



Union School District
Recipe Entry Form

~Healthy Asian Fusion Recipe~

Open to All Elementary School Students!

Student's Name:	
Student's School:	
Student's Grade:	
Teacher's Name:	

Return to your teacher or the office by **January 19, 2018**

Teachers: please send to the main office if received.

My recipe is called: _____

List all ingredients and exact amounts of the ingredients here:

List the "method" or exactly how to make this dish. Make sure to include the number of servings your recipe creates. *(If you need more room, attach and staple another piece of paper to this form.)*



Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite Asian Fusion recipe.
2. **Be creative** - A student once submitted a recipe for "dill 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, only **ONE** person can make each recipe at the competition.
6. We are looking for **healthy Asian Fusion food** recipes, so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 6 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation

The use of one or more of the following ingredients will earn up to 3 **bonus points** at the judging:

Low Sodium Soy Sauce, Low Sodium Teriyaki Sauce, Brown Rice, Bok Choy, Fresh Mushrooms, Lean Chicken, Lean Pork, Rice Noodles, Tofu, Garlic & Ginger.