

Warm up to healthy slow cooking with the Crock Pot Cook-off

Join the HCC and fellow SAS employees and their significant others for the 10th Annual Healthy Crock Pot Cook-off. Enter your favorite recipe by Feb. 18 and make sure to mark your calendar for the 10th Annual Crock Pot Cook-off on March 18

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Did you know that using a Crock Pot slow cooker is one of the quickest, easiest and most economical ways to prepare healthy meals? But in spite of this fact, very few people use a Crock Pot to its fullest potential. This March, the Health Care Center (HCC) has a solution to help you build your Crock Pot recipe repertoire.

In honor of National Nutrition Month, all SAS employees and their significant others are invited to participate in the 10th Annual Healthy Crock Pot Recipe Cook-off.

The Crock Pot Recipe Cook-off was first organized in 1999 with about 15 participants contributing. Since then, the number of participants has almost doubled. This event is a great way to meet other employees who share the love of healthy eating and provides an opportunity to trade your favorite Crock Pot recipes.

Each participant will need to submit their favorite *healthy* Crock Pot recipe to [Health Care Center](#) by **Wednesday, Feb. 18** to be included in the contest.

On Wednesday, March 18 at 10 a.m., each participant will bring their prepared Crock Pot recipe (in the Crock Pot, of course) to GX002 for judging. Participants will return for a taste testing at noon. Only those providing Crock Pot dishes are eligible to participate in a taste testing.

A first-place blue ribbon will be awarded for the best recipe in each division:

- Soups/Stews.
- Chili.
- One-pot dinners.
- Beef/Pork/Venison.
- Poultry.
- Vegetable/Fruit.

A prize also will be given for the “Most Represented Department,” so gather your co-workers and join in on the fun!

Each participant will receive a recipe booklet containing all recipes entered in the contest plus valuable tips on the tricks of the trade for great Crock Pot cooking.

“This contest continues to be one of the most sought after HCC Healthy Living Events,” said the SAS Nutrition Programs Manager. “Some of the participants have been a part

of this cook-off every year since its inception. The first few years, the recipes were very simple and consisted of a few ingredients like meat and cream of mushroom soup. Now, many participants have branched out into gourmet meals like Thai Pork with Peanut Sauce. It is amazing what you can do with a Crock Pot.”

“I love this competition,” said an employee, who has participated in the cook-off for eight years. “It’s fun, but it’s also very useful because you learn cooking tips and taste so many recipes at once to see what you like or don’t like.”

Be sure to check out other happenings at the Health Care Center [Healthy Living Events](#) in February.