

SAMPLE MEAL PLAN

(For Beginner, Junior, & Novice participants)

Name: Jane Smith

Beginner & Junior: Plan for one meal, using recipe.

Meal Plan:

Herb roasted chicken
Fresh carrot sticks
Caesar salad
Cracked wheat rolls
Choco-lite ladyfinger dessert
1% milk

SAMPLE

SAMPLE RECIPE

(For Beginner, Junior, & Novice participants)

Name: Jane Smith

Recipe Title: Choco-Lite Ladyfinger dessert

Choco-Lite Ladyfinger Dessert

2 envelopes unflavored gelatin
1 cup cold water
12 T sugar
6 T cocoa
3 C skim milk
4 egg yolks
4 t vanilla extract
18 ladyfingers- split
2 C light cool whip
Light whipped cream

In small bowl sprinkle gelatin over cold water; set aside. In small saucepan, stir together sugar and cocoa; gradually stir in skim milk. Beat egg yolks slightly; add to saucepan. Cook over medium heat, stirring constantly, until mixture just begins to boil; remove from heat. Stir in gelatin and vanilla. Pour into medium bowl; refrigerate, stirring occasionally, until mixture mounds from a spoon. Carefully fold cool whip into chocolate mixture. Line sides of 8 inch spring form pan with ladyfingers. Pour in chocolate mixture; cover. Refrigerate 4 hours or until firm. Carefully remove outside of pan. Decorate with whipped cream. Makes 16 servings.

SAMPLE

SAMPLE MEAL PLAN

(for Senior contestants)

Name: Joe Smith

Senior: Meal plan for full day using recipe.

Meal Plan:

Whole grain cereal
Orange
Milk

Grilled chicken salad
Whole-wheat roll
Apple
Milk

Vegetable Pakoris
Kheema with fried onions and peas
Cauliflower
Juice

SAMPLE

SAMPLE RECIPE

(For Senior participants)

Name: Joe Smith

Recipe Title: Vegetable Pakoris

- All entries must be typed or printed neatly in **black** ink. You may type your entry on a computer and paste it on this page.
- Be sure the amounts of ingredients are accurate.
- List the ingredients first in order of use, then directions!
- Don't forget to include temperature and number of servings.
- Be **NEAT!**

Vegetable Pakoris

Batter

1 C chickpea flour, sifted
1/4 t salt
1/4 t ground turmeric
1/4 t ground cumin
1/4 t baking soda
1/8 t freshly ground pepper

Filling

3 medium-sized potatoes
Vegetable oil, enough for 2 ½ - 3" in wok
Salt and pepper for sprinkling

Put the chickpea flour in a bowl. Gradually mix in about 3/4 cup water, until you have a thickish batter (thick enough to coat the vegetables). Add the other batter ingredients and mix well.

Cut the potatoes into rounds 1/16" thick, and put into a bowl of cold water. Heat oil over a low flame until hot, not smoking. Take a few potato slices at a time, wipe them dry, and dip them into batter. Now drop them into the oil. Fry slowly, 7-10 minutes on each side, until they are cooked through and have turned golden-brown. Remove with a slotted spoon and drain on paper towels. Sprinkle with salt and pepper. Do this with all potato slices, never putting in more at one time than your deep-frying utensil will hold in one layer.

SAMPLE