

# SOCCER FOR SUCCESS RECIPES OF THE MONTH

March 2016

## Chicken and Turkey Bacon Avocado Wraps, Serves 4

### Ingredients:

4 large flour tortillas

1 cup shredded cooked  
chicken

4 slices of cooked turkey  
bacon

8 lettuce leaves

1/2 cup shredded cheddar  
cheese

1 Tbsp. Italian dressing

1 ripe jumbo avocado peeled,  
pitted and sliced



Link to recipe:

<https://www.avocadocentral.com/avocado-recipes/kid-approved-chicken-and-turkey-bacon-avocado-wraps>

## HEALTHY RECIPES AT HOME

Every month, we will send out a few recipes for you to try at home. Take what your participant learns at practice home to the kitchen with these healthy recipes!

### March Power Food #1: Avocados

Start out the soccer season right with avocados (also known as “Alligator Pears”)

### Instructions for Wraps:

1. Place tortillas on a work surface. Top each with equal amounts of the chicken, turkey bacon, lettuce, tomato and cheese.
2. In a bowl combine avocado and dressing; toss.
3. Top wraps with avocado mixture. Roll up tortillas. Serve.
4. *Vegetarian option: Leave out the bacon and chicken and fill your wrap with tuna or vegetables like spinach, cucumbers and peppers!*

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### Did you know?

***Avocados are fruits, not vegetables!  
They are single-seed berries that grow  
on trees.***

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## KIDS IN THE KITCHEN!

Get your little chefs involved by having them combine and toss the dressing or put the ingredients into the wraps!

## FAMILY QUESTIONS

- What is your favorite movie?
- Where do avocados come from?
- Are avocados fruits or vegetables?
- If you could be any animal, what would you be and why?



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## March Power Food #2: Butternut Squash

This hourglass-shaped fruit packs a punch when it comes to nutrients and vitamins! That's right, we said FRUIT. Just like avocados, butternut squash contains seeds, making it a delicious fruit, not a vegetable.



## Instructions for roasted butternut squash

1. Preheat oven to 375°F.
2. Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into ¾-inch, even-sized cubes.
3. Coarsely chop walnuts. Set aside.
4. In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper.
5. Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
6. In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes. Remove from heat. Stir in cranberries and maple syrup.
7. Gently toss cooked squash with cranberry mixture.

## Family questions:

1. If you could have any super power in the world, what would it be and why?
2. Are butternut squashes fruits or vegetables?
3. How many orange foods can you name?
4. What is your favorite soccer trick? (Demonstrate)
5. What is vitamin A and what does it do?

## Roasted Butternut Squash, Serves 6

### Ingredients:

2 pounds butternut squash

¼ cup walnuts

2 Tablespoons canola oil

1 teaspoon dried sage

¼ teaspoon salt

¼ teaspoon ground black pepper

1 Tablespoon butter or canola oil

¼ cup dried cranberries

1 ½ Tablespoons maple syrup



## DID YOU KNOW?

BUTTERNUT SQUASH CONTAINS MANY NUTRIENTS INCLUDING VITAMIN A. VITAMIN A PROTECTS THE SURFACE OF YOUR EYES, WHICH HELPS YOUR VISION!



## MEET OUR NEW PROGRAM LEAD!

Iowa native Allison Haag is our newest AmeriCorps member on staff. She is a recent graduate of the University of Northern Iowa with degrees in Health Promotion and Music. She enjoys outdoor activities like hiking, traveling to new places, and meeting people. Someday, she would like to go to Thailand and ride an elephant. Welcome, Allison!

## Contact Us

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