Cafeteria Connection

Connecting you to your child's school lunchroom

SUBSTITUTE APPLESAUCE, **MASHED BANANAS, OR CANNED** PUMPKIN FOR OIL OR BUTTER

in muffins or quick breads. These substitutes have the amazing ability to keep baked goods moist without adding fat to the recipe.

FLAVOR FOODS WITH HERBS AND SPICES instead of reaching for salt and sugar. Here's a few savory and sweet suggestions for you to experiment with:

SAVORY

Black pepper Garlic or onion powder Rosemary Sage Oregano **Thyme**

SWEET

Cardamom Ginger Cinnamon Nutmeg Cloves





SIMPLE **RECIPE SWAPS**

for the Holidays

The holidays are a time for family friends — and lots of food. You can make your favorite recipes a bit healthier without compromising taste or flavor by swapping out a few ingredients. We encourage you to try some of the swaps that we use to make school meals healthier in your home cooking and baking this holiday season.

Deciding between turkey or ham? **ROASTED TURKEY TYPICALLY** HAS LESS SODIUM THAN HAM, SO OPT FOR TURKEY if you have the choice. Of course, it depends on how the turkey is seasoned, so if you're cooking the bird, use more herbs and spices and less salt.

USE CHICKEN OR VEGETABLE STOCK instead of butter and cream

when making mashed potatoes.

WHOLE-WHEAT FLOUR CAN BE SUBSTITUTED FOR UP TO HALF OF THE

WHITE FLOUR a recipe calls for when baking without affecting the texture or taste. Whole wheat flour will add fiber and nutrients to your treat.



TRY WHOLE GRAIN BREAD INSTEAD OF WHITE BREAD in your

stuffing recipe to give the fiber content a boost. Adding veggies like onions and celery or fruits like diced apple or dried cranberries will not only increase the nutrition factor, it'll boost the flavor.

