

Please print as a **2-sided** sheet and complete both sides.
You may also attach a recipe, but please complete the first page.

Recipe Submission Form
for
The UNM Heart Healthy Cookbook
A Collection of Recipes from the University of New Mexico

Please Print or Type Legibly:

Recipe Title: _____

_____ This is a light/healthy recipe (will be indicated by symbol in the cookbook).

Submitted by: _____

Contact information (in case we have questions): Phone _____ Email _____

UNM Affiliation: _____ Faculty _____ Staff _____ Administrator _____ Alumni _____ Student

Select Category for your recipe:

_____ Appetizer/Beverage

_____ Main Entrees/Casseroles

_____ Vegetables/Side dishes

_____ Tailgating/Parties

_____ International

_____ Breakfast/Brunch

_____ Soups/Salads

_____ Desserts

Comments/Background information on the Recipe: (example: source of recipe, family favorite, good for camping, potlucks, etc.):

Please mail completed 2 page form by **August 1, 2008** to:
Heart Healthy Cookbook/Dept of Cardiology MSC 10 5550
Questions or email this complete information: cardiology@salud.unm.edu.
Please use an appropriate subject header.

This is for the UNM Heart Healthy Cookbook with the intent to have primarily healthy recipes.
Modifications to recipes to reduce overall saturated fat or total calories may be needed.

