



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

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Kitchen Helpers

No matter your child's age, it's never too early to start getting them involved in the kitchen! Summer is a great opportunity to teach kids about cooking and allow them to use their creativity while learning new skills.



The Basics (Ages 4-7)

Measuring: Use small measuring spoons or cups

Weighing: Spoon ingredients on to kitchen scales

Mixing: Use a whisk, spoon or (clean) hands to mix ingredients

Washing: Rinse fruits and vegetables

Super Skills (Ages 8-11)

Measuring: Measure larger quantities and practice math skills

Beating: Teach them how to use an electric mixer (when you feel ready)

Cleaning: Help wipe down tables and counters, rinse spoons and small dishes



The Little Chef (Ages 12 and up)

Recipes: Let your child follow simple recipes and brainstorm creative snacks and meals

Equipment: Explain the use of different kitchen appliances and how to safely use them

Shopping List: Allow them to help create a grocery list



Chef Basil's Wellness Wednesday

This month's taste testing in your child's cafeteria features Roasted Sweet Potato Salad. Sweet potatoes are good sources of Vitamin A, Vitamin C, and are full of manganese, calcium, iron and fiber. These orange-fleshed potatoes are also known to be a great source of beta-carotene.



RECIPE

Roasted Sweet Potato Salad

Ingredients:

- 1 Lb. whole fresh yams
- 2 Tbsp onion, fresh, diced
- 1/2 Cup celery, fresh, diced
- 1/2 Cup mayonnaise
- 1/2 Tbsp yellow mustard
- Black pepper to taste
- Salt to taste
- Pan release spray as needed



Directions: Wash, drain and cut yams in 1 inch chunks (do not peel). Place on sprayed sheet trays leaving space between the pieces to enhance browning. Spray potatoes with a fine mist of pan release and roast in oven at 400 degrees Fahrenheit for about 20-25 minutes (until tender) and cool. Whisk mayo and mustard in a large bowl, then add remaining ingredients and cooled roasted yams. Toss well and be careful to not smash the potatoes! Cover and keep refrigerated until serving.

For more information visit www.thenutritiongroup.biz