



THE SCOOP ON NUTRITION



From Basil Chef of Nutrition

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Cooking With Your Kids



Parents, grandparents and children cooking together in the kitchen and sharing family recipes passed on through generations is a lost art in many households across America. These days, it's hard for busy

parents to take the time to teach their children basic cooking techniques. Including your child in meal preparation requires time, patience and some extra clean up time, especially when younger children are involved. But many experts believe it's well worth the effort!

Cooking with your child can help spark an interest in trying healthy foods that they might normally overlook. Also, when elementary age children try their hand at a new recipe in the kitchen, they benefit by applying basic reading, math and science skills.

Though kids may still snack on chips at school parties or enjoy ice cream after a soccer game, it's what they eat the majority of the time that matters. Remember, for children today, eating healthy essentially means incorporating more fruits and veggies, having more whole grains, beans, low-fat dairy and lean protein selections into their daily choices.

Make a healthy choice today and try Chef Basil's Wellness Wednesday Peach Salsa recipe!

Chef Basil's **Wellness Wednesday**

This month's taste testing in your child's cafeteria features Peach Salsa! The fuzzy peach is actually a member of the rose family and originated in China. The center of the peach contains a seed which many people refer to as a pit or stone. While there are over 700 varieties of this sweet, juicy fruit, the two main varieties are the clingstone (the flesh sticks to the stone) and freestone (the stone is easily separated from the flesh). A large peach has fewer than 70 calories and contains 3 grams of fiber. It is also a good source of vitamins A and C and potassium. Talk about fruit that packs a punch!

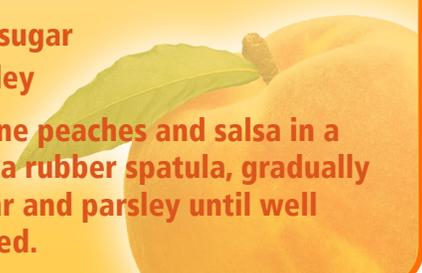


RECIPE

Peach Salsa

- 2 Cups diced peaches
- 1 Cup salsa
- 1 tsp light brown sugar
- 3/4 tsp dried parsley

Directions: Combine peaches and salsa in a large bowl. Using a rubber spatula, gradually stir in brown sugar and parsley until well mixed. Serve chilled.



For more information visit www.thenutritiongroup.biz