HEALTHY COOKING CONTEST
(Soups - Serving for 4)

Professional Development is hosting the third healthy cooking contest during Health & Wellness week. All are encouraged to participate; email Melissa Moreno at melissa.moreno@chaffey.edu to enter.

This year we are asking contestants to make a healthy soup following the guidelines listed below. After making your dish, access the website below to analyze the recipe: www.caloriecount.about.com/cc/recipe_analysis.php. You must make sure to enter the number of servings (4) to get the correct analysis for the dish. You will receive a Nutrition Facts label that must be attached when you submit your dish for the contest. Bring your entry to the MACC Bldg conference room (Room 208) at 12:30 on Wednesday, April 10th where judging will take place. The dishes will be judged based upon presentation, flavor, originality, and nutritional value.

Healthy Guidelines for soups, first courses, or appetizers

Serving for 4
Maximum calories/per serving = 225 (including dressing, protein, etc)
Maximum cholesterol mg/per serving = 50
Maximum sodium mg/per serving = 650
Maximum total fat per serving = <30% of total calories or 3-5 fat/serving
Saturated Fat = <10%
Trans Fat = <1%

Food Safety is IMPORTANT!

Clean hands and surfaces often using warm, soapy water for 20 seconds.
Temperature: Keep food out of the danger zone: 41-135F
Do NOT cross contaminate raw foods with foods that will not be cooked. Separate raw, cooked, and ready-to-eat foods.
Chill perishable foods promptly.