

# SWEET POTATOES ARE PERFECT FOR ONE-POT MEALS

## Recipe Contest

Sponsored by the North Carolina SweetPotato Commission

[www.ncsweetpotatoes.com](http://www.ncsweetpotatoes.com)

Show off your creativity and inspiration by creating a newly inspired one-pot meal recipe using sweet potatoes. Breakfast, lunch, dinner, and snack ideas are all welcome, as long as they can be put together in one dish that the whole family will enjoy at mealtime.

**ENTRY DEADLINE:** SATURDAY, OCTOBER 15, 2016

**DATE OF CONTEST:** SATURDAY, OCTOBER 15, 2016



**CASH PRIZES:** 1st Prize: \$250  
2nd Prize: \$175  
3rd Prize: \$125  
Honorable Mention: \$75



### CONTEST RULES

1. Recipe must include at least 1 1/2 cups of fresh sweet potatoes.
2. Entrants cannot be employees of the NCDA&CS or the North Carolina Sweet Potato Commission; their immediate family or household members are not eligible to enter.
3. Judging will be based on: **Taste (35%), Most Creative Use of Sweet Potatoes (35%), Preparation Time (30%).**
4. Directions for preparing the recipe must be clear; measurements should be in level cups, tablespoons, teaspoons or fractions thereof; also include pan size, cooking temperature, preparation time, minutes ready in and number of servings.
5. Use ingredients that are readily available in grocery stores.
6. Type or legibly write recipe on an 8 1/2 x 11 sheet of paper with the contest name, your name, address, daytime and evening phone number and e-mail address if available, in the upper right hand corner. Entries must be legible and include a phone number or you will be disqualified.
7. This contest is open to all ages and for amateurs only. Professional bakers/chefs may not enter contest. Must be a legal U.S. resident and entries from all states are welcome.
8. Contestants may enter more than one recipe, but only one recipe can win.
9. Entries must be prepared at home and presented at the Fair ready for judging. Insulated containers are encouraged for transportation to keep foods hot or cold.
10. Upon submission, recipes become the property of the North Carolina SweetPotato Commission which reserves the right to edit, adapt, copyright, publish and use for publicity, promotion or advertising without compensation.
11. To be a contestant, mail recipe to: Sweet Potatoes are Perfect for One-Pot Meals Recipe Contest, N.C. State Fair Entry Department, 1025 Blue Ridge Road, Raleigh, NC 27607, postmarked by October 3, 2016 or by delivering recipe to the fairgrounds entry department.
12. Entry will need to serve 6-8 judges.
13. No team entries, this contest is for individual competition.
14. The cooking contest coordinator and/or contest sponsor reserves the right to make any changes or decisions prior to or during the contest as deemed necessary. Their decision will be final.
15. By entering this contest, you are agreeing to the cooking contest purpose statement and code of ethics.

## DAY OF CONTEST

1. Entries will be received from 9:00-10:00 AM in the Education Building. **Please bring a copy of your recipe with you on the day of the contest.**
2. Judging will begin at 10:00 AM. Judges decisions will be final.
3. Prizes will be awarded at 11:30 AM (or when judging is completed).
4. Contestants will be admitted into the Fair for free with prepared entry on the day of the contest through Gate 8, 11 or 12. These gates are near the Education Building and across from Carter Finley Stadium.
5. Entries may be brought in any type of container (preferably disposable); it is not the responsibility of the Fair to return any dishes.
6. The entry must be prepared at home and brought to the fair on the day and time of the contest.
7. Contact the Entry Dept. if you have any questions at (919) 821-7400, ext. 4515.

