

Please submit one or two recipes in any of the following categories:

Rise and Shine (pancake, waffle, muffin, bread, egg recipes, etc.)
Appetizers (finger food, savory snacks, dips, spreads, etc.)
Preserves/Pickles (fruit jam, jelly, butter, chutney; pickled/preserved fruits and vegetables)
Beverages (smoothie, punch, ice tea, eggnog recipes, etc.-non-alcoholic only please ☺)
Soups and Stews (Portuguese bean, clam or corn chowder; beef, curry, tripe stew, etc.)
Salads (jello and fruit molds, pasta, potato, vegetable, etc.)
Noodles, Pasta and Rice (chow mein, fried rice, sushi, etc.)
Main Dishes (beef, pork, poultry, seafood dishes, etc.)
Vegetarian Dishes (cooked vegetable dishes, tofu, etc.)
Desserts (Cookies Cakes, Pies and Tarts, Mochi, Refrigerated/Frozen Desserts)
Healthy (low cholesterol, low sodium, sugar-free)
User Friendly for the College Bound (microwavable, quick and easy)

You can submit your recipe on a Microsoft Word Document and email to lumr032@hawaii.rr.com or if the computer is just not your thing...you can go postal and mail a copy of your recipe to :[Janine Lum, 45-481 Noi'i Place, Kane`ohe, HI 96744. Call me if you have any questions: 235-8909](#)

Microsoft Word Document Specifications and Format:

Font Style- Times New Roman

Font Size- 12 pt.

Use both upper and lower case letters when typing the recipe name:

Name of Dish:

Submitted by: (Student's Name)

Hometown- City/Island: (For example- Kāne`ohe, O`ahu or Kapa`a, Kaua`i)

Ingredients: Please do not use abbreviations. Use the words cup, tablespoon and teaspoon to avoid errors when typing recipes. If using pre-packaged containers, please specify size:

Example: 2 containers (12 oz.) Cool Whip

2 cans (14 ½ oz.) chicken broth

1 bottle (8 oz.) Italian dressing

Directions: Be sure to include temperature (degrees), cooking/baking time, pan size (9"x13" cake pan, 9"x5" loaf pan) and yield (approx. number of servings).

At the bottom of the page, please include the category your recipe should be listed under (choose a category from above), your name and a contact phone number or email address. **(This is very important, We may need to contact you if your dish has already been submitted or if your recipe needs clarification.)**