FRUIT THEORY
Cornell University’s Food and Brand Lab has proven that sliced fruit means more kids will choose it. A high school in Palm Beach, FL, tested the theory by slicing and bagging oranges. It worked: an immediate spike in the number of students who chose oranges.

MILLENNIALS WANT...?
“They are a growing consumer group who are looking for a nutritional win-win,” says Deanne Brandstetter, MBA, RD, CDN, VP, Nutrition and Wellness, Compass Group North America. “They want food that enhances energy, that’s not artificial and it has to taste great.”

THE NEW ENGLAND CLASSIC
YIELD: 1 sandwich

INSIDE THE SANDWICH
The most popular, most requested sandwich on the Boston College campus is the New England Classic, available at three dining locations.

“If it’s ever been taken off any menu, there has been an outrage,” says Michael Kann, associate director food and beverage, BC. “Alumni come back just to get this sandwich. It’s iconic. People know it and ask for it.”

What makes it great? It’s the combination of cheese and apple, a real New England thing, Kann says, adding that the sandwich’s one downfall is the high cost of the bread used to make it, but it’s that upgrade that pushes it into sandwich stardom.

- honey mustard, as needed
- 2 slices cran-apple bread
- 4 oz. roasted turkey
- 1 oz. Cheddar cheese
- 2 thin apple slices
- 1 pickle on the side

1. Spread honey mustard on one slice of bread and layer turkey, apple and cheese. Cover with other slice.
2. Grill on a Panini press until cheese is melted. Slice in half and serve hot, with pickle on the side.

Photo and recipe: Boston College Dining Services

BOOK REVIEW
Tupelo Honey Cafe
By Elizabeth Sive and Chef Brian Sonoroku
Andrews McMeel Publishing, 2014
If you weren’t already dreaming of having lunch in the Blue Ridge Mountains, this cookbook will change that.

Tupelo Honey Cafe: New Southern Flavors from the Blue Ridge Mountains draws from the Asheville, NC, restaurant’s take on ‘Mountain South’ cuisine.

New recipes that stir up old memories make this a fun cookbook to read, and a great way to put together some ‘new south’ menu items of your own, no matter how far north you may be geographically.

From Appalachian Eggrolls to Pimento Cheese Fondue, the recipes represent the sense of fun melded with down-home good eating that you find in this part of the country.

There are a lot of great brunch items here; imagine diving into Buttermilk and Tupelo Honey Pancakes and then heading out to hike in the mountains.