

Crossroads: 9-year-old Bear boy gets creative with nutrition

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This was the second year of the event. Delaware's first representative was Jourdann Latney, who stuffed tomatoes with hummus (and garnished them with mint).

Tortilla Bowl Deluxe

"I like tacos, but they are messy and don't hold a lot, so I chose a corn tortilla bowl. That way you can eat the bowl, too," Bear resident Braeden Mannering, 9, says of his winning recipe. "Grilled chicken is good and it's healthy. To add color and vegetables, I picked avocado because I don't like lettuce and wanted it to have some [green](#)

 . I also picked orange sweet peppers and tomatoes. To top the bowl, you can add shredded lactose-free cheese – I am lactose-intolerant. On the side would be fruit."

1 medium (4-ounce) boneless, skinless chicken breast, grilled or cooked as desired, and cut into bite-size pieces
1/4 cup diced avocado
1/4 cup diced orange bell pepper
1/4 cup diced tomato
1/4 cup shredded Monterey Jack cheese
Salt and freshly ground black pepper
1 corn tortilla bowl

In a medium bowl, toss together the chicken, avocado, bell pepper, tomato, and cheese. Season with salt and pepper, scoop into the tortilla bowl, and serve immediately.