

# 2018 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](mailto:linette.hlavaty@usu.edu)  
Please include 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 3/28/2018.** 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 13** (“Guest Chef” Day) for lunch at “Little Blue Line and Dine”.