2019 EBLS Recipe Official Contest Form

Name: ________________________________

Grade: ____________ Teacher: ________________________________

Category (circle one):

- Entrée (main dish)
- Side—rice, pasta or similar item
- Side—bread, muffin, roll or similar item
- Side—vegetables (beans—kidney, garbanzo, etc.; potato, sweet potato, carrots, broccoli, cauliflower, etc.)

Yield (Number of servings): ___________ Portion size: _______________

Recipe

Attach or write recipe in this area. Recipes can also be e-mailed to linette.hlavaty@usu.edu. Please include all of the above information in the e-mail. Thanks

Official Rules: Submit as many recipes as you like. They can be an original recipe or one from a cookbook. If the recipe is from a cookbook, please list the title of the cookbook. Please submit recipes that are healthy (low in saturated fat, sodium & added sugars; includes whole grains) and are easy to prepare for school lunch. It is important to include the serving size and how many portions the recipe makes. Submission deadline 3/27/2018. Three winners will be selected—1 from the entrée category and 2 from among the other categories. The winning recipes will be featured on Friday, April 12 (“Guest Chef” Day) for lunch at “Little Blue Line and Dine”.