



# October 2023 Soup Menu



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

# 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 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%.