**Potatoes USA Recipe Submission Form**

**DDPG Recipe Contest – Spring 2023**

**Author Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Academy of Nutrition and Dietetics ID Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_**

**Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Recipe Category (highlight category or mark clearly with an X):**

**Side Dish Entrée Dessert Snack Appetizer**

**Recipe Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Serving Size: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Servings per Recipe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Picture of Prepared Recipe**

**Photos taken with a smart phone are perfectly acceptable!**

**(Recommend taking a bird’s eye (i.e. overhead) view of your finished recipe, ideally in natural light)**

**Note, you will not be scored on the quality of the photo but the general appetizing appearance of your dish will be taken into account during finalist recipe testing.**

**Prep Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Caption (1-3 sentences) that highlights potato nutrition, versatility or affordability:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**Ingredients (use standard U.S. measurements):   
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**Instructions (numbered):**

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