

Amity Regional District No.5 September Newsletter



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"ON THE GO" LABELING

In order to comply with the new federal labeling laws, all "Grab & Go" items will have full nutritional labeling.

September Food Focus Red & Orange Vegetables



YOUR DINING TEAM

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September Tasting Tables Featuring

Seasoned Red Baby Bliss Potatoes

2-1/8 pound	Potatoes, Red Bliss, Fresh, Diced
1-1/4 tsp	Seasoning, Italian
3/8 spray	Oil, Cooking Spray
2-1/2 tps	Oil, Olive/Canola Oil 90/10 Blend

Place potatoes in a mixing bowl or pan. Toss the potatoes with the oil and Italian seasoning. Spread the coated potatoes in a single layer on a sheet pan that has been lightly sprayed with vegetable cooking spray. Roast in a 350 degree F oven for approximately 30 minutes or until the potatoes are cooked to 145 degrees F, fork tender, and browned. Turn the potatoes with a spatula half way through the cooking process so they evenly brown. CCP: Serve immediately or hold hot at 140 degrees F until served.

Chartwells' ongoing commitment is to provide our customers with the information needed to make healthy meal choices....

The red and orange vegetable group includes carrots, sweet potatoes, tomatoes, acorn squash, butternut squash, red peppers, pumpkin, and hubbard squash and are full of vitamins A, C & K, phytonutrients, and antioxidants. The antioxidant beta-carotene is responsible for the orange hue, while red vegetables get their color from lycopene, also an antioxidant. All these nutrients aid in eye health, reduce the risk of certain cancers and illnesses, promote healthy joints and collagen formation, boost our immune systems and help build healthy skin. The health benefits of these colorful vegetables are endless!