



Cafeteria Connection

June 2018

Summer Snacking

During the summer months there are many fresh fruits and vegetables that can be used to make sweet snacks. Seasonal fruits and vegetables include watermelon, tomatoes, peaches, cherries, apricots, zucchini and blueberries. These fruits and vegetables provide fiber, vitamin C, vitamin A and potassium to keep you fueled up all summer long. When you eat a wide variety of colorful fruits and vegetables your body is also getting phytonutrients and antioxidants which can help protect you from getting sick. Remember, your goal is to fill half your plate with fruits and vegetables at each meal! Try a refreshing summer smoothie filled with flavorful berries. Experiment with grilling peaches and add them to your favorite yogurt. Create a homemade salsa and mix it with some quinoa. Have a healthy and happy summer... and get snacking!

Prepared by: Megan Sena, Dietetic Intern & Lydia Maggio, RD
Source: www.fruitsandveggiesmorematters.org

Spotlight on Strawberries!

I'm thinking of a fruit that is small and red, it has a green top that most people remove before eating and very small yellow edible seeds on the outside...what am I? If you guessed strawberries then you are correct! The scrumptious strawberry is packed with vitamin C, folate, fiber and potassium. They also contain an antioxidant called anthocyanin which may help prevent heart disease and diabetes. Strawberries are delicious on their own, tossed into a salad or sprinkled on top of your frozen yogurt. If you want to really be daring, try creating your own sweet and savory strawberry balsamic glaze!

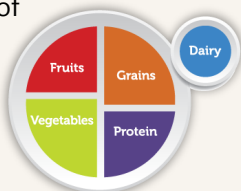
Prepared by: Lydia Maggio, RD
Source: www.eatright.org

Mark Your Calendars...

National Dairy Month
National Fresh Fruits and Vegetables Month
June 3rd Egg Day
June 4th Cheese Day
June 11th National Corn on the Cob Day
June 17th Father's Day
June 17th National Eat Your Vegetables Day

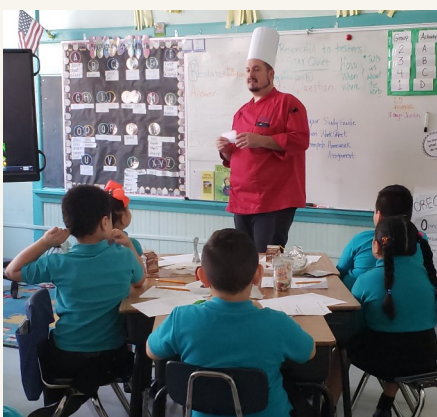
What Makes a Meal?

Each meal consists of **Five** components:
Meat/Meat Alternate, Grain, Vegetable, Fruit, and Milk



For a Reimbursable Meal

- Students must select **three** out of the **five** components
- One of those components must be at least **1/2 cup of fruit or vegetable**



Students listen as Maschio's Corporate Chef Joe Maida speaks about being a Corporate Chef at Maria L. Varisco Charter School as part of their Career Day in early May.

Chef Lyn's Jersey Fresh Strawberry Scones

Makes 8 Large or 16 Small Scones

Directions:

1. Preheat the oven to 375°F. Lightly grease (or parchment line) two baking sheets.
2. Place the 1/2 Cup of strawberries, 1/4 cup of sugar and half & half (or light cream) in a blender or food processor. Blend until the mixture is smooth; set aside.
3. In a large bowl, whisk together the flour, salt, and baking powder.
4. Add the chilled butter pieces to the flour mixture. Using a pastry blender or your hands "cut" the butter into the flour mixture until it resembles uneven crumbs.
5. In a separate bowl, add the reserved strawberry mixture, egg, and vanilla extract. Whisk until well combined.
6. Add the strawberry mixture to the dry ingredients; stirring until a dough mixture barely starts to come together.
7. Gently fold in the 2/3 cup of diced strawberries into the dough mixture. Not to worry, this mixture will be quite sticky!
8. Drop the dough by heaping 1/4 cup measure onto the prepared baking sheets. **Tip:** Spray the measuring cup with non-stick spray before and in between scoops to help release the dough from the measuring cup.
9. For the Glaze: whisk together the confectioner's sugar, water, and vanilla extract until smooth; set aside.
10. Bake the scones until they're just beginning to turn golden brown around the edges; approximately 15-16 minutes.
11. Cool scones completely and drizzle the glaze on each scone.

Glaze Ingredients:

3 Tbsp. Sugar, confectioner's
1 1/2 Tsp Vanilla Extract
1 Tsp Water

Scone Ingredients:

1/2 Cup Fresh Strawberries (preferably local Jersey Fresh), diced
1/4 Cup Sugar, granulated
2 Tbsp Half & Half or Light Cream
2 Cups Flour, all purpose
1/2 Tsp Salt
1 Tsp Baking Powder
6 Tbsp Unsalted Butter, cold & cut into pieces
1 Large Egg
2 Tsp Vanilla Extract
2/3 Cup Fresh Strawberries (preferably local Jersey Fresh), diced

Tomatoes are an excellent source of vitamin C, the antioxidant lycopene and a good source of vitamin A. Did you know? Tomatoes come in many different sizes, shapes, and colors like red tomatoes, cherry tomatoes, yellow tomatoes, and heirloom tomatoes.

