

February 2021 Soup Menu

SUNDAY	MEATLESS MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
	1	Broccoli Cheddar Vegan Cream of Fennel	2	Beef Vegetable Vegan Black Bean	3	Sweet and Sour Soup Garden Vegetable	4	Kielbasa and Kale Wild Rice Soup	5	Detox Soup Vegan Minestrone	6	Chef's Choice
7 Chef's Choice	8	Potato Soup Roasted Carrot	9	Chicken Tortilla Vegan Spinach Soup	10	African Peanut Soup Hearty Tomato	11	Chicken and Rice Mushroom Garlic	12	Italian Wedding Roasted Red Pepper	13	Chef's Choice
14 Chef's Choice	15	Tortellini Soup Tomato Basil	16	Chicken Noodle Miso	17	French Onion Curried Cauliflower	18	Corned Beef & Cabbage Butternut Squash	19	Pork Green Chili Vegan Green Chili	20	Chef's Choice
21 Chef's Choice	22	Egg Drop French Lentil	23	Clam Chowder Vegan Corn	24	Beef Barley Mushroom Barley	25	Navy Beans and Ham Fresh Pea Soup	26	Turkey Noodle Tuscan Bean	27	Chef's Choice
28 Chef's Choice	 		The talented chefs at Castle Creek Café offer up our homemade soups daily. Please enjoy our uniquely crafted recipes including a routine vegetarian option. Soups may vary from chef to chef; as culinary artists we encourage and thrive on creative freedom. ;Bon Appétite!									
	February is American Heart Month & Friday February 5 th is Go Red for Women Day. Go Red for Women is a movement to end heart disease & stroke in women. 1 in 3 women die of heart disease & stroke each year. Join the movement and wear red on Friday February 5 th ! But don't just wear red. Get your numbers. Own your lifestyle. Realize your risk. Educate your family. Don't be silent.											

What Are Chia Seeds

Reviewed by Sarah Klemm, RDN, CD, LDN Published January 25, 2021



Karissa/iStock/Thinkstock

How to Eat Chia Seeds

Chia seeds can be eaten raw or prepared in a number of dishes. Sprinkle ground or whole chia seeds on cereal, rice, yogurt or vegetables. In Mexico, a drink called chia fresco is made by soaking chia seeds in fruit juice or water. Chia seeds are very absorbent and develop a gelatinous texture when soaked in water making it easy to mix them into cooked cereal or other dishes.

The seeds are not the only important part of the chia plant; the sprouts also are edible. Try adding them to salads, sandwiches and other dishes.

When you hear "chia" your first thought may be of the green fur or hair of Chia Pets, collectible clay figurines. But did you know that chia seeds also can be a healthful addition to your eating pattern? Chia seeds come from the desert plant *Salvia hispanica*, a member of the mint family. *Salvia hispanica* seed often is sold under its common name "chia" as well as several trademarked names. Its origin is believed to be in Central America where the seed was a staple in the ancient Aztec diet. The seeds of a related plant, *Salvia columbariae* (golden chia), were used primarily by Native Americans in the southwestern United States.

Chia seeds have gained attention as an excellent source of omega-3 fatty acid. They also are an excellent source of dietary fiber at 10 grams per ounce (about 2 tablespoons), and contain protein and minerals including iron, calcium, magnesium and zinc.

Emerging research suggests that including chia seeds as part of a healthful eating style may help improve cardiovascular risk factors such as lowering cholesterol, triglycerides and blood pressure. However, there are not many published studies on the health benefits of consuming chia seeds and much of the available information is based on animal studies or human studies with a small number of research participants.