

# Cafeteria Connection

January 2025

## National Soup Month!

With January being one of the coldest months of the year, it makes sense for it to be national soup month! Enjoying a cup of soup is a great way to stay warm in winter. There are so many different types of soup. Here are some tips on how to make your soup healthier and more nutritious:



- Watch out for sodium content. Canned soups are high in sodium, so try making your own soup at home from scratch with low-sodium broth. Eating high-sodium foods regularly can make your body hold on to extra water and puts you at risk of having high blood pressure.
- Substitute cream with starchy vegetables. If you love creamy soups more than broth-based soups, you can substitute the cream for a starchy vegetable such as a potato or butternut squash. When blended with the soup, they act as a thickener and give the soup the creamy consistency you like without needing to add any cream!
- Add an array of vegetables. Adding different vegetables to your soup ensures that you get a mixture of vitamins and minerals that your body needs. Be creative and try different vegetable combinations that you haven't tried before!
- Soups are versatile and diverse, with flavors ranging from sweet to savory. Whatever your preference is, there's a soup crafted just for you!

### REFERENCES:

- Is Sodium the same as Salt?
- How to make a Healthier Soup!



## Citrus BBQ Cauliflower

### INGREDIENTS:

- 1 Florida cauliflower
- 1 Florida orange, zested and juiced
- 2 tablespoons finely chopped parsley, for garnish
- ½ cup barbecue sauce (your favorite)
- 1 teaspoon all-purpose seasoning (your favorite)
- 1 tablespoon vegetable oil
- Sea salt and fresh ground pepper, to taste



### INSTRUCTIONS:

Preheat oven to 375°F. Slice cauliflower into ½-inch thick steaks and place on parchment-lined sheet pan. Brush oil onto cauliflower, season with all-purpose seasoning, salt and pepper. Place in oven for 20 minutes. Zest and juice orange. Combine barbecue sauce, orange juice, and half of the orange zest and set aside. Remove cauliflower from oven and turn oven on to broil. Brush a generous amount of sauce onto each steak and sprinkle remaining zest evenly. Place directly under broiler until sauce is caramelized, about 3-5 minutes. Remove from oven and garnish with chopped parsley.

*Enjoy!*

## January Holidays

National Soup Month	
National Oatmeal Month	
<b>Jan 1</b>	New Year's Day
<b>Jan 4</b>	National Spaghetti Day
<b>Jan 6</b>	National Bean Day
<b>Jan 11</b>	National Milk Day
<b>Jan 12</b>	National Curried Chicken Day
<b>Jan 14</b>	National Hot Pastrami Day
<b>Jan 15</b>	National Bagel Day
<b>Jan 20</b>	Martin Luther King Jr. Day
<b>Jan 18</b>	Winnie the Pooh Day
<b>Jan 20</b>	National Cheese Lover's Day
<b>Jan 21</b>	National Granola Bar Day
<b>Jan 23</b>	National Pie Day
<b>Jan 29</b>	Lunar New Year
<b>Jan 30</b>	National Croissant Day
<b>Jan 31</b>	National Hot Cocoa Day

## Dietitian's Pick

This recipe contains roasted cauliflower that is brushed with a citrus BBQ sauce. Cauliflower, the star ingredient, is a cruciferous vegetable that is a good source of fiber and vitamin C. Vitamin C is needed in our body for many functions, such as supporting the immune system by stimulating the production of white blood cells, which help fight off infections and illnesses. Vitamin C is also needed for making collagen, a protein that is important for the health of skin, bones, cartilage, and other connective tissues. Adding this nutritious recipe to your meals will definitely satisfy your taste buds while providing you with important nutrients.



## Who needs a gluten-free diet?

We've all heard the term gluten-free before, but what does it actually mean? In honor of gluten-free month, let's explore what gluten actually is and who needs a gluten-free diet.

Gluten is a protein naturally found in some grains such as wheat, barley and rye. You can expect to find gluten in breads and baked goods, but it is also added to a lot of other food products to change the texture and taste of food. For example, gluten could be used in sauces, soups and even in some seasonings.

For the majority of the people, this isn't a problem. But for those who suffer from celiac disease or gluten-sensitivity, they must follow a gluten-free diet. The good news is, there are a lot of naturally gluten-free foods like most fruits and vegetables. Some examples you will find on our school lunch line are baby carrots, tomatoes and fresh fruits.

When people with celiac disease or gluten-sensitivity eat foods that contain gluten, they get uncomfortable symptoms such as gas, bloating and diarrhea. The only known way to avoid that is by eating foods that don't contain gluten, and that's why those with celiac or gluten-sensitivity diseases need a gluten-free diet!

### REFERENCES:

- Does My Child need a Gluten-Free Diet?