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

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

## NUTRITION KNOWLEDGE

### SPOTLIGHT ON: VITAMIN QUINOA

QUINOA IS A 'SUPERFOOD' FOR SOME SUPER REASONS! THESE TINY GRAINS HAVE TONS OF PROTEIN AND FULL OF FIBER HELPING TO KEEP US FULL AND SATISFIED WHEN ON THE GO AND IN SCHOOL. BUT THAT'S NOT ALL: THEY ARE ALSO GREAT FOR YOUR SKIN BY HELPING TO KEEP SKIN HEALTHY, IT CAN REDUCE TEEN AND ADULT BREAKOUTS AND IT ALSO HELPS TO GROW HEALTHY AND THICK HAIR. HAVE THIS EASY-TO-MAKE GRAIN INSTEAD OF OATMEAL IN THE MORNING OR AS A GREAT SIDE DISH.

### HEALTHY FOOD SWAP:

SWAP OUT THE WHITE RICE FOR QUINOA. YOU'LL GET LOADS MORE PROTEIN AND FIBER AND A LOT LESS SUGAR IN YOUR BLOODSTREAM!

### FOOD VS. EXERCISE:

1 CUP OF WHITE RICE HAS 204 CALORIES. THAT'S 15 MINUTES OF JUMPING ROPE!

### KIDS KORNER:

WEEKEND MORNINGS ARE MADE FOR PANCAKES! ADD 1 CUP OF COOKED QUINOA TO YOUR SUNDAY PANCAKE MIX AND WATCH YOUR KIDDIES EAT UP ALL THAT SUPERFOOD GOODNESS! LET YOUR KIDDIE ADD IN THE CUP TO THE BATTER AND HELP YOU STIR! FOR SOME ADDED FUN, LET YOUR KIDDIES ADD IN 1 CUP DARK CHOCOLATE CHIPS (65% CACAO OR HIGHER). WEEKEND JUST GOT A WHOLE LOT YUMMIER!

### TEEN TRACK:

LET YOUR TEEN GET THEIR FRY ON! GET YOUR TEEN IN THE KITCHEN WITH A FUN, HEALTHY TAKE ON THE USUAL, FAST STIR-FRY. INSTEAD OF RICE OR NOODLES AS THE BASE FOR THE, SWITCH IT UP WITH SOME QUINOA! THROW IN YOUR FAVORITE VEGGIES WITH PRE-ROASTED CHICKEN OR TURKEY AND NOW YOUR TEEN HAS AN EASY, FAST, HEALTHY DINNER THEY CAN MAKE FOR THEMSELVES OR THE WHOLE FAMILY WHEN YOU'RE RUNNING LATE FROM WORK.

### RECIPE: CAULIFLOWER "MASHED POTATOES" SERVES 6-8

#### INGREDIENTS:

- 4 BURRITO-SIZE WHOLE-WHEAT TORTILLAS, WARMED • 1 CUP SHREDDED ROTISSERIE CHICKEN, WARMED
- 1 CUP BLACK BEANS, RINSED AND WARMED • 1 CUP COOKED QUINOA • 1 CUP GRATED MONTEREY JACK
- 1 CUP FRESH CILANTRO SPRIGS • 1/2 CUP GREEK YOGURT • 1 AVOCADO, SLICED • 1 CUP CORN SALSA

#### DIRECTIONS:

1. TOP EACH LIGHTLY BAKED TORTILLA WITH 1/4 CUP OF EACH OF THE FOLLOWING: SHREDDED ROTISSERIE CHICKEN, BLACK BEANS, QUINOA, MONTEREY JACK, CILANTRO AND CORN SALSA. DISTRIBUTE THE AVOCADO SLICES EVENLY AMONGST THE 4 TORTILLAS AND ADD 2 TBSP OF GREEK YOGURT ON EACH.

2. ROLL THE BURRITOS AND ENJOY!

#### GET MOVING:

EVEN THOUGH THE WEATHER MAY BE KEEPING US INSIDE MORE THAN WE'D LIKE WE CAN STILL GET A MOVE ON! SKIP THE ELEVATORS AND ESCALATORS AND TAKE THE STAIRS! THINK OF HOW MANY ELEVATORS WE OFTEN TAKE, IN AND OUT OF OUR APARTMENT BUILDINGS OR WHEN WE VISIT FRIENDS, UP AND DOWN IN OUR OFFICE BUILDINGS, AT SPORTING ARENAS, DOCTORS OFFICES, EVEN SHOPPING IN MALLS AND LARGE STORES. LOTS A LOT OF GREAT MOVING TIME WE CAN ADD IN BY TAKING THE STAIRS! FIRST ONE TO THE TOP (OR BOTTOM) WINS!