



## Gridiron Cooking Challenge Recipe Submission

Submitted by: Jane Smith Orange County PE Teacher  
Name District Job Title

Recipe Name: Bean Dip Egg Roll Cups

Yield: (Ex: 10 servings) 20 Egg Roll Cups Portion: (Ex: 1 slice) 1 Egg Roll Cup

Ingredients:

Measurement (Cup, tsp, T, oz)	Ingredient
20	egg roll wrappers
3 medium	avocados
1 small	onion, finely chopped
1/2 C	banana pepper rings, finely chopped (set aside some of the juice)
1 - 15 oz. can	low sodium black beans
1 C	fat free Greek yogurt
1 C	mild roasted tomato salsa
2 C	shredded cheddar cheese
1 pint	cherry tomatoes
1 medium	red bell pepper
	butter (use for non-stick)

Cooking Temperature: **Oven to 350F**

Cooking Length: **8-10 minutes**

List of **ALL** required electrical equipment: (Ex: oven, stovetop, blender, etc.)

- Oven**
- Blender**



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Directions: (Make sure all steps are complete and in correct order. If you need additional room for directions, please attach another sheet.)

1. **Preheat oven to 350°F. Grease a muffin pan with butter, and place one wrapper in each cavity. Press lightly to form a cup shape. Bake for 8 to 10 minutes until golden brown.**
2. **Remove wrappers from muffin pan, and set on wire rack to cool.**
3. **In a bowl, mash together avocados, onions, banana peppers and banana pepper juice to make guacamole. Set aside.**
4. **Puree black beans in blender. Pour into a piping bag. Pour yogurt into separate piping bag.**

Serving Instructions: **Just before serving, pipe/layer beans, guacamole, spoonful of salsa, yogurt and cheese. Sprinkle chopped cherry tomatoes and bell peppers on top. TIP: If you don't have a piping bag, use a Ziploc bag and cut off a corner.**

Principal approval: \_\_\_\_\_ School Name: Orange Elementary School  
Signature

Contact Name: John Jones Contact Phone: 123-456-7890

Contact Email: john@school.org

**Adult will help four students (ages 10 and up) to create an original recipe that includes dairy. Every entry needs to include a recipe that can be recreated in under 1 hour and a photo of the prepared item. Recipes will be judged according to a scoring rubric (which can be found in the official rules).**



To submit a recipe, complete and email to [fueluptoplay60@floridamilk.com](mailto:fueluptoplay60@floridamilk.com). By submitting this recipe, I agree that it becomes the property of the Dairy Council of Florida and may be used in marketing and promotions efforts. Gridiron Cooking Challenge events are open to the public and media outlets often attend. For that reason, participant names and photos may appear in print, online and/or on radio and TV stations. Visit [Floridamilk.com](http://Floridamilk.com) for official rules. Deadline for entry is Midnight, March 2, 2018. ©2018 National Dairy Council. ©2018 Dairy Council of Florida.