



2023 Jr Iron Chef Recipe Submission

All recipes (including Lively Local) are due by 2/15/2024. To submit your recipe, upload this completed form to your Vermont Afterschool Account Portal (Visit vermontafterschool.org/chef and click green “Portal Login +” button to log in to your account. In your Account Portal, click “Files” then “Upload a new document.”).

Recipes will be reviewed by the JICVT team to ensure they align with rules and guidelines. Any necessary feedback will be given after review.

School/Organization Name

Middle or High School?

Middle School High School

Coach Email

Team Name

Coach Name

Name of Recipe

JICVT requires a minimum of one local ingredient (a Vermont product) in the recipe. Please list your local ingredient and its source.

Does your recipe require use of an oven? (Note: Community ovens are set to 350 degrees.)

Yes No

Lively Local Award – To be eligible for the Lively Local Award:

1. Recipes must include at least five local ingredients (Garnishes and condiments do not qualify as Lively Local ingredients);
2. Ingredients must be in quantities of $\frac{1}{4}$ cup or greater and be integral to the recipe; and
3. Teams must indicate origins of their five or more local ingredients in the **List of Ingredients** on this form (e.g., “carrots from Lewis Creek Farm, Starksboro, VT”).

Teams that don't provide Lively Local ingredients by 2/15/24 deadline will be ineligible for Lively Local Award.

Would you like this recipe to be considered for the Lively Local Award?

Yes No

List of Ingredients:

[Empty box for listing ingredients]

Recipe Directions

[Empty box for writing recipe directions]