



# WHAT'S HAPPENING IN YOUR CAFÉ?

## *Celebrating the Flavors of Fall*

It's fall festival time! We're featuring some cozy seasonal recipes all month long in November. Try our Cranberry Chicken Salad Hoagie, offered at the Outtakes station every Monday and Wednesday. Or stop by our main entrée station on the 15<sup>th</sup> for a Traditional Roasted Turkey Dinner, as well as the 29<sup>th</sup> for Homemade Navy Bean Soup paired with a Toasted Grilled Cheese. We will continue to promote new themes and flavors on a monthly basis in our cafes, so be sure to stop by and check them out!



## FOOD & WELLNESS

### *Apple Tasting at Washington*

In celebration of Farm to School Month, Food Services, in collaboration with The Food Project, teamed up to provide a sampling of fresh, locally grown apples. In addition, our Food Focus of the Month for October is the tree fruit family, which includes apples. Students got the chance to sample granny smith, honey crisp and macoun apples, all straight from local farms. This was a great opportunity to educate and expose our students to some new produce options! Both Food Services and The Food Project will be teaming up every month to bring tastings to a variety of different schools. Next month the team plans to do a sampling of fresh hummus to highlight November's Food Focus of the Month – legumes and beans.



## FEATURED RECIPE

### Spiced Cauliflower & Sweet Potatoes

#### INGREDIENTS

- 1 ½ cup yellow onion, chopped
- 1 tbsp fresh ginger root, minced
- 1 tbsp cumin
- 1 tsp turmeric
- 1/3 tsp salt
- 1 tbsp garam masala
- 1 tsp curry powder
- 2 tbsp olive oil
- 2 cups fresh tomatoes, diced
- 2 lbs fresh sweet potatoes, cubed
- ½ cup water
- 4 cups cauliflower florets, fresh

#### STEPS

1. Place oil and onion in a non-stick skillet over medium-high heat. Cook for 4 minutes.
2. Add ginger, cumin, garam masala, turmeric, curry and salt. Cook for 2 minutes.
3. Stir in tomatoes, sweet potatoes and water. Cover pan with lid and reduce heat to medium-low. Cook until sweet potatoes are tender, about 7 minutes, stirring occasionally.
4. Add cauliflower, and mix thoroughly. Put lid back on and cook until cauliflower is still somewhat crunchy, about 5-7 minutes.
5. Serve and enjoy!

