



Cook Wise. Eat Wise. Live Wise.

A monthly nutrition and wellness newsletter brought to you by University Housing and Dining.

November 2020 Holiday Edition

Dietitian's Dish

Sweet Potato Energy Bites

Yield: 20-25 bites

Ingredients

- 1 cup rolled oats
- ½ cup ground flaxseed
- ½ cup white chocolate chips
- ½ cup pumpkin seeds
- ¼ cup canned sweet potato puree
- ¼ cup golden raisins
- ¼ cup nut or seed butter
- 2 tbsp maple syrup
- 1 tbsp vanilla extract
- 1 tsp salt
- 1 tsp pumpkin spice
- 1 tsp cinnamon
- ⅔ cup coconut flakes

Directions

1. Combine all ingredients (except coconut) in a bowl and mix thoroughly.
2. Cover and chill for 30 minutes.
3. Once chilled, roll into bite-sized pieces.
4. Roll the energy bites in the coconut flakes.
5. Store in an airtight container and keep refrigerated for up to five days. Enjoy!

Have a tasty recipe to share? Submit your recipe to dietitian@austin.utexas.edu for a chance to get featured in our next edition.



Ask the Expert



Q: What are some tips to help me stay healthy this holiday season?

A: 1. Practice moderation and be mindful.

Instead of piling up your plate with every option on the table, pick a couple of holiday favorites and savor every bite. If you happen to overindulge, don't feel guilty. Just make sure your next meal is healthy and loaded with whole grains and vegetables.

2. Stay hydrated and choose your beverages wisely.

It's okay to enjoy festive drinks such as egg-nog but remember that liquid calories count. Choose water as your main source of hydration.

3. Stay active.

Following an exercise routine can be challenging during the holidays but it's important to keep moving for physical and mental health. Be sure to incorporate at least 30 minutes of physical activity daily such as taking a brisk walk or riding a bike.

Submit your nutrition-related questions to dietitian@austin.utexas.edu and our experts may answer you in a future edition.

What's the Tea?



Cooking Wise this Holiday Season

The holiday season is almost upon us and that means gatherings centered on great food. This is also usually when we take to the kitchen and cook for our loved ones. Common holiday recipes tend to be quite heavy but with a few ingredient swaps, you can lighten up a dish without sacrificing texture or flavor. Consider applying a few of the following cooking tips and you might discover a new and healthier version of your favorite recipe.



1. Cut back on sodium by replacing salt with herbs and spices.
2. Lighten up a savory dish by cutting the amount of oil and butter in half.
3. Replace sour cream with fat-free plain yogurt.

4. Substitute sugar in muffins or breads with pureed pumpkin or sweet potato, mashed banana, applesauce or dates for natural sweetness.
5. Add high fiber ingredients such as rolled oats, dried fruit or pureed beans into your baked goods.

Guest Feature

Holiday Dishes From Around the World

When we think of a traditional holiday meal, dishes like roast turkey, cranberry sauce and mashed potatoes may come to mind. The diverse UT community encompasses food traditions from all over the world so we asked a few members about what is served on their holiday tables.

"This is something that's pretty common in Indonesia, and in my household, we drink it every Christmas. This drink is great to warm our body up in the cold weather, and it helped me cope with Austin's winter when I came here! It's called "Wedang Ronde": Wedang means spicy drink (made by boiling ginger, cinnamon, cloves and pandan leaves) and Ronde are balls made out of glutinous rice flour filled with crushed peanuts and brown sugar. To serve, you just put a couple of Rondes on a glass, fill it with the broth and voila!"

Vira Wiguna
McCombs School of Business

"One of my favorite traditional winter holiday foods is called Laba congee, a kind of porridge eaten to celebrate the Laba Festival. "La" (腊) means the 12th lunar month in Chinese, and "Ba" (八) means eight. So Laba Festival is celebrated on the eighth day of the last lunar month. Laba congee usually contains glutinous rice, beans, peanuts, lotus seeds, etc. It is said that at least eight ingredients need to be used. Laba congee is tasty and nutritious, also serving as a symbol of family reunion, good luck and good health in the coming New Year."

Zixi (Liz) Lei
College of Natural Sciences

"One of the dishes we enjoy during Hanukkah is potato latkes. It's super simple to make. In my family, we prefer making it with golden potatoes but sweet potatoes are also used often. All you have to do is combine shredded potatoes with onions, eggs, flour, salt and pepper. Shallow fry it until crispy and enjoy with applesauce or sour cream."

Mindy Lee
Project Coordinator at Texas Global

Nourishing Noms



Feature Food: Sweet Potatoes

Sweet potatoes are eaten throughout the year but take center stage during the holidays. From savory to sweet dishes, this root vegetable is a versatile, nutritious and delicious culinary gem.



Nutrition and Health Benefits

- Full of heart healthy fiber, which aids in digestion and weight management.
- High in vitamin E, an antioxidant that helps protect cells against oxidative damage.
- Rich in vitamin B6, which is important for metabolism and nervous system function.
- Great source of potassium, a mineral that helps regulate blood pressure.

Selection

Select sweet potatoes that are firm and smooth, with deep orange or red skin. Choose small to medium sized ones as they tend to be sweeter and creamier than the starchier larger ones.

Storage

Can last up to two weeks when stored in a cool, dry place such as the pantry. Refrigeration causes them to develop a permanently hard center.

Fun Facts

Despite their name, they are not a type of potato. White potatoes are tubers, meaning they contain underground stems. Sweet potatoes are root vegetables, meaning they are actually the root of the plant.

