



This year's competition will feature each team's **Asian twist** using the **SELECTED PROTEIN OF SALMON**. Each team will submit a recipe of a nutritionally balanced meal using salmon 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 Tuesday, March 5th 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