RECIPE SUBMISSION CHECKLIST

Tips for Success

I. Does Your Recipe Have All of These Parts?  
   Yes  No
   a. Name of Recipe
   b. Complete list of ingredients
      Size cans, number of packages, cans, etc. given
      EX: 10 oz box chopped frozen spinach NOT
      Spinach, box of spinach or frozen spinach
   c. Description for combining all ingredients

II. List of Ingredients
   a. Ingredients are listed in order in which they are used
   b. Ingredients listed as they are measured, i.e. the word describing is in the correct place.
      EX: ¼ cup chopped onion, not ¼ cup onion chopped.
      EX: 1 green pepper, chopped, not 1 chopped green pepper
   c. Measurements given in common fractions
      i.e. ¼ cup, 2 tablespoons, 1 teaspoon
   d. All measurements are spelled out, not abbreviated.
      EX: cup, teaspoon, tablespoon, size can, etc.
      (i.e. 4-ounce can)
   e. Avoid brand names. Include complete description of ingredients, i.e. low-fat, packed in syrup, reduced fat, etc.

III. Directions

   I have...........
   a. Used clear instructions for every step of combining and cooking the ingredients
   b. Used short, clear sentences
   c. Used the correct wording to describe combining and cooking processes
   d. Stated the size of pan
   e. Given temperature and cooking times
   f. Included the number of servings or how much the recipe would make
4-H Shamrock Salad

6-ounce package lime gelatin (not just 1 package lime gelatin)
2 cups boiling water
1 cup lemon-lime soda
8-ounce package cream cheese, softened (not just 1 package/what kind? Low fat, Fat free, etc.)
½ teaspoon vanilla
½ teaspoon lime juice
6-ounce can mandarin oranges, drained (always include size)
8-ounce can pineapple tidbits, drained (not just grapes also color/kind? Red, concord, green)
2 cups green grapes, halved, seeded (not just grapes also color/kind? Red, concord, green)
2 cups chopped celery (not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)
½ cup chopped pecans (are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)

8-ounce carton frozen low-fat whipped Topping, thawed (indicate low-fat, fat-free, etc.)
3-ounce package lime gelatin
1 ½ cups boiling water

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

To make the 4-H Shamrock gelatin jiggles, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggler gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed)