



October 2021 Soup Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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! Soups in Green are Vegan!</p>					1 Chicken Tortilla Vegan Spinach Soup	2 Chef's Choice
3 Chef's Choice	4 Broccoli Cheddar Vegan Cream of Fennel	5 Beef Vegetable Vegan Black Bean	6 Sweet and Sour Soup Garden Vegetable	7 Detox Soup Vegan Minestrone	8 Kielbasa and Kale Wild Rice Soup	9 Chef's Choice
10 Chef's Choice	11 African Peanut Soup Hearty Tomato	12 Chicken and Rice Mushroom Garlic	13 Potato Soup Roasted Carrot	14 Italian Wedding Roasted Red Pepper	15 Turkey Chili Quinoa Chili	16 Chef's Choice
17 Chef's Choice	18 Tortellini Soup Tomato Basil	19 Chicken Noodle Miso	20 Corned Beef & Cabbage Butternut Squash	21 French Onion Curried Cauliflower	22 Clam Chowder Vegan Corn	23 Chef's Choice
24 Chef's Choice	25 Egg Drop French Lentil	26 Pork Green Chili Vegan Green Chili	27 Beef Barley Mushroom Barley	28 Turkey Noodle Tuscan Bean	29 Navy Beans and Ham Fresh Pea Soup	30 Chef's Choice
31 Chef's Choice						

Chocolate Chip Pumpkin Bars Recipe

By Janice Bissex, MS, RDN Published January 24, 2018



If you're looking for a nutritious, kid-pleasing snack for after school or the lunch box, this is the recipe for you. Thanks to the pumpkin (which, by the way, blends right in), each serving has almost half a day's worth of immune-boosting vitamin A. As for the nuts, they add heart-healthy fat and protein to each delicious bite.

Rebecca Clyde MS, RDN, CD

Ingredients

1 cup all-purpose flour	1 teaspoon ground cinnamon	½ cup canola oil
1 cup whole-wheat flour	½ teaspoon baking soda	¼ cup low-fat milk
1 cup pecans, very finely chopped	½ teaspoon salt	½ cup mini semi-sweet chocolate chips
¾ cup granulated sugar	4 large eggs, beaten	
2 teaspoons baking powder	1 15-ounce can 100% pure pumpkin	

Directions *Before you begin: Wash your hands.*

1. Preheat the oven to 350°F (176°F). Lightly oil or coat a 15-x-10-x-1-inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole-wheat flour, pecans, sugar, baking powder, cinnamon, baking soda and salt in a large bowl until combined.
3. In a separate bowl, whisk the eggs, pumpkin, oil and milk until blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
4. Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 30, 2-x-2 ½-inch bars.

For maximum freshness, store leftovers in a plastic container or zip-top bag in the refrigerator.

Nutrition Information Serving size: 1 bar

Calories: 140; Total Fat: 8g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 25mg; Sodium: 95mg; Total Carbohydrate: 16g; Dietary Fiber: 2g; Sugars: 7g; Protein: 2g; Vitamin A: 45%; Vitamin C: 2%; Calcium: 2%; Iron: 4%.