



**ENTER NOW!
TO WIN BIG!**

Oct. 15 – Dec. 31, 2012

Submit your best recipe using qualifying Simplot Culinary Select® Vegetables, and Simplot judges will select the top five winning ideas!

Grand prize winner will receive flight, hotel and registration for the ANC 2013 conference – plus an onsite menu planning consultation with our expert dietician.

4 runners up will receive ANC 2013 registration

Fill out the form on back or online at www.simplotfoods.com/k12contest.

Enter as many ideas as you wish. Complete rules and information available online.



Simplot K-12 recipe contest entry form

first name _____
last name _____
position _____
school _____
address _____
phone _____
email _____

recipe name _____
servings _____

ingredients (include weight & measure if possible) _____

directions _____

meal component serving qualifications

grain/bread _____ fruit _____
meat/MA _____ vegetable _____
approx cost (optional) _____ meal part entree side both

USDA sub vegetable category serving qualifications

dark green	<input type="radio"/> none	<input type="radio"/> 1/8 cup	<input type="radio"/> 1/4 cup	starchy	<input type="radio"/> none	<input type="radio"/> 1/8 cup	<input type="radio"/> 1/4 cup
	<input type="radio"/> 1/2 cup	<input type="radio"/> 3/8 cup	<input type="radio"/> 1 cup		<input type="radio"/> 1/2 cup	<input type="radio"/> 3/8 cup	<input type="radio"/> 1 cup
red/orange	<input type="radio"/> none	<input type="radio"/> 1/8 cup	<input type="radio"/> 1/4 cup	other	<input type="radio"/> none	<input type="radio"/> 1/8 cup	<input type="radio"/> 1/4 cup
	<input type="radio"/> 1/2 cup	<input type="radio"/> 3/8 cup	<input type="radio"/> 1 cup		<input type="radio"/> 1/2 cup	<input type="radio"/> 3/8 cup	<input type="radio"/> 1 cup
legume	<input type="radio"/> none	<input type="radio"/> 1/8 cup	<input type="radio"/> 1/4 cup	additional	<input type="radio"/> none	<input type="radio"/> 1/8 cup	<input type="radio"/> 1/4 cup
	<input type="radio"/> 1/2 cup	<input type="radio"/> 3/8 cup	<input type="radio"/> 1 cup		<input type="radio"/> 1/2 cup	<input type="radio"/> 3/8 cup	<input type="radio"/> 1 cup

calories (optional) _____ fat (optional) _____
sodium (optional) _____

simplot product used

check all that apply

Simplot Culinary Select (10071179)

522768 Edamame Shelled 6/2.5#

003236 Edamame Whole 6/2.5#

816775 Haricot Vert Blend 6/2.5#

602026 Tuscan Blend 8/3#

603337 Antigua Blend 8/3#

662662 Catalina Blend 8/3#

601012 Monaco Blend 8/3#

003762 Sonoma Blend 8/3#

607762 Kyoto Blend 6/2.5#

016380 Edamame Succotash 6/2.5#

016304 Monterey Blend 8/3#

737339 Parisian Carrots 6/2.5#

016397 Haricot Blend de Deux 6/2.5#

009634 Provence Blend 8/3#

606024 Midori Blend 6/2.5#

012498 Montego Bay Blend 8/3#

for specific product information,
visit simplotfoods.com

submit recipes to:

Kirby Saito, Non-Commercial Marketing Manager

email: recipecontest@simplot.com | fax: 208.384.8016

mail to: 6360 S. Federal Way, Boise, ID 83716

you will receive an email confirmation once recipe is received