

Famously Hot & Healthy



Recipe Challenge

Sponsored by the City of Columbia,
USC Arnold School of Public Health and
Columbia's Cooking!



*The contest is open
to All Home Chefs*

Recipe Categories and Criteria to Enter

Entrées: Smaller (2-3 oz cooked) meat portions

Emphasis on non-meat protein sources (beans, eggs, nuts, seeds and low fat cheese/dairy) and fish and seafood. Vegetarian and vegan entrees encouraged.

Side dishes: Utilize oils over solid fats, low to moderate in sodium, contain/emphasize whole grains, minimally processed vegetables or fruits and low fat dairy.

Desserts: Utilize whole grains, low fat dairy, fruits, dark chocolate, nuts and seeds, low in salt, added fats and added sugars.

For information on healthy guidelines visit

<http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

Remember to use fresh, locally grown produce, dairy, meat and seafood products wherever possible. Be sure to check the All Local Farmer's Market, Gourmet Shop, Earth Fare, City Roots, Rosewood Market, Yandle's Road Side Market or other local grocers or markets for the supplies you need.

Format:

All recipes should be typed or legibly written; list the number of servings made and serving size; contain understandable and measurable ingredient amounts and instructions.

Mail or email entries to:

Let's Move! Famously Hot & Healthy Recipe Challenge ▪

City Hall ▪ 1737 Main Street ▪ Columbia, SC 29201 or LetsMove@columbiasc.net.

Recipes must be submitted by November 23. Finalists will present their recipes at Columbia's Cooking! Demonstration Kitchen on December 16. **Prizes for the top three entries. The winning recipe will be featured on Pawley's Food Truck.**

All entries that meet the criteria will be printed in the Let's Move! Columbia Cookbook.