WELCOME BACK!

Catering had a fun and busy summer hosting large conferences, campus events, and weddings at Avery Point. The campus is buzzing again and we are excited for the start of a new semester! Fall is in the air, which also means seasonal flavors have arrived! Fall also means tailgating parties! Our Moveable Feasts take-out catering menu can help you save time! We have platters, buffalo wings, baked macaroni and cheese, pizzas and much more! Our take-out is great for all those upcoming holiday get togethers as well. In this newsletter you’ll get to meet our catering coordinators, check out new fall menu items and staff share their favorite summer/fall harvest recipes for you to try at home! We look forward to helping you plan your fall events!

A WRAP FOR ALL!

In an effort to accommodate the increase in dietary restrictions and allergies, we have streamlined our menu for the upcoming semester. We will be offering one wrap sandwich to accommodate both vegetarians and vegans!

Vegan Wrap - spinach tortilla, house-made hummus, shredded carrots, fresh green peppers, sliced cucumbers, chopped romaine and sliced tomatoes.

We have also tweaked our recipes to reflect less processed ingredients!

- Replacing American with provolone cheese on our sandwiches reduces your intake of cholesterol, sugar, sodium and saturated fat.

- Chopped Romaine Lettuce will now take the place of shredded iceberg lettuce in our wraps! This means more vitamins and minerals with every bite! Romaine is high in Vitamins A, C and K, folate and fiber!
Meet Our Coordinators

Summer/Fall Harvest Season
Our staff shares their favorite recipes

SAUSAGE & RICE STUFFED ACORN SQUASH
By Dorothy Hamerstrom, Sous Chef

Yield: 4 servings
1 large acorn squash, halved, seeded and trim slightly to sit flat in baking dish
1 pound bulk pork breakfast sausage
1 medium yellow onion, small dice
½ cup celery, small dice
1 ½ cup medium grain
1-2 cup chicken stock rice
½ cup dried cranberries
Salt and pepper to taste
¾ teaspoon nutmeg
½ teaspoon cinnamon
2 tablespoons butter, melted

In large skillet, over med. heat, sauté/crumble sausage for 8-10 minutes, until it begins to brown. Add onions, celery, spices and rice to pan. Over med-low heat, continue cooking for another 5-7 minutes.

Stir in cranberries; remove from heat. Arrange squash halves, cavity side up in sprayed glass baking dish. Fill with generous amounts of skillet mixture, but do not pack. Add ½ cup stock (reserve remainder) to each cavity, cover with foil and bake in 350° oven for 30-35 minutes. Check tenderness of rice; if still underdone, add reserved stock.

Continue baking until rice and squash are just tender. Uncover, drizzle with melted butter and crisp the top of the rice. Halve each piece; serve with favorite salad.

GREEN TOMATO BREAD
By Helen Mesi, Sales Manager

Yield: 2 loafs
3 cups all-purpose flour
⅓ teaspoon baking powder
1 teaspoon baking soda
1 teaspoon salt
2 cups granulated sugar
1 tablespoon cinnamon
2 large eggs, lightly beaten
1 cup vegetable oil
1 teaspoon vanilla extract
2 cups finely chopped out ground green tomatoes- about 2 medium
1 ½ cups chopped pecans

Preheat the oven to 350 degrees. Grease and flour two 8x4 inch loaf pans.

Combine first 6 ingredients in a large bowl; make a well in the center of mixture.

Combine eggs, oil and vanilla; stir well. Add to dry ingredients, stirring until just moistened. Fold in tomatoes and pecans. Spoon batter into prepared loaf pans. Bake for 1 hour until a wooden pick inserted into center of bread comes out clean. Cool in pans on wire rack for 10 minutes. Remove from pans, and let cool completely on wire rack.
GREEN CUCUMBER SALAD (GURKENSALAT)
By Alexis Saucier, Chef

Toss the cucumbers and onions with salt and let rest for 30 minutes.
Squeeze excess moisture from cucumbers.
Stir sour cream, sugar, vinegar, and dill together.
Fold cucumbers and onions into sour cream mixture together.

MEXICAN STREET CORN DIP
By Jessica Stanizzi, Production Manager

Heat oil in a large nonstick skillet or wok over high heat until simmering. Add corn kernels, season to taste with salt, toss once or twice, and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on second side, about 2 minutes longer. Continue tossing and charring until corn is well charred all over, about 10 minutes total. Transfer to a large bowl.

Add mayonnaise, cheese, scallions, cilantro, jalapeño, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.
New Menu Items!
See What’s New This Fall & Beyond

Fall flavors are here!
University Catering added some new seasonal items to the menu for the fall semester!

**CHEF’S SOUP OF THE SEASON**
**Wild Mushroom Bisque**
$3.00 per person

**Chicken Soup with Fresh Spaetzle Dumplings**
$3.00 per person

**SEASONAL DESSERTS**
**Petite Pumpkin Pie Tarts**
Crisp phyllo tarts, spiced pumpkin filling, whipped topping $18 per dozen

**Pumpkin Mousse Cups**
Whipped pumpkin mousse served in edible dark chocolate cups $24.00 per dozen

**Carrot Whoopie Pies** $22 per dozen

**Cinnamon Apple Coffee cake** $30 for half sheet (2 dozen)

NUTS FOR FALL!
Any menu item with candied nuts will now be replaced with maple glazed almonds!

To order, call the Catering Office (860) 486-5053 or email us at catering@uconn.edu.

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MEGAN MORLEY
I’m originally from Ohio. I graduated from Ohio State University with a degree in Hospitality Management in hopes to be an event planner one day. In 2009 I ended my degree with an internship with Dining Services. During my internship I met my husband to be and just fell in love with the area and UConn. I came back in 2010 and worked for the UC Cafes for four great years of supervising and serving up caffeine to UConn students!

In 2014 I accepted a job in Catering and have been here ever since. I enjoy planning and being social so being a coordinator at this wonderful University has been a great pleasure. I love running and being outdoors. I also love to bake healthy delicious treats to eat and share with co-workers.

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