Simply Spicy Recipe Contest
Recipes due May 15!

Criteria

Recipes must include a complete list of ingredients including accurate measurements for every ingredient.

Recipes must include complete step-by-step directions for preparation and cooking to include times, temperatures, etc.

Must contain 2 spices (see list below)

Meets the Nutritional Guidelines, ease of preparation, creativity, spiciness (see details below)
Recipes must include any **TWO** of the following spices:

- Garlic
- Basil
- Ginger
- Thyme
- Cayenne
- Rosemary
- Other Chilies
- Nutmeg
- Turmeric
- Peppermint
- Saffron
- Lavender
- Chocolate
- Cocoa
- Licorice Root
- Sage
- Parsley
- Cinnamon
- Fenugreek
- Fennel
- Oregano

**Categories**

- Appetizer
- Main dish/entrée (1 award for a Meat/poultry/seafood dish, 1 award for a Vegetarian dish)
- Salad
- Side dish
- Dessert

**Criteria: Initial Screening/Judging Phase**

- Recipes must include a complete list of ingredients including accurate measurements for every ingredient.
- Recipes must include complete step-by-step directions for preparation and cooking to include times, temperatures, etc.
- Must contain 2 spices as indicated above

**Criteria: Judging Phase**

- Meets the Nutritional Guidelines (50%)
- Ease of preparation (15%), creativity (25%), spiciness (10%)

**Recipe Contest Timeline**

- All recipes must be submitted to Deborah Cohen dcohen02@unm.edu by **May 15, 2107 @ 5 pm.**
- Judging Panel will consist of one physician, one registered dietitian, two chefs
<table>
<thead>
<tr>
<th>Category</th>
<th>Calories/serving</th>
<th>Total Saturated Fat (gm)</th>
<th>Sodium (mg)</th>
<th>Trans fat (gms)</th>
<th>Fiber (gms)</th>
<th>Added sugar (gms)</th>
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<tbody>
<tr>
<td>Appetizer</td>
<td>&lt;250</td>
<td>&lt;2</td>
<td>&lt;200</td>
<td>0</td>
<td>&gt;2</td>
<td>&lt;4</td>
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<tr>
<td>Main dish/entrée</td>
<td></td>
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<tr>
<td>Beef, lamb, pork, poultry</td>
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<td>&gt;5</td>
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<td>Vegan/Vegetarian</td>
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<tr>
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<td>&lt;1</td>
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