



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

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

# NUTRITION KNOWLEDGE

## SPOTLIGHT ON: PARSNIPS

NOPE, THOSE AREN'T WHITE CARROTS THAT YOU'RE SEEING IN THE MARKETS, THEY'RE PARSNIPS. THIS ROOT VEGETABLE IS RELATED TO THE CARROT AND PARSLEY AND IS DELICIOUS WHEN ROASTED. THIS VEGGIE IS HIGH IN FIBER SO THEY KEEP YOUR HEART HEALTHY AND HAVE TONS OF OTHER NUTRIENTS LIKE IRON, B VITAMINS AND CALCIUM!

## HEALTHY FOOD SWAP:

WHEN PREPARING FOR ALL THOSE HOLIDAY PARTY HORS D'OUERVES, SWAP OUT THE TRADITIONAL FRENCH ONION DIP THAT IS HIGH IN SUGAR AND UNHEALTHY FATS AND INSTEAD MAKE YOUR OWN GUACAMOLE WITH AVOCADO, DICED TOMATOES, DICE RED ONIONS AND FRESH LIME JUICE AND SERVE IT WITH SLICED CARROTS, PEPPERS, CAULIFLOWER AND WHOLE GRAIN CHIPS. IT WILL BRING A BRIGHT GREEN COLOR TO YOUR APPETIZER STATION AND PROVIDE YOU AND YOUR GUESTS WITH HEART HEALTHY FATS AND FIBER FROM THE VEGGIES!

## FOOD VS. EXERCISE:

1 CUP OF EGGNOG IS 223 CALORIES OR 30 MINUTES ON THE STAIR-MASTER.

## KIDS KORNER:

WE LOVE GIFTS THAT LET THE GIFT GIVER AND RECEIVER DO SOMETHING FUN TOGETHER! SO HERE ARE FEW GREAT COOKBOOK GIFT IDEAS FOR YOUR KIDDIES THAT WILL GET EVERYONE EXCITED ABOUT COOKING TOGETHER! (ALL COOKBOOKS CAN BE FOUND ON AMAZON.COM)

1. THE DISNEY PRINCESS COOKBOOK
2. EATING THE ALPHABET
3. JACK & THE HUNGRY GIANT
4. FOOD FROM FARMS
5. GOOD ENOUGH TO EAT

## TEEN TRACK:

FOR YOUR TEEN WHO MAY BE A LITTLE MORE ADVANCED IN THE KITCHEN HOW ABOUT SOME KITCHEN SUPPLIES JUST FOR THEM OR A MORE ADVANCED COOK BOOK! THESE WEBSITES HAVE A WIDE RANGE OF COOKING SUPPLIES AND APRONS IN FUN COLORS AND GIFT SETS AT VARIOUS PRICE POINTS AND THE COOKBOOKS HAVE FUN AND EXCITING RECIPES FOR A TEENAGER.

1. GROWINGCOOKS.COM
2. CURIUSCHEF.COM
3. TEENS COOK COOKBOOK
4. THE COOKBOOK FOR TEENS
5. ITUNES GIFT CARD FOR THEIR FAVORITE COOKING APPS

## RECIPE: ROASTED PARSNIPS AND CARROTS (SERVES 4)

### INGREDIENTS:

- 2 POUNDS PARSNIPS, PEELED
- 1 POUND CARROTS, PEELED
- 3 TABLESPOONS OLIVE OIL
- 1 TABLESPOON SALT

### DIRECTIONS:

1. PREHEAT OVEN TO 425 DEGREES F.
  2. CUT PARSNIPS AND CARRTOS INTO 1 INCH THICK SLICES, SIMILAR TO A FRENCH FRY SIZE.
  3. SPREAD IN A SINGLE LAYER ON A COOKIE SHEET.
  4. ADD OIL AND SALT AND TOSS WELL.
  5. BAKE FOR 20-40 MINUTES DEPENDING ON THE SIZE OF THE VEGETABLE.
- SERVE IMMEDIATELY.

## GET MOVING:

THE WEATHER IS DROPPING, BUT THAT DOESN'T MEAN OUR ACTIVITY LEVEL HAS TO! PICK A WEEKEND AFTERNOON FOR AN INDOOR FAMILY BY PLAYING A GAME A MUSICAL CHAIRS (SET TO A PLAYLIST CREATED BY YOUR KIDS OR YOUR FAVORITE CHRISTMAS SONGS), CREATE AN INDOOR SCAVENGER HUNT AROUND THE HOME, OR PLAY A GAME OF CHARADES BASED ON BOOKS/MOVIES/TV/PLAYS THAT ALL HAVE AN ACTIVITY BUILT INTO THE TITLE! (LIKE: "DANCING WITH THE STARS")

