

# April Child Nutrition Newsletter



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Waste Warrior presents interactive, impactful activities to connect with Gen Z's passion for social activism.

With environment-friendly festivities including Earth Day and Compass Group's Stop Food Waste Day throughout the month of April, Chartwells K12 celebrates Waste Warrior with a month focused on sustainability

# Recipes, Fun Facts

## Cauliflower, Rice-Style, with Mushrooms

Step	Ingredients	12 Servings
1	Celery, Fresh	AP 1/3 cup
	Spanish Onions	AP 2/3 cup
	Garlic Cloves, Peeled, Fresh	AP 2 tsp
	Button Whole Mushrooms, Fresh	AP 1 lb, 8 oz
	Cauliflower, Fresh	AP 1 lb, 2 oz
	CK12 APL Base, Vegetable, Gluten Free, Unilever, Knorr 84151017	AP 1/4 Can#1
2	Canola Oil	AP 1/4 cup
	Kosher Salt	AP 1 tsp
	Ground Black Pepper	AP 1 tsp

### Preparing the Ingredients

- 1) Cut the celery and onion into small dice.
- 2) Mince garlic clove(s).
- 3) Slice mushrooms thin (including the stem).
- 4) Peel leaves off of the cauliflower and chop into small bite sized pieces.
- 5) Cut the whole head of cauliflower into quarters (leaving florets and stem attached) and grate on a box grater using the medium sized holes.
- 6) Prepare the required amount of vegetable broth using the vegetable base - following manufacturers instructions.
- 7) Heat the oil in a skillet over medium heat.
- 8) Add the onions and celery and cook until tender and then add the minced garlic. Cook for about 30 seconds.
- 9) Add mushrooms and sauté until tender and then add the grated cauliflower, chopped cauliflower leaves and broth. Cook until liquid is absorbed and cauliflower is tender but not mushy.

## CAULIFLOWER RICE FUN FACTS

**1.** Riced cauliflower has a similar consistency to actual rice and has more nutrients such as potassium and calcium. It also contains significantly fewer calories and carbohydrates.

**2.** Cauliflower is a member of the brassica family, joining broccoli, kale, and cabbage. Cauliflower is great for our bodies because it is packed with Vitamin C, which helps our bodies fight off colds.

**3.** Cauliflower comes in several colors including white, green, purple, and orange.

**4.** The head of the cauliflower is the most commonly eaten part of the plant, but the stalk and leaves are edible as well.



# Events to look forward to this Month

**Tuesday, April 2, 2024**

Discovery Kitchenn Event at Desert Oasis Elementary school from 10:45a-1:30p inside the cafeteria, sampling Potato wedges seasoned

**Saturday, April 13, 2024**

Food Distribution, Stella Farmers Market 7am-9am at Arizona Desert Elementary School

**Tuesday, April 23, 2024**

Arizon Desert launches our global eats with different recipes that potential go in the menu

**Thursday April 25, 2024**

Meet and Greet our Celebrity Chef on these sites:

Arizona Desert: 10:30 AM - 11:30 AM

Desert Oasis: 11:50 AM - 12:45 PM

**Friday April 26, 2024**

Meet and Greet our Celebrity Chef on these sites:

Sheely Farms: 10:30 AM - 11:30 AM

Porfirio H. Gonzales: 11:50 AM - 12:50 PM

**Saturday, April 27, 2024**

Food Distribution, Stella Farmers Market 7am-9am at Arizona Desert Elementary School

MS. MELISSA ACOSTA  
DIRECTOR OF DINING SERVICES  
623-256-8723

[MELISSA.ACOSTA@COMPASS-USA.COM](mailto:MELISSA.ACOSTA@COMPASS-USA.COM)