

# Health, Nutrition & Wellness

*“Solutions In Your Community”*

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## Family & Consumer Sciences

Welcome to the Autumn 2021 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research and community outreach. Our mission is to strengthen

families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Nutrition, Wellness, Fitness Chronic Disease Man-

agement, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.



## RECIPES

Each issue includes **healthy recipes!**  
Inside this issue:

- *Apple Chips*
- *Blueberry Pancakes*
- *Iced Pumpkin Latte Smoothie*
- *German Potato Salad*
- *Spiced Punch*
- *Oyster Stuffing*
- *Holiday Salads*

**And many more!**

## 4 Healthy Harvest Vegetables

Fall is here, and with it comes a bounty of seasonal veggies! Here are four of the top fall nutrient-rich vegetables to try in upcoming months:



- **Pumpkin**— Although technically a fruit, pumpkin is rich in Vitamin A and C and yet has under 50 calories per cup! This makes it a nutrient-dense food.
- **Brussels Sprouts**—Take a trip to the farmers' market to see how these babies grow on stalks—it's also a fun learning experience for kids. These green gems are a member of the cabbage (aka cruciferous vegetable) family shown to help reduce the risk of cancer. One half cup cooked has 28 calories, 2 grams of fiber and is a rich source of vitamins A and K.
- **Potatoes** are a budget-friendly food costing about \$0.25 per medium spud. These starchy veggies also provide a boatload of healthy nutrients like fiber, vitamin C, and a variety of B-vitamins. One medium tater also has 25% of your daily recommended dose of potassium—that's more than a banana!
- **Swiss Chard** Give this underappreciated veggie some love this fall. For the mere 35 calories found in 1 cooked cup, you'll get more than 715% of the recommended amount of vitamin K, 214% of the recommended vitamin A, and 53% of the recommended amount of vitamin C. Plus both the leaves and the stalk can be eaten—so you'll get a better bang for your food dollar.

Source: Foodnetwork.com

## Spotlight on Seniors



## September Themes

### Alzheimer's Awareness Month

World Alzheimer's Month is the international campaign from Alzheimer's Disease International that takes place every September. Each year during Alzheimer's Awareness month people come together from all around the world to raise awareness and to challenge the stigma that persists around dementia.

Source: [alzint.org](http://alzint.org)

People with one or more of these 10 warning signs should see a doctor to find the cause. Early diagnosis gives a chance to seek treatment and plan for the future.

- 1. Memory loss that disrupts daily life:** forgetting events, repeating yourself or relying on more aids to help you remember (like sticky notes or reminders).
- 2. Challenges in planning or solving problems:** having trouble paying bills or cooking recipes you have used for years.
- 3. Difficulty completing familiar tasks at home, at work, or at leisure:** having problems with cooking, driving places, using a cell phone, or shopping.
- 4. Confusion with time or place:** having trouble understanding an event that is happening later, or losing track of dates.
- 5. Trouble understanding visual images and spatial relations:** having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.
- 6. New problems with words in speaking or writing:** having trouble following or joining a conversation or struggling to find a word you are looking for (saying "that thing on your wrist that tells time" instead of "watch").
- 7. Misplacing things and losing the ability to retrace steps:** placing car keys in the washer or dryer or not being able to retrace steps to find something.
- 8. Decreased or poor judgment:** being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
- 9. Withdrawal from work or social activities:** not wanting to go to church or other activities as you usually do, not being able to follow football games or keep up with what's happening
- 10. Changes in mood and personality:** getting easily upset in common situations or being fearful or suspicious.

Source: [cdc.gov/aging/healthybrain](http://cdc.gov/aging/healthybrain)

### Women's Health and Fitness Day

On the last Wednesday in September, National Women's Health & Fitness Day promotes the largest event for women's health of all ages.

Developing our physical strength along with mental confidence goes a long way to keeping our bodies healthy. So many of us overlook the rest we need and the healthy foods our bodies need to fuel our days. When we take a few moments to learn the best ways to care for ourselves, we often take better care of others, too.

Ways to get involved include:

- Join a walking group or another exercise forum.
- Visit a clinic seminar on portion sizes.
- Attend a webinar about reducing stress.
- Learn about incorporating mindfulness into your daily life.
- Join a meditation or prayer session.

Source: [nationaldaycalendar.com](http://nationaldaycalendar.com)

## September Themes

# 7 Foods That Can Fight Dementia and Alzheimer's Disease

### 1. Leafy Greens

Kale, collard greens, spinach, and Swiss chard are just some leafy greens high in essential B vitamins like folate and B9 that can help reduce depression, while also boosting cognition. Instead of just eating leafy greens in salads, add these powerhouse vegetables to soups, stews, and chilis; you can also puree them and add to sauces, pesto, and hummus.

### 2. Berries

Raspberries, blueberries, blackberries, and cherries all contain a flavonoid called anthocyanin that stops the progression of brain damage triggered by free radicals. These and other berries are also packed with antioxidants and a wealth of vitamins that help reduce inflammation and help you maintain good brain health.

### 3. Nuts

Pecans, almonds, walnuts, cashews, and peanuts are loaded with healthy fats, magnesium, vitamin E, and B vitamins — all of which are shown to promote good cognition and ward off signs of dementia. Women over the age of 70 who consume at least 5 servings of nuts per week are shown to have significantly better brain health than women in the same age group who don't eat nuts. Another study shows that the anti-inflammatory phytochemicals in English walnuts can reduce inflammation of brain cells to maintain optimal brain health throughout the aging process.

### 4. Omega-3s

Olive oil, flax seeds, and fatty fish like tuna, salmon, and mackerel are examples of foods high in omega-3 fatty acids with DHA that helps your brain stay healthy. Many studies prove that omega-3s are effective at fighting and preventing dementia and recommend

taking 200 mg of DHA daily to achieve good brain health. However, the average daily intake of DHA in the U.S. is estimated to be only about 80 mg. Make a conscious effort to consume higher amounts of omega-3s or ask your doctor to recommend safe, effective DHA supplements.

### 5. Cruciferous Vegetables

Broccoli, cauliflower, Brussels sprouts, and other cruciferous vegetables are high in B vitamins and carotenoids that have the ability to reduce levels of homocysteine — an amino acid linked to cognitive decline, brain atrophy, and dementia. Try sautéing cruciferous vegetables in garlic and olive oil or sneak these superfoods into smoothies, soups, and condiments.

### 6. Spices

Spices like sage, cumin, and cinnamon taste great when used to season meals and they also contain lots of polyphenols — compounds that offer numerous benefits for memory and brain health. Spices such as these have the ability to eat away at brain plaque and reduce inflammation to prevent cognitive impairment and Alzheimer's. Start filling your spice rack with a variety of spices that can liven up your meals, while also keeping your brain healthy.

### 7. Seeds

Sunflower seeds, flax seeds, and pumpkin seeds all contain antioxidants and nutrients like vitamin E, zinc, omega-3s, and choline that reduce cognitive decline. Snack on these seeds by themselves, sprinkle on salads, or sneak them into desserts like pudding and muffins to benefit from improved brain health.

Source: [healthcareassociates.com](http://healthcareassociates.com)



**These foods can fight off cognitive decline and help you stay healthy as you age.**



## September Recipes



### Simple Pizza

#### Ingredients:

1 (16 oz.) pizza dough, thawed if frozen  
 ¾ cup pizza sauce  
 1 ½ cups shredded mozzarella cheese  
 ½ cup of mushroom, onions or olives (optional)  
 1 tbsp. olive oil  
 ¼ cup fresh basil leaves

#### Directions:

Preheat pizza stone or large cookie sheet in 450°F oven. Meanwhile, let the pizza dough stand at room temperature until soft and pliable. Stretch and roll out dough to 11- to

12-inch circle. Place on a large sheet of parchment. Top with the sauce and cheese, leaving 1-inch rim. Brush rim with the olive oil.

Using parchment, carefully transfer pizza onto preheated pizza stone or pan, leaving pizza on parchment. Bake 15–17 min., until golden brown on bottom. Garnish with the basil.

*Nutrition Facts: 430 calories; protein, 15 grams of protein, carbohydrates 54 grams, fat 8grams, sodium 216 mg.*

*Source: Allrecipes.com*



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### Apple Chips

#### Ingredients:

2 large apples, cored (I used Red Delicious)  
 1 t. cinnamon  
 2 T. sugar (optional)  
 canola oil spray

#### Directions:

Preheat oven to 200 degrees.

#### Directions:

Thinly slice apples crosswise about 1/8-inch (2 mm) thick with a mandoline or sharp knife. Arrange apple slices in a single layer on two parchment-lined rimmed baking sheets, and spray with canola oil cooking spray.

and sprinkle evenly over apple slices. Bake in the top and bottom third of the oven until apples are dry and crisp, about 2 hours (mine took a little longer than that to get crisp, but I didn't use sugar). Remove from oven and let 'chips' cool completely before transferring to a sealed container for up to 3 days. Makes about 2 cups of apple chips.

*Nutrition Facts: 140 calories; protein 0g, carbohydrates 13g, fat 0g, sodium 0mg.*

*Source: Allrecipes.com*

If using sugar, combine in a small bowl with cinnamon. Put mixture into a sieve



## September Recipes

### Blueberry Pancakes

#### Ingredients:

1 ½ cups gluten-free all-purpose baking flour  
 1 tsp baking powder  
 1 tsp baking soda  
 ½ tsp ground cinnamon  
 1/8 tsp salt  
 2 large eggs  
 ½ cup milk  
 2 tbsp. melted butter  
 1 tsp vanilla extract  
 cooking spray  
 1 pint blueberries

#### Directions:

Steps: Preheat an oven to 200°F. In a large bowl, combine the flour, baking powder, baking soda, cinnamon, and salt. Stir, until no lumps remain. In a medium bowl, whisk together eggs, milk, butter, and vanilla until smooth. Whisk the egg mixture into the flour mixture until smooth.

Coat a nonstick skillet with cooking spray and warm over medium heat. Ladle ¼ cup batter into the skillet, dropping a few blueberries into each pancake. Cook for 1–2 min, until bubbles form around edges. Flip and cook for an additional 1–2 min. or until firm. Transfer cooked pancakes onto a baking sheet and keep warm in the oven. Repeat until all batter is used. Serve with butter, your favorite syrup, and more fresh berries on the side.

*Nutrition Facts: 146 calories; protein 5 grams of protein, carbohydrates 24 grams, fat 3grams, sodium 357mg.*

*Source: Allrecipes.com*



### Three-Bean Chili

#### Ingredients:

1 tablespoon olive oil  
 1 medium chopped onion  
 2 cloves garlic  
 3 tablespoons chili powder  
 2 medium chopped red, orange or yellow bell peppers  
 1 medium zucchini, halved lengthwise and sliced 1/4 inch crosswise  
 1 (14.5-ounce) can undrained fire-roasted diced tomatoes  
 1 (8-ounce) can no-salt-added tomato sauce  
 1/4 cup ketchup  
 1/2 teaspoon dried oregano  
 1 (15-ounce) can rinsed reduced-sodium black beans  
 1 (15-ounce) can small white beans  
 1 (15-ounce) can red kidney beans  
 Shredded 50% light cheddar cheese for garnish, optional.

#### Directions:

Heat oil in a Dutch oven on medium. Add onion, garlic and chili powder; cook 3 minutes. Add peppers and zucchini; cook 5 minutes. Stir occasionally. Stir in tomatoes, tomato sauce, ketchup and oregano. Cook 8 minutes. Gently stir in all beans. Cover; cook 3 minutes. Ladle into bowls; garnish with cheese if desired.

*Nutrition Facts: 275 calories, 15g protein, 3g fat, 55g carbohydrate, no cholesterol, 560 mg sodium, 18g fiber..*

*Source: <https://www.uexpress.com/health/seven-day-menu-planner>*





# Fall Food Safety and Wellness Virtual Webinar



Join Family and Consumer Sciences Educators  
Jennifer Dixon-Cravens & Shauna Henley on Sept. 28 @ 11:30 am

Have your questions about food safety answered!

- *What do I need to be safe in my kitchen?*
- *What about food recalls?*
- *Do I wash my chicken?*
- *How do I best preserve the summer harvest?*

## REGISTRATION INFORMATION

This online webinar is **FREE**, but registration is required.  
Please register in advance using the link below.

<https://FallFoodSafety.eventbrite.com>

If you need a reasonable accommodation to participate, contact  
Jennifer Dixon Cravens [jdixoncr@umd.edu](mailto:jdixoncr@umd.edu) or Shauna Henley [shenley@umd.edu](mailto:shenley@umd.edu)  
at least 2 weeks prior to the event.

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# WALKTOBER

## Community Walk Wellness Event



### Community Walk and Wellness Talk

Join us **in-person** or **virtually** for a stroll around the University Of Maryland Extension grounds in Harford County, Maryland with the FCS/Nutrition Educator, Jennifer Dixon Cravens.

**Wednesday, October 6<sup>th</sup> 11:30 am – 1:00 pm**

Harford County Agricultural Center  
3525 Conowingo Rd. Street, MD 21154

### Registration Information

Attend **IN-PERSON**: <http://walkharfordcounty.eventbrite.com>

Attend **VIRTUALLY**: <https://virtualwalkharford.eventbrite.com>

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If you need a reasonable accommodation to participate in any event, please contact Jennifer Dixon Cravens at least 2 weeks prior at 410-638-3255 or email [jdixoncr@umd.edu](mailto:jdixoncr@umd.edu)

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

## October Themes

# WALKTOBER



Walk Maryland Day is a celebration of our official state exercise--walking! It is always celebrated statewide on the first Wednesday in October, to coincide with Walk to School Day.

Walktober is a full month dedicated to health, safety and education for pedestrians and drivers, to build safer, more sustainable communities in Maryland, developed by the Maryland Department of Transportation. Declared officially by Governor Hogan in 2020, the month celebrates Maryland's official exercise -- walking -- as a critical component of well-being for people throughout the state.

Walktober events include four "Walkinars" - online webinars about pedestrian-related topics in Maryland - and the official Walk Maryland! Day.

Walktober encourages the state of Maryland to increase physical activity in a fun, community-oriented way while creating awareness for pedestrian safety. Participate as an individual or as a group with others through sponsored events or develop a

walk for a youth group like 4-H or as a class activity.

We encourage everyone to make walking a regular habit, not just on October 6. Be a part of the Walktober movement to make at least 150 minutes of physical activity weekly your year round habit!

Join the FCS Educator at the Harford County Extension office virtually or in-person on October 6 for walking and wellness tips to improve your health. It's free to participate, but registration is required.

To attend In-person:

[walkharfordcounty.eventbrite.com](https://www.walkharfordcounty.eventbrite.com)

To participate virtually:

[virtualwalkharford.eventbrite.com](https://www.virtualwalkharford.eventbrite.com)





## October Themes

### October 10 is World Mental Health Day



The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health. The day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide. For information and resources, visit [mentalhealth.gov](https://www.mentalhealth.gov).



## Breast Cancer Awareness Month

Breast cancer is the most common cancer among American women. **Mammograms are the best way to find breast cancer early** when it is easier to treat and before it is big enough to feel or cause symptoms.

There are different symptoms of breast cancer, and some people have no symptoms at all. Symptoms can include:

- Any change in the size or the shape of the breast.
- Pain in any area of the breast.
- A new lump in the breast or underarm.

### How Can I Lower My Risk?

You can do things to help lower your breast cancer risk, such as:

- [1] Keep a healthy weight and exercise regularly.
- [2] Don't drink alcohol, or limit the amount of alcohol you drink.
- [3] If you are taking hormone replacement therapy or birth control pills, ask your doctor about the risks.
- [4] Breastfeed your children, if possible.

Source: [cdc.gov/cancer](https://www.cdc.gov/cancer)

*If you have any signs that worry you, see your doctor right away.*



SAMHSA's National Helpline, [1-800-662-HELP \(4357\)](tel:1-800-662-HELP), or TTY: [1-800-487-4889](tel:1-800-487-4889) is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.



## October Recipes

### Roasted Chicken



#### Ingredients:

1 teaspoon kosher salt  
 ½ teaspoon caraway seeds  
 ½ teaspoon dried sage  
 ¼ teaspoon fennel seeds  
 ¼ teaspoon coriander seeds  
 ¼ teaspoon dried rosemary  
 2 tablespoons paprika  
 2 teaspoons garlic powder  
 2 teaspoons all-purpose flour  
 1 teaspoon onion powder  
 5 tablespoons vegetable oil  
 1 (4 pound) broiler-fryer chicken, cut in half lengthwise

Directions: Step 1: Preheat oven to 425 degrees F (220 degrees C).

Step 2: In a spice grinder or mortar, combine kosher salt, caraway seeds, sage, fennel, coriander, and rosemary. Grind to a coarse powder. Transfer spice mixture to a bowl and stir in paprika, garlic powder, flour, and onion powder; mix in vegetable

oil to make a smooth paste.

Step 3: Pat chicken halves dry with paper towels and tuck wing tips up behind the back. Brush spice paste onto chicken halves, coating both sides, taking care to season under wings and legs. Place chicken halves in baking dish or roasting pan with skin sides up, leaving space around chicken so halves aren't touching.

Step 4: Roast in preheated oven until a thermometer inserted in a thigh reads 165 degrees F (74 degrees C), about 1 hour. Remove from oven and let rest for 10 minutes before slicing.

*Nutrition Facts: Per Serving: 495 calories; protein 41.5g; carbohydrates 3.1g; fat 34.5g; cholesterol 129.3mg; sodium 445.6mg.*

Source: [Allrecipes.com](http://Allrecipes.com)



### Iced Pumpkin Spice Latte Smoothie

1 cup coffee  
 ½ cup milk of your choice (such as unsweetened vanilla flavored almond milk, skim or 1% milk)  
 2 teaspoons pumpkin pie spice (or ½ teaspoon each ground cinnamon, nutmeg, ginger and allspice)  
 1 teaspoon vanilla extract  
 ½ cup canned plain pumpkin  
 4 ice cubes

Blend all ingredients to create a seasonally inspired drink. Using real pumpkin adds beneficial fiber. Try to limit added sugar as much as you can! If you MUST add sweetener, try pure maple syrup in a small quantity- start with 1 teaspoon.

*Nutrition: Facts: 41 calories; protein 4.9g; carbohydrates 41.9g; dietary fiber 2.2g; sugars 2.7g; fat 5.9g; saturated fat*  
 Source: [Source: Johns Hopkins Medicine](http://Source: Johns Hopkins Medicine)



## October Recipes

### German Potato Salad

#### Ingredients:

#### Ingredient Checklist

3 cups diced peeled potatoes  
2 slices bacon  
1 small onion, diced  
¼ cup white vinegar  
2 tablespoons water  
3 tablespoons white sugar  
1 teaspoon salt  
¼ teaspoon ground black pepper  
1 tablespoon chopped fresh parsley

#### Directions

Step 1: Place the washed potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain, and set aside to cool.

Step 2: Place the bacon in a large deep skillet over medium-high heat. Fry until browned and crisp, turning as needed. Remove from the pan and set aside.

Step 3: Add onion to the bacon grease, and cook over medium heat until browned. Add the vinegar, water, sugar, salt and pepper to the pan. Bring to a boil, then add the potatoes and parsley. Crumble in half of the bacon. Heat through, then transfer to a serving dish. Crumble the remaining bacon over the top, and serve warm.

*Nutrition Facts :183 calories; protein 5.4g; carbohydrates 32.2g; fat 3.9g; cholesterol 5.9mg; sodium 586 mg.*  
*Source: Allrecipes.com*



### Octoberfest Sausage Kabobs

#### Ingredients:

3 tbsp. Dijon mustard  
2 tbsp. vinaigrette dressing  
1 pkg. Turkey sausage , cut in 22 pieces  
4 oz. red cabbage, cut in 8 bits size pieces  
1 apple cut into 8 pieces  
1 red pepper, cut into 8 pieces  
8 Brussels sprouts trimmed.

#### Directions:

Heat grill to medium heat.  
Mix mustard and dressing until blended. Remove half the mustard mixture, reserve for serving with the grilled kabobs.  
Thread sausage onto 8 skewers alternatively ingredients.  
Grill 5 minutes.  
Turn kabobs, brush with some of rest of mus-

tards mixtures.

Reduce grill to medium low heat. Grill kabobs additional 10 minutes or until sausage is heated through and vegetables are crisp or tender, turn and brush as needed.  
Serve kabobs with the reserved mustard mixtures.

*Nutrition Facts; 130 Calories, protein; 10carbohydrates;; 6g, sodium 330 mg, 2g. Dietary fiber.*  
*Trans Fat 0g*

*Source: Myfoodandfamily.com*



## November Themes

# November is Pancreatic Cancer AWARENESS MONTH



There is no sure way to prevent pancreatic cancer. Some risk factors such as age, gender, race, and family history can't be controlled. But there are things you can do that might lower your risk.

### **Don't smoke**

Smoking is the most important avoidable risk factor for pancreatic cancer. Quitting smoking helps lower risk. If you smoke and want help quitting, please talk to your health care provider or call us at 1-800-227-2345.

### **Watch your diet, body weight, and physical activity**

Getting to and staying at a healthy weight might help lower your risk. Getting regular physical activity can help you stay at a healthy weight and may also reduce your risk of pancreatic cancer risk.

Processed and red meats and sugary drinks may also increase the risk of pancreatic cancer.

The American Cancer Society recommends following a healthy eating pattern that includes plenty of fruits, vegetables, and whole grains, and that limits or avoids red and processed meats, sugary drinks, and highly processed foods. For more, see the American Cancer Society Guidelines for Diet and Physical Activity for Cancer Prevention.

### **Avoid alcohol use**

Heavy alcohol use has been tied to pancreatic cancer in some studies. Heavy alcohol use can also lead to conditions such as chronic pancreatitis, which is known to increase pancreatic cancer risk. It's best not to drink alcohol. If you do drink, you should have no more than 1 drink per day for women or 2 drinks per day for men.

### **Limit exposure to certain chemicals in the workplace**

Avoiding workplace exposure to certain chemicals may reduce your risk for pancreatic cancer.





## November Themes



Take the 60-second  
Type 2 Diabetes  
Risk Test

[www.diabetes.org/risk-test](http://www.diabetes.org/risk-test)

### 5 Healthy Habits for Diabetes Awareness Month



Add more veggies  
to your diet



Find an enjoyable  
exercise routine



Try going to bed  
an hour earlier



Simplify your  
diabetes regimen



Utilize blood  
sugar apps





## November Recipes



### Beet Salad with Apples and Carrots

- 3 Medium cooked beets sliced and diced
- 1 large apple
- 3 -6 Carrots
- ½ fresh lime
- 2 tbsp. Coconut oil
- 1 dash of basil
- 1 dash of cayenne pepper
- ½ tsp. agave
- 1 head of romaine or spring mix salad
- 1 head of red leaf lettuce

Direction: Grate the carrots apples. Steam the beets for 1 minute and then run under icy water for 3 minutes to prevent over-cooking. Slice, then dice and mix together .

*Nutrition Facts Per Serving:*  
 118 calories; protein 1g; carbohydrates 7g;  
 fat 10g; sodium 87mg.  
 Source: bhg.com



### Spiced Thanksgiving Punch

- Ingredients:
- ½ cup ice, or as desired
  - 8 fluid ounces cranberry juice cocktail, chilled
  - 2 fluid ounces sparkling water
  - 1 lime wedge
  - 1 tsp. of cinnamon and nutmeg

Directions:  
 Fill a tall glass with ice; add cranberry juice and top with sparkling water. Garnish drink with a lime wedge.

*Nutrition Facts: 138 calories; carbohydrates 34.7g; fat 0.3g; sodium 10.6mg.*

Source: Allrecipes.com



### Turkey Quesadillas

- Ingredients:
- 2 flour tortillas
  - ½ cup shredded Cheddar cheese
  - ¼ pound shredded cooked turkey meat
  - 2 tablespoons cranberry sauce
  - ½ jalapeno pepper, seeded and minced
  - 1 green onion, sliced
  - 2 tablespoons chopped fresh cilantro, or to taste

Place remaining tortilla over the top. Cook until tortilla is golden brown and cheese is melted, 2 to 4 minutes per side.

*Nutrition Facts:*  
 141 calories; protein 9.9g; carbohydrates 11.6g; fat 5.9g; cholesterol 26.4mg; sodium 165.1mg.

Source: Eatingwell.com

Directions:  
 Heat a skillet over medium heat. Place 1 tortilla in the skillet and top with 1/2 of the Cheddar cheese, turkey, cranberry sauce, jalapeno pepper, green onion, and remaining Cheddar cheese, respectively.

## November Recipes

### Healthy Morning Glory Muffins

#### Ingredients:

1 cup all-purpose flour  
 1 cup whole-wheat flour  
 3/4 cup sugar  
 2 teaspoons baking soda  
 2 teaspoons ground cinnamon  
 3/4 cup egg substitute  
 1/2 cup vegetable oil  
 1/2 cup unsweetened applesauce  
 2 teaspoons vanilla extract  
 2 cups chopped apples (unpeeled)  
 1/2 cup raisins  
 3/4 cup grated carrots  
 2 tablespoons chopped pecans

#### Directions

Heat the oven to 350 F. Line a muffin pan with paper or foil liners.

In a large bowl, combine the flours, sugar,

baking soda and cinnamon. Whisk to blend evenly. In a separate bowl, add the egg substitute, oil, applesauce and vanilla. Stir in the apples, raisins and carrots. Add to the flour mixture and blend just until moistened and slightly lumpy. Spoon the batter into muffin cups, filling each about 2/3 full.

Sprinkle with chopped pecans and bake until springy to the touch, about 35 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely.

*Nutrition Facts: 175 calories; protein 3g; carbohydrates 25g; fat 7g; sodium 163mg.*

*Source: mayoclinic.com*



### Orange Marinated Vegetables

#### Ingredients:

1 1/2 cups halved frozen artichoke hearts  
 1 1/2 cups sliced red bell pepper  
 1 1/2 cups sliced fennel bulb  
 1/4 cup extra-virgin olive oil  
 3 tablespoons cider vinegar  
 2 strips orange zest  
 2 sprigs fresh oregano  
 1/2 teaspoon salt  
 1/4 teaspoon ground pepper

#### Directions

Cook artichoke hearts, bell pepper and fennel in a small pot of boiling water until crisp-tender, 30 seconds to 1 minute. Using a slotted spoon, transfer to a bowl of ice water to cool. Drain, pat dry and transfer to a medium bowl.

Whisk oil, vinegar, orange zest, oregano, salt and pepper together in a small saucepan and heat until steaming. Pour the marinade

over the vegetables, stirring to coat.

Cover and refrigerate, stirring occasionally, for at least 2 hours and up to 5 days. To make ahead: Marinate vegetables for up to 5 days.

*Nutrition Facts: 60 calories; protein 1.2g; carbohydrates 5g; dietary fiber 1.8g; sugars 1.6g; fat 4g; saturated fat 0.6g;*

*Source Eatingwell.com*



## November Recipes

### Oyster Stuffing



#### Ingredients:

1 large boule (or 2 baguettes)  
 1/2 c. (1 stick) butter, plus more for baking dish  
 1 medium yellow onion, chopped  
 4 stalks celery, chopped  
 2 shallots, minced  
 1 tbsp. freshly chopped sage  
 2 tsp. fresh thyme leaves  
 2 tsp. freshly chopped rosemary  
 1 tbsp. freshly chopped parsley, plus more for garnish  
 Salt  
 Black pepper  
 1 (8-oz.) container fresh oysters, roughly chopped, in their liquor  
 1 lb. sausage, casings removed  
 1 c. low-sodium chicken broth

#### Directions:

Tear or slice bread into cubes and leave out overnight to dry out. (Alternatively, place bread on baking sheets and bake at 200° for 20 minutes.)

Preheat oven to 350° and butter a large bak-

ing dish. In a large skillet over medium heat, melt butter. Add onion, celery, and shallots and cook until soft and fragrant, 8 minutes. Stir in sage, thyme, and rosemary and cook until fragrant, 1 minute more. Season with salt and pepper. Stir in parsley, then transfer to a large bowl. Add bread and oysters in their liquor.

In same skillet over medium-high heat, cook sausage until seared and cooked through, about 10 minutes, stirring often.

Add cooked sausage to bread mixture. Drain fat from skillet and deglaze with broth, then add broth to bread mixture. Transfer mixture to prepared baking dish and cover with foil. Bake until cooked through, 45 minutes, then remove foil and cook until bread is golden, 15 minutes more.

Garnish with more parsley before serving.

*Nutrition Facts; (per serving): 354 calories, 23 g protein, 29 g carbohydrates, 2 g fiber, 2 g sugar, 22 g fat, 11 g saturated fat, 540 mg sodium.*

*Source: allrecipes.com*

### Mustard Greens



#### Ingredients:

6 pound of mustard or other greens, stems discarded.  
 1/2 cup plus 1 tablespoon extra-virgin olive oil  
 5 large garlic cloves, thinly sliced  
 1 1/2 teaspoons crushed red pepper  
 Salt and freshly ground black pepper  
 1/4 cup plus 1 tablespoon red wine vinegar

#### Directions:

Bring a large pot of salted water to a boil. Add half of the greens and cook, stirring a few times, until just tender, about 3 minutes. Using a slotted spoon, transfer the greens to a colander and rinse with cold water. Repeat with the remaining greens. Drain very well. Coarsely chop the greens.

In a large, deep skillet, heat the olive oil. Add the garlic and crushed red pepper and cook over moderate heat until the garlic is golden brown, about 1 minute. Add the greens and stir well.

Cover and cook, stirring occasionally, until the greens are heated through, about 8 minutes. Season with salt and pepper. Transfer the greens to a large bowl and let cool to room temperature. Stir in the vinegar and serve.

*Nutrition Facts: 265 calories, 8 g protein, 22 g carbohydrates, 1 g fiber, 2 g sugar, 16 g fat, 9 g saturated fat, 497 mg sodium .*

*Source: Delish.com*

## November Recipes

### Pumpkin Soup

#### Ingredients:

3/4 cup water, divided  
 1 small onion, chopped  
 1 can (15 ounces) pumpkin puree  
 2 cups unsalted vegetable broth  
 1/2 teaspoon ground cinnamon  
 1/4 teaspoon ground nutmeg  
 1 cup fat-free milk  
 1/8 teaspoon black pepper  
 1 green onion top, chopped

In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let the onion dry out.

Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately. Serves 4.

*Nutrition Facts:* 75 calories; protein 3g; carbohydrates 13g; fat 1g; sodium 58mg.

Source: [mayoclinic.com](http://mayoclinic.com)



### Salad greens with Pears, Fennel and Walnuts

#### Ingredients

6 cups mixed salad greens  
 1 medium fennel bulb, trimmed and thinly sliced  
 2 medium pears, cored, quartered and thinly sliced  
 2 tablespoons grated Parmesan cheese  
 1/4 cup toasted walnuts, coarsely chopped  
 2 tablespoons extra-virgin olive oil  
 3 tablespoons balsamic vinegar  
 Freshly ground black pepper, to taste

Divide the salad greens onto 6 plates. Scatter the fennel and pear slices over the greens. Sprinkle with Parmesan cheese and walnuts. Drizzle with olive oil and vinegar. Add black pepper, to taste. Serve immediately. Serves 6.

*Nutrition Facts:* 140 calories; protein 3g; carbohydrates 15g; fat 8g; sodium 60mg.

Source: [mayoclinic.com](http://mayoclinic.com)



### Honey-glazed Sweet Potatoes

#### Ingredients:

1/4 cup water  
 2 tablespoons brown sugar  
 2 tablespoons honey  
 1 tablespoon olive oil  
 2 pounds sweet potatoes (about 4 large), peeled and cut into 1" cubes  
 Black pepper or chopped herb of choice (rosemary, sage or thyme), to taste

Heat the oven to 375 F. Lightly coat a 9-by-13-inch baking dish with cooking spray. In a small bowl add the water, brown sugar, honey and olive oil. Whisk until smooth.

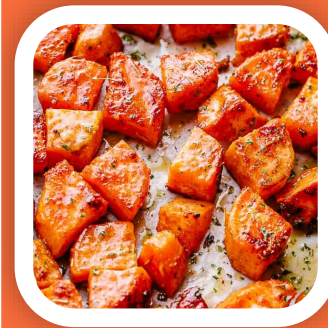
Place a single layer of sweet potatoes in the

baking dish. Pour the sauce over the sweet potatoes. Turn to coat them. Cover and bake until tender, about 45 minutes. Turn the sweet potatoes once or twice to continue coating them. When tender, remove the cover and continue to bake until the glaze is set, about 15 minutes.

Transfer to a serving dish and top with pepper or chopped herb of choice. Serve immediately. Serves 8.

*Nutrition Facts:* 150 calories; protein 2g; carbohydrates 30g; fat 2g; sodium 62mg.

Source: [mayoclinic.com](http://mayoclinic.com)





## 5 Healthy Eating Tips for the Holidays



### 1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.

### 2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.



### Holiday Hacks

1. Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
2. Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
3. Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.



- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food.

### 3. Fit in Favorites

Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan. If you plan for it, no food needs to be on the naughty list.

### 4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

### 5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Aim for 7 to 8 hours per night to guard against mindless eating.

Source: [CDC.org](https://www.cdc.org)



## Holiday Cleaning Tips

- Clean range or stovetop, surfaces, and grates.
- Clean out the refrigerator, making room for party foods. ...
- Wipe down all large and small appliances.
- Wipe down kitchen cabinets.
- Take recycling to recycling bins or facilities.



## Food Safety Tips for the Holidays

1. Cook food thoroughly
2. Keep food out of the “danger zone.” Bacteria can grow rapidly in the danger zone between 40°F and 140°F
3. Use pasteurized eggs for dishes containing raw eggs
4. Do not eat raw dough or batter
5. Keep foods separated. Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator.
6. Thaw your turkey safely in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave.
7. Wash your hands.
  - **After** touching garbage
  - **Before** and **after** caring for someone who is sick
  - **Before** and **after** treating a cut or wound
  - **After** blowing your nose, coughing, or sneezing
  - **After** using the bathroom or changing a diaper.
8. Throw out perishable food that has been sitting at room temperature for more than 2 hours



## December Recipes

### Healthy Pecan Pie



Ingredients:  
 1/2 cup raw honey  
 2 tbsp coconut oil, melted  
 3 eggs  
 1/2 tsp fresh orange zest  
 1/8 tsp sea salt  
 1 tbsp unsweetened almond milk  
 1 tsp ground ground cinnamon  
 1 tsp pure vanilla extract  
 3 tbsp whole wheat pastry flour  
 2 cups raw pecans  
 1 bottom pie crust (recipe below)

#### Directions:

Preheat oven to 400 degrees F.

In a large bowl, combine raw honey, coconut oil, eggs, fresh orange zest, sea salt, unsweetened almond milk, ground cinnamon, pure vanilla extract, and whole wheat

pastry flour. Stir to combine. Arrange the raw pecans into the prepared 9-inch pie crust. Pour the liquid filling mixture over the pecans, spreading some with a spoon if necessary. Place into the oven and bake for 10 minutes at 400 degrees, then reduce the temperature to 350 degrees and bake for 20-25 minutes. The pie will rise in the oven. You'll know it's done when it has small cracks in the top and is no longer giggly. Remove from oven and allow to cool, preferably overnight.

*Nutrition Facts: 414 Calories; Protein 6g; Carbohydrates 35g; Fat 29g; Sodium 165mg.*

*Source: <https://www.asweetpeachef.com>*

### 5-Ingredient Coconut Oil Pie Crust

Ingredients:  
 1/2 cup coconut oil, softened  
 1 1/4 cups whole wheat pastry flour  
 1/2 tsp sea salt  
 1/2 tsp coconut sugar  
 6-8 tbsp ice water, plus more if needed

#### Directions:

Spread out the coconut oil into an even layer over a sheet of parchment paper and then place into the freezer for about 15-20 minutes to fully harden. In a food processor, combine the whole wheat pastry flour, sea salt and coconut sugar. (You could also combine in a large bowl and mix with your hands.) Pulse the food processor to mix.

Break the hardened coconut oil into small chunks. Add the pieces of hardened coconut oil, pulsing just as much as necessary to break the pieces into even pea-size lumps. Add ice cold water, 1 tablespoon at a time, pulsing in between, until the dough sticks to itself when pinched.

Remove flour mixture from the food processor and place onto a clean, dry, flat surface, then gently shape into a disk. If the dough is too crumbly and refuses to cooperate, you can add more water, tablespoon by tablespoon, as needed. Wrap the disk in

plastic wrap. Place in fridge for at least 10 minutes. Remove the chilled disk from the refrigerator and let sit at room temperature for about 5 minutes to make it easier to roll out. Flour your surface. Using a rolling pin on your well-floured surface, roll out dough to form an approximate 12-inch circle. Be sure to continue to flip the dough over and generously flour each side so as not to have the rolled-out dough stick to the surface. (If it doesn't cooperate, despite heavy flouring, roll it back up into a ball and start again. That's ok.) Place the rolled-out dough onto a 9-inch pie plate. Gently press the pie dough down so that it meets the bottom and sides of the pie dish.

Using a knife, carefully trim the dough around the top edge of the pie dish, leaving about a 1/4-inch to 1/2-inch overlap. Fold the edge of the over and under the edge of itself, pressing together. Now, all you need to do is fill this pie crust with your filling and bake according to your pie recipe directions.

*Nutrition Facts: 182 Calories; Protein 2g; Carbohydrates 13g; Fat 14g; Sodium 146mg.*

*Source: <https://www.asweetpeachef.com>*



## December Recipes

### Holiday Salad with Apple Cider Dressing

Ingredients: 3 romaine hearts  
1 (12 ounce) bag shredded cabbage (about 4 cups)  
1 cup dried cranberries\*  
1 cup sliced almonds  
1 cup crumbled gorgonzola

Dressing:

3 tablespoons raw apple cider vinegar  
6 tablespoons extra-virgin olive oil  
2 tablespoons water  
2 teaspoons Dijon mustard  
2 cloves garlic, minced  
2 tablespoons honey

Freshly cracked black pepper, for serving

\*Note: Look for dried cranberries that are sweetened with apple juice to avoid any added refined sugar.

Directions:

To prepare the dressing, combine the vinegar, oil, water, dijon, garlic, and honey in a

blender and blend until completely smooth. Set aside to let the flavors meld while you assemble the salad.

Use a sharp knife to shred the romaine hearts, then place the shredded romaine in a large serving bowl. Add in the shredded cabbage, cranberries, almonds, and gorgonzola, and toss well.

Dress the salad about 15 minutes before you plan on serving it, to help soften the cabbage a bit. You don't want to add the dressing too far in advance, or the romaine could get too soggy. Toss everything well, and serve with cracked black pepper, if desired.

*Nutrition Facts: 300 Calories; Protein 7g; Carbohydrates 24g; Fat 22g; Sodium 258mg.*

Source: <https://detoxinista.com/>



### Holiday Honeycrisp Salad

Ingredients:

1/2 cup light vegetable oil such as sunflower or safflower OR extra-virgin olive oil  
1/4 cup apple cider vinegar  
1/4 cup unsweetened apple juice OR apple cider  
2 to 3 tablespoons honey  
1 tablespoon lemon juice  
1/2 teaspoon salt

Freshly ground black pepper to taste

3 medium Honeycrisp apples (about 1 pound) thinly sliced

Juice of 1/2 lemon

12 ounces salad greens spring mix, baby spinach, arugula, baby romaine, OR a combo of your favorites

1 cup pecan halves toasted or candied

3/4 cup dried cranberries OR dried cherries

4 ounces crumbled blue cheese

Directions:

To prepare Apple Cider Vinaigrette, measure oil, apple cider vinegar, apple juice/

cider, honey, lemon juice, salt, and pepper into a mason jar. Tightly screw on lid and shake vigorously until everything is thoroughly combined. Alternatively, you may briskly whisk the ingredients together in a medium bowl, or blend them in a blender or mini food processor.

Place apple slices in a large plastic baggie and squeeze the fresh lemon juice (from the lemon half) over them. Close bag and shake to coat. In a large salad bowl, layer salad greens, apple slices, pecans, dried cranberries, and blue cheese. Just before serving, dress with desired amount of Apple Cider Vinaigrette and toss until salad ingredients are evenly coated.

*Nutrition Facts: 280 Calories; Protein 5g; Carbohydrates 24g; Fat 20g; Sodium 356mg.*

Source: <https://fiveheartshome.com/>



# Save The Dates! Upcoming Virtual Classes



| Date                    | Class Description   | Cost |
|-------------------------|---|------|
| Sep. 23                 | Nutrition, Health, & Wellness: <b>DASH Plus Hypertension Prevention—Meat &amp; Proteins</b><br>To Register: <a href="https://go.umd.edu/DASH_Meat_ProteinG1">https://go.umd.edu/DASH_Meat_ProteinG1</a> | FREE |
| Sep. 28                 | Food Safety:<br><b>Fall Food Safety &amp; Healthy Living Webinar</b>  | FREE |
| Sep. 30                 | Nutrition, Health, & Wellness: <b>DASH Plus Hypertension Prevention—Fats &amp; Sweets</b><br>To Register: <a href="https://go.umd.edu/DASH_Fats_SweetsG1">https://go.umd.edu/DASH_Fats_SweetsG1</a>     | FREE |
| Oct. 6                  | <b>WalkMaryland Walk and Wellness Event</b><br>Attend In Person or Virtually  | FREE |
| Oct. 13, 20, 27, Nov. 3 | <b>Dining With Diabetes</b><br>4 part series—join one or join them all!   | FREE |
| Nov. 17                 | Nutrition 101:<br><b>Healthy Cooking for the Holidays</b>   | FREE |
| Dec. 8                  | Food Safety:<br><b>Capture the Flavor with Herbs and Spices</b>   | FREE |
| Dec. 15                 | Nutrition 101:<br><b>Healthy Cooking for the Holidays</b>   | FREE |

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