



MORLEY CELEBRATES NATIONAL SALAD BAR DAY

WEDNESDAY, OCTOBER 16, 2013

This Wednesday, eight elementary schools across West Hartford will be celebrating National Salad Bar Day with dishes prepared by our wonderful team of GGS chefs, as part of the Chefs Move to Schools program. This salad bar program is part of a larger campaign, led by Growing Great Schools and West Hartford Nutrition Services. The goal of the campaign is to bring fresh, local ingredients to the school lunch menus, through lunch tastings and cooking demonstrations, and for all schools to have access to weekly salad bars.

On the menu for Wednesday is Apple-Potato Soup**, homemade Pumpkin Bread, Apple Salad** and Cranberry-Poached Pears. Our chef, Billy Grant from Grants and Bricco Restaurants, will also be making Kale Chips**, which will be passed out to kids to sample.

If you have any questions, please contact Sally Mancini at smancini326@gmail.com or Liz Isaacs at episaf@comcast.net.

For more information on Growing Great Schools, please visit
www.growinggreatschools.org

**Please see recipes for these items on the back of this flyer.

Apple-Potato Soup

1 onions, sliced
2 T oil
1 large celery root bulb, peeled and cubed
2 large apples, peeled, cored and cut
1 medium russet potato, peeled and cut
1 can cannellini beans, drained and rinsed
½ cup apple cider
3 cups water (approximately)
1 tsp salt
½ tsp ground pepper
½ cup whole milk

Cook onions in oil over low heat until tender. Add in apples, celery root, potatoes, beans, cider, salt and pepper and enough water to cover everything. Simmer for 45 minutes until everything is tender. Add milk. Puree. Check seasoning and consistency. Makes 6-8 servings.

Kale Chips

1 bunch kale, washed and thoroughly dried
2 T olive oil
Sea salt, for garnishing

Preheat oven to 275 degrees. Remove ribs from kale and cut into 2 inch pieces. Lay on baking sheet and toss with olive oil and salt. Bake until crisp, turning leaves halfway through, for about 20 minutes. Serve immediately.

Apple Salad

½ cup plain yogurt
Zest of ½ lime
Juice of ½ lime
1 tsp kosher salt
½ tsp ground white pepper
1 Tablespoon honey
1 celery root bulb, also known as celeriac, peeled and julienned
6 local apples, sliced
¼ cup toasted pumpkin seeds

Whisk together the first five ingredients to make the dressing in a stainless steel bowl. Toss in the remaining ingredients and mix well to coat the apples evenly with the yogurt. Store in a covered container in refrigerator. Makes 1 ½ quarts.