

# Official Recipe Submission Form

*Pet Treats*

Enter your original recipe to be in the

*Vegetarian*

## 2009 Freedom High Desert Cookbook!

You could win two tickets to Taste of Home Cooking School, a grocery store gift certificate and be published in the 2009 Freedom High Desert Cookbook. Recipes will be accepted for all categories, and a 1st place prize will be awarded in each category.

### To Enter

Submit this form with attached clear, typed or printed recipe and your entry fee of \$5\* to:

Daily Press - Freedom High Desert Cookbook  
PO Box 1389  
Victorville, CA 92393

*Appetizers*

*Healthy Choices*

- Include your full name and a daytime phone number.
- Recipes must be original. Do not submit recipes from other publications or the Internet.
- Recipes must be submitted in the following format (all others will be rejected).

-Recipe name and category

-Ingredient list with measurements (T= tablespoon, t = teaspoon, c=cup, oz = ounce)

-Cooking or preparation instruction

(Please be clear, include oven temperature and cooking time, number of servings)

*Main Dishes*

*Baked Goods*

You may submit as many entries as you like for only \$5\*. Do you want to submit three recipes? Seven? No problem, still only \$5\*. Recipe entries accepted from July 20th, 2009 through August 7th, 2009. Recipes will be reviewed by Daily Press and Desert Dispatch employee volunteers from August 10 through August 14th and a list of finalists will be published on August 23rd. Winners will be chosen by Daily Press and Desert Dispatch employee volunteers and will be announced on Sunday, September 6th in the Press Dispatch. Cookbooks will go on sale October 5th and will also be sold at Taste of Home Cooking School in November 2009.

*Side Dishes*

*Desserts*

Not all recipes are guaranteed to be used in the Freedom High Desert cookbook. All recipes will be reviewed, not all recipes will be prepared by Freedom Communications staff. Recipes chosen will be at the sole discretion of the Freedom Communications employee volunteers. Recipes must be original recipes and may not be taken from existing printed publications, internet, etc. Recipe categories have not yet been chosen and will be submission-driven. Recipes will be judged by flavor, ease of preparation, and availability of ingredients.

\* \$5 entry fee is a donation to Newspapers In Education (NIE). If you do not wish to donate to NIE, please note with recipe submission. All recipe and cookbook proceeds benefit Newspapers In Education, part of a nationwide literacy program that offers newspapers and reading materials to High Desert teachers free of charge. Teachers use the newspapers in-class to teach reading, math, science, history, and life skills.

