



# SHOP TALK

A Twice-Monthly Newsletter for our Team. January 15, 2023

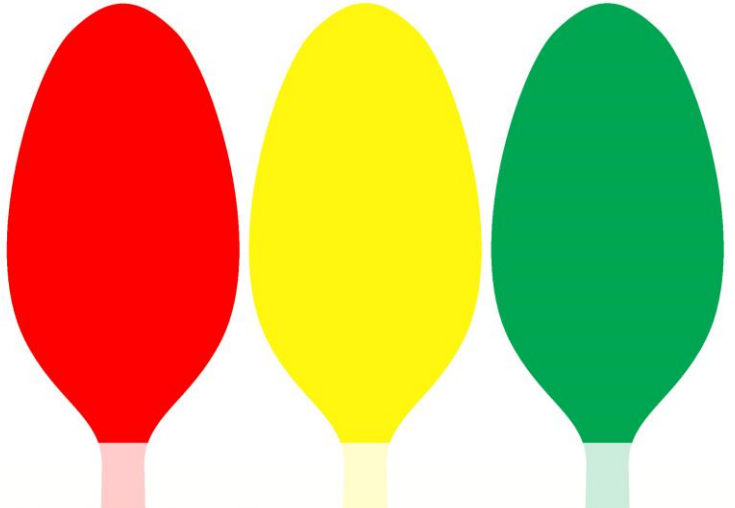
To achieve anything, you must start by doing something.  
*anonymous*

“To build a strong team, you must see someone else’s strength as a complement to your weakness and not a threat to your position or authority.”  
*Christine Caine*

“If you want to lift yourself up, lift up someone else.”  
*Booker T. Washington*

“Great things in business are never done by one person; they’re done by a team of people.”  
*Steve Jobs*

A team is not a group of people who work together but a team is a group of people who trust each other.”  
*Simon Sinek*



**GO GREEN!**  
Our Go Green wellness menu program is back! The new, improved program will not only provide more choices for our customers but will also allow you all the freedom you’re accustomed to when developing menus. Read on for more details.



- IN THIS ISSUE:**
- Go Green Recipes (carrot indicated)
  - Dumb newspaper headlines
  - Rodney Dangerfield is back!

# So, What's a Go Green Menu?

That's the name of our healthy choices menu program. It's designed to allow our customers to make the best choice for them when at mealtime.

How does it work?

Food items are color-coded on the menu and on the serving line. You're all familiar with the green, yellow and red serving utensils? Well here's what they mean:

CALORIES PER SERVING		
Entrees	Sides	Snacks
400 or Less	100 or Less	200 or Less
400 - 600	100 - 300	200 - 300
600 or More	300 or More	300 or More

The colors relate to the table above, so when a guest reaches for a utensil, he/she will know at a glance whether it's the healthiest choice or not. It's still their choice of course; this just helps them to make an **informed** choice.

Same with the menu itself. It's color-coded so they can plan their choices even before they go to select their meal.

## What's the Deal with the Menu?

The menu isn't a standard menu; it's YOUR menu. Rather, it's a collaboration. We have prepared a basic menu with choices from all color categories on it.

YOU make the changes that work for your location. We know that not everyone and every platform will want the same things, and we also









want our Stewards to have the freedom and flexibility to make changes as needed.

So we provide the menu and ask you to go through it and make changes for each day and each meal. Make it yours.

The key, however, is to swap an item out for the same "color". For example, in the sample menu below, our Steward deleted corn dogs and made a change to offer pizza. Same color item.

After you go through it and make your changes, send the menu to us and we prepare you a new, color-coded menu with your changes.

You post it in the dining room where it can be seen. Pretty simple.

LUNCH	
<b>Entrees</b>	
	Pulled Chicken BBQ Sandwiches
	Wings
	Patty Melt Burgers
	Hot Dogs & Chili Sauce
	<del>Corn Dogs</del> PIZZA
<b>Sides</b>	
	Corn on the Cob
	BBQ Beans
	Dirty Rice

If you have any questions just call Mark at the office and he'll be happy to help you.



## MEDITERRANEAN KALE

Finally, we figured out what to do with kale other than smoothies! 😊

- 12 cups chopped kale
- 2 Tbsp lemon juice
- 1 Tbsp olive oil, or as needed
- 1 Tbsp minced garlic
- 1 tsp soy sauce
- salt to taste
- ground black pepper to taste

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer.
- Cover, and bring the water to a boil over high heat.
- Add the kale, recover, and steam until just tender, 7 to 10 minutes depending on thickness.
- Whisk together the lemon juice, olive oil, garlic, soy sauce, salt, and black pepper in a large bowl.
- Toss steamed kale into dressing until well coated.
- Transfer to a shallow half pan for serving.

## WHITE CHICKEN CHILI

Makes about 1 gallon

- 4 Tbsp cooking oil
- 2 each large onions, diced
- 3 cans hominy, drained
- 2 lbs great northern beans
- 2 quarts chicken broth
- 2 lbs chicken, cooked and cubed
- ¼ cup cilantro, chopped
- 1 Tbsp ground cumin
- 1 tsp black pepper
- 1 lb Swiss cheese slices

- Cook the beans in well-salted water until just done. They should be firm and not creamy or broken up.
- In a stockpot, cook onions in oil until soft.
- Add remaining ingredients except the cheese, bring to a boil and reduce to a simmer. Cook for a few minutes until everything is heated through.
- Stir in the cheese slices 1 or 2 at a time and heat until blended.
- Remove and serve.



# CHICKEN & OKRA GUMBO

2	each	whole fryers
1 1/2	gallons	water
2	cups	flour
1 1/2	cups	oil
4	cups	large onions, diced
2	cups	celery, diced
2	cups	bell pepper, diced
2	Tbsp	garlic, minced
2	each	bay leaves
2	lbs	smoked sausage, sliced
2	lbs	okra, sliced, thawed
1/2	cup	green onions, sliced
1	Tbsp	Tabasco
1	Tbsp	Tony's or other cayenne
1/4	tsp	salt and pepper

- Cook the chicken in the water until tender. Remove the chicken, cool and debone. Set the meat aside.
- Make a dark roux with oil and flour, then add onions, pepper, garlic and celery, and sauté until tender.
- Slowly add stock, blending with wire whip as you do.
- Add andouille, bay leaves, okra and seasonings and simmer about half an hour.
- Stir in the chicken, cook until meat is tender and hot; remove.
- Add green onions and place in insert pan.



# SEAFOOD GUMBO

Pay attention to the oyster liquid (liquor) in this recipe. It makes a difference, and you probably just discard it, right?

3	cups	oil
3	cups	flour
6	cups	onions, diced
3	cups	celery, diced
3	cups	bell pepper, diced
1/2	cup	garlic, minced
9	quarts	seafood stock
	all	oyster liquor from a half gallon container
5	lbs	gumbo shrimp
2 1/2	lbs	andouille or smoked sausage, sliced
1	lb	crab meat (claw is fine)
1	bunch	green onions, sliced
2	tsp	garlic powder
1/2	tsp	cayenne (or more as needed)
4	each	bay leaves
1	tsp	Tabasco



- Make a dark roux with flour and oil, add onions, bell pepper and celery; cook until wilted and then add the garlic. Cook two minutes more.
- Add the andouille and cook until well blended.
- Start adding stock slowly while stirring with wire whip to blend. Bring to a boil, reduce to a simmer and cook about 20 minutes.
- Add the crab meat, seasoning, and oyster liquor and cook another 10 or 15 minutes. Check the seasonings and adjust as needed.
- Stir in the shrimp, bring to a low boil and cook 5 minutes or until the shrimp are cooked. Remove bay leaves.
- Stir in the green onions, check the seasonings once again and remove.



## Chicken Enchilada Soup



Maybe it's a stew, or a chili or a soup. Does it matter if it's good? Serve with shredded cheddar and sour cream. Makes about 2 gallons

## Potato Salad (Reduced Fat)



Serves about 25

7	lbs	potatoes, peeled
1	cup	sour cream or Plain yogurt
2	cups	mayonnaise
1/3	cup	sweet relish
1/3	cup	mustard
1 1/2	tsp	cayenne
12	each	eggs, hard boiled, peeled and chopped
1	cup	green onion, sliced

- Dice the potatoes in 1" cubes, then boil until tender, drain and put in a bowl.
- While warm, partially smash for a lumpy mixture that's somewhat smooth.
- Let cool, then sprinkle seasonings lightly onto potatoes, stir in and then add remaining ingredients.
- Blend together and transfer to a serving pan. Optionally you can cool before serving.

2	each	large onion, diced
3	cans	black beans
3	cans	navy beans and
3	cans	kernel corn, drained
3	cups	tomato sauce
5	cups	chicken stock
3	cans	Ro-tel
1	28 oz	can whole tomatoes, crushed, with liquid
3	packs	taco seasoning mix (or 4 ounces)
1	Tbsp	ground cumin
3	lbs	boneless chicken thighs or breasts, or a mix

- Put all ingredients in a stockpot, bring to a boil and then reduce to a simmer. Cook until chicken is done enough to shred. Remove chicken to cool, then shred into large pieces.
- Return chicken meat to the soup; cook another half hour to an hour.
- Remove from heat and serve.

# SALMON, SWEET & SPICY



Simple and tasty, this is a great alternative on steak day or with seafood. Makes 12 servings.

12	each	salmon filets, deboned
1/4	cup	brown sugar (packed)
2	Tbsp	chili powder
2	tsp	ground cumin
1/4	tsp	salt
1/4	tsp	black pepper
		Cooking oil or olive oil

- Combine the spices to make a rub.
- Pat the filets dry then lightly brush with oil.
- Rub each filet with about ½ Tbsp of rub.
- On a griddle heated to 350 F or in a well-seasoned skillet, place the fish – flesh side down – and grill for about 4 minutes.
- Flip the fish and cook another 4 minutes or until done.
- Remove and place in a shallow steamtable pan. If you like, place on a bed of rice pilaf or grilled vegetables.



# DECONSTRUCTED CABBAGE ROLLS



- 2 pounds ground beef
- 1 large onion, chopped
- 1 small head cabbage, chopped
- 2 (14.5 ounce) cans diced tomatoes
- 1 (8 ounce) can tomato sauce
- ½ cup water
- 2 cloves garlic, minced
- 2 teaspoons salt
- 1 teaspoon ground black pepper

- Heat a Dutch oven or large skillet over medium-high heat. Cook and stir beef and onion in the hot Dutch oven until browned and crumbly.
- Drain and discard grease.
- Add cabbage, tomatoes, tomato sauce, water, garlic, salt, and pepper and bring to a boil.
- Cover Dutch oven, reduce heat, and simmer until cabbage is tender, about 30 minutes.
- Remove and transfer to a shallow steamtable pan.
- Serve with rice and that's the whole enchilada! (well, the whole cabbage roll).

Note: Everything is better with bacon.

# HOMESTYLE MEAT LOAF

- 2 each eggs
- $\frac{2}{3}$  cup milk
- 2 tsp salt
- $\frac{1}{4}$  tsp black pepper
- 3 slices bread, crumbled
- 1  $\frac{1}{2}$  lbs ground beef
- 1 each onion, chopped
- 1 cup shredded Cheddar cheese
- $\frac{1}{2}$  cup shredded carrot
- $\frac{1}{4}$  cup brown sugar
- $\frac{1}{4}$  cup ketchup
- 1 Tbsp prepared yellow mustard

- Preheat oven to 350 F
- Whisk eggs, milk, salt, and ground black pepper in a large bowl.
- Add crumbled bread and stir until dissolved.
- Mix ground beef, onion, Cheddar cheese, and carrot into bread mixture; transfer mixture to a 9x5-inch loaf pan.
- Combine brown sugar, ketchup, and mustard in a small bowl; spread over meat mixture.
- Bake in the preheated oven until no longer pink in the center, 1 to 1  $\frac{1}{4}$  hours. IT should reach at least 160 F in the center of the loaf.



## APPLE CINNAMON WHITE CAKE

- $\frac{1}{3}$  cup brown sugar
- 1 tsp ground cinnamon
- $\frac{2}{3}$  cup white sugar
- $\frac{1}{2}$  cup butter, softened
- 2 each eggs
- 1  $\frac{1}{2}$  tsp vanilla extract
- 1  $\frac{1}{2}$  cups all-purpose flour
- 1  $\frac{3}{4}$  tsp baking powder
- $\frac{1}{2}$  cup milk
- 1 each apple, peeled and chopped

- Mix brown sugar and cinnamon together.
- Cream white sugar and butter together.
- Beat in eggs, 1 at a time, until incorporated; add vanilla extract.
- Combine flour and baking powder; stir into creamed butter mixture.
- Mix milk into batter until smooth.
- Pour half the batter into the prepared loaf pan; add half the apples and half the brown sugar mixture.
- Lightly pat apple mixture into batter.
- Pour the remaining batter over apple layer; top with remaining apples and brown sugar mixture. Lightly pat apples into batter; swirl brown sugar mixture through apples using a finger or spoon.
- Bake at 350 F until a toothpick inserted in the center of the loaf comes out clean, 30 to 40 minutes.

# MORE DUMB HEADLINES...



## Committee appoints committee to appoint committee

By Meghann Ackerman  
STAFF WRITER

Although the final decision is nearly a year off, the Newton School Committee is starting the process of hiring a replacement for Superintendent Jeff Young.

At a meeting last week, the School Committee agreed to hire a consultant to help in the nationwide search and to form a search committee made up of school and community representatives to

Several School Committee members, including Geoff Epstein, said getting the word out about the committee would be the best way to attract people with expertise in many areas.

"I think there's a great interest. There's a lot of people out there with great talent who aren't part of any identifiable group," Epstein said.

Last week, the School Committee talked about a tentative



"I was so ugly my mother used to feed me with a slingshot."

"I have good-looking kids. Thank goodness my wife cheats on me."

"I haven't spoken to my wife in years. I didn't want to interrupt her."

"I told my psychiatrist that everyone hates me. He said I was being ridiculous. Everyone hasn't met me yet."

"The other night a mugger took off his mask and made me wear it."

"My wife and I were happy for twenty years. Then we met!"

"I asked my old man if I could go ice-skating on the lake. He told me, 'Wait til it gets warmer.'"

"I could tell that my parents hated me. My bath toys were a toaster and a radio."

"I had a lot of pimples too. One day I fell asleep in a library. I woke up and a blind man was reading my face."

## Dog saves owner's life after cat starts fire

GREENVILLE, Maine — Thumper, a black Lab, is getting credit for saving a Greenville man when a fire swept through his home.

When a fire started Sunday in Roland Cote's converted two-story garage, Thumper grabbed him by the arm to wake him.

Cote said the fire investigator believes the blaze was started when Princess, the family cat, tipped over a kerosene lantern.

Cote says he and his pets escaped safely, but he says Princess did get her tail singed by the flames.

AP

## SOUTH HAVEN

## City unsure why the sewer smells

By KRISTIN HAY  
H-P Correspondent

Stickland said he will discuss the strategy of putting a non-toxic smoke into the sewer to detect the path of the offensive gas emanating from basement drains.

SOUTH HAVEN — The tests have been inconclusive in trying

## Planes forced to land at airports

By Ben Baeder  
STAFF WRITER

A notice released Monday morning warned those planning to fly small, pri-

EL MONTE — Air Force fighter jets on Monday chased two small airplanes out of restricted

