

2021

# CREATE YOUR BEST RECIPE

JR. IRON CHEF

*Will YOU be the next Junior Iron Chef Champion?*

All junior chefs (children 18 and under) are invited to compete in MPS Culinary & Wellness Services' Jr Iron Chef: At Home Edition recipe competition by creating an original recipe! Recipe submissions are due Monday, May 24.

Junior Chef Name: \_\_\_\_\_

Grade Level: \_\_\_\_\_ School: \_\_\_\_\_

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

**Ingredients:** Recipes can include any ingredients, but **MUST** include one fresh fruit or vegetable and one item from the pantry list. Please identify the required ingredients used in your recipe.

ONE Fresh fruit or vegetable: \_\_\_\_\_

ONE Pantry Item: *Milk, Yogurt, Cheese, Eggs, Beans, Lentils, Flour, Oats, Rice, Quinoa, Farro*

**Ingredients - List all ingredients with approximate measurements. (Example: ¾ cup rice)**

---

---

---

---

---

---

---

---



**Recipe Process & Instructions** - Write step-by-step instructions for recipe.

---

---

---

---

---

---

---

---

---

---

To learn more about the Junior Iron Chef Competition and submit your recipe, visit [cws.mpls.k12.mn.us/junior\\_iron\\_chef](https://cws.mpls.k12.mn.us/junior_iron_chef)

