

# Cafeteria Connection

DECEMBER 2025

## The Spice with Hidden Potential: Nutmeg

It's winter and nutmeg is our warm, go-to spice, used in a lot more recipes than we realize. Nutmeg is actually a seed and its fruit is grown on dark evergreen trees! We use nutmeg in baked desserts such as pies and cookies as well as savory dishes like curries, soups, and vegetables like roasted brussels sprouts with apples and cranberries. Its antibacterial properties help our immune system to potentially stop winter colds and its anti-inflammatory compounds help reduce muscle and joint pain. With all of its uses, this spice is available in its nut form, powder, oil, and in grounds. Happy baking and cooking this holiday season!

## Spread the Word, Not the Germs! Wash your hands Awareness Week

The first full week in December is Wash Your Hands Awareness Week. Remember to spread the word and not the germs! There is plenty of celebrating this month during this cold and flu season so please remember to always wash your hands! The correct length of time to wash your hands is 30 seconds and if you think that's hard to remember, an easy tip is singing the happy birthday song 2 times which is the same length of time. Let's have a healthy holiday season and always remember that washing our hands can help prevent the spreading of sicknesses and bacteria.



### Did You Know?

- 80% of communicable diseases can be transferred by touch (person-to-person contact).
- The two most important times to wash your hands are before and after preparing food, and after using the bathroom.
- Most bacteria on our hands is under our fingernails, so when you're washing, be sure to scrub underneath them.
- Damp hands are 1,000 times more likely to spread bacteria than dry hands, yet only 20% of people dry their hands after they wash them.
- Reusable cloth towels have millions of bacteria in their fibers. Using disposable paper towels is the cleanest way to dry your hands.



## Roasted Curry Cabbage

### INGREDIENTS:

- 1 medium head Green Cabbage
- 1 Yellow Onion, sliced into thick wedges
- 2 Granny Smith Apples, peeled and sliced into eight wedges each
- 2 tablespoons Olive Oil
- 1 tablespoon Curry Powder, hot or mild
- Kosher Salt and Ground Black Pepper
- 1/4 cup Currants
- Lemon Wedges, to serve

### INSTRUCTIONS:

- Heat the oven to 400° F. Line a rimmed baking sheet with foil.
- Cut the cabbage into quarters, then cut out the thick stem and core from each piece and discard. Slice each quarter into 4 wedges for a total of 16 pieces.
- In a large bowl, combine the cabbage wedges with the onion and apples, then drizzle with the olive oil and toss gently to coat. Sprinkle the curry powder over everything, coating all sides of the cabbage mixture.
- Season with salt and pepper. Transfer the mixture to the prepared baking sheet. Bake until tender and all sides are golden, about 20 minutes, turning halfway through.
- Sprinkle the currants over the cabbage, then toss lightly to mix.
- Serve with lemon wedges.

## December Holidays

National Pear Month

- Dec 4 National Cookie Day
- Dec 6 National Gazpacho Day
- Dec 8 2<sup>nd</sup> Sunday of Advent
- Dec 8 National Brownie Day
- Dec 8 Feast of the Immaculate Conception
- Dec 9 National Pastry Day
- Dec 13 National Cocoa Day
- Dec 15 3<sup>rd</sup> Sunday of Advent
- Dec 15 National Cupcake Day
- Dec 22 4<sup>th</sup> Sunday of Advent
- Dec 24 Christmas Eve
- Dec 25 Christmas
- Dec 28 The Feast of the Holy Family of Jesus, Mary, and Joseph
- Dec 31 New Year's Eve

## Dietitian's Pick

This recipe features roasted cabbage and apples, making it a delicious and nutritious dish. Cabbage is actually one of the oldest vegetables and is high in vitamin C which we need to maintain a healthy immune system and produce collagen. Apples, on the other hand, contribute natural sweetness along with an extra boost of fiber. Together, these ingredients form a dish that's not just tasty but also packs a lot of nutrients, so make sure to give this recipe a try!

