



Maple-Roasted Sweet Potatoes



Ingredients:

- 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 Tbs. butter, melted
- 1 Tbs. lemon juice
- 1/2 tsp. salt
- Freshly ground pepper, to taste

Directions:

Preheat oven to 400°F. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat. Cover and bake the sweet potatoes for 15 mins. Uncover, stir and cook, stirring every 15 mins., until tender and starting to brown, approximately 45 to 50 mins. more.

Nutrition per serving: 96 calories; 2 g fat; 5 mg cholesterol; 19 g carbohydrates; 1 g protein; 2 g fiber; 118 mg sodium; 189 mg potassium.

Swap Candy for Noodles

This Sunday, Nov. 7, 11 a.m. - 9 p.m., kids can swap out some of their Halloween Candy for a free small bowl of noodles from Noodles & Company.

Visit www.noodles.com for a list of locations. Even though we're all kids at heart, only kids 12 &

Tips for a Healthy Thanksgiving

Did you know the average Thanksgiving dinner has over 2,000 calories? Here are a few tips to help you enjoy Thanksgiving and stay on track with healthy habits.



- Substitute with low- or no-fat ingredients.
- Eat a healthy breakfast and lunch to avoid overeating at dinner time.
- Eat slowly and stop when you are full.
- Watch the side dishes and select smaller portion sizes.
- Drink calorie-free water to help fill your stomach and keep you hydrated.

Invite your kids to help with your Thanksgiving meal by letting them:

- Set the menu
- Grocery shop with you
- Wash vegetables and fruits
- Help measure and mix ingredients
- Add fresh fruits and vegetables to platters

FitCity Recipe Exchange 2010

FitCity would like to thank everyone who participated in our first recipe exchange. From a Baby Spinach Omelet to Ice Cream in a Bag, you'll find that many of these recipes are kid-friendly and a great addition to your menu options. [Click here](#) to download a copy of the recipes.

Cooks Can Win Cash Prizes for Creativity

Let's Move! is challenging school nutrition professionals, chefs, students, parents and community members to create tasty, healthy, exciting new recipes for inclusion on school lunch menus across the country. There will be \$12,000 in prizes awarded for creative, nutritious school lunch recipes that kids will love to eat!



Teams can register online now through Dec.31 at www.RecipesforKidsChallenge.com. Click "Sign Up" at the top of the page and submit a recipe. The top three teams will

under will receive a free bowl.

Your Thanksgiving Story Could be Worth \$100

Answer one of the following Thanksgiving questions by Friday, Nov. 19, to win \$100 toward your own Thanksgiving dinner, courtesy of Indiana's Family of Farmers. Use the [online form](#) to submit your story.

- What does your family cook outside of the typical Thanksgiving meal, and why do you celebrate this food tradition?

- Why are you thankful for your Thanksgiving meal?

- Share a memory about a Thanksgiving meal disaster.

Two winners will be drawn at random and awarded \$100. Submit the same story to WFYI's [Spirited Chase](#) for a chance to have your story read on air.

Maintain Not Gain
NIFS is hosting its 5th Annual [Maintain Not Gain Challenge](#)



to help Hoosiers keep the weight off through the holidays and ready to enter the New Year looking and feeling their best. The program starts Nov. 8 and runs through Jan. 9. Great prizes, incentives, a personal trainer and more. Call Andrew Pleasant at (317) 274-3432, ext. 274 for more information.

Printable Shopping List

To help you shop sensibly this holiday season, [Nourish Interactive](#) has put together a healthy foods shopping list that can be used in preparation of a healthy holiday meal. [Click here](#) to download your shopping list.

compete in a national cook-off to determine the grand prize winner.

FitCity Calendar

Thanksgiving-inspired events:

- Saturday, Nov. 20: [Turkey Run](#), a 5k and 10k run/walk to benefit food pantries in Hendricks County, 8 a.m. registration; 8:30 a.m. race, [Avon-Washington Townships Park](#) (small shelter). For information call (317) 745-0785
- Thursday, Nov. 25: [Drumstick Dash](#), a 2.3-mile and 4.5-mile run/walk to benefit Wheeler Mission, 9 a.m., Running Company, 1079 Broad Ripple Ave. For more information visit [www.tuxbro.com](#).
- Friday, Nov. 26: [Burn It Off](#), a 5k and 10k run/walk, 8 a.m., Intelliplex Conference Center, 2150 Intelliplex Dr., Shelbyville. For more information call (317) 392-0835.
- Friday, Nov. 26: Holiday Shopping Extravaganza, 5:30 a.m. - 5 p.m. (2 sessions). Westview Healthplex, 3660 Guion Rd., is opening their fitness facility to kids so parents can get a jump start on Holiday shopping. For more information call (317) 920-7400.
- Friday, Nov. 26 & Saturday, Nov. 27: Great Turkey Burn-Off, 10 a.m. - noon, Carmel Clay Parks & Recreation. A 2-hour interval class that may include bikes, stepping, dancing, yoga or weight lifting. Come and go as you wish. For more information call (317) 848-7275.

For more events and FitCity resources visit [www.fitcityindy.org](#) or call 2-1-1.

FitCity is a community-wide childhood obesity fighting campaign of [Learning Well, Inc.](#), with support from [The Health Foundation of Greater Indianapolis](#), the [City of Indianapolis](#), [United Way of Central Indiana](#), [Marion County Health Department](#) and [Connect2Help 2-1-1](#).

Make a healthy move and share the FitCity News!

Forward
to a Friend >

Click below to follow FitCity on Facebook and Twitter



This email was sent by: FitCity, a division of Learning Well, Inc.
429 East Vermont Street Indianapolis, IN 46202 USA



We respect your right to privacy - [view our policy](#)

[Manage Subscriptions](#) | [Update Profile](#) | [One-Click Unsubscribe](#)