



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

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

NUTRITION KNOWLEDGE

SPOTLIGHT ON: ROOT VEGETABLES

ROOT VEGETABLES GET THEIR NAME BECAUSE THEY GROW UNDERGROUND, HOW COOL IS THAT?! THEY INCLUDE CARROTS, BEETS, PARSNIPS, YAMS, TURNIPS, ONIONS, GARLIC, TURMERIC, GINGER, RADISHES, AND JICAMA. THESE WINTER TIME VEGGIES ARE RICH IN VITAMIN A MAKING THEM REALLY GREAT FOR HEALTHY VISION AND GROWTH, PLUS THEY ARE HIGH IN VITAMINS B AND C, IRON AND FIBER...THAT IS A LOT OF GREAT STUFF COMING FROM THE GROUND! THEY USUALLY HAVE REALLY COOL, FUN SHAPES TOO BECAUSE THEY GROW UNDERGROUND, SO DEFINITELY GO WITH MOM OR DAD TO THE STORE TO HELP PICK SOME OUT!

HEALTHY FOOD SWAP:

SWAP OUT THOSE WHITE POTATOES FOR SWEET POTATOES INSTEAD! SWEET POTATOES HAVE MORE FIBER, VITAMINS AND MINERALS THAN WHITE POTATOES. SO YOU GET A MUCH BIGGER NUTRITIONAL BANG FOR YOUR POTATO BUCK WHEN YOU CHOOSE SWEET OVER WHITE! AND REMEMBER TO EAT THE SKIN!

FOOD VS. EXERCISE:

A SMALL ORDER OF FRENCH FRIES IS 260 CALORIES OR APPROXIMATELY 30 MINUTES OF WALKING UP AND DOWN THE STAIRS.

KIDS KORNER:

TUNE IN WITH YOUR KIDDIES TO WATCH MASTERCHEF: JUNIOR! IT'S A COOKING CHALLENGE SHOW FOR KID CHEFS ON THE FOX NETWORK HOSTED BY AWARD-WINNING CHEF GORDON RAMSEY. WHILE WATCHING, GUESS WHO WILL WIN EACH CHALLENGE, AND ASK YOUR KID TO PICK OUT THEIR FAVORITE DISH TO TWO TO TRY AND RE-CREATE TOGETHER THAT WEEKEND IN YOUR OWN KITCHEN.

TEEN TRACK:

ROOT VEGGIE SMOOTHIE SNACK! CHANGE UP YOUR AFTER-SCHOOL SNACK BY MAKING THIS DELISH SMOOTHIE (MULTIPLY THE INGREDIENTS BY 2 IF YOU WANT YOUR MOM OR DAD TO TRY IT WITH YOU!)

1 CUP SPINACH, 8 OUNCES ORANGE JUICE (100% JUICE), 1 LONG CARROT, 1 GREEN APPLE (CUT OUT THE CORE), ½ CUP OF BEETS...AND BLEND IN YOUR BLENDER. IF TOO THICK ADD ICE CUBES AND BLEND AWAY UNTIL IT IS THE RIGHT THICKNESS FOR YOU!

RECIPE:WHOLE ROASTED CARROTS WITH FRESH GINGER” SERVES 4

INGREDIENTS:

- 1 POUND MEDIUM-SIZED CARROTS, PEELED • ¼ CUP SHREDDED ROTISSERIE CHICKEN, WARMED
- 4 LARGE GARLIC CLOVES, PEELED • SIX 1/4 -INCH SLICES OF FRESH GINGER • 1 TBSP OF CANOLA OIL
- 1 TBSP UNSALTED BUTTER • SALT AND PEPPER

DIRECTIONS:

PREHEAT OVEN TO 400 DEGREES. IN MEDIUM BAKING DISH, COMBINE THE CARROTS WITH THE WATER, GARLIC, GINGER, OIL AND BUTTER. SEASON WITH SALT AND PEPPER. COVER WITH FOIL AND ROAST IN OVEN FOR 30 MINUTES, UNTIL TENDER. UNCOVER AND ROAST FOR ABOUT 30 MINUTES LONGER, UNTIL THE WATER HAS EVAPORATED AND THE CARROTS ARE LIGHTLY BROWNED IN SOME AREAS. TRANSFER THE CARROTS TO A PLATE AND SERVE.

FEBRUARY 15, 2015