



# Eat. Learn. Live.

## the GREEN issue

Chartwells-Thompson Dining Services @ St. Louis Public Schools

April 2011

# earthmonth

## Join us April 30, 2011 for a Community Gardening Day!

As part of the SLPS School Garden Program, this event is a day of community service for local volunteers from the SLPS and St. Louis community to come together and help improve the teaching gardens at the Gateway Complex, which houses over 900 elementary, middle and special education students. Attendees will be digging, planting, painting kiosks, cleaning the pond, and repairing garden beds. Food and beverages for all volunteers provided by Chartwells-Thompson, and Gateway Greening will be providing a "back porch gardening" seminar as well. Bring yourself, your family, your garden gloves and join us!

**Saturday, April 30, 2011 \* 8:00am—Noon**  
**Gateway Complex, #2 Gateway Drive, St. Louis, MO 63106**

You may RSVP with Erin Polacek at (314)381-4155 OR [erin.polacek@compass-usa.com](mailto:erin.polacek@compass-usa.com)  
No RSVP needed though—just you!

## What's On Our Plates this Month?

We believe that the health of our eco-system is directly connected to the health of our communities and people who live in them. Acting responsibly is part of our company DNA and we are committed to offering foods that are earth, body and community friendly.

In support of that position, we are committed to the following:

- Buying local products to support family farms
- Serving seafood that comes from sustainable sources
- Promoting Certified Humane cage-free eggs
- Purchasing poultry produced without the routine use of human antibiotics
- Providing milk that is free of artificial growth hormones
- Implementing waste reduction practices to minimize environmental impact
- Offering packaging made from renewable resources
- Promoting Customer and Compass Associate Nutrition, Health & Wellness

## Being a FLEXitarian is Easier Than You Think

A Flexitarian is someone who actively incorporates meals with plant based protein into his/her diet in place of meat and other animal proteins, but isn't necessarily a vegetarian. By making a slight change in our diet and simply eating one meat-free meal a week (just ONE!), we can make an impact on both our health and the environment. How easy is that?!

Why be a Flexitarian? Incorporating other proteins in your diet gives your body more variety. Dry beans and peas (kidney, pinto or garbanzo beans, black-eyed peas and lentils) are excellent sources of plant-based protein, and also provide other important nutrients such as iron and zinc. They are also excellent sources of dietary fiber and nutrients such as folate that are low in the diets of many Americans. Some nuts and seeds (for example flax and walnuts) are also good sources of essential fatty acids and some (sunflower seeds, almonds and hazelnuts) provide skin-improving Vitamin E.

Want a more sustainable future? By eating more meals including plant-based proteins, we can use our fork as a powerful tool against global warming and pollution. According to a report from the United Nations, raising animals for food is responsible for more greenhouse gas emissions than all worldwide transportation systems combined. The Environmental Defense Fund also reported that replacing just one chicken meal per week with a vegan meal prevents as much greenhouse gas emissions as taking more than half a million cars off the road.



Think vegan meals are not for you? Think again! Meatless meals can be so tasty, you won't miss the meat. This April Compass Group welcomes Dawn Jackson Blatner RD, LDN, author of The Flexitarian Diet, as a guest expert on the Be a Flexitarian Facebook Fan Page. Become a fan and take the pledge today to "Be a Flexitarian" by eating at least one or more meat-free meals per week. Benefit from Dawn's tips and nutritional expertise every day in April. The Flexitarian Facebook page will be updated to include delicious new Flexitarian recipes, as well as quick tips on easy ways to enjoy earth friendly foods! Join the growing number of individuals, families and institutions pledging to improve their health and the health of our planet. Challenge your customers to take the pledge today!

## Ten Easy Ways to Be a Flexitarian

1. **Veggie Burger.** Grill a veggie burger and enjoy it with all the classic toppings such as ketchup, mustard and pickles.
2. **Hummus.** Enjoy hummus as a dip for veggies or as a sandwich spread.
3. **Pasta.** Toss canned white beans (rinsed & drained) into your favorite pasta dish for extra protein & fiber.
4. **Burrito.** Make a fast and flavorful burrito with canned low-fat refried beans, shredded lettuce, tomato and guacamole in a whole wheat or corn tortilla.
5. **Morning Scramble.** Mash tofu with a pinch of turmeric and sauté with baby spinach and pesto for a quick morning scramble.
6. **Chili.** Heat canned vegetarian chili and pour on a baked potato and broccoli for a healthy meal in a hurry.
7. **Stir-Fry.** Make a speedy stir-fry by adding frozen veggies, frozen pre-cooked brown rice, frozen edamame and low-sodium teriyaki sauce to a hot wok or pan.
8. **Pita Pocket.** Toss vinaigrette with canned lentils (rinsed and drained), shredded carrots, chopped cucumber and sliced red bell pepper and stuff mixture into a whole grain pita.
9. **Trail Mix.** A quick 150-calorie snack: Combine 1/4 cup of soy nuts with one Tbsp of raisins.
10. **Salsa.** Mix together canned black beans (rinsed and drained) with salsa for a satisfying tortilla chip dip.

## Celebrating Nutrition in March with Guest Chefs & Dietitians



Preferred Meal Systems, Inc.  
Quality food and service, simplified.



To help us celebrate National Nutrition Month in March, we called upon our sister and partner companies in the St. Louis area to visit our schools in the form of Guest Chef events and classroom presentations by dietitians. The chefs showcased their talents at six SLPS high and middle schools, treating students to a range of exciting and healthy dishes, while six elementary classrooms enjoyed fruit and veggie tastings and fun exercises to help learn about nutrition and healthy eating habits! Big thanks to Eurest, Morrison, Thompson Hospitality and Preferred Meal Systems!



Chef Roger Cox from Eurest at the Gateway Center in Collinsville, IL (right), threw out some beads and treated students and staff at Northwest to a Mardi Gras meal of Chicken Jambalaya with Jalapeno Cornbread. (Pictured here with Chartwells-Thompson associate, Kurt Spires, left)



Executive Chef Aaron Dudzik from Morrison Hospitality at St. Louis Children's Hospital wowed the students and staff at McKinley with Braised Beef and Peppery Greens



Executive Chef Chad Crabtree from Morrison Hospitality at Barnes-Jewish Hospital in St. Peters spent the day at Compton-Drew to make his special BBQ Chicken Pita Pizzas with Caramelized Onions, Green Apples and Fresh Cilantro.



Cooking Up Change winners and Clyde C. Miller Career Academy culinary students DeShaun Isaiiah (center) and LaMore Wise (far right) joined the cafeteria staff to prepare and serve their winning main dishes: Upside Down Taco Salad with Mexican Rice. (Pictured here with Chartwells-Thompson associate James Wilson, far left)



Executive Chef Anthony Davare (pictured right) from Morrison Hospitality at SLU Hospital and Executive Chef Terrell Goodwin from Gateway Medical Center (left) brought some excitement to Beaumont with Chef Anthony's signature Chicken Enchiladas, Spanish Rice and Seasoned Peas with Onions.



Executive Chef Jose Gonzalez from Thompson Hospitality garnishes his vegetarian Roasted Vegetables and Pasta dish with grated parmesan for the students at Roosevelt High.



Account Manager Alison Henderson and Dietitian Sara Firsin of Preferred Meal Systems celebrated National Nutrition Month with students at Gateway Elementary, teaching them to eat a rainbow of healthy fruits and vegetables. Representatives from Preferred, including Pam Maes, Clare Keating and Chef Thomas Jones presented to three classes, including Pre-school, 3rd and 4th grades, and tasted colorful produce such as broccoli and blueberries. (pictured, L-R: Pre-schooler Marcus Tittsworth tastes a blueberry while Jada Lanasa bites a fresh carrot; Henderson and Firsin pose with the Pre-School class; Antanee Mallory takes an enthusiastic bite of her broccoli)

Morrison Hospitality Dietitians from Children's Hospital and BJC St. Peters, Marsha Flowers and Lindsay Farb, stopped by Kennard Elementary to speak with Pre-school and Kindergarten classes about healthy eating habits. Students like Naomi Griffith (above, right) tasted cauliflower, learned about fruits and veggies and jumped around as part of a giant salad (above, left)!





## Associate Star of the Month: Georgene Moore



Resident District Manager, George Nash,  
Georgene Moore, ADDS Kelly Myers

Congratulations to Georgene Moore, Associate Star of the Month for April. Georgene is faced with a unique challenge at Metro High School: because the students are allowed to go off-campus for lunch, the school cafeteria not only competes with an

abundance of eateries within walking distance of the school (including Rally's, Arby's, Crazy Bowls & Wraps, McDonald's, Qdoba, Pizza Hut, Wing Street, Jack In the Box, Schnuck's grocery store, China Wok, etc.), but also vending machines and food from home. When given so many options, and warmer weather inviting students to get outside during their lunch break, it is very difficult to entice them to stay inside and eat with us.

In an attempt to boost sales, Georgene took student input and started to run "menu specials" throughout the week (with nutritional and cost approval). The principal, Dr. Moore, advertised her specials during morning announcements and she took the opportunity when speaking with students during lunch to talk up the next day's menu. When she ran recipes such as her Turkey Meatloaf, BBQ Hotdogs and Homemade Lasagna, she was able to boost participation just through

word of mouth, and often had latecomers asking about dishes that had been talked about by friends. As we continue to implement a number of unique strategies to increase participation at Metro (interactive cooking demos, expansion of a la carte/snack items and service times), Georgene maintains positive momentum and demonstrates a strong commitment to her students. She has taken initiative to use her extensive knowledge of school food service (she has been in this business for over 30 years) to help create menus, provide input on student preferences, train other employees and serve as a great marketing representative who is constantly gauging students through conversation and engagement.



A great way to help support sustainability is to purchase locally-grown fruits and vegetables. In Missouri, our growing season for produce does not start to flourish until the end of May, or even into June. We have started to meet with our local farmers to discuss which fruits and vegetables are projected to do well this summer and in the coming fall, so that we can better plan our menus for the 2011-2012 school year. Look for our reports and updates on local produce throughout the

Spring, which will be in both this newsletter and on our website at [www.chartwellsschooldining.com/SLPS](http://www.chartwellsschooldining.com/SLPS). Also keep an eye out for the freshest local produce in your St. Louis area grocery stores, most of whom should start to carry these items around the end of May.

## Flexitarian Recipe: Tomato and Chipotle Black Bean Cakes

From *Vegetarian Cooking for Everyone* by Deborah Madison

### Ingredients (Serves 6 to 8)

#### For the bean mix

1 tablespoon safflower oil  
1/2 each onion, finely diced  
28-ounces canned black beans, rinsed  
1 teaspoon chipotle chile in adobo or ground chipotle chile or to taste  
1 cup chopped tomatoes  
4 each cilantro sprigs  
Salt

#### For the cakes

4 cups bean mix  
2 teaspoons ground cumin  
1/2 cup grated smoked cheese  
1/2 cup chopped cilantro  
Salt  
Juice of 1 lime, or to taste  
Vegetable oil for frying  
Flour and fine cornmeal for dusting  
Sour cream cilantro sprigs and salsa for garnish

#### To prepare the bean mix:

Heat the oil in a roomy skillet or saucepan over fairly high heat. Add the onion and saute for 4 or 5 minutes to soften. Add the beans, chile, tomatoes and cilantro; lower the heat and simmer for 15 to 30 minutes. If the beans are dry, add a bit of water to mildly moisten the mixture. Season to taste with salt.

#### To prepare the cakes:

Drain the beans and roughly mash or puree them. Add the cumin, cheese, cilantro, salt and lime juice to taste. Refrigerate for at least 15 minutes, then form into cakes about 1/2" thick and 3" across. Dust with flour and place on waxed paper. (If they are difficult to handle, return them to the refrigerator until firm.) Heat enough oil in a heavy skillet to generously cover the bottom. Dust the cakes with cornmeal, then fry over medium heat until they form a crust, about 10 to 12 minutes on each side. Keep warm in a 200 degree oven until all are done. Garnish with a spoonful of sour cream and sprigs of cilantro and serve with salsa.

Thank you to our friends at Thompson Hospitality for providing the Tomato and Chipotle Black Bean Cake recipe this month.



## Growing a Healthy Partnership



Expanding on the wellness solutions offered to our clients and customers through Balance, we have partnered with the EatingWell Media Group. The EatingWell Media Group is a fast-growing, independent communications company producing an award-winning national consumer magazine, high-quality food and nutrition-related books, a content-rich website and e-mail newsletters.

The EatingWell name is nationally known and respected for healthy, delicious recipes and accurate wellness information. Bringing this wellness brand into your café will generate excitement and improve perceived value in the growing area of healthy dining.

A number of resources are available to our clients, customers and associates through this partnership, including:

On the Balance website: [balancecompass-usa.com](http://balancecompass-usa.com):

- 500 calorie meals such as the Wok-Seared Chicken & Vegetable recipe below.
- Healthy recipes
- Nutrition and sustainability articles



## Wok-Seared Chicken & Vegetables (Kadhai Murghi)

This colorful stir-fry combines green bell pepper, orange carrots and red onion along with spice-coated chicken for a delicious result. The cooking happens quickly, so it's a good idea to measure out and prepare all the ingredients in the recipe before you fire up the wok. Enjoy the smoky aromas that emanate from the pan and the combination of spices that will excite your taste buds.

### Ingredients

- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 tablespoon cornstarch
- 3/4 teaspoon salt
- 1/2 teaspoon ground turmeric
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch cubes
- 3 tablespoons canola oil, divided
- 2 large carrots, cut into 1/4-inch-thick slices
- 1 large green bell pepper, cut into 1-inch cubes
- 1 small red onion, cut into 1/2-inch cubes
- 4 large cloves garlic, thinly sliced
- 3 dried red chiles, such as Thai, cayenne or chile de arbol, stemmed
- 1 tablespoon lime juice
- 1/2 cup firmly packed fresh mint leaves, finely chopped



### Nutrition Per Serving

Serves 4 at 1 1/4 cups each

Calories:	271
Carbohydrates:	13g
Fat:	14g
Saturated Fat:	2g
Monounsaturated Fat:	8g
Protein:	25g
Cholesterol:	63mg
Dietary Fiber:	4g
Potassium:	513mg
Sodium:	524mg

### Preparation Steps

1. Grind coriander, cumin and fennel seeds in a spice grinder (such as a clean coffee grinder) or a mortar and pestle until the mixture resembles coarsely ground pepper. Transfer to a medium bowl and add cornstarch, salt and turmeric; stir to combine. Add chicken and stir until coated with the spice mixture.
2. Preheat a wok or a well-seasoned cast-iron skillet over high heat. Add 2 tablespoons oil. When the oil is shimmering, add carrots, bell pepper, onion, garlic and chiles. Cook, stirring, until the vegetables begin to brown, 4 to 6 minutes. Transfer to a plate.
3. Reduce heat to medium-high and add the remaining 1 tablespoon oil to the pan. Add the chicken and seasonings from the bowl and cook, stirring, until no longer pink in the middle, 5 to 7 minutes. Stir in the vegetables, lime juice and mint and cook until heated through, about 30 seconds.

Serve over Brown Rice with a squeeze of lime. Total meal calories with this addition: 435



## Food Focus: Garbanzo Beans

Garbanzo beans, also known as chick peas, are high in protein, complex carbohydrates, iron, and fiber- a winning combination if you're looking for a satisfying energy food.

### Interesting Facts on Garbanzo Beans:

They are the most widely consumed legume in the entire world!

In India, unripe chickpeas are often picked out the pod and eaten raw as a snack and the leaves are eaten as a green vegetable in salads.

### Try Garbanzo Beans:

- In a salad
- In place of meat in a casserole or stew
- Grind them up to make delicious hummus and dip fresh veggies, whole wheat crackers or pita bread
- Cooked, ground, shaped into balls, and fried as "falafel."



## The Veggie Diary:



Henry Ford once said, "Failure is only the opportunity to begin again more intelligently." That being said, let us all take a moment of silence to mourn the passing of my vegan experience. Time of death was 12:32p.m. on a Saturday in March, cause of death: a \$10.95 Shrimp Platter.

There is another saying out there about "everything in moderation," and I believe

## The End of One Woman's Journey to the Greener Side of the Plate

that a lack of moderation may have contributed to the demise of my vegan resolve. Some people can swiftly erase all things meat from their diets as easily as pressing the delete button on a keyboard. Apparently I'm not one of those people, because I missed it. No, I *craved* it. For months, I defiantly ate my meatless lunches and watched as my coworkers devoured their burgers, sandwiches, chicken salads and leftovers from Sunday dinners. I proudly stirred cinnamon and apples into my oatmeal at weekend brunches, trying to ignore the intoxicating and smoky aroma of my friend's thick-cut bacon strips. But on that one fateful day, I could no longer show such restraint. No salad, no veggie burger—no matter how good—would do. My brain, my body, I think even my inner soul were all telling me that I needed that shrimp.



After the carnage subsided and I nearly licked the plate clean, I regrouped and evaluated my experience. I think I finally realized that cutting out meat "cold turkey" wasn't the way to go for me. Flexibility

seemed to be the key and would make all the difference between a healthy balance of foods in my diet and a seafood feeding frenzy you only see on Discovery Channel's "Shark Week." I like the term "Flexitarian." Consciously building meatless meals into my weekly menus is a far more reasonable choice for me. This is my opportunity to begin again, this time more intelligently—knowing that I need balance, not the complete annihilation of any food group.

Thank you for joining me in my experience. I hope you enjoyed reading about it and maybe saw a little inspiration to go meatless once in a while (unless you already are a vegetarian or vegan—in that case, please forgive me). I had fun chronicling my vegan adventures, and all of the ups and downs that came along. Speaking of downs, let's have one last moment of silence . . . This time, for the shrimp. May they be resting in that giant bowl of cocktail sauce in the sky.

*The Veggie Diary is submitted by a contributing writer to this newsletter. Information in this article is the experience of the author. We support and encourage our customers to explore a variety of healthy eating habits.*

## April Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Diversity Month	National Diversity Month	National Diversity Month			1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22 <b>Happy Earth Day!</b>  Furlough Day No School	23
24	25	26	27	28	29	30 Gateway Complex Gardening Day 

 Please consider the environment before you print this newsletter. But if you do print, please pass along to someone else or recycle when finished.

Our passion for good food isn't limited to the cafeteria. Together with balanced, delicious meals, we offer an exciting range of educational tools that help your students make wise, informed decisions. "Eat. Learn. Live." is the foundation of all that we do in school foodservice education.



Chartwells-Thompson Dining Services at St. Louis Public Schools  
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