



ProStart Team Whips Up Award Winning Dish in Competition

For a second year in a row, Lincoln High School ProStart students were *finalists* in the Whipping up Wellness, Wisconsin Student Chef Competition, sponsored by Wisconsin Department of Public Instruction Team Nutrition and the Wisconsin Milk Marketing Board.

The competition consisted of a *Recipe Contest* and *Cooking Competition*. Student teams from around the state developed nutritious, student-friendly recipes that included local foods and could easily be incorporated into the school food service program. Five finalists participated in the cooking competition, held on May 19th in the UW-Madison Food Science lab. Recipes were judged on nutrition analysis, taste, student appeal, presentation and creativity. Teams were also judged on their oral presentation skills and data presented from a taste test conducted with high school students. Team WR Pro Cook's recipe "Egg-cellente Casserole" was awarded runner-up out of 70 recipes submitted.

Congratulations to the team for their hard work and dedication to learn more about nutrition and healthy recipe development! The team's award winning dish will be featured in a cookbook with the top 30 recipes, and will be available this fall.

