



Cafeteria Connection

January 2019

Mark Your Calendars...

National Slow Cooker Month
National Soup Month
National Oatmeal Month
National Baking Month

January 4th - Spaghetti Day
January 9th - National Apricot Day
January 11th - National Milk Day
January 13th - National Gluten Free Day
January 15th - National Bagel Day
January 24th - National Peanut Butter Day
January 31st - National Hot Chocolate Day



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Beat the Winter Blues

Feeling "blue" from being stuck inside during the winter months? Spending time outside in the sun causes beneficial Vitamin D exposure, which can help combat this at zero cost! Additionally, Vitamin D is known to help reduce anxiety and depression, along with strengthening bones and possibly lower cancer rates. So, make the most of each day and build a snowman, go ice skating, find a hill and sled down it, or simply take the dog on a walk. Spending time while being grateful for the beauty of winter will not only benefit you, but everyone around you too. Happy Winter!

Prepared By: Jacqueline D'Attoma, Dietetic Intern

Source https://www.healthstatus.com/health_blog/depression-stress-anxiety/vitamin-d-good-winter-blues/

Healthy Swaps for Baking

Did you know January is National Baking Month? Baked goods don't have to be unhealthy! Try these simple swaps to make delicious snacks that are tasty and more nutritious than traditional recipes!

- Applesauce in place of sugar (1:1 ratio)
- Applesauce in place of egg (¼ cup :1 egg)
- Mashed avocado in place of butter (1:1 ratio)
- Banana in place of egg (¼ cup banana= 1 egg)

Prepared By: Jacqueline D'Attoma, Dietetic Intern

Source <https://www.mybluprint.com/article/14-healthy-swaps-for-lighter-leaner-baking>

What Makes a Meal?

Each meal consists of **Five** components:
Meat/Meat Alternate, Grain, Vegetable, Fruit, and Milk



Chef Steve's Vegetarian Three Bean Chili

Serves 12



Ingredients:

3 Tbsp.	Extra Virgin Olive Oil	3 Cups	Pinto Beans, rinsed and drained
1 Each	Large Yellow Onion, small dice	2 Cups	Chick Peas (Garbanzo Beans), rinsed and drained
8 Each	Garlic Cloves, minced	2 Cups	Black Beans, rinsed and drained
3 Tbsp.	Ground Cumin	2 Each	Diced Tomatoes (28oz Cans)
½ Cup	Ancho Chili Powder	4 Each	Diced Green Chiles (4oz Cans)
1 tsp.	Cayenne Pepper (or more to taste)		

2 tsp. Dried Oregano
1 ½ Cups Tomato Paste

Directions:

In a medium sized stock pot or sauce pan heat oil over medium high heat. Sauté the onion until translucent and soft about 6-8 minutes.
Add the chopped garlic, cumin, chili powder and cayenne; cook until fragrant, about 1-2 minutes.
Add the green chiles, sauté for another 1-2 minutes.
Add the tomato paste cooking for 2-3 minutes to cook out the raw flavor from the paste.
Add all the beans and diced tomatoes. Season with salt and pepper to taste.
Add the vegetable stock or broth; stir well to combine.
Cook for 30-45 minutes. Serve with tortilla chips and fresh chopped cilantro.

For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**