



Cafeteria Connection

October 2018

Pumpkins are full of vitamin A, fiber, and potassium.

Mark Your Calendars...

October 3rd: Walk to School Day

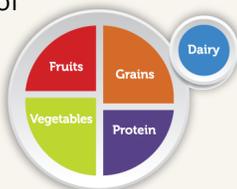
October 15th-19th:
National School Lunch Week

October 29th: Oatmeal Day

October 31st: Halloween

What Makes a Meal?

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



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**



Maschio's manager at MJC in New Providence already finished painting their pumpkin.

Falling for Fall Fruits and Vegetables

Prepared by: Lorraine Kunick, RDN
Source: www.eatright.org

With Fall comes new classes, new activities and new produce that is in season! Produce that is in its peak season will also be at its peak nutritional value! Try these kid-friendly ways to add 4 fall foods to your family's meals.

Pumpkin- Nothing screams "fall" like a big orange pumpkin! Pumpkins are full of vitamin A, fiber, and potassium. Try changing things up with some creamy pumpkin hummus or roast your pumpkin seeds in the oven for an on the go snack filled with zinc, essential for a healthy immune system!

Brussels Sprouts-Brussels Sprouts are an excellent source of vitamins A, C, K, folate as well as iron. If your family is skeptical about trying this green vegetable, try cutting whole brussels sprouts into quarters and tossing them in sea salt and olive oil. Bake to a crisp and enjoy as an alternative to French fries.

Oats-Oats are great for the heart and are filled with fiber. Try warm oatmeal topped with fruit for an easy healthy breakfast.

Apples-Apples are a great source of vitamin C and fiber. Try sprinkling apple slices with ground cinnamon for a sweet snack. Apples can also be stewed and paired with meat for sweet and savory dinner dishes.

Crazy for Chili!

Prepared by: Lorraine Kunick, RDN
Source: www.meatlessmonday.com

October is National Chili Month! Chili is a dish that has been around for a very long time. From the beginning, this pot cooked meal included chile peppers and has been a spicy tradition in America with some states inheriting their recipes from native Americans themselves. Adding chile peppers to dishes is not just an American tradition, in fact, it can be found in China, India, Indonesia, Italy, the Caribbean, France, and the Middle East. While many traditional recipes call for meat and use turkey or ground beef, meatless chili using beans, vegetables, and chile peppers also makes a protein packed meal that's easy to make and eat!

Chef Steve's Fiesta Turkey Stuffed Peppers

Makes 6 servings

For the Filling:

| | |
|----------|---|
| ½ pound | Lean Ground Turkey |
| ¾ cups | Black Beans (canned), rinsed and drained |
| ¾ cups | Corn (frozen) |
| 1 each | Jalapeno Pepper, small dice |
| 1 each | Large Tomato, small dice |
| 1 each | Garlic Clove, minced |
| 3 Tbsp. | Onion, small dice |
| 2 Tbsp. | Cilantro, chopped (plus more for garnish) |
| 1 tsp. | Cumin, ground |
| To Taste | Salt |

For the Peppers:

| | |
|----------|---|
| 3 each | Large Green Peppers, cut in half length wise; seeds, ribs and stems removed |
| 1 ½ cups | Brown or White Rice, cooked |
| ½ cup | Chicken or Vegetable Broth, reduced sodium |
| 12 Tbsp. | Monterey Jack Cheese, shredded |
| 2 Tbsp. | Scallion, chopped (for garnish) |



Directions:

1. Pre heat oven to 350° F.
2. In a large sauté pan, brown the turkey and season with the salt.
3. When turkey is browned, add onion, garlic, black beans, cilantro, jalapeno, diced tomatoes and cumin.
4. Mix well to combine; bring to a boil and reduce heat to a simmer. Cover pan and simmer for 20 minutes.
5. After 20 minutes, remove lid and add corn; simmer for an additional 5 minutes or until the liquid reduces by half. Stir in cooked rice and remove from heat.
6. In a baking dish that can hold all the pepper halves, place peppers cut side up.
7. Fill each pepper with turkey mixture. Pour the broth on the bottom of the baking dish. Cover tight with aluminum foil and bake for 45-50 minutes or until the peppers become tender.
8. Remove foil and top each pepper with 2 Tbsp. of the shredded cheese and bake uncovered for an additional 5 minutes.
9. Top with scallions and cilantro and serve with sour cream on the side.