

Food for Thought

Official Newsletter of the 9055 Teaching Kitchen

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Chef of the Month: Richard Linthicum

Our *Chef of the Month* for November is Richard Linthicum! Richard has been cooking with Ms. Janice for almost 3 years. During that time, he has become so independent that he needs little assistance. Come by and watch him prepare dinner: he is famous for greeting everyone by name. Be sure to congratulate Richard for his hard work.



Tasting Tuesday!

October 30th
we tried
Candy Corn!

71% liked it 😊

20% didn't like it 😞

9% wouldn't try it ❌



Thanksgiving 2018

...is just weeks away

If you, or someone you work with or care for, is looking to make a contribution to the Thanksgiving feast, you have come to the right place for adapted recipes. All our pictorial recipes are banked on the CSS website under the “Cooking” tab. Along with cornbread, stuffing, and vegetable side dishes, there are also a number of great dessert recipes.

Dinner by Me: Garlic Green Beans



1. Melt 2 tablespoons butter and 2 tablespoons olive oil in tabletop skillet.



How about our green beans with your Thanksgiving meal?

Dinner by Me: Super Rich Corn Bread

1. Preheat oven to 400 degrees.
2. Spray oil on baking pan.
3. In mixing bowl add cornbread mix and 1 milk box to bowl.
4. Add 1/3 cup oil to mixing bowl



Our cornbread recipe is fabulous!

Dinner by Me: Ranch Carrots




1. Preheat oven to 400 degrees.
2. Put on gloves.
3. On a baking sheet, use your gloved hands to grease a bag of baby carrots with olive oil.




Ranch carrots go great with turkey!

Stuffing




1. Preheat oven to 350 degrees. Spray a baking pan with oil.
2. Tear loaf of bread into tiny pieces until entire mixing bowl has been filled.




Stuffing is a classic for a reason!

Snacks: Apple Pie



1. Heat oven to 400 degrees.
2. Peel 10 apples.

10



Apple pie instead of pumpkin this year?