



February 2023 Soup Menu



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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!

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

Aspen Valley Hospital's Vision is to be the leader in fostering our community as the healthiest in the nation. We invite you to nourish your body with one of our delicious daily specials (vegan lunch options available Monday-Friday). You can also build a salad at our salad bar, choose one of our homemade soups or select a grab-and-go item from the cooler.

Dark Chocolate Covered Figs Recipe

Contributors: Dawn Jackson Blatner, RDN, CSSD **Published:** February 4, 2018



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Easy as one-two-three. Just grab these three ingredients to make this fresh vegan treat and cure your chocolate craving.

Dark chocolate contains flavonoids that come from extracts of the cocoa bean. Choosing dark chocolate with a high percentage of cocoa gives your family more of these healthy antioxidants.

Some studies report small portions of dark chocolate can maintain heart health and the health of blood vessels.

Ingredients

½ cup dark chocolate chips (without milk fat as ingredient)

12 fresh Black Mission figs

¼ cup finely chopped raw walnuts

Directions

Before you begin: Wash your hands.

1. Melt chocolate in double boiler or microwave.
2. Dip figs into melted chocolate, sprinkle with nuts and place on parchment-lined pan.
3. Refrigerate about 30 minutes, until chocolate and nuts are set and figs are cold.

Nutrition Information

Serving size: 1 fig

Serves 12

Calories: 80; Total fat: 4g; Saturated fat: 1.5g; Trans fat: 0g; Cholesterol: 0mg; Sodium: 0mg; Total carbohydrate: 13g; Dietary fiber: 2g; Sugars: 10g; Protein: 1g