

Nutrition Column

Roasted Root Vegetables

By WaiLing Balsley,
RDN, LDN



Ingredients:

- 1-1/4 pound Red-skinned Potatoes, Cut Into 1-inch Pieces
- 3/4 pounds Sweet Potato, Peeled And Cut Into 1-inch Pieces
- 3 Carrots, Peeled And Cut Into 1-inch Pieces
- 1 pound Beets, Peeled And Cut Into 1-inch Pieces
- 4 Tablespoons Olive Oil, Divided
- 3/4 teaspoons Salt, Divided
- 3/4 teaspoons Ground Pepper, Divided
- 2 Tablespoons Chopped Fresh Rosemary, Divided

Procedures:

1. Preheat oven to 425°F, with oven rack placed in the bottom two positions. Lightly coat two baking sheets with cooking spray.
2. In a large bowl, stir together red-skinned potatoes, sweet potato and carrots. Place beets in a medium bowl.
3. Drizzle 3 tablespoons of olive oil over the large bowl of vegetables, season with ½ teaspoon salt, ½ teaspoon pepper and 1 ½ tablespoon rosemary, and stir to combine.
4. Drizzle remaining 1 tablespoon of olive over the beets, season with remaining ¼ teaspoon salt, ¼ teaspoon ground pepper and ½ tablespoon rosemary, and stir to combine.
5. Divide all of the vegetables evenly between the two prepared baking sheets. Roast for 20 minutes, then gently stir the vegetables and rotate the baking sheets from rack to rack, and front to back.
6. Roast until the vegetables are tender when pierced with a fork and golden brown in some spots, an additional 20–25 minutes. Ready to serve.

Recipe from Michalski Dara, <http://thepioneerwoman.com/food-and-friends/roasted-rosemary-root-vegetables/>

Please talk to your dietitian if you want to learn more.

Congregate Meal Site

Quincy Tower

5 Oak Street West
Boston, MA 02116
Tel: (617) 423-7560
Fax: (617) 423-0502

Hong Lok House

25 Essex Street
Boston, MA 02111
Tel: (617) 936-3966
Fax: (857) 350-4621

Brighton House

677 Cambridge Street
Brighton, MA 02135
Tel: (617) 789-4289
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Area Served

City of Boston

For more information

call 617-423-7560 or
visit us on www.gbcbgac.org

Languages

Cantonese, Mandarin, Toisanese,
Vietnamese, English



Monthly Menu

December 2016

中華耆英會
營養計劃

Greater Boston Chinese Golden Age Center


Nutrition Program



December 2016 Monthly Menu

New recipe

* Indicated higher sodium items > 500 mg.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
									
1		2		3		4		5	
Stewed Tofu with Pork		Tomato with Pork Chop		Ma Po Tofu with Minced Pork		Stir-fired Pork with Mixed Vegetables		Braised Chicken Wings	
Milk 125mg White Rice 11mg Total 585mg		Milk 125mg White Rice 11mg Total 290mg		Milk 125mg White Rice 11mg Total 258mg		Milk 125mg White Rice 11mg Total 334mg		Milk 125mg White Rice 11mg Total 354mg	
Calories: 532 kcal		Calories: 609 kcal		Calories: 575 kcal		Calories: 643 kcal		Calories: 612 kcal	
6		7		8		9		10	
Stir-fried Flounder		Stir-fried Pork with Eggplants		Ma Po Tofu with Minced Pork		Stir-fired Pork with Mixed Vegetables		Braised Chicken Wings	
Soy Milk 120mg White Rice 11mg Total 433mg		Soy Milk 120mg White Rice 11mg Total 291mg		Milk 125mg White Rice 11mg Total 258mg		Milk 125mg White Rice 11mg Total 334mg		Milk 125mg White Rice 11mg Total 354mg	
Calories: 505 kcal		Calories: 520 kcal		Calories: 575 kcal		Calories: 643 kcal		Calories: 612 kcal	
11		12		13		14		15	
Orange-flavored Ribs		Steamed Chunky Chicken with Shiitake Mushrooms		Ham with Shiitake Mushroom and Greens		Chinese Meatloaf		Baked Fish with Dried Bean Curd Sticks	
Soy Milk 120mg White Rice 11mg Total 289mg		Soy Milk 120mg White Rice 11mg Total 446mg		Milk 125mg White Rice 11mg Total 384mg		Milk 125mg White Rice 11mg Total 471mg		Milk 125mg White Rice 11mg Total 436mg	
Calories: 654 kcal		Calories: 606 kcal		Calories: 456 kcal		Calories: 614 kcal		Calories: 492 kcal	
16		17		18		19		20	
Stir-fried Pork Slices		Steamed Chicken with Tomato Sauce		Baked Chinese Pork Sausage		Steamed Pork Ribs with Butter-nut Squash		Braised Tofu with Pork	
Soy Milk 120mg White Rice 11mg Total 346mg		Soy Milk 120mg White Rice 11mg Total 571mg		Milk (N/A) White Rice 11mg Total (N/A)		Milk 125mg White Rice 11mg Total 678mg		Milk 125mg White Rice 11mg Total 242mg	
Calories: 641 kcal		Calories: 778 kcal		Recipe Under Testing		Calories: 733 kcal		Calories: 563 kcal	
21		22		23		24		25	
Stir-fried Pork Slices		Steamed Pork Dumplings		Chinese BBQ Pork		Stir-fried Diced Chicken		Baked Fish Pie	
Soy Milk 120mg White Rice 11mg Total 346mg		Soy Milk 120mg Total 895mg		Milk 125mg White Rice 11mg Total 630mg		Milk 125mg White Rice 11mg Total 438mg		Milk 125mg White Rice 11mg Total 420mg	
Calories: 641 kcal		Calories: 394 kcal		Calories: 752 kcal		Calories: 786 kcal		Calories: 508 kcal	
									

Food Safety Guidelines:

If you choose not to eat your lunch right away, please put it in the refrigerator immediately. When you are ready to consume:

1. Slit the plastic cover open or peel it back
2. Re-heat in the microwave for 2-3 minutes
3. Preheat oven to 350° then place container on cookie sheet and heat for 10 – 20 minutes.

Caution: Oliver containers should never be put into a toaster oven.

Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables, fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entry on holidays or special occasions.

