



# October 2022 Soup Menu



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

# Chocolate Chip Pumpkin Bars Recipe

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



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## **Ingredients**

1 cup all-purpose flour  
1 cup whole-wheat flour  
1 cup pecans, very finely chopped  
¾ cup granulated sugar  
2 teaspoons baking powder

1 teaspoon ground cinnamon  
½ teaspoon baking soda  
½ teaspoon salt  
4 large eggs, beaten  
1 15-ounce can 100% pure pumpkin

½ cup canola oil  
¼ cup low-fat milk  
½ cup mini semi-sweet chocolate chips

## **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%.

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.