



For Immediate Release:
Thursday, September 14, 2000

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News Release

1,000 to Enjoy Utah's World Record Salad

(Salt Lake City, UT) – Chop 12 cases of Romaine lettuce, mix with 14 gallons of Caesar salad dressing, grate and add 20 pounds of Parmesan cheese, five pounds of garlic, 40 loaves of croutons and six tins of anchovies. Toss then serve. Recipe yields 1,000 individual servings for healthy eaters! These are the ingredients of the world's largest Caesar salad to ever be recorded. This recipe will be prepared on **Thursday, September 14, 2000, from 11 a.m. - 2 p.m.** when a **Guinness World Record** will be attempted by making the world's largest Caesar salad. The Utah 5 a Day Association and its partners will hold the event at the Hotel Monaco, located at 15 W. 200 S. in Salt Lake City.

Witnesses to the record will be Salt Lake City Mayor Rocky Anderson, Utah Department of Health Deputy Director Scott Williams, Salt Lake Tribune Food Editor Kathy Stephenson, and Utah's 5 a Day Association Outstanding Service Award Winner Ralph J. Carlson of KKDS/KCYN. After the record is witnessed and documented (approx. 1 p.m.), then approximately 1,000 people will be served a portion of the salad, along with grilled vegetables, bread and an apple; this meal represents three servings out of the recommended 5 a Day! Those who eat the free lunch and sign an "I will eat 5 a Day" pledge card will be entered into a drawing for a free night at Hotel Monaco, dinner at the Bambara Restaurant and two tickets to Ballet West.

Scott Blackerby, Master Chef of Bambara Restaurant, will supervise the salad preparation while promoting eating fruits and vegetables. Chef Blackerby has 18 years of professional experience by way of fine restaurants such the four and a half star NaNa Grill in Dallas and the Tulipe in Los Angeles. Scott Blackerby has one other Guinness record, established at the Anatole Hotel in Dallas, for the biggest paella dish – a traditional Spanish dish using chicken, seafood, rice and saffron as primary ingredients.

"All varieties of fruits and vegetables — fresh, frozen, canned dried and juice — count toward 5 a Day, and a serving is smaller than people think," said Christine Krstic, RD, Utah Department of Health. One serving can be a medium piece of fruit; ½ cup of cooked, canned, or cutup vegetables or fruit; a cup of chopped lettuce and other raw leafy vegetables; ¾ cup of 100% fruit or vegetable juice; ½ cup of beans; or ¼ cup dried fruit.

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The world record event is possible due to great support from event sponsors. The 5 a Day Association would like to thank event sponsors: the Utah Department of Health, Hotel Monaco, Bambara

