

## **CHOPPED FOOD SUGGESTIONS**

*Below are items that we recommend having on hand for your Chopped event.  
Please select what works for you environment and feel free to add to it!*

### **Appetizer**

- Salad Items
- Fruits/Vegetables
- Assorted Cheeses
- Bacon
- Bread

Some great suggestions for dishes are Mozzarella Sticks, Salads, Bruschetta, Bacon Wraps, etc.

### **Dinner**

- Chicken
- Chicken Wings
- Hamburger
- Ribs
- Steak
- Chili
- Noodles
- Vegetables

Contestants can make everything from their secret chili to different flavors of chicken wings. Common dishes might include spaghetti & meatballs, tacos, quesadillas or a straight up hamburger.

### **Dessert**

- Baking Materials
- Yogurt
- Ice Cream
- Fruit
- Assorted Chocolate or Candy Bars

Popular desserts are cookies, pies, cakes, whatever!

In addition to all of these dishes, we suggest having plenty of spices, baking supplies, sauces and anything else you think might enhance the cooking experience.

Before the event, make sure to have a few people read your list to see if you need to add anything. You can also cut down on cost by having participants (or their parents) bring items. Be creative and make it your own!