

Soccer for Success

Recipes of the Month

April 2016

RATATOUILLE, SERVES 4

Ingredients:

- 1 small red onion
- 2 medium cloves garlic
- 1 small eggplant
- 1 medium zucchini
- 1 medium yellow squash
- 1 large tomato
- 3 Tablespoons canola oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper



HEALTHY RECIPES AT HOME

This month, we will be focusing on nutrient-dense tomatoes and protein-rich yogurt!

APRIL POWER FOOD #1: TOMATOES

These fruits are native to South America and contain vitamins C, A, potassium, lycopene, and fiber. These vitamins and nutrients help your heart stay strong, which is very important for all soccer players!

DIRECTIONS FOR RATATOUILLE:

1. Preheat oven to 425°F.
2. Rinse and peel onion. Peel garlic. Rinse eggplant, zucchini, squash, and tomato.
3. Dice onion and eggplant into 1/2-inch pieces. Slice zucchini and squash into 1/2-inch slices. Chop tomato. Mince garlic.
4. In a medium bowl, add onion, eggplant, zucchini, squash, garlic, oil, basil, oregano, salt, and black pepper. Toss until veggies are well coated.
5. Coat baking sheet with non-stick cooking spray. Spread veggies out in a single layer so they do not touch. Bake for 20 minutes. Remove from oven.
6. Add tomato to baking sheet. Return baking sheet to oven. Bake, stirring occasionally, until veggies are golden crisp, about 15–20 minutes more.



Recipe found at <http://cookingmatters.org/recipes/ratatouille>

Did you know?

La Tomatina is a festival that takes place in the small, Spanish town of Buñol. The largest food fight in the world occurs here during the festival and involves around 40,000 people throwing 150,000 tomatoes at each other! That's a LOT of tomatoes!

FAMILY QUESTIONS:

1. Why is it important to have a strong heart?
2. Name one vitamin or nutrient in tomatoes.
3. If you could meet any one in the world, who would it be and why?

SOCCER FOR SUCCESS RECIPE #2

APRIL POWER FOOD #2: YOGURT



Rich in protein and a great source of calcium, yogurt is a very functional food that can be used in many different ways like replacing sour cream on your tacos, as an afternoon snack, and even moisturizer for your face! It is creamy, sweet, and there are a lot of great reasons to make sure it is in your diet.

Protein is one of the five food groups and helps make your muscles strong. Calcium is a mineral that helps build strong bones. These are two things that every soccer player needs!

FOOD CHALLENGE!

This month, Coach Allison challenges all *Soccer for Success* participants to try at least one new fruit! If you find a fruit you like, try using it to make your own fruit and yogurt parfait!

Here is a list of fruits to get you started:

- Mangos
- Green Grapes
- Tomatoes
- Kiwis
- Oranges
- Raspberries



FAMILY QUESTIONS:

1. Name as many fruits as you can in 15 seconds!
2. What do you think it's like to live on another planet?
3. How does calcium help your body?
4. What is one thing you are afraid of?
5. Who is your favorite *Soccer for Success* coach and why?

YOGURT PARFAIT, SERVES 6

Ingredients:

- 4 cups fresh or thawed frozen fruit, such as bananas, strawberries, peaches, or mango
- 3 cups nonfat plain yogurt
- 1½ cups granola

Optional Ingredients:*

- 2 Tablespoons sliced almonds

DIRECTIONS FOR PARFAIT:

1. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain any excess juices. Cut fruit into ¼-inch thick slices. There should be about 3 cups total.
2. Layer ¼ cup yogurt into each of 6 cups or bowls. Top with ¼ cup sliced fruit and 2 Tablespoons granola.
3. Repeat layers one more time, ending with a layer of granola.
4. If using, top with sliced almonds.

Try these other delicious toppings with your parfait:

- Honey
- Cereal
- Walnuts
- Coconut