



May 2024 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!

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 Chicken Noodle Miso	16 Turkey Chili Quinoa Chili	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	31 Broccoli Cheddar Vegetable Rice	



Make a Fresh Start with Spring Foods

Contributors: Sarah Klemm, RDN, CD, LDN **Reviewed:** March 19, 2024



Spring is a great time to hit the reset button and reintroduce some fresh produce into your kids' day after a long winter. Get into the swing of spring produce with these four seasonal favorites.

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Spinach One cup of cooked spinach is packed with vitamins A and K, which are essential for eye and bone health. This amount of spinach also delivers a high amount of folate and iron, which help prevent certain types of anemia. And its magnesium and potassium are important for muscle development and growth, while vitamin C helps support immune function.

If your kids are on board with green stuff, serve spinach salads or try it sautéed with meat, fish and tofu. For kids who don't like veggies, the mild flavor of spinach is easily masked. Just purée and mix it into sauces, smoothies, soups and meatballs. Your family will love this recipe for Creamy Parmesan Spinach Squares!

Beets A cup of beets is an excellent source of folate and a good source of dietary fiber. Did you know beet greens also are edible? A one-cup serving of cooked beet greens is an excellent source of vitamins A and K, potassium and magnesium.

Challenge the stereotype of beets being one of the most-hated vegetables by preparing these nutritious roots in tasty ways. Roast beets and serve hot or cold for a touch of sweetness and a pop of color. Blend cooked beets into soups and sauces or shred raw beets as a crunchy topping for salads, tacos and more. Make a beautiful dip your kids will love by puréeing cooked beets into hummus!

Strawberries Another seasonal superstar are fresh strawberries. Just one cup of sliced strawberries provides a day's worth of vitamin C, plus a hearty dose of manganese, which is important for bone development. A cup of strawberries also packs three grams of dietary fiber.

Try them alone, in a fruit salad, in a green salad, over cereal, with yogurt or even blend frozen strawberries in a smoothie for a thicker consistency. And don't toss those strawberry tops that you washed and cut off! Add them to still or sparkling water for a refreshing, fruity infused beverage.

Asparagus One cup of cooked asparagus is an excellent source of bone-building vitamin K as well as folate. It also provides vitamin A and iron. Available in green, purple and white varieties, asparagus spears are fun to eat and pair with all kinds of foods.

Asparagus is super tasty when roasted with a little olive oil, salt and pepper. Serve as a side with dinner or cut into pieces to add to pasta, stir-fries, salads and more.

Remember to include kids in grocery shopping and food preparation. This helps them learn about different foods and age-appropriate cooking tasks, which makes it more likely they will enjoy a variety of foods.