



GVXC Nutrition Notes

Nutrition notes: Add color!

February, 2018

Welcome to the first Geneva Vikings' *Moms making Lunch* newsletter. A handful of parents have been talking about what to feed our hardworking young athletes to help them fuel their activities after a full day of school. We have found sharing recipes and resources useful, so decided to create this forum for athletes and their parents to share nutrition tips. We know our kids work their bodies hard in sports - our job as parents is to help them get the fuel they need in the form of delicious food. We also know that one size does not fit all in either running shoes or nutrition, so please, share what works for you and yours: grendze@hotmail.com



During these cold grey months, one of the best and easiest ways to add nutrition is by adding color to your athlete's diet. The suggestion is for five different colors daily, but any addition will help. Can you add a new color each week? Each naturally occurring color contains completely different and unique nutrients that simply cannot be completely replaced with a vitamin or other supplement. Throw an extra portion of fresh orange carrots or some green grapes in that lunch and you are on your way.

<https://www.runnersworld.com/nutrition/the-healthy-runners-diet>

<http://www.nutritionaustralia.org/national/resource/at-rainbow>

Recipe of the month

Root Lovers' Winter Salad

Ingredients

For the Salad:

2 pounds root vegetables of your choice in any combination (sweet potatoes, carrots, beets, parsnips) peeled and cut into 1-inch pieces (about 6 cups)

2 tablespoons extra-virgin olive oil

1 teaspoon ground cumin

½ teaspoon sea salt

¼ teaspoon ground red pepper

1 can chickpeas rinsed and patted dry

1 red onion cut into wedges

5 cups arugula or other hearty salad greens

Instructions

1. Preheat oven to 400. Line a rimmed baking sheet with parchment paper

2. Combine vegetables with oil, cumin, salt, and red pepper and toss to coat evenly

3. Spread vegetables evenly on baking sheet and roast for 30-45 minutes, stirring every 15 minutes. Add chickpeas and onions after first 15 minutes. Remove vegetables when roots are soft and evenly browned.

4. Transfer vegetables to large salad bowl, toss with arugula, and serve immediately with dressing on the side.



For the Dressing:

1/3 cup extra-virgin olive oil

¼ cup apple cider vinegar

1 tablespoon Dijon mustard

1 tablespoon chopped shallots or minced garlic from a jar

¼ teaspoon sea salt

¼ teaspoon fresh ground black pepper

Combine all ingredients in a mason jar and shake until emulsified.

Where we shopped:

Jewel for fresh produce, canned goods

Trader Joes for fresh spices/oil

360 flavor for dried spices

Based on a recipe from *Run Fast. Eat Slow. Nourishing Recipes for Athletes* By Shalane Flanagan and Elyse Kopecky