

CPS CHEF COUNCIL

Chef Dwyane Lightfoot



Chef Dwyane Lightfoot is an accomplished leader in the culinary field with over 11 years of experience. Dwyane has a passion for cooking and graduated from Le Cordon Bleu and received a Culinary degree. Dwyane is now a Chef Manager for Aramark and works with the account supporting Chicago Public Schools.

Post-graduation Dwyane gained his experience working with Levy Restaurants where after 3 years he was promoted to Sous Chef. During his time at Levy, he supported events including the Kentucky Derby, NASCAR Cup Series, Grand Slams and gave opening chef support to Guarantee Rate Field, Wrigley Field, the Ravinia Festival, United Center (Home Property) and number of other stadiums. Dwyane's key accomplishments included his work with celebrities as the a personal Chef to the Chicago Bulls and Chicago Blackhawks. On Dwyane's downtime he likes to watch sports, spend time with the family and teach his daughter how to cook as she desires to follow in the footsteps on becoming a Chef!



NUTRITION
SUPPORT
SERVICES



Hand Breaded Chicken Sandwich

Chef Dwyane Lightfoot

INGREDIENTS

6 boneless chicken thighs
2 eggs
½ cup milk
1 tbsp hot cayenne pepper – Frank’s Hot Sauce
½ cup flour
1 tsp granulated garlic
1 tsp onion powder
½ tsp ground black pepper
1 tbsp paprika
2 cups corn flake crumbs
6 hamburger buns

INSTRUCTIONS

Preheat oven to 350 degrees F.
Trim chicken thighs.
Whisk milk, eggs, and hot sauce in large bowl.
Add spices and flour; whisk until smooth.
Dip each thigh in batter and then the crumb mixture to coat.
Place the chicken on a lined sheet pan sprayed with cooking spray. Spray the tops of chicken with cooking spray (or drizzle with melted butter).
Bake until internal temperature reaches 165 degrees and juices run clear – approximately 25-35 minutes.
Serve on burger bun and enjoy!