



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

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

## NUTRITION KNOWLEDGE

### SPOTLIGHT ON: BEETS

WE LOVE BEETS FOR THEIR SWEET TASTE, BRIGHT COLOR AND HIGH AMOUNT OF ANTIOXIDANTS! DID YOU KNOW THAT BEETS COME IN TWO COLORS? YUP, THEY CAN BE FOUND IN EITHER YELLOW OR THE COMMON REDDISH-PURPLE. BUT BOTH COLORS ARE RICH IN TASTE AND NUTRITION! BEETS ARE A GREAT SOURCE OF MANGANESE, FOLATE, AND POTASSIUM, WHICH MEANS THEY WILL HELP YOU GROW STRONG BONES, KEEP YOUR SKIN HEALTHY, AND HELP YOU FOCUS AT SCHOOL AND WORK. BEETS ARE GREAT ROASTED AS A SIDE DISH, IN A SMOOTHIE, PICKLED OR THE PERFECT SALAD ADD-IN FOR AN EXTRA PUNCH OF COLOR AND CRUNCH.

### HEALTHY FOOD SWAP:

SWAP OUT CREAMY RANCH STYLE DIPS FOR BEET HUMMUS INSTEAD. YOU'LL END UP WITH SO MANY MORE VITAMINS, MINERALS, FIBER AND PROTEIN! CHECK OUT TEEN TRACK FOR A RECIPE!

### FOOD VS. EXERCISE:

1 CAN OF SODA HAS 140 CALORIES. THAT'S 30 MINUTES OF SCRUBBING FLOORS!

### KIDS KORNER:

ROASTING BEETS IS A PERFECT KID-FRIENDLY RECIPE AND ALLOWS YOUR FAMILY TO ALWAYS HAVE READY-TO-EAT BEETS IN THE FRIDGE! PREHEAT THE OVEN TO 375°F. LET YOUR KIDDIES GET THEIR SCRUBBING ON, BY CLEANING 3-4 MEDIUM-SIZED BEETS, WITH THE LEAVES TRIMMED OFF. THEN ITS TIME FOR A WRAPPING PARTY, WITH YOUR KIDDIE WRAPPING EACH BEET IN ALUMINUM FOIL. ROAST THE BEETS FOR ABOUT 1-1.5 HOURS, UNTIL TENDER. ONCE THEY'RE ROASTED AND COOLED, YOUR KIDDIE GETS TO PEEL THE FOIL AND THE BEET SKIN OFF EACH BEET. YOU CAN SLICE THE BEETS AND HAVE A COLORFUL SNACK RIGHT THEN, OR LEAVE THEM IN YOUR FRIDGE TO ADD TO YOUR DINNER SALAD. SO MANY BEET-TASTIC KID JOBS IN THIS RECIPE!

### TEEN TRACK:

TURN THE BEET UP WITH THIS NEW TAKE ON HUMMUS! SCRUB, ROAST, PEEL AND SLICE 4 MEDIUM-SIZED BEETS (OR USE THE ONES YOUR FAMILY PLACED IN THE FRIDGE FROM THE RECIPE ABOVE!). PLACE BEETS IN A FOOD PROCESSOR ALONG WITH 1 TBSP LEMON JUICE, 1 SMALL CLOVE OF CHOPPED GARLIC, 1 TSP GROUND CUMIN, AND A PINCH OF SALT AND GROUND PEPPER. PULSE UNTIL SMOOTH. TASTE-TEST THE HUMMUS AND ADD SALT/PEPPER AS DESIRED. THEN PAIR IT WITH SOME FRESH CRUDITÉ OR FIBER RICH CRACKERS FOR A PERFECT AFTERNOON SNACK! YOUR FRIENDS WILL LOVE IT TOO, IF YOU'RE HAVING SOME OVER ON THE WEEKENDS OR FOR A STUDY GROUP.

### RECIPE: BEET BURGERS SERVES 4

#### INGREDIENTS:

- 9 OZ RAW RED BEET, GRATED • 9 OZ RAW YELLOW BEET, GRATED • 1 CUP OATMEAL • 3 EGGS
- 1 SHALLOT, MINCED • 4 TBSP MINCED DILL • 2 TBSP MINCED THYME • 2 TBSP MINCED PARSLEY
- SALT & PEPPER • 1 TBSP CANOLA OIL, FOR PAN FRYING

#### DIRECTIONS:

1. MIX ALL THE INGREDIENTS TOGETHER IN A BOWL, AND LET REST IN THE REFRIGERATOR FOR ONE HOUR.
2. PREHEAT THE OVEN TO 350°F. FORM FLAT EVEN-SIZED CAKES OF THE BURGER MIXTURE WITH YOUR HANDS. HEAT THE OIL IN A SKILLET AND PAN-FRY THE CAKES UNTIL GOLDEN ON BOTH SIDES. TRANSFER THEM TO AN OVENPROOF DISH AND PUT IN THE OVEN FOR 20 MINUTES. SERVE ON TOP OF A GREEN SALAD, OVER SOME QUINOA, OR AS SIDE DISH TO GRILLED CHICKEN.

### GET MOVING

NOW THAT THE SNOW HAS MELTED AND THE SUN IS SHINING, WE ARE STARTING TO CATCH THAT SPRING FEVER! SO LET'S GET OUT INTO THE SPRING SUNSHINE AND TAKING A WALK! LEAVE YOUR METROCARD AT HOME TWICE A WEEK AND WALK (OR BIKE) TO SCHOOL, WORK, FOR ERRANDS, OR TO YOUR FRIENDS HOME. IF IT'S TOO FAR A COMMUTE, TRY GETTING OFF THE SUBWAY OR BUS ONE OR TWO STOPS EARLIER THAN YOU NEED TO AND YOU'LL STILL BE ABLE ENJOY A NICE SUNNY WALK!

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