

The Scoop

April 2021



Earth Month

Dear Saint Mary's Community,

In April, we have a lot planned to celebrate the earth. We'll be featuring local foods on Earth Day and showcasing creative ways to keep edible food out of landfills all month long, culminating on Stop Food Waste Day on the 28th. We'll also be celebrating baseball opening day with a slide into sliders event and offering another Teaching Kitchen. Good luck with your preparations to finish up the semester!

Sincerely,
Your Chartwells Team



Upcoming Events



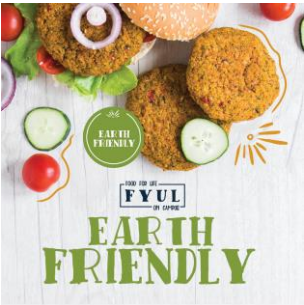
Slide into Sliders

Location: Toner Dining Hall
April 1st @ 11:30AM – 1:30PM



Teaching Kitchen

Location: Toner Dining Hall
April 9th @ 2:30PM – 3:30PM



FYUL: Earth Friendly

Location: Toner Dining Hall
April 14th @ 11:30AM – 1:30PM



Superfood: Chia Seeds

Location: Toner Dining Hall
April 20th @ 11:30AM – 1:30PM



Earth Day Dinner

Location: Toner Dining Hall
April 22nd @ 5PM – 7:30PM



Stop Food Waste

Location: Toner Dining Hall
April 28th @ 11:30AM – 1:30PM

Recipe Inspiration

With Sarah Nicklay MS, RD, Chartwells Dietitian

Kale Shaker Salad with Chia Seed Dressing

Ingredients

Salad

- 2 cups Shredded Kale
- 1/2 cup Spring Mix
- 1/2 cup Beets, roasted, peeled, 1/4" dice
- 1/2 cup Beet greens, julienne
- 1/2 cup Broccoli stem 1/4" dice, lightly steamed
- 2 Tbsp Dried cranberries
- 1/4 cup Cooked Quinoa
- 2 Tbsp Feta Cheese, crumbled



Lemon Chia Seed Dressing

- 2 Tbsp Olive oil
- 1 Tbsp Lemon juice
- 1 Tbsp White balsamic vinegar
- 1 Tsp Honey (or agave)
- 1 Tsp Chia Seeds
- Pinch of salt & pepper

Directions

1. Rinse uncut produce in fresh water. Preheat oven to 375°F – cut the stem off the beets, reserve the greens, roast in oven for about 40 minutes, let cool, peel and 1/4" dice.
2. Peel broccoli stem, dice and lightly steam.
3. Rinse quinoa well in a mesh strainer, cook according to package directions. Reserve
4. Remove the ribs/stem from each kale leaf. Tear or chop the kale into bite-sized pieces, then sprinkle with a pinch of salt. Pour olive oil in your hands and work your way through the kale, massaging the leaves until they darken in color and tenderize.
5. Make dressing: combine olive oil, lemon juice, balsamic vinegar, honey or agave, and chia seeds in a small bowl or jar. Whisk until well combined. Season with salt and black pepper, to taste.
6. Divide ingredients into two 16 ounce mason jars with lids. Shake!

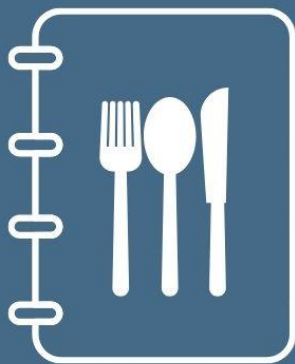


Follow along with the video
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DINE ON CAMPUS APP



*Menu
including
nutrition and
ingredients*



Hours



Specials

DOWNLOAD IT TODAY!



Feedback

DINEONCAMPUS.COM/SAINTMARYS

Marinara Sauce from Scratch

**Friday April 9th 2:30-3:30 PM
@ Toner Dining Hall**

Join us to learn how to make this classic Italian sauce. The class is FREE and you get to take home what you make!

**To sign up
email
snicklay@
smumn.edu**



Retail Specials

Every Monday, curly fries or tater tots are offered!

Every Thursday in the Cardinal Club, there will be a new special. Stop in or check our social media to stay updated!

Hot Wing Challenge Highlights



National Nutrition Month



Spring Broke



Teaching Kitchen – Sushi



youfirst



Real People Committed to Service



Collin Petschow and Justin Wieczorek: Collin is a cook and Justin is the Sous Chef in the dining hall. They've both been picking up a lot of slack and putting in extra effort recently. Thanks for all your hard work!

Congratulations to our seniors- Christina Haile, Kati Keller, Jasmine Benavidez, Allie Grengs, and Nick Winkler!



youfirst principle:

Chartwells' associates provide a Wow experience every day, every meal and for every guest.