Save your Word document with your last name first:

“Last name – recipe name”

Email to [fcp@quidnunc.net](mailto:fcp@quidnunc.net)

Delete this text box before sending.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name:** |  | | | |
| **Email:** |  | | | |
| **Telephone (best #):** |  | | | |
| **Academy #:** |  | | | |
| **I am at least 21 years old** |  | Yes |  | No |

**Replace this text with your recipe name**

**Yield:** # of portions and portion size

**Timing:** Prep Time = Total Time =

Include a 50–100-word response to this question: *How does your recipe support kids’ nutrition and active lifestyles?*

Include a photo here (compress it if possible) – this is part of the judging criteria.

**Ingredients**

*\*Up to 10 ingredients (salt, pepper, spices, herbs, and water are “free” and not part of the ingredient count)*

List in order of use in common measurements.

**Method of Preparation (Instructions)**

**Required utensils**