

## 2026 Solar Cook-Off

### Team Recipe Form

Submit 3 copies of each recipe - use additional pages if needed. All recipes must be typed and include complete instructions and all ingredients used to prepare and garnish dish(es).  
**NO HANDWRITTEN FORMS WILL BE ACCEPTED.**

Submitted by (Team Name): \_\_\_\_\_

School: \_\_\_\_\_

Name of Recipe: \_\_\_\_\_

Approximate cooking time: \_\_\_\_\_ Type of cooker: \_\_\_\_\_

Source of recipe: \_\_\_\_\_

***Below is a sample of how your recipe ingredients must be submitted including detailed instructions: USE THIS FORM ONLY FOR YOUR RECIPE.***

*Ingredients and step-by-step prep and cooking instructions (list amount of each item and cooking instructions):*