



Cafeteria Connection

April 2019

From Garden to Table

As the snow melts and flowers bloom, new fruits and vegetables are bound to Spring up around the garden. The month of April has been declared National Garden Month to help bring food from your garden, right to your table. Help celebrate National Garden Month by adding these vegetables to your plate:

Broccoli: Believe it or not, your mom was right to encourage you to eat broccoli. It's an excellent source of vitamin C, folate, dietary fiber and potassium. Try roasting broccoli with a splash of olive oil and fresh lemon to make it extra tasty and crunchy.

Spinach: Get in the spirit of spring and brighten up your plate! Make a salad with fresh, crisp, green bunches of spinach, juicy strawberries, walnuts and feta cheese. You'll get a delicious meal packed with vitamin A, vitamin C, iron and folate.

Mushrooms: Did you know mushrooms provide one of the most important vitamins to build and maintain strong bones? Vitamin D, also known as the "sunshine vitamin", is found in every type of mushroom. Try adding mushrooms to your soups, stuffed sweet potatoes, meatballs, or even pizza!

<https://www.usda.gov/media/blog/2015/04/17/april-national-garden-month>

Written By: Kelsey Pezzuti, Dietetic Intern Gulf Coast

Mark Your Calendars...

April 1 - April Fool's Day
April 19 - National Garlic Day
April 22 - Earth Day
April 26 - National Pretzel Day
April 27 - National Arbor Day (NJ & PA)



Tomatoes Fresh From the Garden



April 6th is Fresh Tomato Day! Celebrate your favorite part of pizza and tomato sauce by growing tomatoes in your garden.

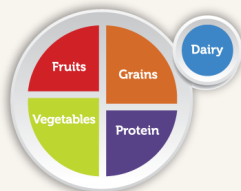
Can you spot the difference between a fresh and a not so fresh tomato? A ripe tomato is red or reddish orange in color and yields to slight pressure. Make sure the leaves are fresh and green and the tomato is free of bruises, blemishes or deep cracks. Prepare your garden with fresh tomatoes this April to add to your salads, homemade sauces, bruschetta, and soups!

<https://www.fruitsandveggiesmorematters.org/fruit-vegetable-nutrition-database>

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What Makes a Meal?

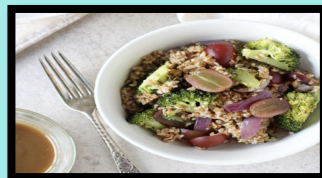
Each meal consists of **Five** components:
Meat/Meat Alternate, Grain, Vegetable, Fruit, and Milk



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**

Roasted Red Grapes & Roasted Broccoli Salad with Sprouted Bulgur (Serves 8)



Ingredients

Olive Oil	2 Tbsp.
Sprouted Bulgur	2 Cups
Garlic, chopped	4 Cloves
Vegetable Broth	4 Cups
Salt	½ tsp.
Red Onion, sliced	2 Cups
Broccoli Florets	12 Cups
Seedless Grapes, halved	2 Cups
Olive Oil	3 Tbsp.
Salt	1 tsp
Black Pepper	½ tsp
Honey	4 Tbsp.
Dijon Mustard	4 Tbsp.
Italian Parsley, chopped	½ Cup
Olive Oil	1 Cup
Apple Cider Vinegar	½ Cup

Preparation

- In a large bowl combine the red onions, grapes and broccoli, drizzle with olive oil and season with salt and pepper; toss well to combine.
- In an even layer spread out on a sheet pan; bake in oven for about 12-15 minutes or until just tender. Let cool. Drizzle with Dijon and vinegar; combine well. Slowly, drizzle the olive oil whisking constantly to combine. Stir in chopped parsley at the end.
- In a large serving bowl, add the cooked bulgur and roasted vegetables; toss well to combine.
- Drizzle dressing over mixture (but do not over dress the salad) and toss gently to combine well.
- Drizzle any remaining dressing over the salad right before serving.