



OF THE ARCHDIOCESE OF NEW YORK
A DIVISION OF CATHOLIC CHARITIES COMMUNITY SERVICES

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

NUTRITION KNOWLEDGE

SPOTLIGHT ON: SUGAR SNAP PEAS

ONE OF OUR FAVORITE SPRING TIME VEGETABLES ARE PEAS AND WE PARTICULAR LOVE SUGAR SNAP PEAS BECAUSE THEY ARE SWEET AND CRUNCHY! THESE INEXPENSIVE LITTLE GUYS CAN BE EATEN IN THE SHELL OR OUT OF THE SHELL, BUT BOTH WAYS PACK A YUMMY AND HEALTHY PUNCH. THEY ARE HIGH IN IRON, MANGANESE, AND VITAMIN K THAT ALL WORK TO PROMOTE HEALTHY BONES AND MUSCLES, WHICH IS SUPER IMPORTANT TO KEEP YOU STRONG ENOUGH TO RUN, BIKE, HIKE, AND EXPLORE OUTSIDE NOW THAT THE SPRING WEATHER IS HERE!

HEALTHY FOOD SWAP:

SWAP OUT THOSE TORTILLA CHIPS, WHICH ARE PROCESSED AND LOADED IN SALT, AND INSTEAD USE FRESH BLANCHED SUGAR SNAP PEAS TO DIP IN YOUR HOME-MADE GUACAMOLE OR SALSA. YOU'LL GET FIBER, VITAMINS, AND A FRESH CRUNCHY TASTE! (TO BLANCH PEAS: BRING POT OF WATER TO A BOIL AND COOK PEAS FOR ABOUT 1-2 MINUTES; THEN TRANSFER TO AN ICE-WATER BATH; DRAIN AND SERVE!)

FOOD VS. EXERCISE:

1 SERVING OF TORTILLA CHIPS ARE 150 CALORIES OR 30 MINUTES OF SOCCER

KIDS KORNER:

SPRINGTIME SUGAR SNAP SHELLING SHOWDOWN! DIVIDE YOUR PEAS IN HALF, GIVING ONE HALF TO YOUR KIDDIE AND KEEPING ONE HALF IN FRONT OF YOU. THEN USING KID FRIENDLY KNIVES (OR JUST YOUR HANDS) SHELL THE PEAS, BUT KEEP THE SHELL ON THE SIDE TO COOK WITH LATER. FIRST ONE TO SHELL THEIR WHOLE PILE - WINS THE SHOWDOWN!

TEEN TRACK:

MAKE A SNAPPY SNACK! PESTO SNAP PEAS IS A CRUNCHY, DELICIOUS, EASY AND SNAPPY SNACK MADE IN 5 MINUTES! ALL YOU NEED IS 1/4 CUP BASIL PESTO (STORE BOUGHT OR PRE-MADE) AND 1 POUND SUGAR SNAP PEAS. IN A LARGE POT OF BOILING WATER, COOK THE PEAS UNTIL CRISP-TENDER, ABOUT 4 MINUTES. THEN DRAIN THE PEAS AND TOSS WITH PESTO IN A DISH, SEASON WITH SALT AND PEPPER TO TASTE. HOW EASY AND FAST WAS THAT!?! IT'S THE PERFECT AFTER SCHOOL SNACK FOR YOU AND YOUR FRIENDS OR FOR BETWEEN MEALS ON THE WEEKEND FOR THE WHOLE FAMILY!

RECIPESPRINGTIME SPICY SUGAR SNAP STIR-FRY

INGREDIENTS:

- 1 TBSP COCONUT OIL • 2 POUNDS BONELESS, SKINLESS WHITE MEAT CHICKEN
- 2 GARLIC GLOVES, THINLY SLICES • 1 SERRANO OR JALAPENO CHILE, THINLY SLICED CROSSWISE (OPTIONAL)
- 5 CUPS SUGAR SNAP PEAS (USED SHELLED AND UNSHELLED FROM THE KIDDIE KORNER) • 2 TBSP FRESH LIME JUICE

DIRECTIONS:

1. IN A MEDIUM NONSTICK SKILLET, HEAT OIL OVER MEDIUM-HIGH HEAT. ADD CHICKEN; COOK UNTIL BROWNEED ON ONE SIDE (2-3 MINUTES).
2. ADD GARLIC, CHILE, PEAS, AND 4 TABLESPOONS WATER; COOK UNTIL CHICKEN IS OPAQUE THROUGHOUT, ABOUT 3 MINUTES. SEASON WITH SALT AND PEPPER; STIR IN LIME JUICE.

GET MOVING

NOW THAT ITS FINALLY SPRING, DUSK THOSE BIKES OFF AND TAKE THEM OUT FOR A SPIN! GO FOR EITHER A FAMILY RACE AROUND THE NEIGHBORHOOD OR AN EXTENDED RACE THROUGHOUT THE PARK, WINNER GETS TO PICK WHAT'S FOR DINNER! (THAT STIR-FRY SOUNDS GOOD TO ME!) FOR AN EXTRA SPRINGTIME ACTIVITY, BRING A FRISBEE WITH YOU TO THE PARK AND PLAY A QUICK GAME OF CATCH MID BIKE-RIDE.

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