

# THE SCOOP ON NUTRITION



*From Basil Chef of Nutrition*

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## Fall Harvest

The weather is turning colder and it's a great time to make hearty soups and stews with root vegetables which are plentiful at this time of the year. You can add color and satisfying flavors to any of your favorite recipes just by trying some new ways of cooking fall vegetables.

Roasting vegetables offers an entirely different taste twist that you may really enjoy!

When planning your favorite soups or stews, consider replacing white rice or pasta with whole grains such as quinoa, farrow, barley or brown rice. Not only will these items add flavor but these grains are loaded with more heart healthy nutrients, fiber and B vitamins.

Add fun new flavors to your Thanksgiving meal by trying new recipes using some of your favorite root vegetables. Root vegetables include carrots, beets, yams and sweet potatoes. These vegetables are great cut into chunks and drizzled with olive oil, salt and pepper then oven roasted.



## Chef Basil's Wellness Wednesday

This month's taste testing featured in your child's cafeteria is **Oven Roasted Carrots**. Carrots are part of the root family and are available in a variety of colors. Carrots are loaded with beta-carotene and fiber and can be eaten raw or cooked in a variety of ways. Look for the "I tried Something New" sticker...it means your child tried the **Oven Roasted Carrots**.



## RECIPE

### Oven Roasted Carrots

**Ingredients:**  
Fresh carrots  
Olive oil  
Salt & pepper

**Directions:**  
Wash and peel carrots. Cut into 1/2 to 1 inch chunks. Place in a bowl and lightly coat with olive oil. Sprinkle with salt & pepper. Line a cookie sheet with foil and spray with non stick oil. Place pan in oven uncovered @ 425 degrees for 25-30 minutes, turning occasionally to ensure even heating until lightly browned. Serve warm.



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



# Chef Basil's Wellness Wednesday

Color the ingredients. Chef Basil needs to make his recipe delicious!

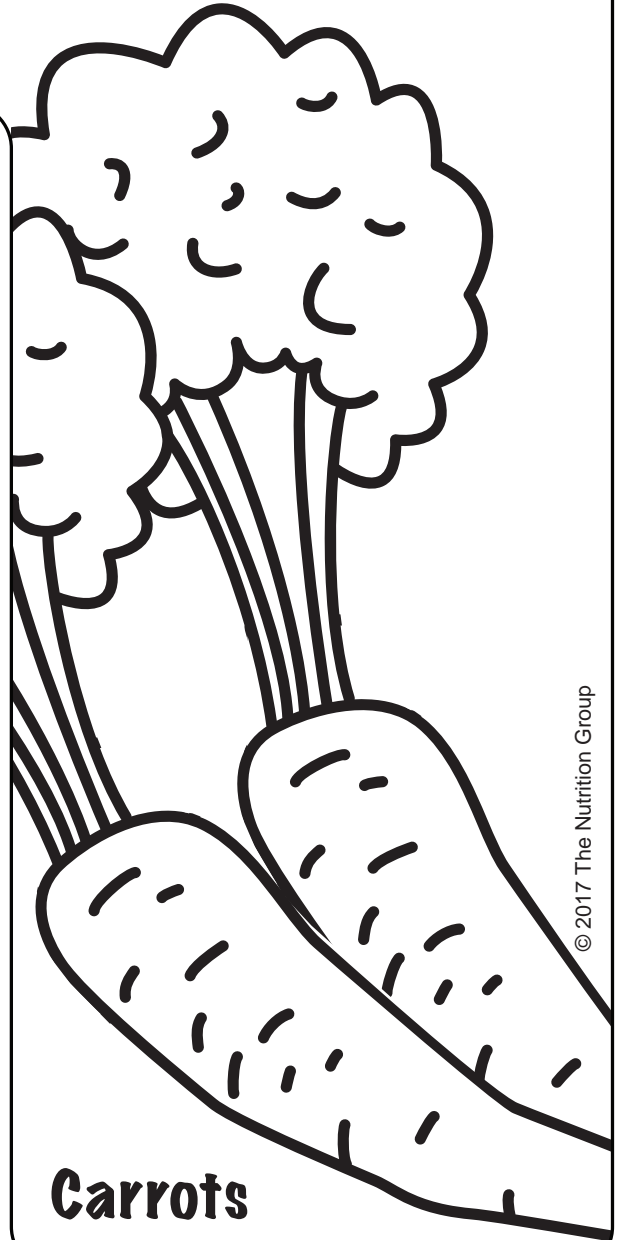
## Word Search

Help Chef Basil find these words that make his recipe tasty!

## Word List

CARROT, ROASTED, ITALIAN, DRESSING,  
OLIVE OIL, SALT, PEPPER, OVEN

H	O	V	E	N	N	H	K
O	R	O	A	S	T	E	D
J	C	S	A	L	T	B	L
L	I	O	E	V	I	L	O
G	N	I	S	S	E	R	D
I	T	A	L	I	A	N	W
P	C	A	R	R	O	T	X
N	J	P	E	P	P	E	R



Carrots