

Let's Get Cooking! / ¡vamos a cocinar!

RECIPE CONTEST 2024 / CONCURSO DE RECETA



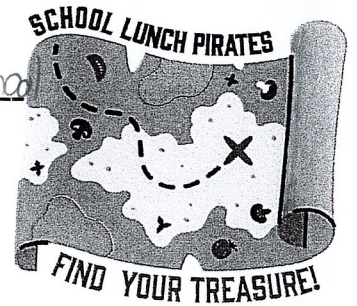
Student Name / Nombre del Estudiante: Saanvi Padwal

Teacher's Name / Nombre del Profesor: Mrs. Chung

School Name / Nombre de Escuela: Aliso Viejo Middle School

Grade Level / Nivel del Grado: 6th

Recipe Title / Título de Receta: Avocado Salad



Ingredient List / Lista de ingredientes:

1/2 tsp salt 1/2 cup chickpeas
Half of a cucumber
Half of a tomato
One avocado
2 Tbsp sweet and sour sauce

Instructions / Instrucciones:

- 1) Chop cucumbers into medium sized pieces and add to bowl
- 2) Chop tomatoes into medium sized pieces and add to bowl
- 3) Carefully cut one avocado into small sized pieces and add to bowl
- 4) Add chickpeas to the bowl
- 5) Top with salt and sweet and sour sauce and enjoy

Serves / Porciones: _____

Photograph or drawing of the completed dish/fotografía o dibujo del plato completo



Brief Paragraph of the Recipe's Story (who taught you how to make it, how you came up with the recipe, why you like it, family history, etc.) / Breve párrafo de la historia de la receta (quién te enseñó cómo hacerlo, cómo se te ocurrió la receta, por qué te gusta, historia familiar, etc.)

My mom taught me this recipe. I love eating it as a snack or as a side. Also, it is very healthy and tastes delicious with all my favorite fruits and vegetables.

RECIPE MUST BE SUBMITTED BY 10/18/24 / LA RECETA DEBE ENVIARSE ANTES DEL 10/18/24

Entries may be submitted in one of the following manners / Las entradas se pueden enviar de una de las siguientes maneras:

1. Submit to teachers or cafeteria staff, who will forward entries to Food & Nutrition Services, ATTN: Recipe Contest, Shannon Illingworth / Envíelo a los maestros o al personal de la cafetería, quienes enviarán las entradas a los Servicios de Alimentos y Nutrición, ATTN: Recipe Contest, Shannon Illingworth
2. Mail to / Envié a 32972 Calle Perfecto San Juan Capistrano, CA 92675