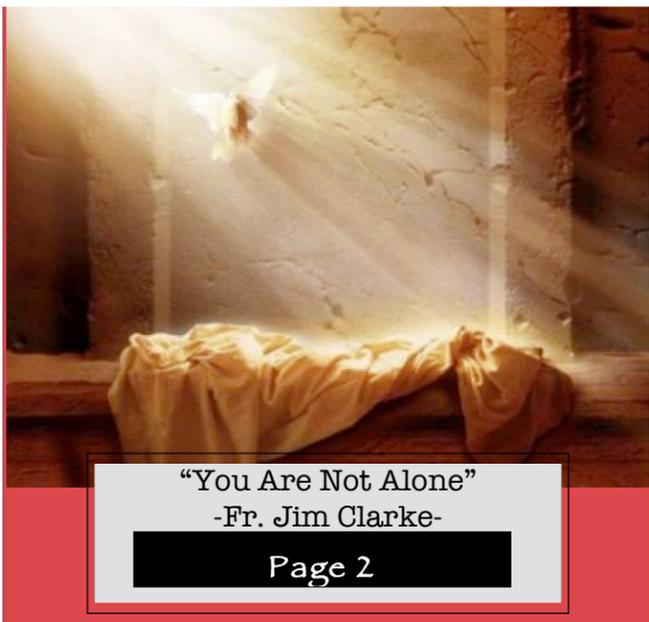


BODY-MIND-SPIRIT

THE EASTER EDITION

APRIL 2015



"You Are Not Alone"
-Fr. Jim Clarke-

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Let's give up our worst vices with the understanding that in about a month we'll indulge them with twice the fervor.



And End of The Lenten Journey?

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ST. JOHN'S SEMINARY – NUTRITION COMMITTEE NEWSLETTER
APRIL 2015 – EASTER EDITION



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NUTRITION COMMITTEE**
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**YOU ARE NOT ALONE
GOD DWELLS WITHIN YOU**

-Fr. Jim Clarke-

“May the God of peace make you perfect in holiness. May he preserve you whole and entire, spirit, soul and body, irreproachable at the coming of our Lord Jesus Christ. He who calls us is trustworthy, therefore he will do it”

(1 Thess. 5: 23–24)

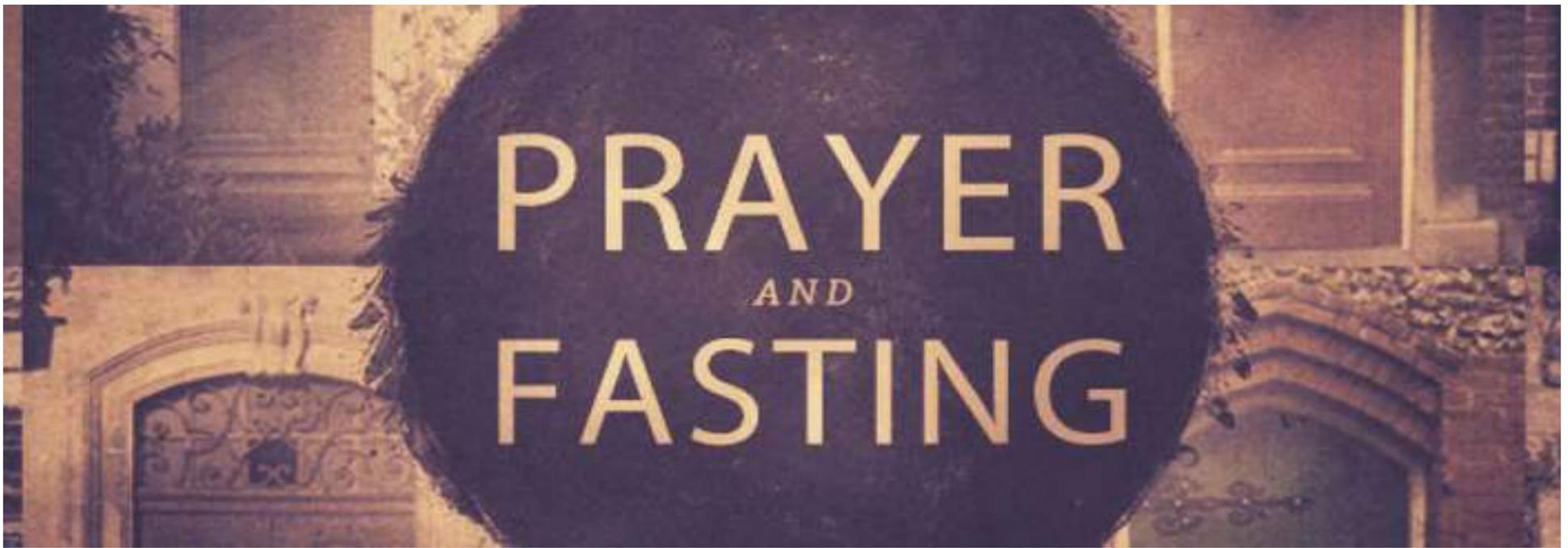
From the very early days of the Church, we have been encouraged to be aware of and care for our entire being, as followers of Christ. This is a wholesome and holy work; we acknowledge and believe that God reveals himself through our entire humanity.

When we fail to properly care for ourselves, we are in effect, denying or avoiding both the gift and the challenge of learning some of Gods’ most important lessons. God as a divine Lover chooses to hide himself where we least expect to find him—in our own bodies.

Our bodies are a reservoir of tremendous insights about the wisdom of the Creator and our beauty as creatures. Both at the microscopic and macroscopic level, God reveals lessons that move us forward in our journey to the Kingdom.

For this reason, we are invited to meditate and reflect upon our bodies and how we are to care for them. Together, with God, we lovingly co-create our humanity, fashioning our bodies like sculptors. The food choices we make, the type of exercise we practice, the prayer forms we use, the material we read and meditate on; all have an effect upon the whole-making process of our humanity. This is the gift we give back to God as Disciples of Christ.





LENTEN JOURNEY

WHAT WORKED — WHAT DIDN'T AND WHY?

An End of your Lenten practices? Or the continuation of Transformation?

Lent is about conversion, turning our lives more completely over to Christ and His way of life. That always involves giving up sin in some form. The goal is not just to abstain from sin for the duration of Lent but to root sin out of our lives forever. Conversion means leaving behind an old way of living and acting in order to embrace new life in Christ. For catechumens, Lent is a period intended to bring their initial conversion to completion. Our journey through these forty days should be a movement, a forty-day springboard to move us ever closer to Christ and to the way He exemplified all of His life, not just forty days. Jesus did not come back from the desert after forty days and decide he didn't want to take back any sacrifice He promised the Father.

Prayer, fasting and almsgiving

The three traditional pillars of Lenten observance are prayer, fasting and almsgiving. The key to renewed appropriation of these practices is to see their link to baptismal renewal.

Prayer: More time given to prayer during Lent should draw us closer to the Lord. We might pray especially for the grace to live out our baptismal promises more fully. We might pray for the elect who will be baptized at Easter and support their conversion journey by our prayer. We might pray for all those who will celebrate the sacrament of reconciliation with us during Lent that they will be truly renewed in their baptismal commitment. Their will be new elect next year, why stop praying now. Pray that many more will come.

Almsgiving: Almsgiving is also linked to our baptismal commitment in the same way. It is a sign of our care for those in need and an expression of our gratitude for all that God has given to us. Works of charity and the promotion of justice are integral elements of the Christian way of life we began when we were baptized.



I believe I'm getting closer to God by spending a few weeks not eating M&M's.



Fasting: Fasting is more than a means of developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God. The first reading on the Friday after Ash Wednesday points out another important dimension of fasting. The prophet Isaiah insists that fasting without changing our behavior is not pleasing to God. "This, rather, is the fasting that I wish: releasing those bound unjustly, untying the thongs of the yoke; setting free the oppressed, breaking every yoke; sharing your bread with the hungry, sheltering the oppressed and the homeless; clothing the naked when you see them, and not turning your back on your own" (Is 58:6-7).

Fasting should also be linked to our concern for those who are forced to fast by their poverty, those who suffer from the injustices of our economic and political structures, those who are in need for any reason. Thus fasting, too, is linked to living out our baptismal promises. By our Baptism, we are charged with the responsibility of showing Christ's love to the world, especially to those in need. Fasting can help us realize the suffering that so many people in our world experience every day, and it should lead us to greater efforts to alleviate that suffering. Abstaining from meat traditionally also linked us to the poor, who could seldom afford meat for their meals. It can do the same today if we remember the purpose of abstinence and embrace it as a spiritual link to those whose diets are sparse and simple. That should be the goal we set for ourselves—a sparse and simple meal. Is there at least one day a week we can eat as so many people of the world do, sparse and simple?

BASKET CASES

In many Eastern European countries, it is a tradition to have a basket of food blessed on Holy Saturday or Easter Sunday.

In Poland, blessing of the baskets is known as **święcenie pokarmów wielkanocnych**, a practice dating to the 15th century or earlier, and one which is still maintained by most families in Poland on Holy Saturday, as is the sharing of **opłatki** on Christmas Eve, two customs also observed by many Polish Americans.

The food items in the **święconka** (shvyehn-SOHN-kah), or Easter basket (the term also refers to the Easter Sunday breakfast at which the **święcone** or blessed food is eaten), have special significance. The basket is lined with an embroidered cloth or traditional folk fabric. The filled basket is covered with a white linen cloth (some have a colorful crocheted edging or embroidered design), representing the shroud of Christ. The basket is decorated with sprigs of boxwood (**bukszpan**) or Polish "**palms**" made from dried flowers and colorful paper. A typical basket would include symbolic foods like these.

Candle - Świeca (SHVIEH-tsa) - The candle symbolizes Jesus, the Light of the World, and can be lit during the blessing by the priest. **Cheese - Ser** (SEHRR) -- Cheese is a symbol to remind Christians of moderation.

Colored Eggs - Pisanki (pee-SAHN-kee) -- Both colored and uncolored hard-cooked eggs indicate hope, new life and Christ rising from his tomb.

Ham - Szynka (SHIN-kah) - Meats are symbolic of great joy and abundance in celebration of Christ's Resurrection.

Sausage - Kielbasa (kyehw-BAH-sah) The sausage links are symbolic of the chains of death that were broken when Jesus rose from the dead as well as of God's generosity.

Horseradish - Chrzan (HZAHN) -This is a reminder of the bitterness and harshness of the Passion of Jesus and the vinegar it is mixed with symbolizes the sour wine given to Jesus on the cross.

Salt - Sól (SOO) -Salt symbolizes is represented to add zest to life and preserve us from corruption. No pepper in this basket.

Sweets - Słodcyce (swoh-DIH-cheh) Sweets suggest the promise of eternal life or good things to come.



Next to Halloween, Easter is the second-largest candy-giving holiday, according to the National Confectioners Association. With overflowing baskets of the sweet stuff lurking in your household, you should know what kind of caloric damage you're in for. Check out the nutrition info for some of the more popular Easter candies--before you dig into your basket.

Jellybeans
20 candies, 160 calories



Jordan almonds
13 almonds, 140 calories 5 g fat



Chocolate bunny (solid)
1.75 ounces, 298 calories, 18 g fat



Cadbury eggs
1 egg, 170 calories 6 g fat



Reese's Peanut Butter Eggs
1 egg, 180 calories 11 g fat



DID YOU KNOW?

The average Easter Basket filled with Candy on average contains over 2,500 calories?

Peanut M&Ms
0.7 oz, 110 calories 5 g fat





EASTER SUPPER IDEAS

Roast Leg of Lamb, Cauliflower & Shallots

Makes: 12 servings, 3-4 oz. lamb & 1/2-cup vegetables each

Active time: 1 hour Total: 2 1/2 hours

To make ahead: Prepare through Step 3,

Loosely cover with plastic wrap and refrigerate for up to 1 day.

Equipment: Kitchen string

Even though lamb is available year-round, it's traditionally associated with spring. Here we slather this vernal meat with a tarragon-and- parsley rub and roast it with shallots and cool-weather-loving cauliflower. Experiment with colored varieties of cauliflower to wow guests or try it with romanesco—the striking spiral-covered relative of broccoli and cauliflower.

- 1 cup fresh tarragon leaves
- 1 cup flat-leaf parsley leaves
- 4 tablespoons extra-virgin olive oil, divided
- 2 tablespoons Dijon mustard 2 cloves garlic
- Zest and juice of 1 lemon, divided
- 2 teaspoons salt, divided
- 1 teaspoon freshly ground pepper
- 1 4- to 4 1/2-pound boneless leg of lamb, trimmed
- 1-pound shallots 2 medium heads cauliflower or romanesco
- 1-tablespoon capers, rinsed
- 1/2-cup reduced-fat sour cream

1. Preheat oven to 425°F.

2. Place tarragon and parsley in a food processor. Add 2 tablespoons oil, mustard, garlic, lemon zest, 1-teaspoon salt and pepper and process until fairly smooth. Transfer 3 tablespoons of the mixture to a medium bowl; set aside for Step 6.

3. If your lamb is in the oven-safe netted bag used by most supermarkets, remove the bag. Open the lamb so it's flat. Spread three- fourths of the remaining herb mixture over the surface of the lamb. Roll the lamb closed and tie in several spots with kitchen string so it is about the shape of a large football; transfer to a large roasting pan and spread the remaining herb mixture over the top and sides.

4. (If you prepared the recipe to this point the day before, let the lamb stand at room temperature while you prepare the vegetables.) Leaving the root end intact, peel and halve shallots (quartering larger ones). Trim and cut cauliflower (or romanesco) into 2-inch florets. Combine the shallots and cauliflower in a large bowl with the remaining 2 tablespoons oil and 1-teaspoon salt.

5. Roast the lamb in the center of the oven for 20 minutes. Add the vegetable mixture to the pan around the lamb. Continue to roast, stir- ring the vegetables every 20 minutes or so, until they are golden brown and an instant- read thermometer inserted into the thickest part of the meat registers 140°F (for medium- rare) to 145° (for medium), 1 hour to 1 hour 20 minutes more. Transfer the lamb to a clean cutting board and let rest for 10 minutes. Stir capers into the vegetables.

6. Add lemon juice and sour cream to the bowl with the reserved herb mixture; stir to combine. Slice the lamb and serve with the vegetables and sauce.

Per serving: 311 calories; 14 g fat (4 g sat, 8 g mono); 96 mg cholesterol; 12 g carbohydrate; 0 g added sugars; 33 g protein; 2 g fiber; 539 mg sodium; 838 mg potassium. Nutrition bonus: Vitamin C (98% daily value), Zinc (38% dv), Folate (25% dv), Potassium (24% dv), Iron (19% dv), Vitamin A (18% dv)





Asiago, Artichoke & Spinach Soufflé

Makes: 8 servings

Active time: 30 minutes **Total:** 1-1 1/4 hours **To make ahead:** Prepare through Step 3, cover and refrigerate for up to 1 day. Bring to room temperature before folding in egg whites. **Equipment:** Eight 10-ounce ramekins or a 2 1/2-quart soufflé dish

Try this rich-tasting cheese, artichoke and spinach soufflé recipe for your next brunch. If you can't find artichoke bottoms—literally the bottom of the artichoke heart without the leaves attached—you can substitute regular canned artichoke hearts instead. Just be sure to pat them very dry to prevent your soufflé from being too wet.

3 tablespoons fine, dry breadcrumbs | **1 14-ounce can artichoke bottoms, drained**

4 ounces (about 1 1/4 cups) chopped frozen spinach, thawed

1 cup finely shredded Asiago or Parmesan cheese

1/2 teaspoon freshly ground pepper

1 1/2 cups low-fat milk

2 tablespoons unsalted butter | **2 tablespoons canola oil**

1/4 cup white whole-wheat flour or all-purpose flour

4 large egg yolks, at room temperature

8 large egg whites, at room temperature

1/8 teaspoon salt

1. Position rack in lower third of oven; pre-heat to 375°F. Coat eight 10-ounce ramekins or a 2 1/2-quart soufflé dish (or similar-size baking dish) with cooking spray. Sprinkle with enough breadcrumbs to generously coat the inside, tilting to evenly distribute; tap out excess. Place ramekins on a baking sheet.

2. Pat artichoke bottoms dry, chop and then pat dry again. Press thawed spinach in a fine sieve until very dry, and then finely chop. Combine the chopped artichoke and spinach in a bowl with Asiago (or Parmesan) and pepper.

3. Heat milk in a small saucepan over medium heat until steaming. Melt butter and oil in a medium saucepan over medium-low heat. Whisk in flour and cook, whisking, for 2 minutes. Slowly whisk in the hot milk and cook over medium-low heat, whisking, until the mixture is the consistency of thick batter, 2 to 4 minutes. Transfer to a large bowl. Whisk in egg yolks, one at a time, until incorporated. Whisk in the artichoke-spinach mixture.

4. Clean and dry a large mixing bowl and beaters, making sure there are no traces of oil. (Any fat in your egg whites may prevent your soufflé from rising properly.) Beat egg whites in the bowl with an electric mixer on medium speed until foamy. Add salt; gradually increase speed to high and beat until shiny and stiff, but not dry. Do not overbeat: stop when the egg whites hold their shape in the bowl and on the beater but don't look overly dry or lumpy.

5. Using a rubber spatula, stir one-third of the whites into the egg-yolk mixture to lighten it. Gently fold in the remaining egg whites just until evenly distributed. It's OK if a few white streaks remain. Spoon the batter into the prepared dish(es).

6. Bake until puffed and firm to the touch, 20 to 24 minutes for 10-ounce soufflés, 38 to 42 minutes for a 2 1/2-quart soufflé. (Resist the temptation to take a peek until the last 5 minutes of baking—an open oven door will let in too much cool air and may interrupt the rising.) Once out of the oven, even a beautifully puffed soufflé will slowly deflate, so go directly to the table to show off its beauty, and then serve it at once.

Per serving: 197 calories; 13 g fat (5 g sat, 4 g mono); 112 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 11 g protein; 2 g fiber; 270 mg sodium; 188 mg potassium. **Nutrition bonus:** Vitamin A (43% daily value), Calcium (17% dv).

Download a **FREE Easter Recipe Cookbook** from Eating Well
www.eatingwell.com

THANK YOU FROM THE NUTRITION COMMITTEE

A HUGE thanks go out to Daniel Seo and Michael Mesa for providing Baking and Cooking classes to the community this past month. All had a good time and amazing Bread and Pasta!

Thank You Michael and Daniel for sharing your talents and time



Are you interested in joining the Student Nutrition Committee? Let us know, send your interest to

Ian Hagan:

ihagan@stjohnsem.edu

Please also send us all your comments and suggestions