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*Save The Date!*

# *2011 Sacred Heart Cook Off*



*April 9, 2011*

*6pm - 10pm  
(adults only)*

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## *Food Categories to be Judged*

### *Tour de Food*

Enter your best international dish. From Ireland to Haiti, take our taste buds on a tour!

### *The Skinny on Dips*

For breads, chips, crackers or veggies, give us something to dip into.  
Enter your most creative and delectable dips!

### *Sensational Salads*

Not your ordinary salad. Start with some mixed greens, and then toss in some unusual ingredients for a sensational salad!

### *Viva Vegetarian*

Enter your vegetarian or vegan recipe and show folks how lip smacking food can taste without meat!

### *Tastes Good, Is Good*

Your best heart healthy recipe that's low in fat, but high in taste!

### *Just Desserts*

Simply decadent!

### *Sangria Surprise*

*(Specialty Drink PEOPLE'S CHOICE Category)*

From its humble roots in Spain, Sangria has grown to become a popular party drink around the world. Show us how you make it your own!