

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.

1

2

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

3

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.

4

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.

6

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.

5

USE CHICKEN OR VEGETABLE STOCK instead of butter and cream when making mashed potatoes.



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