

JANUARY 15, 2015



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

THE CYO NUTRITION AND WELLNESS NEWSLETTER.....

NUTRITION KNOWLEDGE

SPOTLIGHT ON: LENTILS

THE LEGUME SUPERHERO! THESE LITTLE GUYS ARE EASY TO COOK, INEXPENSIVE AND WILL GIVE ANY DISH A NUTTY FLAVOR! LENTILS ALSO MAKE ANY WINTER DISH HEARTY AND FILLING BECAUSE THEY ARE HIGH IN PROTEIN, FIBER AND IRON. THEY ARE ALSO GREAT TO BOOST ENERGY LEVELS, SO WHEN YOU HAVE A PRACTICALLY BUSY WORK WEEK, A LOT OF HOMEWORK, AFTER-SCHOOL ACTIVITIES, OR SCHOOL EXAMS...LENTILS TO THE RESCUE!!

HEALTHY FOOD SWAP:

WINTERTIME MEANS SOUP SEASON! NOTHING IS AS WARMING OR COMFORTING THAN A BOWL OF HOT SOUP ON THESE COLD DAYS. SWAP OUT THE CREAM-BASED SOUPS FOR LENTIL SOUP, THE SUPERHERO SOUP! IT WILL KEEP YOU WARM, FULL, HEALTHY AND FULL OF ENERGY!

FOOD VS. EXERCISE:

1 CUP OF FROSTED FLAKE CEREALS ARE 145 CALORIES OR 10 MINUTES OF RUNNING UP STAIRS.

KIDS KORNER:

WINTER IS HERE AND THAT MEANS SNOW! HOW ABOUT BRINGING SOME OF THE PRETTY SNOW INSIDE WITHOUT THE MESS! GET OUT THE KID-FRIENDLY SCISSORS AND SOME WHITE PAPER AND MAKE SNOWFLAKES WITH YOUR KIDS TO DECORATE THEIR ROOM FOR THE WINTER SEASON! IT'S A FUN CRAFTING ACTIVITY THAT WILL GIVE A CHANCE TO HAVE FUN WHILE STAYING WARM INSIDE.

TEEN TRACK:

CREATE A WINTER MUSIC FESTIVAL IN YOUR HOME! GIVE YOUR TEEN 20-30 MINUTES TO CREATE A PLAYLIST WITH AS MANY WINTER-THEMED WORDS IN THE SONG AS THEY CAN THINK OF AND PLAY IT AS BACKGROUND MUSIC AT A FAMILY LUNCH OR DINNER THAT WEEKEND. HERE ARE SOME WINTER-THEMED KEY WORDS TO GET YOUR TEEN GOING: SNOW, WINTER, WINTERTIME, ICE, FROST, FROSTY, SNOWMAN...AND OF COURSE, YOUR TEEN CAN ADD TO THE LIST!

RECIPE: FUN LENTIL FRITTERS SERVES 4

INGREDIENTS:

2 15-OUNCE CANS LENTILS, RINSED, 1/2 CUP CILANTRO LEAVES, 1/2 CUP FLAT-LEAF PARSLEY, 1 CLOVE GARLIC, MINCED
1/2 TSP GROUND CUMIN, 1/2 CUP BREAD CRUMBS, KOSHER SALT & BLACK PEPPER, 2 TBSP OLIVE OIL

DIRECTIONS:

1. IN A FOOD PROCESSOR, PUREE 1 CAN LENTILS WITH CILANTRO, PARSLEY, GARLIC, AND CUMIN UNTIL NEARLY SMOOTH. TRANSFER TO BOWL AND MIX IN BREAD CRUMBS, THE REMAINING CAN OF LENTILS, 1/2 TSP SALT, AND 1/4 TSP BLACK PEPPER. FORM INTO SIXTEEN 1/2-INCH-THICK ROUND PATTIES.
2. HEAT 1 TBSP OF OLIVE OIL IN LARGE NONSTICK SKILLET OVER MEDIUM-HIGH HEAT. WORKING IN 2 BATCHES OF 8, COOK THE PATTIES UNTIL BROWNED, (3-4 MINUTES PER SIDE). ADD THE REMAINING TBSP OF OLIVE OIL FOR THE SECOND BATCH.
3. SERVE HOT AND TOP WITH SOME SUGAR FREE APPLESAUCE

GET MOVING:

BUNDLE UP AND HEAD OUT INTO THE SNOW! YES, YOU HEARD RIGHT—GET OUT INTO THE SNOW! GO SLEDDING, BUILD A SNOWMAN, MAKE SNOW ANGLES, HAVE A FRIENDLY SNOWBALL FIGHT. THERE ARE STILL FUN WAYS TO GET MOVING AND BE ACTIVE, WITH YOUR FAMILY AND FRIENDS, EVEN WHEN THE GROUND IS COVERED IN THE BRIGHT WHITE FLUFFY SNOW.