

NOVEMBER 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: MUSHROOMS

MUSHROOMS USUALLY MAKE THEIR THANKSGIVING CAMEO IN THE GRAVY! AND WHILE THEY GIVE THE GRAVY AND YOUR TURKEY A DELICIOUS FLAVOR, DON'T FORGET TO EAT THE ACTUAL MUSHROOMS TOO! THEY ARE HIGH IN B VITAMINS AND THAT VERY HARD TO GET VITAMIN D AND MORE! THESE LITTLE FUNGI ARE A POWERFUL LITTLE VEGETABLE THAT BOOSTS OUR IMMUNE SYSTEM AND CAN HELP FIGHT OFF COLDS.

HEALTHY FOOD SWAP:

CANNED CRANBERRY SAUCE IS SUPER HIGH IN SUGAR AND SUPER LOW IN NUTRITION. SKIP IT THIS YEAR AND INSTEAD MAKE AN ALL-RED-FRUIT-SALAD FOR A NATURALLY SWEET AND COLORFUL SIDE DISH. DICE UP PLUMS, STRAWBERRIES, AND RED GRAPES AND ENJOY A HEALTHY NEW HOLIDAY ADDITION! NOT THE HOST THIS YEAR? THAT'S OK-SEE IF YOU CAN BRING IT TO THE DINNER ANYWAY!

FOOD VS. EXERCISE:

1 SLICE OF PECAN PIE IS ABOUT 500 CALORIES OR 50 MINUTES OF TOUCH FOOTBALL.

KIDS KORNER:

LET THE KIDS DO ALL THE PICKING! TAKE YOUR CHILD TO THE DOLLAR STORE AND LET HIM OR HER PICK OUT THE COLORS OF THE HULA HOOPS. AND LET YOUR KIDDIE PICK THE GROUPS (WITH EQUAL AMOUNTS OF KIDS AND ADULTS PER GROUP) IF YOU'RE PLAYING WITH A LARGE PARTY!

TEEN TRACK:

PLAYLIST TIME! LET YOUR TEEN CREATE A FUN PLAYLIST TO PLAY DURING THE HULA HOOP CONTEST! THEY'LL GET TO CHOOSE ALL THEIR FAVORITE SONGS AND ARTISTS! IT'S THE FUN WAY TO GET EVERY FAMILY MEMBER INVOLVED IN CREATING THE GAME WHILE GETTING EVERYONE ACTIVE BEFORE THE LARGE MEAL! TIP: 1 MINUTE OF HULA HOOPING BURNS 10 CALORIES! (SO THAT PECAN PIE WOULD NEED 50 MINUTES IN THE HOOP!)

WILD RICE WITH MUSHROOMS

INGREDIENTS:

2 CUPS WILD RICE BLEND 3 CUPS LOW SODIUM VEGETABLE BROTH 3 TABLESPOONS UNSALTED BUTTER
2 TABLESPOONS OLIVE OIL 1 SMALL ONION, FINELY CHOPPED 1/2 CUP CHOPPED TOMATOES 3/4 POUND
MUSHROOMS (ALL BUTTON MUSHROOMS OR MIXTURE) SALT & PEPPER

DIRECTIONS:

1. HEAT 1 TBSP OF THE BUTTER IN A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD THE ONION, A PINCH OF SALT AND STIR TILL SOFTENED (ABOUT 3-5 MINUTES). ADD RICE AND CONTINUE STIRRING-PROCEED TO COOK THE RICE ACCORDING TO THE PACKAGE DIRECTIONS REPLACING THE WATER (IF SPECIFIED) WITH THE EQUIVALENT AMOUNT OF VEGETABLE BROTH. ADD THE TOMATOES FOR THE LAST MINUTE.
2. MEANWHILE, HEAT THE OIL IN A LARGE SKILLET OVER MEDIUM-HIGH HEAT AND ADD THE OLIVE OIL, MUSHROOMS, 1/2 TEASPOON OF SALT AND 1/4 TEASPOON OF PEPPER; STIRRING OCCASIONALLY UNTIL BROWNEED (ABOUT 6-8 MINUTES).
3. FLUFF THE RICE AND FOLD IN THE MUSHROOMS AND THE REMAINING BUTTER.

GET MOVING:

BEFORE THE HOLIDAY MEAL GETS UNDERWAY GET ALL YOUR GUESTS MOVING WITH A HULA HOOP CONTEST! OR HAVE ONE AMONG YOUR IMMEDIATE FAMILY BEFORE HEADING OUT TO YOUR HOLIDAY HOST. IF YOU HAVE A LOT OF GUESTS, THEN DIVIDE EVERYONE UP INTO GROUPS, AND THE WINNER FROM EACH GROUP HULAS AGAIN IN THE FINAL ROUND AGAINST ALL OTHER GROUP WINES! WHOEVER LASTS THE LONGEST WINS THE CONTEST AND THEY GET TO PICK OUT FAMILY DINNER FOR THE NEXT 3 NIGHTS OR PICK OUT A NEW BOOK FROM THE BOOKSTORE!