



# THE SCOOP

## ON NUTRITION



**From Basil Chef of Nutrition**

Volume 6 Number 6

February 2016

## Blending Fruits and Veggies into Child-Friendly Foods

When it comes time to getting your kids to eat their fruits and veggies, few parents have found success by simply placing a plate of broccoli in front of their children and watching them dig in. This is a topic that needs a little creativity. Here are some clever ideas for incorporating fruits and vegetables into more meals.

- What kid doesn't love mashed potatoes? You can make that pile of potatoes work for you by adding some parsnips or cauliflower into the mashed mix.
- Puree some fruit such as pineapples, bananas and strawberries and freeze the blend into ice cube trays with toothpicks in them.
- On spaghetti night, switch out plain old pasta for spaghetti squash. Serve with homemade tomato sauce (you can sneak in some additional veggies by adding some cooked or blended green peppers, spinach, onions and mushrooms and add it to your sauce).
- For a sweet treat, trade out the cookies for yummy, hearty and dense breads like zucchini or banana bread.
- If you are making meat loaf, meatballs or burgers, toss in some grated carrots, grated zucchini or chopped spinach (one cup for every pound of meat).
- The next time you make or order a pizza, try skipping the pepperoni and sausage and add mushrooms, onions, peppers, or broccoli.

For more information visit [www.thenutritiongroup.biz](http://www.thenutritiongroup.biz)

## Chef Basil's Wellness Wednesday

**Tomatoes! They're sweet, juicy, and delicious. This month's taste testing in your child's cafeteria features Stewed Tomatoes. Tomatoes are widely known for their outstanding antioxidant content, including their rich concentration of lycopene, which has been shown to improve bone mass. One serving alone is a good source of Vitamins A, C, K, folate and potassium. Tomatoes are also naturally low in sodium, saturated fat, cholesterol, and calories.**



**Tomatoes make a great snack and can be used to "bulk up" salads, casseroles, sandwiches and other meals. Tomatoes contain a lot of water and fiber, which means they can satisfy your hunger fast without adding many calories!**

## RECIPE

### Stewed Tomatoes

1 28 oz. can diced tomatoes	1/2 Tbsp oregano
2/3 cup onion, diced	1/8 tsp salt
2/3 cup green pepper, diced	2/3 cup water
1/3 cup granulated sugar	2 Tbsp corn starch
1/4 tsp garlic powder	

**Directions: Combine tomatoes, onion, green pepper, sugar and seasonings in a sauce pan and bring to a boil. In a separate bowl mix water and corn starch stirring until smooth. Slowly add the water and corn starch mixture into the boiling tomato mixture. Boil an additional 1-2 minutes.**





# Chef Basil's Wellness Wednesday

## Word Search

Help Chef Basil find these foods made with tomatoes.

### Word List

BARBECUE, BRUSCHETTA, CHILI, CHIPOTLE, JUICE, KETCHUP, LASAGNA, MARINARA, PIZZA, RELISH, SALAD, SALSA, SAUCE, SOUP, SPAGHETTI

C A A R A N I R A M  
O T S S O R D N M P  
C T P A L K G K U I  
H E A L U A X O T A  
I H T S S C S T P T  
P C B A R B E C U E  
O S L W Z H Q D H P  
T U U D G M T P C I  
L R D A L A S E T Z  
E B P J U I C E E Z  
J S R E L I S H K A  
J L T I L I H C J G

Words may be vertical, horizontal, diagonal or backwards and upside down.

# TOMATO FUN FACTS

The small Spanish town of Bunol holds a tomato fight every year! The festival is called La Tomatina, and involves some 40,000 people throwing 150,000 tomatoes at each other!

Tomato juice is the official state beverage of Ohio.

The largest tomato on record was grown in 1986 and weighed 7lbs. 12oz.!

There are more than 7,500 tomato varieties grown around the world.

Tomato seedlings have been grown in space!

Tomatoes come in every color except for blue!

