



DIVISION 410
*COOKING LITE AND
HEALTHY RECIPES*

Miller-Murphy-Howard Building
Tuesday, October 10, 2006
Check-in: 4:00 - 4:30 p.m.

First Place.....\$100 and GNF Rosette
Second Place\$50 and GNF Rosette
Third Place\$30 and GNF Rosette
In each Class

Class

- 1 **The Granary** - featuring recipes using whole-grain/s (any variety)
- 2 **World of "Pastabilities"** - featuring recipes with a pasta base
- 3 **Healthy Cooking Today, the ADA Way!** - featuring creative recipes suitable for the diabetic's diet.

Please register for this contest on a separate entry form. Early registration is not required but is requested. Do not include your recipe at this time. Bring recipes at contest time. Recipes must be typed or printed on an 8 1/2 x 11 inch sheet of paper. Be sure to put your name and the Division number of this contest on the back of your recipe.

Mail entry forms by September 20 for early registration.

Entries in the above classes may be main dish, side dish or dessert; whole grains must be a dominant ingredient in class 1 and pasta must be a dominant ingredient in class 2. The dominant ingredient in class 3 is cook's choice, but must fall within the guidelines of healthy eating for a diabetic.

On the day of the contest, show your copy of the entry form and your dish to the personnel at ANY GATE or West entry doors of the Miller-Murphy-Howard Building to receive free entry into the Fair for one person.

The basic rules of food safety must be followed. See page 65.

This contest is open to amateurs and professionals. Contestants must be at least 16 years old by October 1, 2006. Only one entry per class per person. Each dish entered must serve at least four.

Note: Contestants will not be allowed to "place" their entries, so please do not bring decorative items. Presentation is not part of the judging scorecard.

The 2005 1st place winners are not eligible to compete in 2006.

Entries will be judged on:

- Creativity.....20%
- Ease of preparation20%
- Taste appeal40%
- Adherence to contest goals ..20%