



This year's **SELECTED PROTEIN IS ALLIGATOR**. Each team will submit a recipe of a nutritionally balanced meal using alligator as the protein. There will also be a mystery ingredient provided that must be incorporated into your dish on the night of the competition. All supplies and materials will be provided.

**Prizes will be awarded to the top team by the judges!**

***Prizes will also be awarded for:***

***“People’s Choice” Plate voted by the audience***

*Interactive games, prizes, and samples for the audience at the event!*

Open to all current students, faculty and staff.

**Register at the SMC Fitness Center by Wednesday, March 28<sup>th</sup> at 12:00pm.**

Teams are required to submit a \$10 deposit, which will be refunded after the competition.

*Co-Sponsored by SMC Fitness Center, Campus Recreation Department & Millersville Dining Services*