



Tulsa Public Schools
Recipe Entry Form

~Healthy Comfort Food Recipe~

Open to Elementary School Students grades 3-5!

My Name:	
My School:	
My Grade:	
My Teacher's Name:	
My Chef Coat Size:	Youth - S M Adult - XS S M L XL

Return to your teacher or cafeteria manager by

Thursday, February 2nd, 2017.

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. If you need more room, attach (and staple) another piece of paper to this form.

This recipe serves _____ people.



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 breakfast 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 comfort food** recipes, so try to avoid recipes with a lot of sugar or fat in them.
7. Please avoid products that include Tree nuts and Peanuts in your recipes.
8. 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 **bonus points** at the judging:

Whole Grain Pasta, Whole Grain Bread, Brown Rice, Low-Fat Cheese, Eggs, Lean Ground Beef, Turkey, Potatoes & Mushrooms.

GOOD LUCK & HAVE FUN!!!!