



Cafeteria Connection

November is National Pepper Month!

Bell Peppers are colorful and versatile vegetables that can easily be incorporated into our everyday meals. As an added bonus, bell peppers can prevent us from getting sick during the winter months due to their high amount of vitamin C. Here are some fun ways to include peppers into your day!

1. Wraps/Sandwiches—Slice them up and enjoy the extra crunch! November 3rd is also Sandwich Day!
2. Stuffed Peppers—Get creative and stuff your own magnificent mixture into a pepper.
3. Chili/Soups/Stews—Including peppers with your stews is a great way to sneak in extra nutrition.
4. Pasta Salads—Get some fiber into your pasta salad by tossing in some peppers.
5. Green Salads—Add extra color with some red, orange, or yellow peppers.
6. Grill Them—Before you pack the grills away, brush peppers with olive oil and sprinkle a little salt on them.
7. Slice Raw and Enjoy—Raw peppers tend to run on the sweeter side. This makes for a tasty and healthy snack.

Written by Leanne Robertson, Cedar Crest College Dietetic Intern

Sources: www.fruitsandveggiesmorematters.org

Mark Your Calendars...

Nov 3rd: National Sandwich Day

Nov 14th: National Guacamole Day

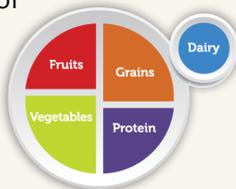
Nov 11th: Veterans Day

November 18th: National Apple Cider Day

November 22nd: Thanksgiving Day

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 held a Farmer's Market in North Plainfield for National Farm to School Week. Students were able to choose from various healthy fruits and veggies to take home with them!

Pears: Harvest of the Month

Move over apples! For the month of November pears are in season! There are over 3,000 known varieties of pears throughout the world. Only a handful of varieties are available within the United States. The most common here are Green Anjou, Bartlett, Bosc, Comice, Concorde, Forelle and Seckel. Pears are a healthy and sweet option to take on the go or enjoy right at home. Try adding some pears in a salad with a sprinkle of cinnamon for a slice of sweetness! Feeling adventurous? Warm pears on the stovetop and blend to an applesauce consistency for a change from your typical applesauce snack.

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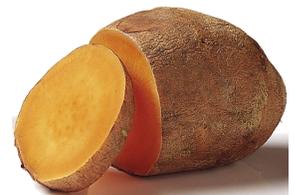
Source: <https://usaapears.org/>

Chef Steve's Spiced Sweet Potato & Pears with Dried Cranberries & Baby Spinach

Serves 8-10 people

Ingredients

- 2 Lbs. Sweet Potatoes, peeled & cut into 1" pieces
- ½ Lb. Red Onions, peeled & cut into 1" pieces
- 4 Each D'Anjou Pears, cored & cut into 1" pieces
- ¼ Cup Extra Virgin Olive Oil
- 2 Tbsp Fresh Thyme, removed from stems and chopped
- ½ tsp. Ground Cinnamon
- ¼ tsp. Ground Ginger
- ½ tsp. Ground Nutmeg
- 4 Cups Baby Spinach, loosely packed
- 1 Cup Dried Cranberries
- ¼ Cup Extra Virgin Olive Oil
- 4 Tbsp Apple Cider Vinegar
- Salt & Pepper, to taste



Directions

Preheat oven to 400°F

In a medium bowl, combine ¼ cup of olive oil, thyme, cinnamon, ginger and nutmeg; set aside.

In a large bowl, toss the sweet potatoes and red onions with half the olive oil/spice mixture.

Bake sweet potatoes on a parchment lined baking sheet for 25-30 minutes.

While sweet potatoes are baking, in a separate bowl combine the pears with remaining oil/spice mixture. Add to the sweet potatoes.

Bake for an additional 25-30 minutes or until the pears are golden brown and the potatoes are easily pierced with a paring knife.

Remove from oven and transfer to a large bowl, immediately tossing in baby spinach. Let the residual heat from the potatoes and pears wilt the baby spinach.

Fold in the dried cranberries. Dress with the olive oil and cider vinegar; season with salt and pepper. Toss gently to coat and enjoy!