

DECEMBER 15, 2014



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

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

NUTRITION KNOWLEDGE

SPOTLIGHT ON: CINNAMON

NOTHING SMELLS MORE LIKE THE HOLIDAYS THAN CINNAMON! AND IT'S MORE THAN JUST A SCENTED TREAT- THIS SPICE HAS TONS OF HEALTH BENEFITS TOO. CINNAMON HAS BEEN SHOWN TO HELP CONTROL BLOOD SUGAR LEVELS THAT CAN HELP PREVENT DIABETES. AND IT ALSO CAN HELP BOOST BRAIN ACTIVITY TO HELP US FOCUS AND THINK CLEARER! SPICE UP YOUR LIFE WITH SOME CINNAMON!

HEALTHY FOOD SWAP:

FOR THIS YEAR'S CHRISTMAS HAM SKIP THE PINEAPPLE SAUCE! IT IS LOADED WITH SUGAR AND SYRUP AND MASKS THE TRUE FLAVOR OF THAT DELICIOUS HAM YOU HAVE JUST BEEN WORKING SO HARD ON. INSTEAD TRY A MUSTARD RUB MADE WITH ¼ CUP SPICY MUSTARD, ¼ CUP WHOLE-GRAIN MUSTARD, ZEST OF 1 LEMON, 1 TBSP OF CHOPPED THYME AND 1 TBSP UNSALTED BUTTER, SOFTENED; WHISK TOGETHER AND SPREAD OVER HAM; LET MARINATE FOR 2 HOURS AT ROOM TEMPERATURE OR OVERNIGHT IN THE REFRIGERATOR. COOK HAM AS USUAL.

FOOD VS. EXERCISE:

2 HOMEMADE S'MORES ARE 268 CALORIES OR 35 MINUTES ROWING ON A STATIONARY ROWING MACHINE.

KIDS KORNER:

MEALS ARE ALSO VISUAL SO GET THE KIDS TO HELP DECORATE YOUR HOLIDAY TABLE. HAVE THEM USE CLEMENTINES, CRANBERRIES AND NUTS IN SHELLS AROUND THE PLACE SETTINGS TO MAKE IT FESTIVE. EVEN BETTER ARE THE SNACKS THAT ARE AVAILABLE RIGHT OFF THE TABLE LATER!

TEEN TRACK:

HAVE YOUR TEEN BE IN CHARGE OF ONE PORTION OF THE MEAL, SIDE DISH, DESSERT, SALAD- ANYTHING. GIVE THEM SOME FREEDOM AND LET THEM SURPRISE YOU!

RECIPE: CINNAMON BAKED APPLES

SERVES 4 (CAN EASILY ADD MORE APPLES/MIXTURE FOR MORE SERVINGS)

INGREDIENTS:

4 SMALL BAKING APPLES (EMPIRE, HONEYCRISP, OR ROME) 1 ½ TABLESPOONS OF WALNUTS, CHOPPED
1 TABLESPOON BROWN SUGAR 1 TEASPOON CINNAMON 2 TEASPOONS UNSALTED BUTTER

DIRECTIONS:

1. PREHEAT OVEN TO 350 DEGREES. WASH AND DRY APPLES. USING AN APPLE CORER OR SMALL PARING KNIFE, REMOVE HALF OF THE APPLE CORE. DO NOT CUT A HOLE ALL THE WAY THROUGH THE APPLE, OR THE STUFFING CONTENTS WILL FALL OUT.
2. MIX THE CHOPPED NUTS, BROWN SUGAR AND CINNAMON IN A BOWL TOGETHER. PLACE THE MIXTURE INTO THE HOLES OF THE APPLES, DISTRIBUTING EVENLY. PLACE ½ TEASPOON OF BUTTER ON TOP OF THE STUFFING OF EACH APPLE.
3. BAKE THE APPLES AT 350 DEGREES FOR 20-30 MINUTES, UNTIL APPLE IS TENDER. SERVE HOT AND ENJOY!

GET MOVING:

MAKE DECORATING FOR THE HOLIDAYS A FAMILY AFFAIR. WHETHER IT'S THE TREE OR LIGHTS OUTDOORS, GET EVERYONE INVOLVED. NOT ONLY IS IT FAMILY TIME BUT IT'S TIME THAT YOU'RE ALL NOT SEATED TOGETHER! THEN, BUNDLE UP AND GO ON A BRISK FAMILY WALK BEFORE OR AFTER DINNER TO CHECK OUT ALL THOSE BEAUTIFUL CHRISTMAS LIGHT DECORATIONS! THE LIGHTS AND DECORATIONS CAN GET VERY CREATIVE AND IT IS A FUN EVENING ACTIVITY THAT'S GOOD FOR ALL THE AGE GROUPS THAT CAN ONLY HAPPEN A FEW WEEKS OUT OF THE YEAR--SO TAKE ADVANTAGE! FUN FAMILY ACTIVITIES LIKE THIS WILL MAKE IT A TRULY MERRY HOLIDAY SEASON!