



February Newsletter

Upcoming events:

On the menu:
February is all about Herbs and Spices! Look out for turmeric, cinnamon, and cilantro in items like Lemon Rice Pilaf, homemade Granola, and Arroz Con Pollo, respectively.

Cafés as
Wellness
Centers:

Be on the lookout for our Chef's Tables where students are introduced to the various health benefits of herbs and spices and invited to try samples!

Beating the winter blues in Westport schools!



Pop-up smoothies and Asian Noodle Bar are just two ways we are bringing excitement to the Staples High Cafeteria, helping our students to "Beat the Winter Blues"...

We are bringing fun and nutritious offerings to our students everyday! Next Stop, the Middle Schools!

HERBS & SPICES

Cajun Rub

Serves 6

Ingredients

1/8 tsp ground oregano
1-3/4 tsp ground black pepper
3/4 tsp ground white pepper
1/8 tsp dried, crushed thyme
1-1/8 tsp granulated garlic
3/4 tsp cayenne pepper
1/2 tsp ground paprika
3/4 tsp dehydrated onion flakes
1/8 tsp ground basil

Steps

1. Thoroughly mix all ingredients together.
2. Store in a tightly covered, clean, and labeled container until used.

Serving suggestion: Add to vegetables before roasting, sautéing, or stir into steamed vegetables. Season meat or poultry 3 hours before cooking. Enjoy!

Nutrition per 1 tsp serving: 5 calories, 0 g fat, 1 g carbs, 0 g sugar, 0 mg cholesterol, 0 g protein, 0 g fiber, 0 mg sodium

**SIMPLY
GOOD**





eat.

Blend Up Some Flavor!

Whey protein is known for its awesome muscle building power. Great news for our families - we don't need to buy expensive powders to reap the benefits. Try a **Cinnamon Apple Protein Smoothie**: Blend 1 cup vanilla greek yogurt, 1/2 cup apple juice, and 1 tsp cinnamon in a blender with 1 cup of ice. Drink up after a big game or workout for a filling recovery!



learn.

Let Food Be Thy Medicine

Spices like cinnamon and turmeric root are grown in tropical climates. They also preserve foods and can work as medicine, turmeric has anti-inflammatory and anti-fungal properties.

Belly Ache?

Try soothing upset tummies with ginger root tea, found in most grocery stores



live.

Paint with All the Colors of the Spice Rack

Colorful dried spices like turmeric, cinnamon, nutmeg, and paprika make AWESOME homemade "paints" when you add water. Make a pretty picture and it will smell good, too!

