



The

# Dish

With the  
GWAAR  
Nutrition Team



November 2024

## Regional Fall Training Thank You!

A big shout out to all of you who helped with the Fall Trainings!

We look forward to working with you next year.



## Local program highlights

Here are just a few of the examples of activities happening around Wisconsin. Share your events and ideas for generating more interest and engagement.

### Pop-Up Events

*Waushara County's Pop Up Pizza Party*

With live music, a range of side dishes and dessert, we bet a lot of attendees at Waushara County's recent Pizza Party were singing "that's amore!"

### Nutrition Program and Volunteer videos

*Racine County ADRC Nutrition Program page:*  
[https://adrc.racinecounty.com/site/457/nutrition\\_program.aspx](https://adrc.racinecounty.com/site/457/nutrition_program.aspx)

Check out this video promoting the program and volunteer opportunities:  
<https://youtu.be/uPueUtOF7C0>

*ADRC of Door County*

This promo video features home delivered meals:  
<https://youtu.be/sBqBjufuK-g>

### Newsletter Articles and Presentations

*ADRC of Brown County page:*

<https://adrcofbrowncounty.org/healthy-eating/>

Check out [ADRC Presents](#) outreach to do presentations to the community.

<https://adrcofbrowncounty.org/adrc-presents/>

## Webinar: Plate Waste Interventions That Work

*December 4, 12:00 p.m.*

Join chefs from Leanpath and US Foods to learn how plate waste can be reduced with:

- Waste-aware menu engineering ideas
- Diner messaging that works
- Easy operational changes
- Technology interventions

### Webinar registration:

<https://info.leanpath.com/chefs-roundtable-plate-waste-interventions-that-work>

## GWAAR Nutrition Team calls—Join us!

### Network Call on Cost Efficiency Ideas for the Nutrition Program

*Thursday, December 12, 1:30 p.m.*

[Join Teams meeting link](#)

Meeting ID: 216 003 895 575

Passcode: eh96Hw2H

Dial in by phone

[+1 608-338-1382,,523851243#](tel:+16083381382)

Phone conference ID: 523 851 243#

### Home Delivered Meal Assessor Peer Sharing Call

*Tuesday, December 17, 2:00 p.m.*

[Join Teams meeting link](#)

Meeting ID: 214 394 008 477

Passcode: dgk4rb

Dial in by phone

[+1 608-338-1382,,685336459#](tel:+16083381382)

Phone conference ID: 685 336 459#

## Featured recipe: Sweet Potato soup and Ying Yang technique

---

For Fall entertaining, try serving a Ying Yang soup, consisting of two contrasting colored pureed soups.

For the best visual effect, pick soups with strikingly different colors, like a creamy white Potato Soup paired with vibrant orange Butternut Squash Soup, or a deep red Tomato Soup with a bright green Spinach or Pea Soup.

### Matching Consistencies

Ensure both soups are pureed to a similar thickness, so they pour smoothly and stay distinct when combined.

### Pouring Technique

Use two measuring cups or small pitchers with spouts to control the pour. Hold them at the same height and pour slowly and evenly, aiming for a neat division down the middle of the bowl.



### Garnishing

For the signature garnish, use thinned yogurt, cream, or balsamic glaze in a squeeze bottle to create contrasting lines on top of the soup.

## Sweet Potato Soup

---

*Makes 4-6 servings*

### Ingredients

2 Tablespoons olive oil  
2 yellow onions, thinly sliced  
2 cloves garlic, minced  
4 cups vegetable or chicken broth  
4 large juiced oranges\*  
2 carrots, chopped  
2 sweet potatoes, Peeled and chopped  
4 tablespoons fresh parsley, chopped  
Salt/Pepper to taste

### Directions

Assemble the soup. Heat a large pan over medium high heat. Add oil followed by onions and garlic, sauté 3 – 6 minutes till fragrant. Add broth, orange juice, carrot, sweet potato, parsley, salt and pepper.

Cover pot and let simmer for 15-20 minutes till potatoes are soft.

Remove from heat and place mixture in blender. Cover the hole on top with a clean towel and blend until smooth and serve.

\*You can use orange juice if needed. A large orange has 2-3 ounces of juice, so add ¼ cup per sweet potato.

*Recipe adapted from April Dawn King*