



Eugene School District 4J Recipe Entry Form



~Asian Fusion Food Recipe~

Open to 4th and 5th Grade Students!

My Name:	
My School:	Buena Vista Spanish Immersion
My Grade:	
My Teacher's Name:	

Return to the Cafeteria by **Wednesday, January 31st**

Teachers: please send to the Cafeteria 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.)* **There are tips on the back of 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 **healthy comfort food** 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 and write it on the recipe card yourself!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. We are looking for **Asian fusion** 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 **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.

GOOD LUCK & HAVE FUN!!!!