



# February 2024 Soup Menu



**SUNDAY**

**MEATLESS MONDAY**

**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! Soups with a green font are vegan.

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

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