

Chopped: Cool Food for Kids™ Frozen Foods Challenge

It's time for the **Chopped: Cool Food for Kids Frozen Foods Challenge**.

This competition plays like everyone's favorite cooking show competition, *Chopped*. Your group will use three items from the frozen foods aisle of your supermarket to create and prepare an appetizer, an entrée, or a dessert. You can add other ingredients to your recipe, but remember, you have to use the mandatory three or you will be "chopped" from the competition!

It's time to get the Frozen Foods Challenge started!

Use the space below to organize your Challenge plan.

Remember, you have 30 minutes to create your dish and clean up.

- Record all ingredients used in your recipe.
- Use the MyPlate dietary guidelines to identify the nutritional highlights of your recipe — for example, high in protein, whole grain, low in fat, dairy-free, low in sugar, etc.

Your group's dish will be judged on:

- Use of all three mandatory ingredients
- Flavor
- Texture
- Creative use of the three ingredients
- Presentation
- Nutritional value
- Adherence to the allotted time frame



Our competition category:

- appetizer entrée dessert

Our mandatory ingredients:



1. _____ 2. _____ 3. _____

Additional ingredients:

Recipe directions:

Kitchen utensils and cooking items we will need:

Nutritional highlights:

Visit **EasyHomeMeals.com** to find delicious and nutritious recipes using frozen and refrigerated ingredients.

