Rocket**

Ingredients:

1/2 pound of Halibut filet  
3 orange Bell peppers  
1 cup shredded Manchego cheese  
1 tbsp olive oil  
Dash of salt and pepper

Core and clean peppers and leave whole  
Cut Halibut into bite sized chunks  
Sautee in a pan for 4 minutes with olive oil  
Add dash of salt and pepper  
Stuff each pepper with 1/3 of Halibut and 1/3 of shredded Manchego cheese  
Spray baking pan with non-stick cooking spray  
Place the three stuffed peppers open side up in baking pan  
Bake at 350 degrees for 30 minutes or until peppers are soft

**Quinoa**

Ingredients:

1 cup Quinoa  
2 cups chicken broth or water  
1 tbsp parsley chopped (optional)  
1 tsp olive oil

Bring liquid to a boil in sauce pan  
Add Quinoa  
Reduce heat and cook for 15 minutes or until all of the liquid is absorbed  
Remove from heat  
Fluff with fork  
Add parsley

**Kale Chips**

Ingredients:

One head of Kale

2 tbsp of olive oil

Salt

Wash and dry Kale leaves with salad spinner

Ensure the leaves are completely dry

Pull leaves off stems

Tear into bit size pieces

Drizzle with olive oil and toss until evenly coated

Sprinkle lightly with salt

Spread onto baking sheet in single layer

Bake at 400 degrees for 15 to 20 minutes until crispy