Hey Teens,
Let's Cook!

Calling all
"FUTURE CHEFS"

WE'RE LOOKING FOR YOUR FAVORITE
HEALTHY SANDWICH RECIPE!
Open to all 6th - 12th grade students

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 Chicken Salad recipes. Don't misunderstand--it's a great salad, and makes a great sandwich--it's just done very frequently. Consider putting a new twist on a creative sandwich using a pretzel bun or whole grain wrap instead.
2. **Be creative** - Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are 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** sandwich recipes; so, try to have recipes that don't have a lot of sugar or fat in them and use a whole grain item.
7. At the main competition, the judges will consider 6 criteria:
   - *Originality
   - *Ease of Preparation
   - *Healthy Attributes
   - *Whole grain
   - *Teen-Friendliness
   - *Plate Presentation

At the competiton, please bring all food cooked, sliced, diced, etc. and ready to assemble. You will need enough ingredients to make 3 sandwiches. The judges will sample a small taste.

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

GOOD LUCK AND HAVE SOME FUN!!

Recipe Name

Name: **School:**

Prep Time:

Cook Time:

Feeds How Many/Yield:

Serving/Portion Size:

Ingredients

Item	Amount

Directions