

Calling all "FUTURE CHEFS"

WE'RE LOOKING FOR YOUR FAVORITE
HEALTHY SALAD RECIPE!
Open to 3rd - 5th graders



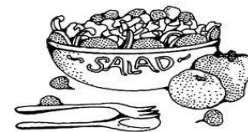
**Hey Kids,
Let's Cook!**

Tips to be a Finalist for the Culinary Competition

Do you want to win an award in the Culinary Competition?

Here are some tips that may help!

1. **Be original.** You don't have to be like everyone else. We can only have so many Taco Salad recipes. Don't misunderstand--it's a great salad--it's just done very frequently. Consider putting a new twist on a favorite salad instead.
2. **Be creative.** A student once submitted a recipe for "incredible spinach cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This **doesn't** have to be your own, original recipe. You can get them off the internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, but only **ONE** student can make the recipe at the competition.
6. We are looking for **healthy** salad recipes; so, try to have recipes that don't have a lot of sugar or fat in them.
7. At the main competition, the judges will consider 5 criteria:
 - *Originality
 - *Ease of Preparation
 - *Healthy Attributes
 - *Kid-Friendliness
 - *Plate Presentation



The use of one or more of the following ingredients will earn bonus points in the judging:

Black Beans; Kidney Beans; Chicken; Dried Herbs or Spices; Sweet Potatoes;
Strawberries; Spinach; Tortillas; or Turkey.

At the competition, please bring all food cooked, sliced, diced, etc. and ready to assemble. You will need enough ingredients to make 12 servings. The judges will sample a small taste.

We will provide small paper plates and napkins for you to provide a sample for the judges.

GOOD LUCK AND HAVE SOME FUN!!

Recipe Name

Name: _____ **School:** _____

School:

Prep Time:

Cook Time: _____

	Feeds How Many/Yield:
100% Pure	100%
90% Pure	90%
80% Pure	80%
70% Pure	70%
60% Pure	60%
50% Pure	50%
40% Pure	40%
30% Pure	30%
20% Pure	20%
10% Pure	10%
0% Pure	0%

Serving/Portion Size:

Ingredients

Item

Amount

[illegible]

Directions

[illegible]