

REUNITE WITH READ

CATEGORY: Sports Trivia

1. Which three major league baseball team names aside from the Yankees have played in the most World Series?
2. Which Major League Baseball team was the first to reach 10,000 wins?
3. Which Major League Baseball team was the only one to win two World Series in the 1980s?
4. Which Olympic gymnast inspired a popular "theme" song? Name the song.
5. Which professional basketball team is named after a car part?
6. Who was the first president of the National Football League?
7. Who has the most wins in a single NASCAR season?
8. Before this year's Games were postponed, what was the last year the Olympics were cancelled?
9. What Grand Slam tennis tournament is played on a grass court?
10. How long is one period of hockey?
11. Which soccer player played on three World Cup-winning teams - the only one to do so?
12. What famous football player known for rushing records had the nickname "Sweetness"?
13. Who won 18 gold medals for a summer Olympic sport, making him one of the most successful Olympic athletes ever?
14. What basketball move was banned from 1967 to 1976?
15. Who was the first non-European cyclist to win the Tour de France?
16. Which baseball player had the nickname "The Iron Bird"?
17. Which boxer said was quoted saying that he should be on a postage stamp because that was the only way he'd ever get licked?
18. Which football player has the record for playing the most consecutive games in the National Football League?
19. In what city is the Kentucky Derby held and at what racetrack?
20. Which country is track star Usain Bolt from?

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Sports Trivia

1. Dodgers (18) / Cardinals (19) / Giants (20). The Yankees have played in 40!
2. The New York Giants
3. Los Angeles Dodgers
4. Nadia Comanchi; "The Young and the Restless"
5. The Detroit Pistons
6. Jim Thorpe
7. Richard Petty
8. 1944
9. Wimbledon
10. 20 minutes
11. Pele
12. Walter Payton
13. Michael Phelps
14. The slam dunk
15. Greg Lemond of the U.S.
16. Cal Ripkin, Jr.
17. Muhammad Ali
18. Brett Favre
19. Churchill Downs in Louisville
20. Jamaica

READ BUDDHA BOWLS WITH TURMERIC TAHINI SAUCE

PREPARATION TIME: 30 MINUTES — MAKES 4 SERVINGS

Courtesy of: The Foodie Physician

- 3 Large sweet potatoes, peeled, diced
- 1-1/2 tbsp Olive oil
- 1/2 tsp Ground cumin
- 1/2 tsp Ground coriander
- 1/4 tsp Kosher salt
- 4 cups Cooked quinoa, brown rice or other whole grain
- 1 can READ 4 Bean Salad, drained (15 oz)
- 2 cups Shredded purple cabbage
- 2 cups Baby spinach
- 1 Cilantro leaves for garnish

DRESSING:

- 1/4 cup Tahini
- 2 tbsp Fresh lemon juice
- 2 tbsp Olive oil
- 1/2 Garlic clove, grated
- 1/2 tsp Turmeric
- 1/4 cup Warm Water
- Salt
- Pepper

1. Preheat oven to 425°F.
2. Toss sweet potatoes with oil, cumin, coriander and salt. Spread out on sheet pan. Roast in oven 15 minutes or until tender. Remove from oven.
3. Meanwhile, prepare the Turmeric Tahini Dressing. Whisk tahini, lemon juice, olive oil, garlic, turmeric and water together in medium bowl. Season with salt and pepper, as desired.
4. To assemble Buddha Bowls, place 1 cup quinoa (or other grain) in each bowl. Divide sweet potatoes, bean salad, cabbage, spinach and avocado slices among the bowls. Garnish with cilantro. Drizzle dressing lightly over salad. Serve extra dressing on the side.

Nutrition information per serving (1/4 of recipe): calories; g protein; g carbohydrate; g fat; mg sodium; mg cholesterol; g dietary fiber; mg iron; mg thiamin; IU vitamin A; mg vitamin C.