



Roasted Cauliflower

Ingredients:

- 1 medium head cauliflower
- 1/2 cup grated Parmesan
- 1/2 teaspoon minced garlic
- 3 tablespoons olive oil or butter
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions:

1. Remove outer leaves of cauliflower. Cut florets off the stem. Wash and drain.
2. Combine oil, salt and pepper in a large bowl. Toss the cauliflower florets in the oil mixture.
3. Spread cauliflower on a large rimmed baking sheet.
4. Roast in the oven at 450 degrees 15 -20 minutes until the cauliflower starts to soften and begins to brown.
5. Sprinkle with cheese. Continue to roast for 5-10 minutes.

Source: [What's Cooking? USDA Mixing Bowl](#)

Healthy Holidays!



The holidays are here! Help keep this year's celebrations healthy by making good choices. Below are a few tips on how you can stay healthy while enjoying the season.

- ◆ **Avoid Overeating.** Holiday meals are usually family style often leading to overeating of your favorite dishes. Take small portions of your favorite items and wait a while until you go back for seconds. You can always save your favorite foods for the next day.
- ◆ **Make healthy choices.** Fill your plate with salad and veggies first and try healthier substitutions during cooking. Skip additions such as whip cream on pumpkin pie or large amounts of gravy. Keep in mind that even foods that are usually healthy such as vegetables, can become high calorie when added to a favorite holiday dish.
- ◆ **Get moving.** Before or after eating is a great time to be active. You can take a family walk, play at the park with the kids, or play a family game of football or soccer. It doesn't matter what you do just keep moving.
- ◆ **Keep the kids involved.** Children love to help in the kitchen. You can get them involved by identifying tasks appropriate for their age. When children are involved they are more likely to eat what is prepared.

Source: <http://www.eatright.org/resource/health/lifestyle/>

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Coliflor rostizada

Ingredientes:

- 1 coliflor mediana
- 1/2 taza de queso parmesano rayado
- 1/2 cucharadita de ajo picadito
- 3 cucharadas de aceite de olivo o mantequilla
- 1/4 cucharadita de sal
- 1/4 cucharadita de pimienta

Preparación:

1. Retire las hojas de la coliflor y los racimos del tallo. Lave y escurra.
2. Combine el aceite, sal y pimienta en un tazón grande. Revuelva los pedazos de coliflor con la mezcla.
3. Extienda la coliflor en un molde grande de hornear con borde.
4. Rostice en el horno a 450 grados de 15 a 20 minutos o hasta que la coliflor empiece a ablandarse y dorarse.
5. Espolvoree con el queso. Continúe rostizando por otros 5 a 10 minutos.

Fuente: [What's Cooking? USDA Mixing Bowl](#)

¡Fiestas saludables!



¡Los días festivos llegaron ya! Haga buenas decisiones y ayude a que las celebraciones de este año sean saludables. A continuación le ofrecemos varios consejos sobre cómo mantenerse saludable mientras disfruta de la temporada decembrina.

- ◆ **Evite comer de más.** Las comidas festivas se realizan por lo general al estilo familiar, lo cual, con frecuencia, le hace comer más de sus platillos favoritos. Sírvese pequeñas porciones y espere un poco antes de servirse de nuevo. Puede guardar sus alimentos favoritos para el siguiente día.
- ◆ **Opte por lo saludable.** Primero llene su plato con ensalada y verduras y pruebe substitutos saludables cuando cocine. Evite agregar crema batida a la tarta de calabaza o mucho *gravy*. Recuerde que hasta los alimentos que son por lo general saludables, como las verduras, pueden aumentar sus calorías si se las agrega a su platillo festivo favorito.
- ◆ **A moverse.** Antes o después de comer es el momento ideal para hacer una actividad. Pueden tomar una caminata en familia, jugar en el parque con los niños o disfrutar de un juego familiar o fútbol. No importa lo que haga, manténgase activo.
- ◆ **Asegúrese que los niños participan.** A los niños les encanta ayudar en la cocina. Manténgalos ocupados asignándoles tareas apropiadas para su edad. Cuando los niños participan hay mayores posibilidades de que coman los alimentos que se han preparado.

Fuente: <http://www.eatright.org/resource/health/lifestyle/holidays/a-healthy-approach-to-holiday-eating>

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