



COLORADO
SCHOOL
NUTRITION
ASSOCIATION

Feeding Bodies. Fueling Minds.™

Oct/Nov 2021 Newsletter

Healthy Bites

In this issue:

- Letter from our President
- CSNA Summer Conference and One Plate Challenge
- DPS Greenhouse
- Thanksgiving Recipes
- Celebrations

Upcoming Events:

- SNIC Jan 16-18
San Antonio, TX
Registration Open Now
- CSNA Summer
June 15-16, 2022
Loveland, CO

Thankful
&
Grateful

Hello CSNA Membership

Even with all the additional chaos 2021 has presented us with, there is still so much to be thankful for this Thanksgiving season. I'd even argue one of the greatest gifts this challenging year has given us was a new perspective on the things we've been taking for granted all this time and just how grateful we are for the simplest of things.

Thank you to all our members who volunteer their time to serve on our governing board and committees. Without you, our association would not be as strong as it is. And thank you to all the dedicated School Nutrition Professionals around our state who take on the challenges we are faced with such grace and creativity. You all constantly impress me with the support you give each other and commitment for excellence you put towards the students and communities you serve.

Thank you to everyone who attended this year's Industry Seminar. The planning committee made some great changes to the format that created a wonderful experience for district and industry members alike. We were blessed with great weather, amazing speakers, and plenty of opportunities to reconnect in person.

I would also like to express how grateful I am to work in a state with colleagues who share a similar passion for school nutrition and are making such great impacts at the national level. Beth Wallace as our current SNA president, Jessica Gould as the SNA PP&L Committee Chair, Monica Deines-Henderson running as SNA Vice President, Molly Brandt who is co-chairing SNIC 2022, Erika Edwards providing nutrition expertise on SNA's Nutrition and Research Committee, Danielle Bock as PP&L SW Region Representative, Bre Riley as the Mountain Plains Representative for SNA's State Agency Advisory Council, Nick Dolan and Chris Folz as SNA Industry Advisory Council members, and Shannon Solomon who was just announced as the Basic American FAME Rising Star Award winner! In my 10 years in this industry, I have never seen so many Coloradans in national level positions all at once. Thank you to these School Nutrition Professionals and the many other CSNA members who have paved the way and have shown what great potential we have as state and national leaders. (And to our future leaders, as you can see, you have great resources and mentors available in these phenomenal people.)

I am thankful and honored to represent you as CSNA president. I hope you can take a moment and practice some gratitude for all the lessons 2021 has brought us all. Whether you are staying home with your immediate family or spending the holidays with extended family and friends. I wish you all the happiest (and restful) of days. The Executive Board has shared a few of our favorite recipes in this newsletter. Hopefully you get a chance to try one and enjoy a little piece of our traditions with yours.

Amy Faricy, RD, SNS
2021-22 CSNA President





CSNA SUMMER CONFERENCE & ONE PLATE CHALLENGE

SAVE THE DATE

Planning for CSNA's Summer Conference is underway and we could not be more excited! We are returning to an in person event June 15-16 in Loveland CO. We'll once again be partnering with CDE and CDHS to bring you all an amazing line up of education sessions and an exhibit hall filled with new products and ideas.



The One Plate Challenge will be returning as well and we are recruiting for Student Teams and Industry Sponsorships now as the filming is set to take place in February. Please see below for details (**click each flyer to enlarge**) Districts, please share team recruitment flyer within your community. Industry, please let Jodi (jodi@colosna.com) or Carlynn (cfitzgerald@lps.k12.co.us) know if you have any questions on sponsorships or the auction



Do you have what it takes to compete in The One Plate Challenge?

The Colorado School Nutrition Association is looking for student chef duos to compete in our 3rd annual filmed cooking competition. Teams will have one hour to create one plate demonstrating their culinary creativity and skills. **This year's competition will feature celebrity judge, Chef Jet Tila!** Scan or click the QR code below to watch shows from previous years.



Each participant will receive a kitchen tools gift basket!
\$250 value for 1st place
\$150 value for 2nd place
\$100 value for 3rd place
\$50 value for 4th place

Filming Date: February 18, 2022
Location: Cherry Creek Innovation Campus



Apply by scanning or clicking the QR code on the left. Teams must submit a 2 min. selfie video and complete an application packet. Applications are due by Friday, December 17th.

One Plate Challenge Sponsorship Auction

Opens Wed, Dec 1 at 8am • Closes Wed, Dec 15 at 6pm



Be a part of the 3rd annual One Plate Challenge, where students chefs compete for fame and victory. Click or scan the QR code below to watch previous episodes.



Bid or BUY NOW!

Sponsorship opportunities include:

- 4 Team Sponsors
- 3 Main Ingredient Sponsors
- 1 Mystery Basket Sponsor
- 2 Judge Sponsors
- 2 Small Featured Equipment Sponsors
- 16 Commercial Spots



Click or scan the QR code to the right to enter the auction

Don't miss out on this amazing opportunity to feature your company's products!

Payment may be made at the close of the auction or along with your conference registration in February.



DENVER METRO DISTRICT IN THE NEWS

New DPS greenhouse will grow food for students



Author: **Mallory Davis**

Published: **7:38 AM MDT October 6, 2021**

DENVER — [Denver Public School](#) (DPS) students will soon be able to enjoy fruits and vegetables grown in the district's own commercial greenhouse.

DPS officials broke ground on the five-acre, \$4 million project Tuesday.

The new greenhouse, which should be plant-ready in late spring 2022, is the first of its kind in the nation to grow "salad bowl" items for students.

DPS Food and Nutrition Services team members will start with cherry tomatoes and tomatoes on the vine. Then they will move on to other vegetables and fruits like leafy greens, peppers, cucumbers and strawberries.

Any excess produce will be sold to other regional school districts and retail/wholesale buyers, said DPS.

DPS Food and Nutrition Services began the greenhouse effort more than six years ago. It is being financed by grants from Healthy Food for Denver Kids and the U.S. Department of Agriculture, along with bond funding from Denver voters and other district funds.



Thanksgiving Recipes from our table to yours

Kara's Thanksgiving Stuffed Mushrooms

Most years, my family enjoys a Thanksgiving feast hosted by my Aunt, Mindy. Mindy always asks me to bring an appetizer to round out the spread. This particular recipe has become a favorite for our family's Thanksgiving event. **BONUS:** They are vegetarian and lower in fat and calories than your traditional stuffed mushroom.

Ingredients:

- Cooking spray
- 1 ½ pounds medium-size fresh button mushrooms (about 30 mushrooms)
- 1 tablespoon olive oil
- 1 tablespoon chopped garlic
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ¼ cup plus 3 tablespoons whole-wheat panko (Japanese-style breadcrumbs), divided
- 4 ounces 1/3-less-fat cream cheese
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 tablespoon chopped fresh thyme
- 1 ounce Parmesan cheese, grated (about ¼ cup), divided



Directions:

- 1- Preheat oven to 400 degrees F. Lightly coat a rimmed baking sheet with cooking spray. Remove stems from mushrooms and reserve. Lightly brush any dirt from mushroom caps and stems. Arrange mushroom caps, stemmed sides up, on prepared baking sheet. Chop stems.
- 2- Heat oil in a large nonstick skillet over medium-high. Add chopped mushroom stems, garlic, salt and pepper; cook, stirring often, until mushrooms soften and turn golden brown and moisture has evaporated, about 6 minutes. Add ¼ cup of the panko; cook, stirring often, until panko is light golden, about 1 minute. Add cream cheese, parsley, thyme and 2 tablespoons of the Parmesan; remove from heat, and stir until combined.
- 3- Spoon 1 heaping teaspoon mushroom mixture into each mushroom cap. Stir together remaining 3 tablespoons panko and 2 tablespoons Parmesan in a small bowl. Working with 1 at a time, gently dip the stuffed tip of each mushroom cap in panko-Parmesan mixture to lightly coat; return to baking sheet. Lightly coat tops of stuffed mushrooms with cooking spray.
- 4- Bake in preheated oven until tops of mushrooms are golden brown and mushrooms are soft, 20 to 22 minutes.

Nutrition Facts

Serving Size: about 3 mushrooms Per Serving: 75 calories; protein 4g; carbohydrates 7g; dietary fiber 1g; sugars 2g; fat 4g; saturated fat 2g; calcium 38mg; potassium 229mg; sodium 184mg.

Thanksgiving Recipes from our table to yours - cont.

Green Bean Bundles (A Faricy Family Thanksgiving tradition)

For the last 20 years I have enjoyed these bundles of bacony, green bean goodness as part of Thanksgiving dinner thanks to my mother in law. I don't know the history behind these, but they have been a staple in my husband's family for as long as he can remember. As we have branched off and started hosting our own Thanksgiving dinners, and even as the traditional dinner has morphed into a non-traditional one (no one really likes turkey enough to justify cooking one), these still continue to make it to the table.

Ingredients

- 3 cans* whole green beans (15 ounce cans), drained well
- 1lb bacon (do not use thick cut), cut in half (you should get about 30 pieces)
- 1 cup brown sugar
- 1/2 cup butter, melted
- 1/2 teaspoon garlic salt

Directions

Preheat oven to 350 degrees. Line a 9x13 inch sheet pan with parchment paper. Wrap about 7 beans in each slice of bacon. Place seam side down on sheet pan.

Combine butter, brown sugar and garlic salt. Drizzle over bean bundles.

Bake uncovered at 350° for 30 minutes.

*Canned green beans are a must. Do not use fresh beans.





Thanksgiving Recipes from our table to yours - cont.

Turkey Wing Greens from Chef Brandon

- 2 Smoked Turkey Wings
- 6 cups Water
- 1 ½ Tablespoons Chicken Base
- 2 Tablespoons Olive Oil
- ½ Onion (julienne cut)
- 1 Tablespoon Garlic
- 2 bundles Collard Greens (large stem removed, washed, strained, and cut into strips) about 4 cups
- 2 bunches Mustard Greens (large stem removed, washed, strained, and cut into strips) about 4 cups
- ¼ cup Pickle Juice
- 2 Tablespoons Red Wine Vinegar
- 1 Tablespoon Worcestershire Sauce
- ½ teaspoon Hot Sauce
- 1/8 teaspoon Black Pepper
- 1/8 teaspoon Cajun Seasoning

In a 4-6 quart stock pot, simmer turkey wings in water, and reduce by two-thirds. (2 cups remaining)

Strain stock, let wings cool, and pick meat from one of the wings.

Add oil, onions and garlic to stock pot and return to medium high heat.

Add greens 2 cups at a time, stir, cover 2-3 minutes, and repeat until all greens are wilted.

Return stock, unpicked turkey wing, and picked turkey wing meat to the stock pot, also add the remaining ingredients.

Cover, reduce heat, and simmer for 20 – 25 minutes.

Serve family style in a large dish with whole turkey wing in the middle for a little extra meat to go with you greens.





Thanksgiving Recipes from our table to yours - cont.

Molly's Favorite Pumpkin Roll

PUMPKIN CAKE INGREDIENTS:

- 3/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- 1/4 teaspoon salt
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 cup granulated sugar
- 2/3 cup pumpkin puree
- powdered sugar (to sprinkle on at the end)

CREAM CHEESE FILLING:

- 1 (8 ounce) brick cream cheese, room temp
- 1 cup powdered sugar, sifted
- 6 tablespoons butter, softened
- 1 teaspoon vanilla extract



INSTRUCTIONS: Preheat oven to 375° F.

Line a 15 x 10-inch jelly roll pan with parchment paper, leaving an extra 1-inch of parchment sticking up on both 15-inch sides of the pan so that you can easily lift the cake out after baking.

Whisk together flour, baking powder, baking soda, pumpkin pie spice and salt in a large mixing bowl until combined.

In a separate bowl, whisk eggs and granulated sugar for 1 minute until thick. Add in the vanilla and pumpkin, and whisk until just combined. Fold in the flour mixture with a rubber spatula, and stir together until just combined. Spread the batter evenly into prepared pan.

Bake for 13 to 15 minutes, or until top of cake springs back when touched.

Carefully lift the parchment paper and cake out onto a flat (and heat-safe) surface. Then slowly, use your hands to roll the cake — rolling from the short end to the short end — until it is completely rolled up. Transfer the cake roll to a wire rack, and cool until it reaches room temperature.

While the cake is cooling, make the cream cheese filling.

Whisk together cream cheese, powdered sugar, butter and vanilla extract in a mixing bowl until smooth.

Once the cake has reached room temperature, transfer the cake roll to a flat surface, and carefully unroll it until it is flat again. Spread the cream cheese mixture evenly over cake, leaving a 3/4-inch border on all sides.

Re-roll the cake, gently peeling away the parchment paper as you roll until you can completely remove and discard it. Tightly wrap the pumpkin roll in plastic wrap and refrigerate at least one hour.

Remove and unwrap the pumpkin roll and transfer it to your serving dish. Lightly dust the pumpkin roll on all sides with powdered sugar. **SLICE AND ENJOY!!!!**



Celebrations and Congratulations

With all the struggles that 2020 brought to our daily lives CSNA would like to take some time to focus on the positive!

Each newsletter we will have this space dedicated to celebrate our personal and professional accomplishments.

Please send your celebrations to jodi@colosna.com.

We are looking for all types of congratulatory events ...

- Promotions!
- Graduations!
- Weddings, babies, grandbabies!
- US Citizenships!
- Mountains climbed, marathons ran!
- Happy customer compliments!
- Bucket list items!
- Daily Highlights!
- No event is too big or too small ... send it over and we'll add to the list



The **2022 FAME Rising Star Award** winner is Shannon Solomon, School Foodservice Director, Aurora Public Schools, Aurora, Colorado. Over the last 4 years, Shannon has opened three new schools in the district, managed two renovations for safety and efficiency, and completely overhauled catering for the district. Shannon's excellent work ethic and incredible attitude is how this dynamo rose through the ranks at Aurora Public School from kitchen manager, supervisor, assistant director to director. During her time at Aurora, Shannon was featured on Food Network's 'Chopped' after catching the eye of a "Cook for America" training program that teaches

cooks how to make industrial food delicious.

For over 30 years, the FAME Awards have recognized outstanding heroes in K-12 foodservice who raise industry standards by tackling challenges and making a difference within their school districts and communities. The selection committee was made up of 2021 FAME Awards winners, the School Nutrition Association President and industry media partners.

The 33rd Annual FAME Awards ceremony will be held virtually during the School Nutrition Conference on Wednesday, January 26th from 5:00 to 5:45 EST. For more information about the FAME Awards and the 2022 winners, visit <https://www.baffoodservice.com/fame-awards/>.



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