



Health, Nutrition & Wellness

“Solutions In Your Community”

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RECIPES

Each issue includes healthy recipes! Inside this issue:

[Apple, Pear and Ginger Water](#)

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[Asian Noodle Salad](#)

[Pumpkin Pie Cupcakes](#)

[Hot and Zesty Holiday Dip](#)

And many more!

Family & Consumer Sciences

Welcome to the Autumn 2022 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 pro-

grams on Nutrition, Wellness, Fitness Chronic Disease Management, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.

Complied by: Faculty Extension

FCS/ Nutrition Educator,

Jennifer Dixon Cravens, MS



Autumn Seasonal Produce

SQUASH-Hard-rind squashes are super durable and can last for a couple weeks in the right conditions. Roast them with the shell still on and scoop out the buttery flesh or puree it for a hearty soup.

BEETS- Most commonly roasted, beets can also be boiled, steamed, pickled or eaten raw. The tops are edible too! Store the leaves separately and prepare them like you would chard.

BRUSSELS SPROUTS- Overcooking Brussels sprouts not only kills their flavor, it also reduces their notably high nutritional value. Either blanch them quickly, or roast them with oil, lemon, garlic and nuts.

SWEET POTATOES- This root veggie is related neither to yams nor normal potatoes. Serve them with a small amount of oil or butter to help your body absorb its fat soluble vitamin C and beta-carotene.



Physical Wellness



September Themes

Healthy Aging Month

Healthy Aging Month is observed during the month of September. This observance raises awareness on the physical and mental health of older adults and serves as a reminder that as we age, our minds and bodies change. It is important to maintain a healthy lifestyle to help deal with those changes and to help prevent some common age-related health problems.

You can take a proactive approach to aging by adopting healthy habits and behaviors, managing existing health conditions, and staying connected to your community. Consider practicing the tips below to help you stay active and independent as you age.

- **Eat and Drink Healthy.** Dietary needs may change as you age. A healthy eating plan includes nutritious foods that are low in cholesterol, fat, and artificial ingredients. You should also drink plenty of liquids, especially water, to stay hydrated. Eat nutrient dense foods like fruits, vegetables, whole grains, lean meats, and low-fat dairy products.
- **Move More, Sit Less.** Staying active can help you prevent, delay, and manage chronic diseases, improve balance and stamina, reduce the risk of falling, and improve brain health. Aim for moderate

physical activity, like walking, at least 150 minutes a week (22-30 minutes a day) and muscle strengthening activities, like carrying groceries, at least 2 days a week. Always consult with your doctor before starting a new exercise regimen.

- **Get Regular Checkups.** It is vital to go to the doctor for regular health screenings for healthy aging. Regular checkups help doctors catch chronic diseases early and can help patients reduce risk factors for disease, such as high blood pressure and cholesterol levels. In some cases, regular checkups have been linked to improved quality of life and feelings of wellness.
- **Be Aware of Changes in Brain Health.** Everyone's brain changes as they age, but [dementia](#) is not a normal part of aging. There are a variety of [healthy behaviors](#) that can be done to reduce age-related cognitive decline or manage dementia. Engaging in social and intellectually stimulating activities, getting enough sleep, and not smoking are a few actions you can take. See your doctor if you have questions about memory or brain health.

For additional resources and information on healthy aging, visit the [National Institute on Aging, Healthy Aging website.](#)

Healthy Tips for Autumn Season

- 1) Start taking a Vitamin D supplement or increase vitamin D rich foods consumption
- 2) Get your flu shot and yearly check-up (if needed)
- 3) Get outside and enjoy the cooler temperatures
- 4) Focus on your mental health
- 5) Practice health through hygiene—Handwashing
- 6) Make some plans for the cold months—social events and hobbies
- 7) Moisturize your skin and don't forget the sunscreen
- 8) Buy and consume in-season fresh fruits and vegetables
- 9) Stay Active—establish an exercise and fitness plan
- 10) Stay hydrated

Source: nih.org

September Themes

National Food Safety Month



September is National Food Safety Education Month (FSEM). It's a great time to focus on key illness prevention steps, such as avoiding cross-contamination in your kitchen. Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat foods, like salads or food that is already cooked. They can make people sick and even lead to hospitalization and death in serious cases. The key to avoiding cross-contamination is to keep raw meat, poultry, seafood, and eggs separate from foods that won't be cooked before you eat them (ready-to-eat foods) when grocery shopping and preparing food in the kitchen.

Separate meat, poultry, and seafood from other food in shopping cart.



National Recovery Month

National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable them to live a healthy and rewarding life.

There are millions of Americans whose lives have been transformed through recovery. Each September, tens of thousands of prevention, treatment, and recovery programs and facilities around the

country celebrate Recovery Month. They speak about strides made by those in recovery and share their success stories. In doing so, everyone helps to increase awareness and foster a greater understanding about mental and substance use disorders.

Recovery is for everyone! FOR HELP FINDING TREATMENT, CALL 1-800-662-HELP (4357) or go to findtreatment.gov



Childhood Obesity Month

September is [National Childhood Obesity Month](#). About 1 in 5 American children has obesity. Compared to children with healthy weight, children with overweight or obesity are at a higher risk for asthma, sleep apnea, bone and joint problems, type 2 diabetes, and heart disease.

Though there is no one solution to addressing obesity, there are many ways parents and caregivers can help children have a healthy weight and set up lifelong healthy habits at home.

1. **Model a Healthy Eating Pattern**
2. **Move More as a Family**
3. **Set Consistent Sleep Routines**
4. **Replace Screen Time with Family Time**

Learn more by visiting their [Tips to Help Children Maintain a Healthy Weight](#) resource.

You can also use our [MyHealthfinder resource for parents on helping kids stay at a healthy weight](#).



Source: health.gov/myhealthfinder

September Tips!

Focus On: Apples and Pears



Maybe it's true what they say about an **APPLE** a day: a study of nearly 35,000 women, found that consumption of this fruit—along with its relative, **PEARS**—was linked with a lower risk of death from heart disease.

The star components—**fiber, vitamin C, pectin, and polyphenols**—have been associated, primarily in animal studies, with anti-inflammatory effects and an increase in beneficial microbes in the gut.

Source: health.harvard.edu



Apple, Pear and Ginger Infused Water

Ingredients:

- 1 apple, washed and sliced
- 1 pear, washed and sliced
- 2 T. minced fresh ginger
- 8 cups water or carbonated water
- Ice

pitcher. Stir fruit into water. Chill and enjoy!

Nutrition Information: 0 calories; protein 0g; carbohydrates 0g; fat 0g; sodium 0mg.

Directions:

Add apple, pear and ginger to a pitcher and gently smash to release some of the juices. Add ice and water to

Source: <https://jsyfruitveggies.org/fruit-infused-water-apple-pear-and-ginger/>



The High Cost of Food Waste

Looking for a way to stretch your food dollars? Would an extra \$30 per month for each person in your household help? That's about \$370 per person per year, or almost \$1,500 for a family of four. That's the amount of money USDA estimates the average American spends on food that's not eaten. It is the equivalent of approximately 2 months' worth of groceries in a year.

Preventing food from going to waste is one of the easiest and most powerful actions you can take to save money and lower your climate change footprint by reducing greenhouse gas (GHG) emissions and conserving natural resources.

Planning and Shopping Tips

Plan your meals for the week before you go shopping and buy only the things needed for those meals.

Make your shopping list based on how many meals you'll eat at home. Consider how often you will eat out, if you plan to eat frozen pre-cooked meals, and if you will eat leftovers for any of your meals.

Storage Tips

Properly store fruits and vegetables for maximum freshness; they'll taste better and last longer, helping you to eat more of them before they go bad.

Some fruits (such as bananas, apples, pears,

stone fruits, and avocados) release ethylene gas as they ripen, making other nearby produce ripen, and potentially spoil, faster. Store these away from other produce.

Wait to wash berries, cherries, and grapes until you're ready to eat them to prevent mold.

Cooking and Preparation Tips

Produce that is past its prime, as well as odds and ends of ingredients and leftovers, may still be fine for cooking. Repurpose these ingredients in soups, casseroles, stir fries, frittatas, sauces, baked goods, pancakes, or smoothies. You'll avoid wasting these items and may even create a new favorite dish.

Learn the difference between "sell-by," "use-by," "best-by," and expiration dates:

A "Best if Used By/Before" date indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

A "Sell-By" date tells the store how long to display the product for sale for inventory management. It is not a safety date.

A "Use-By" date is the last date recommended for the use of the product while at peak quality. It is not a safety date except for when used on infant formula.

<https://www.epa.gov/recycle/preventing-wasted-food-home>

Financial Wellness



Best Pantry Items and Tips for Fall Foods and Seasonal Eating



What are some of the best pantry items to build a pantry? Start with Grains and starches: Long-grain white rice, one or two other grains (such as quinoa or farro), dry pasta (one long, one short and chunky), plain bread crumbs, crackers, canned beans (white beans, black beans and-or chickpeas), dry lentils. Or listed below and on pantry staple checklist. Add extra pantry items to your grocery list each time you shop.

Other pantry items that you may need:

- Peanut butter and nut butters
- Pasta– Make half whole grains
- Canned tomatoes and pasta sauce
- Baking goods – flour, sugar, yeast, etc.
- Cooking oils (olive oil).
- Canned vegetables and fruits.
- Applesauce
- Nuts and seeds

PANTRY STAPLES checklist

COOKING + BAKING ESSENTIALS

APPLE CIDER VINEGAR
BAKING SODA
BAKING POWDER
BROWN SUGAR
BROWNIE MIXES
CAKE MIXES
CHOCOLATE CHIPS
COCOA POWDER (UNSWEETENED)
CREAM OF TARTAR
EVAPORATED MILK
FLOUR: ALL-PURPOSE + BREAD
HONEY
OATS: OLD-FASHIONED + QUICK
POWDERED SUGAR
SUGAR: GRANULATED + POWDERED
SOY SAUCE
SYRUP
SWEETENED CONDENSED MILK
VANILLA
VEGETABLE OIL
WHITE VINEGAR

DRY GOODS

APPLESAUCE
BREADCRUMBS
BREAKFAST CEREAL
COOKIES
CRACKERS, PRETZELS + CHIPS
DRIED FRUIT
GRAINS
MARSHMALLOWS
NUTS
OATS: OLD-FASHIONED ROLLED + QUICK
PANCAKE MIX
PASTA
PEANUT BUTTER
POPCORN
RICE
TORTILLAS

FRESH FOOD FOR THE FRIDGE

BUTTER
CHEESE
CREAM CHEESE
EGGS
FRUIT
GARLIC (MINCED)
GREENS
MILK
VEGGIES
YOGURT

CANNED GOODS

BROTH OR STOCK
BEANS
CANNED CHICKEN
CHILES
FRUIT
OLIVES
SALSA
SOUPS
TOMATOES: SAUCE, PASTA, CRUSHED
ROTEL
TUNA
VEGETABLES

SEASONINGS

BASIL
BROWN GRAVY MIX
CHILI POWDER
CINNAMON
CRUSHED RED PEPPER
CUMIN
GARLIC SALT
GROUND CLOVES
GROUND GINGER
ITALIAN SEASONING
OREGANO
PAPRIKA
RANCH DRESSING MIX
SALT & PEPPER
SESAME SEEDS
TACO SEASONING

CONDIMENTS

BBQ SAUCE
DRESSING
JELLY + JAM
KETCHUP
MAYONNAISE
MUSTARD
PICKLES

FREEZER

BACON
BREADS
CHICKEN
DOUGH: PIZZA, PIE OR PUFF PASTRY
FRUIT
GROUND BEEF
GROUND TURKEY
SAUSAGE
HOT DOGS
VANILLA ICE CREAM
VEGETABLES



Canned Vegetables 5 Ways

Although fresh fruits and vegetables is always a first choice when available. Canned foods can be **just as nutritious as fresh and frozen foods** because canning preserves many nutrients. The amount of minerals, fat-soluble vitamins, protein, fat and carbohydrate remain relatively unchanged by the process of canning.

Many vegetables rich in vitamin A can be found in canned form like pumpkin, spinach, peas, green beans, sweet potato, and squash. Vitamin A does not leech into cooking water like vitamin C does

Frozen and low-sodium canned vegetables often cost less than fresh and can save time in the kitchen—no washing, slicing, or chopping. Here are 5 ways to use canned vegetables!

1. Dips and Spreads

Canned vegetables, blended with canned beans make a quick and easy dip for whole grain crackers or tortilla chips, or cut veggies. Drain and rinse the canned beans and canned veggies before blending with spices like garlic or onion powder. Add a tablespoon or two of vegetable oil or olive oil for a smoother texture. **Try these combos:**

- Canned, diced tomatoes and garbanzo or navy beans
- Black beans with canned jalapenos or green chili peppers
- Canned peas, avocado, garlic powder and lime juice

2. Sheet Pan Meals

Cook chicken, turkey cutlets or fish on a baking pan. For the final 15 minutes of cooking, add drained, canned vegetables like peas and carrots, sweet potatoes, diced tomatoes, or lima beans to complete this easy to clean-up meal.

3. Super Soups and Stews

No time to peel and chop fresh vegetables for soup or stew? Add canned vegetables for great flavor and to stretch meals farther. Canned tomatoes, canned pumpkin or squash, mixed vegetables, carrots, corn or potatoes are all great add-ins! Since these veggies are already cooked, just add them in for the final 15 minutes of cooking.

4. Healthy Toddler Snacks

Little ones can practice using their fingers to pick up these tasty snacks, one by one. Serve some drained, canned veggies like diced carrots, cut green beans, and peas to toddlers for a healthy snack. Vegetables are already cut into bite-sized pieces and are soft to chew.

5. Eggs and Omelets

Add canned vegetables like spinach, green chilies, jalapenos, and diced tomatoes to scrambled eggs or to make a flavorful omelet. Sprinkle on low-fat, shredded cheese just before serving. Eggs are a low-cost, main-dish option for breakfast, lunch or dinner!

Source: extension.umd.edu/programs/family-consumer-sciences/snap-ed



September- Back To School Recipes

BEST
YEAR
EVER!



Yogurt Honey Dip

Ingredients:

2 tbsp honey
1/8 tsp ground cinnamon
1 cup nonfat vanilla Greek yogurt
2 apples, washed, cored and cut into wedges
14 strawberries, washed

Directions:

Stir the honey and cinnamon into yogurt. Refrigerate for up to 5 days. Dip the apple wedges and strawberries into yogurt.

Nutrition information: 198 calories, 35 carbs, 37 grams of sugar, 5.0 grams of fiber, 8 grams of protein, 5mg cholesterol.

Source: Allrecipes.com



Apple Cranberry Oatmeal

Ingredients:

1/2 cup oatmeal
1 cup low-fat milk
1/2 cup Granny Smith apple, diced
1 tbsp dried cranberries
1 tbsp diced pecans
1/2 tsp cinnamon

Directions:

Prepare oatmeal according to package directions. Add toppings. Stir and enjoy!

Nutrition information:

423 calories, 12.5 g of fat, 44 carbs, 80 mg sodium, 12 g of sugar, 11.4 g fiber, 22.2g protein, 12 mg cholesterol.

Source: Savoryonline.com



Chicken Enchiladas

Ingredients:

2 (10 oz.) cans red enchilada sauce, divided
1 (15 oz.) can low-sodium black beans
1 1/2 cups rotisserie chicken, shredded
6 burrito flour tortillas
1 cup shredded cheddar cheese

enchilada sauce. Fill each tortilla with 1/4 cup chicken and 1/4 of the black beans. Roll the tortillas and place in the baking dish, seam side down. Top with remaining 1/2 can enchilada sauce and shredded cheese. Bake for 10 min. until cheese has melted.

Directions & Steps:

Preheat oven to 400°F. Pour 1/2 can enchilada sauce in the bottom of a 9x13-inch baking dish to lightly coat it. Drain and rinse the beans. In a bowl mix the chicken with 1 can

Nutrition information:

408 Calories, 13 fat, 48 carbs, 4 grams of fiber, 24 grams of protein, 48 mg cholesterol.

Source: Savoryonline.com

September-Back To School Recipes

Quick Breakfast Tacos

Ingredients:

2 oz. turkey sausage
4 large eggs
1 tbsp of olive oil
4 (8-inch) flour tortillas
½ cup shredded Cheddar cheese
¼ cup Chunky Salsa - Mild or Medium

Steps:

Heat a 10-inch skillet on medium. Add turkey sausage and cook until browned and cooked through, 4-5 min. Remove sausage from pan, discarding fat in pan. Whisk the eggs in a bowl. Melt 1 tbsp butter in pan over medium. Stir in the eggs and sausage

and cook until the eggs are set, stirring often. Season to taste with salt and pepper. Warm tortillas according to package directions. Divide the egg mixture down the center of each tortilla. Divide the cheese and salsa among the tortillas. Fold the tortillas around the filling. Garnish with cilantro for a pop of fresh flavor.

Nutrition Information: 423 calories, 26 grams fat, 42 carbs, 6.0 sugar, 4.0 fiber, 21.0 protein, and 222mg cholesterol

Source: Savoryonline.com



Chickpea and Brown Rice Bowls

Ingredients:

¾ cup distilled white vinegar
2 tsp sugar
½ (10 oz.) bag shredded red cabbage
1 (15.9 oz.) pkg Whole Grain Brown Rice
1 (15.5 oz.) Added Garbanzo Beans
1 seedless cucumber
½ pint grape tomatoes
¼ cup tahini
3 tbsp lemon juice
½ tsp ground cumin

Directions:

In a microwave-safe bowl, combine the vinegar and sugar. Stir in the cabbage. Cover and microwave 1 min. Let stand. Heat the brown rice according to microwave directions.

Meanwhile, drain and rinse the beans. Chop the cucumber. Halve the tomatoes. In a small bowl, whisk together the tahini, lemon juice, cumin, and ¼ cup water. Season with salt and pepper to taste. Drain cabbage. Season cucumbers and tomatoes with salt and pepper to taste. Divide rice among 4 bowls. Top each bowl with cucumbers, tomatoes, cabbage, and beans. Drizzle with dressing.

Nutrition Information:

400 calories, 12 g fat, 3 g saturated fat, 43 carbs, 230 sodium, 1g sugar, 9g fiber, 15 g protein. 125 mg cholesterol

Source: savoryonline.com



September Recipes



Asian Noodle Salad

Ingredients:

8 oz. dry rice noodles
 ⅓ cup low-sodium soy sauce
 3 Tbsp rice vinegar
 juice of 1 lime
 2 Tbsp honey
 2 tsp sesame oil
 2 garlic cloves, minced
 2 cups matchstick-cut carrots
 2 cups purple cabbage, thinly sliced
 1 English cucumber, seeds removed and chopped
 4 green onions, chopped
 ½ cup cilantro, roughly chopped

Directions:

Cook rice noodles according to package instructions.

In a large bowl, combine soy sauce, rice vinegar, lime juice, honey, sesame oil, and minced garlic; whisk to combine. Add prepared noodles to the soy sauce mixture and toss to coat. Allow to sit for 10-15 minutes to absorb flavors, toss every few minutes.

Add all remaining ingredients and toss well. Serve at room temperature or chilled.

Nutrition Information:

Serving size: ¼ recipe (about 1½ cups) Calories: 315 Fat: 3.3 Carbohydrates: 66.5 Sugar: 14.3 Sodium: 640 Fiber: 4.2 Protein: 5.0 Cholesterol: 0

Source: Nicole Morrissey



Swiss Chard

The earthy-tasting Swiss chard is a powerhouse of nutrition.

Ingredients:

1 large bunch of fresh Swiss chard
 2 tablespoons extra virgin olive oil
 1 clove garlic, sliced
 Pinch of dried crushed red pepper
 1/4 teaspoon of whole coriander seeds (optional but recommended!)

Directions :

Prep the chard stalks and leaves: Rinse out the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves. Cut the stalk pieces into 1-inch pieces. Chop the leaves into inch-wide strips. Keep the stalks and leaves separate.

Sauté the garlic and crushed red pepper: Heat the olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and coriander seeds (if using),

and cook for about 30 seconds, or until the garlic is fragrant.

Add the chopped Swiss chard stalks. Lower the heat to low, cover and cook for 3 to 4 minutes. Add the chopped leaves: Add the chopped chard leaves, toss with the oil and garlic in the pan. Cover and cook for 3 to 4 more minutes. Turn the leaves and the stalks over in the pan.

If the chard still needs a bit more cooking (remove a piece and taste it), cover and cook a few more minutes. Serve immediately.

Nutrition Information Per Serving: 70 calories, 7g carbohydrates; dietary fiber 3.7, 1 g protein, 0mg cholesterol. Rich source of calcium, magnesium, zinc, Vitamin A, C, K.

Source: Simplyrecipes.com



September Recipes

Sweet potatoes, squash and red lentils soup

Yield: ~ 8 servings (1.5 cups per serving)

Ingredients:

2 tablespoons olive oil
 1 medium onion, ½ -inch diced
 3 to 4 large garlic cloves, minced
 3 cups peeled, seeded, ½ -inch diced butternut squash
 1 large sweet potato, peeled, ½ -inch diced
 3 cups low-sodium vegetable broth
 1 14-ounce can diced tomatoes
 1 14-ounce can light coconut milk
 ½ cup dried red lentils, rinsed
 3 tablespoons tomato paste
 1 ½ teaspoons ground turmeric
 1 ½ teaspoons ground cumin
 ½ teaspoon chili powder
 ¼ teaspoon cayenne powder
 1 teaspoon sea salt
 Freshly ground black pepper to taste
 2-3 teaspoons apple cider vinegar
 1 bunch chard or kale, stemmed and chopped finely or 5 ounces baby spinach
 Brown rice for serving.

Directions:

Cook brown rice according to package directions

In a large pot, heat the olive oil over medium-low heat. Add the onion and garlic and cook, stirring occasionally, until soft but not browned, about 5 minutes. Add the squash and sweet potato and stir to combine, sautéing for a few minutes longer. Add the broth, diced tomatoes (with juices), coconut milk, lentils, tomato paste, turmeric, cumin, chili powder, cayenne, salt, and pepper. Stir well to combine. Increase heat and bring to a boil. Reduce the heat to medium, stir again, and simmer uncovered for about 30 minutes, stirring occasionally, until the squash and potato are fork-tender.

Add the apple cider vinegar (2-3 teaspoons or to taste).

Stir in the chard (or kale or spinach) and cook for another few minutes until greens are wilted.

Nutrition Information: 143 calories, 4.5 g, 23 carbohydrates, 4.9 dietary fiber, 5.0g protein, 226 sodium, potassium 554 mg.

Source: mealgarden.com



Farmer's Market Succotash

Ingredients:

1 tsp canola or olive oil
 1/2 cup chopped onion
 1 clove garlic, crushed
 1/2 red bell pepper, finely chopped
 10 oz. frozen succotash (or 1 cup each corn and lima beans)
 1 tsp chopped fresh parsley
 1/4 tsp salt
 Ground black pepper to taste
 tabasco or hot sauce to taste (optional)

Directions:

Heat oil in a skillet over medium heat.

Add chopped onions and garlic; cook until slightly soft, about 2 minutes.

Add red pepper, corn and lima beans. Cover and cook for 5 minutes or until vegetables are soft. Stir in parsley. Add salt and pepper to taste. Season with Tabasco or hot sauce if desired. *Serves 4.*

Nutrition Information: per serving: 87 calories, 2g fat, 183mg sodium, 16g carbohydrate, 3g fiber, 1g sugar, 3g protein .

Source: SavoryOnline.com





October Themes

Breast Cancer Awareness Month

Breast Cancer Awareness Month, also referred to in the United States as National Breast Cancer Awareness Month, is an annual international health campaign organized by major breast cancer charities .

Take time to get screened or take a family member to a screening.

Reference: www.nationalbreastcancer.org/breast-cancer-awareness-month/

Breast Cancer Awareness Month

Breast Cancer is most found in women who are 50 years old or older.

About 281,550 new cases of invasive breast cancer will be diagnosed in women.

The average risk of a woman in the United States developing breast cancer sometime in her life is about 13%.



Anthony Portillo

At this time there are more than 3.8 million breast cancer survivors in the United States. This includes women still being treated and those who have completed treatment.

Breast cancer is the second leading cause of cancer death in women. The chance that a woman will die from breast cancer is about 1 in 39

Some risk factors for breast cancer are not being physically active, obesity, menopause, taking hormones, reproductive history, and drinking alcohol.



World Vegetarian Day

World Vegetarian Day, October 1, is the annual kick-off of Vegetarian Awareness Month. Make a difference this October by informing others about the benefits of vegetarianism. You will be helping to create a better world because vegetarian diets have proven health benefits, save animals' lives and help to preserve the Earth.

to yummy vegetarian and vegan food than serving it to them?

3. **Read up on the health benefits** of Vegetarian diet.

1. Pledge to eat vegetarian this month, even if just one day per week. To reap the health benefits of a plant-based diet and reduce harm to the environment and animals, commit to eating meatless Mondays for the month of October!

2. Host a meal to share plant-based food with family and friends. Connect with loved ones over a delicious meal loaded with whole grains, legumes, vegetables and fruit. What better way to introduce others



Source: <https://worldvegetarianday.navsonline.org/>

October Themes

WALKTOBER 2022

5 Surprising Benefits of Walking

The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk. Of course, you probably know that any physical activity, including walking, is a boon to your overall health. But **walking in particular comes with a host of benefits. Here's a list of five that may surprise you!**

1. Counteracts the effects of weight-promoting genes.

Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

2. Helps tame a sweet tooth.

A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

3. Reduces the risk of developing breast cancer.

Researchers already know that any kind of physical activity blunts the risk of breast

cancer. But an American Cancer Society study that zeroed in on walking found that women who walked seven or more hours a week had a 14% lower risk of breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones.

4. Eases joint pain.

Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

5. Boosts immune function.

Walking can help protect you during cold and flu season. A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

Source: harvardhealth.com



Walk The Ag Trail October 5

Once again this year, University of Maryland Extension is partnering with the Maryland Department of Transportation to sponsor **Walktober** - a full month dedicated to Maryland's official state exercise - walking! Join us at the Extension office on October 5.



October Recipes

Kielbasa, Potato and Kale Skillet



Ingredients:

1 (24 oz.) Steam Easy Fingerling Potatoes
 1 (14 oz.) pkg kielbasa smoked sausage
 1 tbsp olive oil
 1 small onion, sliced
 2 cloves garlic, minced
 1 pint grape tomatoes, halved
 1 (5 oz.) pkg Baby Spinach and Kale

Directions:

Microwave the potatoes 6 min. in packaging. Let potatoes cool. Once cool, cut any larger potatoes in half or into ½-inch pieces. Quarter the kielbasa into ½-inch pieces.

In a 12-inch cast-iron skillet, heat the oil on medium-high. Add the onion, potatoes, and kielbasa and cook 5 min., until potatoes are fully tender, stirring occasionally. Season with salt and pepper. To skillet, add the garlic and halved tomatoes. Cook 1–2 min., until garlic is fragrant and some of the liquid from tomatoes is released. Stir in the greens, in batches if needed, and cook 2 min., until wilted. Serve immediately.

Nutrition information. 418 calories, total fat 23.0g, 34 carbs, 5.0 fiber, 21.0.g protein, 45 mg cholesterol

Source: Savoryonline.com



Cranberry Smoothie Bowl

For smoothie bowl:

Ingredients:

2 cups almond milk (more may be needed)
 1-1/2 cups fresh frozen cranberries
 1 cup frozen mixed berries
 1 banana
 1/2 teaspoon Truvia brown sugar blend (more if desired)

For topping:

1/4 cup dried coconut
 1/4 cup chopped almonds
 1/4 cup pumpkin seeds
 1/4 cup chopped dried cranberries
 2 tablespoons chia seeds

In a high powered blender add almond milk, frozen cranberries, mixed berries, banana and brown sugar blends to the mixer. Start off blending your mixture slowly and once it starts to break up slowly blend faster until the mixture is completely smooth. If the mixture is too thick add in a little more almond milk until you have reached desired consistency. Pour your smoothie into 2 bowls and top with desired toppings.

Reference: <https://>

www.nutmegnanny.com/cranberry-smoothie-bowl/



October Recipes

Autumn Salad

Ingredients:

1 medium Granny Smith apple, sliced thinly (with skin)
 2 tablespoons lemon juice
 1 bag (about 5 cups) mixed lettuce greens
 ½ cup dried cranberries
 ¼ cup walnuts, chopped
 ¼ cup unsalted sunflower seeds
 ½ cup low-fat raspberry vinaigrette dressing

Mix the lettuce, cranberries, apple, walnuts, and sunflower seeds in a bowl. Toss with ½ cup of raspberry vinaigrette dressing, to lightly cover the salad.

Nutrition Facts: Yield: 6 servings serving size: 1 cup Calories 138 Total Fat 7 g Cholesterol 0 mg Sodium 41 mg Total Fiber 3 g Protein 3 g Carbohydrates 19 g Potassium 230 mg.

Sprinkle lemon juice on the apple slices.

Source: FCS Educator



Black Bean and Sweet Potato Chili

Ingredients

1 large sweet potato, peeled and diced
 1 large onion, diced
 4 cloves garlic, minced 1 tablespoon plus
 2 teaspoons extra-virgin olive oil
 ¼ teaspoon salt to taste
 2½ cups water
 2 15-ounce cans black beans, rinsed
 1 14-ounce can diced tomatoes
 4 teaspoons lime juice
 ½ cup chopped fresh cilantro
 2 tablespoons chili powder
 4 teaspoons ground cumin
 ½ teaspoon ground chipotle chili

Directions:

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover,

reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes.

Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

Make Ahead Tip: Cover and refrigerate for up to 3 days or freeze for up to 3 months.

Nutrition information

323 calories; 8 g fat(1 g sat); 16 g fiber; 55 g carbohydrates; 13 g protein; 118 mcg folate; 0 mg cholesterol; 13 g sugars; 0 g added sugars; 12,409 IU vitamin A; 24 mg vitamin C; 163 mg calcium; 5 mg iron; 573 mg sodium; 1,072 mg potassium .

Source: Eatingwell.com





November Themes

No-Shave November for Cancer Awareness

No—Shave November is a month-long journey during which participants forgo shaving and grooming in order to evoke conversation and raise cancer awareness.

The goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow wild and free. Participants of No-Shave November have always been willing to ditch their razors and, more recently, donate to cancer fighting foundations. From a few Facebook followers willing to donate their hard-earned money to thousands of donors championing against cancer, No-Shave November

has become a nationwide celebration.

The money typically spent on shaving and grooming is donated to educate about cancer prevention, save lives, and aid those fighting the battle.

Since 2009, No-Shavers have helped raise over \$12,000,000 for cancer awareness, research and prevention. These funds support 501(c)(3) nonprofit organizations working diligently to treat and defeat cancer.

Source: no-shave.org



Lung Cancer Awareness Month

The American Lung Association recognizes November as Lung Cancer Awareness Month — a time to unite the country against lung cancer, the leading cause of cancer deaths in the United States. You can lower your lung cancer risk in several ways.

Don't Smoke

The most important thing you can do to prevent lung cancer is to not start smoking, or to quit if you smoke. Smoking can cause cancer and then block your body from fighting it. Nearly 9 out of 10 lung cancers are caused by smoking cigarettes. Treatments are getting better for lung cancer, but it still kills more men and women than any other type of cancer.

For help quitting, visit smokefree.gov or call 1 (800) QUIT-NOW (784-8669), or text "QUIT" to 47848.

Get Your Home Tested for Radon

Radon is a gas that you cannot smell, taste, or see. It comes naturally from rocks and soil, and can dissolve in groundwater. Radon is thought to be the second leading cause of lung cancer in the United States, responsible for more than 20,000 lung cancer deaths each year.

People can be exposed to radon mainly from breathing radon in air that comes through cracks and gaps in the foundation of buildings and homes. One out of 15 homes has a high level of radon. Testing your home is the only way to find out if you have a radon problem. If you do, then you can fix it.

Source: cdc.gov/cancer/dcpc/resources/features/lung_cancer/index.htm



November Themes

National Diabetes Month

National Diabetes Month occurs every November, with World Diabetes Day on November 14.

November has been designated for diabetes awareness since 1975, according to the American Diabetes Association (ADA). But it wasn't officially recognized until the early 1980s.

For more than 40 years now, November has served as a time where organizations, people with diabetes, caregivers, loved ones, and other advocates rally to shine a much-needed spotlight on diabetes. This helps drive research and potentially even saves lives.



Have a Healthier Thanksgiving

With a little know-how, you can satisfy your desire for traditional favorites and still enjoy a guilt-free Thanksgiving feast. After all, being stuffed is a good idea only if you are a turkey!

1. Eat Breakfast

While you might think it makes sense to save up calories for the big meal, experts say eating a small meal in the morning can give you more control over your appetite.

2. Get Active

Make fitness a family adventure. Take a walk early in the day and then again after dinner. It is a wonderful way for families to get physical activity and enjoy the holiday together.



3. Lighten Up

Whether you are hosting Thanksgiving dinner or bringing a few dishes to share, make your recipes healthier with less fat, sugar, and calories. There is more sugar and fat in most recipes than is needed, and no one will notice the difference if you skim calories by using lower calorie ingredients.

4. Police Your Portions

Thanksgiving tables are bountiful and beautiful displays of traditional family favorites. Before you fill your plate, survey the buffet

table and decide what you're going to choose. Fill your plate with small portions of holiday favorites that only come around once a year so you can enjoy desirable, traditional foods. Use a smaller plate.

5. Skip Seconds

Try to resist the temptation to go back for second helpings. If you limit yourself to one plate, you are less likely to overeat and have more room for dessert.

6. Slowly Savor

Eating slowly, putting your fork down between bites, and tasting each mouthful is one of the easiest ways to

enjoy your meal and feel satisfied with one plate full of food, experts say.

7. Go Easy on Alcohol

Don't forget those alcohol calories that can add up quickly. Have a glass of wine or a wine spritzer and between alcoholic drinks, enjoy sparkling water.

8. Focus on Family and Friends

Thanksgiving is not just about the delicious bounty of food. It's a time to celebrate relationships with family and friends.



Source: www.webmd.com

November Recipes

Moroccan Style Chickpea Soup



Convert your favorite stovetop soup recipe to a “fix & forget it” slow cooker recipe!

Most soups that simmer on the stove for 1 to 2 hours will be done in a slow cooker in 6-8 hours on LOW or 4 to 5 hours on HIGH. Wait until the last 30 minutes to add dairy ingredients and tender veggies like peas.



Ingredients:

2 teaspoons olive oil
1 onion, finely chopped
1 large carrot, peeled, diced
2 sticks celery, trimmed, diced
2 cloves garlic, crushed
2 teaspoons Moroccan seasoning
2 x 14oz cans chickpeas in spring water, rinsed, drained
14oz can chopped tomatoes, no added salt
2 cups salt-reduced vegetable stock (or chicken stock) and 1 cup water
black pepper, to season
low-fat yoghurt, to serve (optional)
fresh coriander, to garnish

Directions:

Heat oil in a large heavy-based saucepan over a medium heat. Add onion, carrot

and celery. Cook, stirring, for 5-6 minutes or until vegetables are soft. Add garlic and seasoning. Cook for 1 minute. Add chickpeas, tomatoes and stock. Bring to the boil. Reduce heat to low, partially cover and simmer for 15 minutes. Set aside to cool slightly. Place half the soup in a blender. Blend until smooth. Return to pan with remaining soup. Place over a medium heat, season with pepper and warm through. Ladle into bowls, top with a dollop of yogurt (if using) and garnish with coriander

Nutrition information: 123 calories, 5 g protein, 18g carbohydrates, 5 g dietary fiber, 3.5 g fat, High in iron and vitamin C.

Source: Allrecipes.com

Chicken Noodle Soup

Ingredients:

1 qtr. chicken broth
4 cups water
4 oz. angel hair pasta
1 (16 oz.) pkg frozen mixed vegetables
3 cups shredded rotisserie or cooked, leftover chicken
3 tbsp prepared pesto

Directions:

In a large pot, heat the broth and water to a boil on high. Break the pasta into 1-inch pieces and add to pot. Cook 3 min., until

pasta is almost al dente. Stir in the vegetables and chicken. Cook 2 min., until vegetables are heated through. Season with salt and pepper to taste. Ladle soup into bowls. Swirl ½ tbsp pesto in each bowl.

Nutrition information:

280 calories, 8 g fat, 2.5 gram of saturated, 25 carb, 326 grams of sodium, 4.9g sugar, 2.5 g fiber, 18.6 g protein and 34 mg cholesterol.

Source: savoryonline.com



November Recipes

Butternut Squash Stuffing

Ingredients:

½ cup (1 stick) butter
 2 cups chopped celery
 1 cup chopped onion
 2 cups cubed, butternut squash
 2 tsp McCormick ® Thyme leaves
 1 ½ tsp Poultry Seasoning or sage.
 ½ tsp Ground Black Pepper
 10 cups dry unseasoned bread cubes
 4 cups chicken broth
 ½ cup pine nuts, chopped

Directions:

Preheat oven to 375°F. Melt butter in large skillet on medium heat. Add celery, onion and garlic; cook and stir 5 minutes.

Add the cubed squash and sauté for 1-2 minutes. Stir in thyme, poultry seasoning and pepper. Place bread cubes in large bowl. Add celery mixture, broth and pine nuts and toss gently until well mixed. Spoon into lightly greased 13x9-inch baking dish. Bake 35 minutes or until heated through and lightly browned.

Nutrition information: 36 calories, 6.5 g of fat, 2.5 g of saturated fat, 13 carbs, 210 mg sodium, 2.2 g of sugar, 1.3 fiber, 3.0 protein, 15 mg cholesterol.

Source: savoryonline.com



Pumpkin Pie Cupcakes

Ingredients:

1 ¾ cups all-purpose flour
 2 tsp baking powder
 1 tsp baking soda
 1 tbsp pumpkin pie spice
 ½ tsp salt
 1 (15 oz.) can pumpkin puree
 ¾ cup canola oil
 1 cup granulated sugar
 2 large eggs
 2 tsp vanilla extract

For the frosting:

½ cup (1 stick) butter, softened
 1 (8 oz.) pkg cream cheese, softened
 1 tsp vanilla extract
 3 cups confectioners' sugar

Directions:

Line 18 cups of 2 muffin pans with paper liners. Preheat oven to 350°F. In a medium bowl, whisk the flour, baking powder, baking soda, pumpkin pie spice, and salt.

In a large bowl, whisk the pumpkin purée, oil, granulated sugar, eggs, and vanilla until smooth. Add dry ingredients to wet ingredients and stir until just combined. Divide batter among liners.

Bake cupcakes 25–30 min., until a toothpick inserted in the center comes out clean. Let cupcakes cool completely on a wire rack and remove from muffin tins.

Using an electric mixer, beat the butter and cream cheese 2–4 min., until smooth. Add vanilla. With the mixer on low, slowly add confectioners' sugar, beating until smooth. Using a piping bag or a spatula, frost the cupcakes.

Nutrition information:

357 calories, 17g fat, 43 carbs, 222 sodium, 32.1 g sugar, 1.1 g fiber, 3.3 g protein, 44 mg cholesterol.

Source: Allrecipes.com



November Recipes

One-Pot Mac and Cheese



Ingredients:

1 (12 oz.) 1 cup of milk
 12 oz. elbow macaroni
 ½ tsp garlic powder
 ½ (16 oz.) bag frozen peas and carrots, thawed
 8 oz. sharp Cheddar, coarsely grated

Directions:

In a heavy bottomed medium pot, combine the evaporated milk, water, and ¾ tsp salt. Heat on medium-high until warm. Add the macaroni to milk mixture. Heat to a boil on high, stirring occasionally. Reduce heat, cover, and simmer 7–8 min.,

stirring often until pasta is cooked to al dente and most of the liquid has been absorbed.

Stir in the peas and carrots and garlic powder. Remove from heat. Stir in the Cheddar until melted and smooth. Season with pepper, if desired. Serve immediately.

Nutritional Information : 608 calories, 18 g fat, 58 g carbs, 488of sodium, 12.6 g sugar, 4.7 g fiber, 34 g protein, 85 mg cholesterol

Source: Allrecipes.com

Sweet and Spicy Brussels Sprouts



Ingredients:

2 (12 oz.) pkgs. halved Brussels sprouts
 ¼ cup olive oil
 ½ cup Thai sweet chili sauce
 2 tsp soy sauce
 2 tbsp lime juice
 ½ cup fresh mint

Directions:

Preheat oven to 425°F. On a large rimmed baking sheet, toss the Brussels sprouts with the oil. Season with salt.

Arrange sprouts in a single layer on pan, cut-sides down. Roast 25–30 min., until crispy on bottoms and tender in center. Meanwhile, in a large bowl, whisk together the chili sauce, soy sauce, and lime juice. Chop the mint. When Brussels sprouts are done, carefully transfer to bowl with chili mixture and toss. Garnish with mint and serve immediately.

Nutrition information: 172 calories, 7 g fat, 1 g saturated fat, 20 g carbs, 232 sodium, 4.0 g fiber, 4.0 g protein, 0 mg cholesterol. Source: Savoronline.com

Roasted String Beans



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Ingredients:

2 (12 oz.) pkg trimmed fresh green beans
 2 tbsp olive oil
 Salt and pepper to taste
 ½ cup of diced onions.

Directions:

Preheat oven to 425°F. Between 2 baking sheets, divide green beans, onions, oil,

salt, and pepper. Roast 20–25 min., until golden brown, stirring once halfway through.

Nutrition information: 86 calories, 4.9 g fat, 10 g carbs, 5.0g sugar, 4.0g fiber, 2.7 g protein. 0 mg cholesterol.

Source: Allrecipes.com

November Recipes

Simple Roasted Turkey

Ingredients:

1 whole thawed or fresh turkey (plan on 1 lb. per person)
2 cups turkey stock
½ cup unsalted butter, softened
Salt and Pepper

Steps:

Place oven rack in the lowest position. Pre-heat oven to 325°F. Remove the turkey neck and giblets from the body cavity of the turkey. Rinse the turkey and pat dry.

Place the turkey on the roasting rack in the roasting pan. Rub with softened butter and season with salt and pepper. (For this simple recipe, we are going to skip stuffing the turkey so that the turkey and stuffing cook evenly.)

Pour stock into bottom of pan. Cover turkey with aluminum foil tent. Place turkey in oven and baste about every 60 minutes. Halfway through cooking, remove the foil tent and continue roasting until meat thermometer placed in the breast, outer thigh, and inner thigh all reach 165F.

Remove from oven. Using a turkey lifter or 2 large forks placed into each end of the cavity, remove from pan and place on cutting board or serving platter. Let rest for about 20-30 minutes before carving.

Nutrition information: 727 calories, 30 g fat, 10grams of saturated fat 476mg sodium, 1.3 g sugar, 92.3 g protein, 334 mg cholesterol.

Source: Thestayathomechef.com



Turkey Burgers

Ingredients:

1 lb. ground turkey
4 hamburger buns, split
4 slices cheddar cheese
1 cup shredded lettuce
½ cup prepared guacamole
½ cup fresh salsa

Directions:

Set grill to medium. Make and season 4 turkey burger patties with salt and pepper. Place on grill and cook 5 min. per side, until cooked through. Place 1 slice of cheese on

each patty and cover grill 30 sec. to melt cheese. Meanwhile, toast the buns on the grill 1–2 min. place 1 patty on each bun. Top with lettuce, guacamole, and salsa.

Nutrition information: 481 calories, 24 g fat, 41g carb, 7.3 g sugar, 11.7 g fiber, 28 g protein, 28 mg cholesterol.

Source:

<https://www.mealswithmaggie.com/healthy-grilled-turkey-burgers/>



December Tips

Benefits of Food Dehydration



Food dehydrators bring convenience to an old and healthful food preservation process. Home dehydration lets you make delicious and healthy food, free of unwanted commercial additives—food you can enjoy and serve with confidence.

Dehydrating food can save you money, reduce food

waste, and speed up your cooking. You can also add seasoning or spices to the food as you dry it, stocking your kitchen with healthy, easily portable snacks.



Join us on Dec. 14 for the Fruit Dehydration Class! Come learn how to make healthy treats for yourself and as gifts! See page 26 for registration info.

Shortcuts in the Kitchen

Preparing food in big batches is a big time-saver, and it helps you plan healthy meals in advance. Here are some tips for putting this strategy into action:

Make extra and freeze it

If you've got more cut vegetables than you can use in a week, consider blanching and freezing them to use later. This works well with many sauces and casseroles.

Make brown rice and pilaf batches

Brown rice is flavorful, healthy and filling, but it takes around 50 minutes to cook. To save time, make a large batch. Pilaf is simply diced vegetables mixed with a small grain, such as brown rice, quinoa or whole-grain couscous. Brown rice and pilaf work well with a variety of ingredients and flavors.

Preserve your potatoes and precook your pasta

If your menu plan includes potatoes a couple of nights during the week, you can cut them all at once and store them in containers of cold water in the refrigerator. If

you're making pasta for dinner, make extra for later and store in the refrigerator for up to two weeks.

Purchase minimally processed, ready-to-go ingredients

If you're feeling short on time or less than confident about your skills with a chef's knife, consider buying precut or frozen vegetables.

Use dinner ingredients for lunch

Don't view your leftovers in a bad light — they make a great lunch! As you're preparing your meals for the week, think about how you might use portions left over from the previous night's dinner.

Finally, keep in mind that discovering new foods and flavors is part of the joy of cooking, so don't be afraid to explore unfamiliar recipes. Experiment, and let your taste buds lead the way. There's no better time to be adventurous!

Source: MayoClinic.org



December Tips

Nuts and Heart Health

Research has found that frequently eating nuts lowers levels of inflammation related to heart disease and diabetes. Regularly eating a healthy diet that includes nuts may:

- Improve artery health
- Reduce inflammation related to heart disease
- Decrease the risk of blood clots, which can lead to heart attacks and strokes
- Lower the risk of high blood pressure
- Lower the risk of early death due to heart disease
- Lower unhealthy cholesterol levels, specifically low-density lipoprotein (LDL or "bad") cholesterol and triglycerides, which can clog arteries

Nuts are a good source of protein. Most nuts also contain at least some of these heart-healthy substances:

- **Unsaturated fats.** It's not entirely clear why, but it's thought that the "good" fats in nuts — both monounsaturated and polyunsaturated fats — lower bad cholesterol levels.
- **Omega-3 fatty acids.** Many nuts are rich in omega-3 fatty acids. Omega-3s are healthy fatty acids. They may reduce the risk of heart attacks and strokes.
- **Fiber.** All nuts contain fiber, which

helps lower cholesterol. Fiber also makes you feel full, so you eat less.

- **Plant sterols.** Some nuts contain plant sterols, a substance that can help lower cholesterol. Plant sterols are often added to products such as margarine and orange juice for additional health benefits, but sterols occur naturally in nuts.
- **L-arginine.** Nuts are also a source of L-arginine. Some research suggests that L-arginine may lower blood pressure, improve cholesterol and improve overall blood vessel health.

Nuts contain fat. Even though most of it is healthy fat, the calories can still add up. That's why you should eat nuts in moderation. Adults should aim to eat about 4 to 6 servings of unsalted nuts a week as part of a healthy diet.

Choose raw or dry-roasted nuts rather than nuts cooked in oil. One serving is a small handful (1.5 ounces) of whole nuts or 2 tablespoons of nut butter. Most nuts appear to be generally healthy. But some may have more heart-healthy nutrients than others. For example, walnuts contain high amounts of omega-3 fatty acids. Almonds, macadamia nuts, hazelnuts and pecans also appear to be quite heart healthy. So are peanuts — though they are technically not a nut, but a legume, like beans.

Source: mayoclinic.org



December Recipes



Hot and Zesty Holiday Dip

Ingredients:

1 cup shredded mozzarella cheese, divided
 1 (10 oz.) pkg frozen chopped broccoli, thawed and well drained
 1 c. mayonnaise or salad dressing
 1 (2 oz.) jar diced pimentos, drained
 ½ cup grated Parmesan cheese

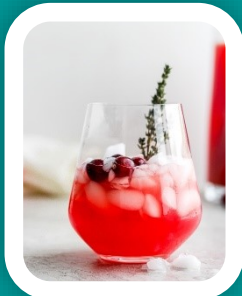
Steps:

Heat oven to 350°F. Reserve 1/2 cup mozzarella. Combine remaining mozzarella with remaining ingredients. Spread broccoli mixture onto bottom of 1-qt. baking dish

sprayed with cooking spray. Bake 20 to 25 min. or until heated through. Sprinkle with reserved mozzarella; bake 5 min. or until melted.

Nutrition information: 82 calories, 8g fat, 1.7 g saturated fat, 1.3 carbs, 110 mg sodium, 0.3 g sugar, 0.4 grams of fiber, 1.8 g protein, 8mg cholesterol.

Source: savoryonline.com



Simple Holiday Punch

Ingredients:

6 cups cranberry juice, chilled
 1 cup of pineapple juice, chilled
 3 cups soda water or orange or cranberry sparkling water, chilled

Directions:

In a large punch bowl, combine cranberry juice, pineapple juice. Slowly pour in the

ginger ale or sparkling water. Garnish with orange slices or other fresh fruit or decorations.

Nutrition information: 33 calories, 8.7 carbohydrates, 4.68 sodium, 10 g dietary fiber, 7.8 g sugar. High in Vitamin C and potassium.

Source: Allrecipes.com



Roasted Beet Salad with Oranges

Ingredients:

4 small beets (about 4 oz. each)
 4 tbsp olive oil, divided
 2 medium oranges, divided
 2 tbsp red wine vinegar
 1 tbsp Dijon mustard
 1 English cucumber
 4 cups packed arugula

Directions:

Preheat oven to 400°F. Line a large baking sheet with foil. Peel and cut the beets into thin wedges. Add to baking sheet and toss with 1 tbsp oil. Season with salt and pepper. Roast 20–25 min., until tender. Let cool slightly.

Meanwhile, into a wide serving bowl, grate 2 tsp zest from 1 orange and squeeze 3 tbsp juice. Whisk in the vinegar, mustard, and remaining 3 tbsp oil. Season with salt and pepper to taste. Cut the peel and pith from remaining orange. Thinly slice. Cut cucumber in half lengthwise, then thinly slice into half-moons. Add to bowl, tossing to coat with dressing. Add beets to bowl and gently toss with mixture. When ready to serve, add the arugula and toss to combine.

Nutrition Information: 370kcal, Carbohydrates: 44g, Protein: 7g, Fat: 21g, Saturated Fat: 3g, Polyunsaturated Fat: 6g

Source: Allrecipes.com

December Recipes

Popcorn and Pretzel Bars

Ingredients:

Cooking spray

3 cups mini pretzels

1 cup dry roasted lightly salted peanuts

$\frac{3}{4}$ cup (1 $\frac{1}{2}$ sticks) unsalted butter

$\frac{1}{2}$ cup classic caramel candies, unwrapped

1 (10.5 oz.) bag mini marshmallows

5 $\frac{1}{2}$ cups popped popcorn

Steps:

Line a 9x13-inch baking dish with parchment and coat with the cooking spray.

Roughly chop the pretzels and peanuts.

To a large microwave-safe bowl, add the butter and caramels. Microwave 1 minute. Add the marshmallows and microwave 60–90 sec., until marshmallows are just melted. Stir until smooth. Immediately add

pretzels, peanuts, and popcorn.

Stir until completely coated in marshmallow mixture. Pour popcorn mixture into prepared baking dish. Coat a spatula with cooking spray and press popcorn mixture with spatula into a flat, even layer. Let cool until set. Use parchment to lift bars from dish and transfer to a cutting board. Cut into 4 rows; cut each row into 5 pieces.

Nutrition information: 253 calories, 12g fat, 5 gram saturated, 34 g carb, 109 g sodium, 11. G sugar, 1 g fiber, 4g of protein, 18mg cholesterol.

Source: Allrecipes.com



HEALTHY HOLIDAY HEART HEALTH TIP

Before your next holiday event, take a moment to munch on foods your heart will love. Eat a quick and healthy snack like fruit, carrots and hummus or a small salad before you leave home, and when you arrive, set a reminder on your phone to drink a glass of water between each alcoholic beverage—and try to call it quits after two. When you've reached your two-drink limit, switch to cider or keep sipping that water.

Save The Dates! Upcoming Classes



Date	Class Description	Time	Cost
Sep 21	Yoga! Your Health and Mindful Nutrition Webinar	11:30 am	FREE
Sep 28	Fall Food Safety Education & Tips Webinar	11:30 am	FREE
Oct 5	Walk Maryland Nutrition and Exercise (In-Person @ Harford County Ag Center)	11:30 am	FREE
Oct 13	Health Literacy—Green Cleaning (In-Person) Harford County Public Library @ Norrisville Contact Library to Register at 410-692-7850 or https://programs.hcplonline.org/event/6961790	6:30pm	FREE
Oct 19	Capture the Flavor with Herbs and Spices Webinar	11:30 am	FREE
Nov 2	Healthy Literacy and Wellness: How to Talk to your Doctor Webinar	11:30 am	FREE
Nov 16	Healthy Cooking for the Holidays Webinar	11:30am	FREE
Dec 14	Food Safety & Preservation : Fruit Dehydration Webinar and In-person	11:30 am	\$10.00

Register at
[Agnr.umd.edu/
events](http://Agnr.umd.edu/events)
 or
[www.jenniferdc.ev
entbrite.com](http://www.jenniferdc.ventbrite.com)

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Contact the Faculty Extension FCS/Nutrition Educator for more information

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