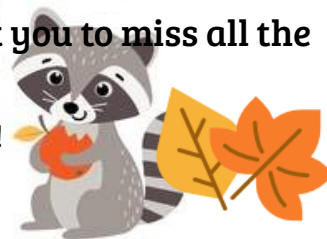


Red Clay Café Special Event Calendar



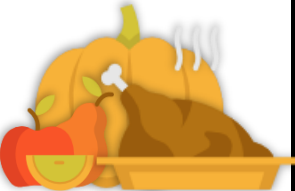

Check out Red Clay Café's Special Event Calendar!
Whether a special event, holiday or a national food day, we don't want you to miss all the fun happenings in the cafeteria!



Follow us @RedClayCafe on Facebook, Twitter & Instagram!



November is National Pepper Month!

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31 Fall Spooktacular Meal!	1 New Menu Item! Chicken Fajitas 	2
5 Teacher In-service No School Today	6 Election Day - No School 	7	8	9
12 Veteran's Day Observed No School Today 	13	14 Thanksgiving Meal! 	15	16
<h1>Thanksgiving Break</h1>				
26	27	28 National French Toast Day! 	29	30

Pepper Month

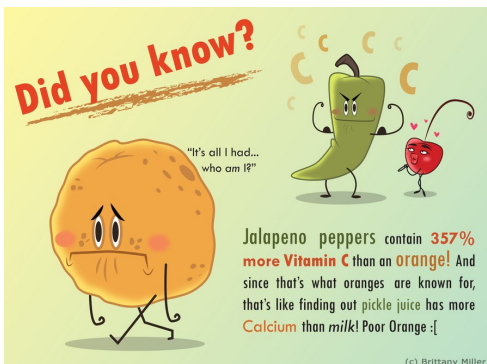


Where in the World?

Peppers are native to Mexico, Central America and Northern South America. The seeds were imported to Spain in 1493 and the mild bell pepper was cultivated in the 1920's in Hungary.

Pepper Nutrition Facts

Fresh raw Bell Peppers are mainly composed of water (92%). Red Bell peppers are loaded with Vitamins and Minerals to keep you healthy! Red Bell Peppers contain 169% of the RDA for Vitamin C. They are also high in Vitamin A (Beta-Carotene) which is converted to Vitamin A in the body!



Joker's Corner

What does a nosey pepper do?



Answer: Gets jalapeno business!

Easy Chicken Fajitas

(Being Served in Red Clay Cafeterias on November 1st!)

Yield: 4 Servings

Ingredients:

- 1 lb. Chicken Breasts
- 2 1/2 tsp Fajita Seasoning (homemade recipe below)
- 1 TBSP Olive Oil
- 3 Bell Peppers (Differing Colors), Thinly Sliced
- 1 Large Onion, Thinly Sliced
- 8, 6-inch Flour Tortillas
- Fixings (Salsa, Guacamole, Sour Cream, Lettuce & Tomato)

Directions:

Rinse and Pat dry chicken breasts and sprinkle with fajita seasoning, evenly on both sides. In large skillet, add 1/2 TBSP of olive oil and sauté chicken until no longer pink inside (~8 minutes). Once chicken is cooked through, remove from pan and set aside. Add additional olive oil and sauté peppers and onions until tender-crisp and take off of heat. Cut chicken diagonally into strips and distribute Chicken and Pepper & Onion Mixture onto warmed tortillas. Top with your favorite Fajita Toppings!

Make it into a fajita bowl and serve over white or brown rice!

Homemade Red Clay Fajita Seasoning

- Makes 1 1/4 C. Seasoning Mix
- 1/3 C. Chili Powder
- 3 TBSP; 2/3 tsp. Paprika
- 2 TBSP; 2 tsp. Brown Sugar
- 1 TBSP; 1 tsp. Oregano
- 1 TBSP; 1 tsp. Cumin
- 1 TBSP; 1 tsp. Garlic Powder
- 1 TBSP; 1 tsp. Onion Powder
- 1 TBSP; 1 tsp. Black Pepper

Stir to combine and store in an air-tight container.

Fun Pepper Facts

- Since peppers have seeds and come from flowering plants, they are actually considered a fruit!
- Bell Peppers come in a variety of colors: green, red, orange, yellow, white and purple!
- The color and sweetness of bell peppers depends on it's ripeness. Red Bell peppers are sweetest and more commonly, the most ripe.
- Did you know? Only mammals are sensitive to capsaicin, the molecule that makes peppers spicy. Birds are immune to the spicy sensation.



Produce Tips:

Peppers should be well shaped, firm and glossy. Skin should be taut and unwrinkled and their stems fresh and green. Bell peppers are the best taste-wise when they feel heavy for their size. Avoid peppers with soft or sunken areas, slashes or black spots.