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## Family & Consumer Sciences

Welcome to the Winter 2019–2020 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter for Harford County citizens.

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



### RECIPES

Each issue includes **easy, tasty, healthy** recipes!

**This issue features:**

- *Tuscan Bean Soup*
- *Veggie Egg Bake*
- *Tuna Croquettes*
- *Roasted Parsnips and Carrots*
- *Chunky Healthy Heart Chili*
- *Flourless Dark Chocolate Cake*

## Staying Healthy 2020

Does an apple a day keeps the doctor away? Researchers compiled the findings of 95 different studies and concluded: Eating more fruits and vegetables daily reduces the risk of cardiovascular disease and other chronic illnesses.

**Apples, pears, citrus fruits, beans, and leafy greens** all helped heart health. Their ability to keep well long after harvest makes apples perfect for the winter months. According to the USDA’s food nutrient database, one medium apple contains 95 calories, a fair amount of vitamin C, and more than 4 grams of fiber.

**Eating more plant-based foods along with your regular diet, can help you lose weight, lower cholesterol and reduce your risk of heart disease — that’s a win-win-win!**

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



**When it comes to weight loss, all calories count!**



**Do you drink too many calories?**

1. Switch to low-fat or fat-free milk.
2. Choose water instead of juices and sodas.
3. Perk up plain water with a splash of lemon, or lime, sliced cucumber or fresh herbs like basil, and rosemary.
4. Consider alcohol a treat — limit yourself to a glass of wine or a cocktail only once in a while.

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

## Healthy Year, Healthy You

### 1. Practice mindful eating

These days, it's common to chow down with your eyes glued to a screen, but eating when you're distracted leads to overeating. Take time to slow down and pay attention to your food, pausing to put down utensils between bites. "When you eat mindfully, it's easier to notice when you feel full, plus you're more likely to enjoy the foods you eat," says Johns Hopkins dietitian and research nutritionist Diane Vizthum.

### 2. Chill out and rest up

According to Johns Hopkins sleep expert Rachel Salas, M.D., when it's time to sleep, it's time to chill – literally. Knocking the thermostat down to 68 degrees or lower before you tuck into bed can help you sleep better. Darken your room by drawing the curtains or dimming the display on your alarm clock to really get those quality Sze.

### 3. Adopt an attitude of Gratitude—Stay Grateful and Thankful !

Take some time at the beginning or end of the day to reflect on what you're grateful for. "A daily grateful check-in or keeping a grateful journal is a way to shift your focus and minimize the distorting influence of stress. Reminding ourselves of the small, everyday positive aspects of our lives helps to develop a sense of balance and perspective that can enhance well-being," says Johns Hopkins psychiatrist Susan Lehmann, M.D.

### 4. Find 30 minutes a day to walk

Getting the recommended 30 minutes of

exercise each day can be as simple as taking a walk. If you've got a busy schedule, take three 10-minute walks throughout your day. "That's 10 minutes before work, 10 minutes at lunch and then 10 minutes after work. Make it fun! Grab a partner at work to get you through your lunch routine. Then have a friend or family member meet you for an evening stroll," suggests Johns Hopkins physical therapist Stacie Page.

### 5. Take the stairs

Making small, daily changes such as taking the stairs instead of the elevator may seem minor, but they can make a big difference for your heart in the long run. "Individuals who are physically active are much less likely to develop cardiovascular disease," explains Johns Hopkins cardiologist Chiadi E. Ndumele, M.D., M.H.S.

### 6. Commit to a 30-day fitness challenge

Pick a fitness activity that's easy and doesn't require equipment, and commit to it for 30 days. There are many options to challenge yourself: practicing yoga, taking regular walks or joining a fitness class. "Find what motivates you. Whatever you do, make yourself accountable or find an accountability partner. Whether your goal is to lose weight, lower cholesterol or have more energy to play with young ones, you have the power to make a change," encourages Page.

**Note:** Remember to speak to your health care provider before you start any new health regimen.

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



## National Drug and Alcohol Facts Week®

**National Drug and Alcohol Facts Week®** (NDAFW) is a health observance week for teens that aims to **SHATTER THE MYTHS®** about drug and alcohol use. National Drug and Alcohol Facts Week® links students with scientists and other experts to counteract the myths about drugs and alcohol that teens get from the internet, social media, TV, movies, music, or from friends. It was launched in 2010 by scientists at the National Insti-



tute on Drug Abuse (NIDA) to stimulate educational events in communities so teens can learn what science has taught us about drug use and addiction. The National Institute of Alcohol Abuse and Alcoholism became a partner in 2016, and alcohol has been added

as a topic area for the week. NIDA and NIAAA are part of the National Institutes of Health.



## Everyday ways to eat more fruits and vegetables

*Think you don't have enough time to prepare meals with more produce? Try these 10 tips!*

Fruits and vegetables can help protect you against many chronic diseases — not to mention, they also provide you with the vitamins and minerals that your body needs to function. Try these tips from the Centers for Disease Control and Prevention and the Department of Agriculture. Before you know it, they will be a seamless part of your everyday lifestyle.

- 1) Make a fruit-and-yogurt parfait for breakfast. Mix a handful of low-fat granola with low-fat yogurt. Add sliced bananas or strawberries.
- 2) Top a piece of whole-grain toast with peanut butter and sliced bananas.
- 3) Mix blueberries or raspberries into your muffin or pancake batter.
- 4) Add bell peppers, spinach, broccoli, mushrooms or tomatoes to your scrambled



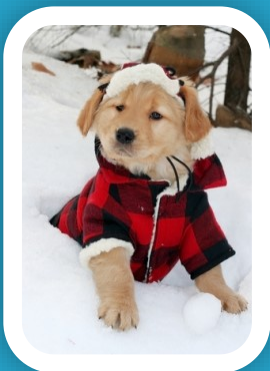
eggs or egg-white omelet.

- 5) Like pizza? Opt for lots of veggie toppings and less meat and cheese.
- 6) Mix green beans, broccoli or peas into your favorite casserole or pasta dish. Aim to eat more veggies than pasta.
- 7) Make a meal of vegetable soup and salad. Beef up your lettuce salad with tomatoes, shredded carrots and sliced cucumbers.
- 8) Create a healthier sandwich: Include lots of spinach or romaine lettuce, sliced tomatoes, onions and cucumbers, along with your favorite lean protein.
- 9) Mix fresh fruit, ice cubes and low-fat yogurt in a blender for a fruit-smoothie snack.
- 10) Keep apples, oranges, pears and bananas nearby for go-to snacking.

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



## Physical Wellness



# Handwashing: A Family Activity!

**Handwashing can prevent 1 in 3 diarrhea-related sicknesses and 1 in 5 respiratory infections, such as a cold or the flu.** Handwashing is an easy, cheap, and effective way to prevent the spread of germs and keep kids and adults healthy. When your family is healthy, you don't have to worry about missing school, work, or other activities.

**Help your child develop handwashing skills.** Parents and caretakers play an important role in teaching children to wash their hands. Handwashing can become a lifelong healthy habit if you start teaching it at an early age. Teach kids the five easy steps for handwashing—*wet, lather, scrub, rinse and dry*—and the key times to wash hands, such as after using the bathroom or before eating. You can find ways to make it fun, like making up your own handwashing song or turning it into a game.

**Give frequent reminders.** Building handwashing skills takes time. At first, your child will need regular reminders of how and when to wash hands. It is especially important to remind children to wash their hands after using the bathroom, before eating, after touching pets, after playing outside, and after coughing, sneezing, or blowing their nose. But once handwashing becomes a habit and a regular part of your child's day, they will practice it throughout their lives.

**Lead by example by washing your hands.** Young children learn by imitating the behaviors of adults in their lives. When you make handwashing part of your routine, you're setting an example for your children to follow.

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

## Benefits of Outdoor Play

**Breathe fresh air** Although the viruses that cause flu and colds are more common in the winter months, the circulated air in closed environments is the main cause of your child getting sick. All of the bacteria, dirt, dander, and other germs simply get recycled through the air vents over and over. In fresh, outdoor air, children do not have to rebreathe the germs of the group, and the chance for spreading infection is reduced.

**Strengthen immune system** Playing outside allows your child an escape from indoor germs and bacteria. This will not only be good for the healthy bunch; the sick kids benefit from the fresh air as well. Just make sure they are properly bundled up and moving around to capture and generate warmth. Being outside more often also allows your child to develop a stronger autoimmune system and a resistance to allergies. Studies have shown that children in rural areas or those who are active outside have the best overall health.

**Engage in physical exercise** Just because it's cold outside doesn't mean your children have lost their energy or desire to play. You must remember your child is still growing during these months, and prolonged sessions of inactivity are not conducive to their muscular development. Physical activity gives your immune system a power surge for a full 24 hours. A stronger immune system leads to less illness and less use of antibiotics.

**Stimulate the imagination** Winter also offers a variety of ways to stimulate your imagination through play. Does your child like to build things? Build a snow fort in the backyard with tunnels and a home base. Do you have access to a park? Go for a wildlife hike and look for birds and other woodland creatures. Something as simple as building a silly snowman utilizes problem solving and imaginative skills they would not be using while sitting on the couch.

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



## 13 Healthiest Winter Fruits and Vegetables

Eating in season is a breeze in the spring and summer, but it can prove to be challenging when cold weather sets in. However, some vegetables can survive the cold, even under a blanket of snow. These are known as winter vegetables, due to their ability to withstand cold, harsh weather.

Certain types of vegetables, like carrots and parsnips, even take on a sweeter taste after being exposed to frost. These cold-hardy vegetables make it possible to fill your diet with seasonal, nutrient-packed produce all winter long.

1. **Kale** is also an exceptionally nutritious and versatile green. It is packed with vitamins, minerals, fiber, antioxidants and powerful plant compounds.
2. **Clementines**—Rich in Calcium and folate. A variety of mandarin oranges, clementines are easier to peel than oranges, making a perfect on-the-go option. ...
3. **Brussels sprouts** are also a great source of vitamins A, B and C and the minerals manganese and potassium.
4. **Carrots** are an excellent source of beta-carotene, which can be converted to vitamin A in the body.
5. **Pomegranate** -High in vitamin C, and fiber.
6. **Sweet Potatoes** are rich source of fiber, iron, calcium, selenium, Vitamin B and C. .
7. **Parsnips** are an excellent source of vitamins B and E, potassium, magnesium and manganese
8. **Collard Greens** are a good source of vitamins B and C, iron, magnesium and manganese
9. **Red Cabbage** is packed with nutrients including vitamins A, C and K. It also contains anthocyanin's, which may protect against heart disease and certain cancers.
10. **Citrus Fruits**— High in insoluble fiber, vitamin A, and calcium.

Source: [healthline.com](https://www.healthline.com)



## Winter Recipes



### Sweet Potato, Kale and Chickpea Soup

2 tablespoons extra-virgin olive oil  
 1 large yellow onion, chopped  
 1 red bell pepper, chopped  
 1 pound sweet potatoes (2 small to medium or 1 large), peeled and diced (about 3 cups)  
 ¼ teaspoon salt, more to taste  
 2 tablespoons Thai red curry paste\*  
 1 cup uncooked farro, rinsed\*\* (or 3 cups cooked whole grains, like wheat berries, spelt berries or kamut)  
 4 cups (32 ounces) vegetable broth  
 2 cups water  
 1 can (15 ounces) chickpeas, rinsed and drained, or 1 ½ cups cooked chickpeas  
 ½ bunch of kale (4 ounces), chopped (about 3 cups)  
 ¼ teaspoon cayenne pepper, to taste (optional, if you like it extra spicy like me)

In a large soup pot, heat the oil over medium heat until shimmering. Stir in the onion, bell pepper, sweet potato and salt. Sauté for five minutes, stirring occasionally, until the onion starts to soften.

Add the curry paste and stir until the vegetables are coated and the curry is fragrant, about 1 minute.

Add the farro, if that's your grain of choice.

Add the vegetable broth and water, and stir

to combine.

Bring the mixture to a boil, then reduce the heat to a simmer and cook for 25 minutes. Test the farro for doneness—if it's tender and cooked through, add the chickpeas and kale. Stir to combine, and cook for 5 more minutes, or until the kale is cooked to your liking. If you chose to use pre-cooked whole grains, add them now. (If the farro is not done cooking yet, continue simmering until it's tender, then proceed with the kale. This could take another 20 minutes, depending on the farro.)

Taste, and season with more salt as needed. I usually add about ½ teaspoon—if the soup tastes flat, add more salt. To kick up the flavor a notch and balance the sweetness of the sweet potatoes, stir in the optional cayenne pepper.

Ladle the soup into bowls and serve. I like this soup even more the next day. Leftovers keep well, covered and refrigerated, for about 4 days. The soup freezes well, too.

*Nutrition info per serving:*

*Source: allrecipes.com*



### Pear Salad

1 head leaf lettuce, torn into bite-size pieces  
 3 pears - peeled, cored and chopped  
 5 ounces Roquefort blue cheese, crumbled  
 1 avocado - peeled, pitted, and diced  
 1/2 cup thinly sliced green onions  
 1/4 cup white sugar  
 1/2 cup pecans  
 1/3 cup olive oil  
 3 tablespoons red wine vinegar  
 1 1/2 teaspoons white sugar  
 1 1/2 teaspoons prepared mustard  
 1 clove garlic, chopped  
 1/2 teaspoon salt  
 fresh ground black pepper to taste

In a skillet over medium heat, stir 1/4 cup of

sugar together with the pecans. Continue stirring gently until sugar has melted and caramelized the pecans. Carefully transfer nuts onto waxed paper. Allow to cool, and break into pieces.

For the dressing, blend oil, vinegar, 1 1/2 teaspoons sugar, mustard, chopped garlic, salt, and pepper.

In a large serving bowl, layer lettuce, pears, blue cheese, avocado, and green onions. Pour dressing over salad, sprinkle with pecans, and serve.

*Nutrition per serving: Per Serving: 426 calories; 31.6 g fat; 33.1 g carbohydrates; 8 g protein; 21 mg cholesterol; 654 mg sodium*

*Source: allrecipes.com*

## Winter Recipes

### Easy Apple Pie



4 to 5 Granny Smith apples (peeled, cored and thinly sliced)  
 1 pie crust (premade)  
 1/3 cup margarine (or butter substitute, softened, divided)  
 1/3 cup brown sugar (packed)  
 1 tablespoon ground cinnamon  
 1 teaspoon grated nutmeg

Preheat the oven to 350 degrees F. Roll the pie crust out into a 9-inch pie pan. Place the sliced apples in the prepared pie crust. Dot the apples with half of the margarine. Stir the rest of the softened margarine into the brown sugar. Add the cinnamon and nut-

meg. Crumble the sugar mixture over the top of the apples. Place the pie in the oven and then bake for 45 to 50 minutes, or until the apples are very soft when pierced with a knife. Let the pie rest for 1 to 2 hours. Serve and enjoy!

*Nutrition information per 1/8 of pie serving size: Calories 204, Total Fat 5g, Sodium 162mg, Total Carbohydrate 39g, Dietary Fiber 5g, Protein 2g, Calcium 51mg*

*Source: thespruceeats.com*

### Recipe Makeover: Healthy Cheesy Macaroni

*What could be better than a warm bowl of mac and cheese on a chilly evening? This recipe offers a healthy twist on a favorite dish, but still has the rich flavors you're craving. For extra veggies, stir a big handful of chopped spinach into your casserole dish before baking. Comfort food without the guilt? Now that's a bite worth taking!*

1 package whole-wheat elbow macaroni (14.5 ounces)  
 1 1/2 cups cottage cheese, nonfat  
 2 tablespoons oil, canola  
 1/2 cups flour, all-purpose  
 1/2 teaspoon black pepper  
 1/4 teaspoon garlic powder  
 2 cups skim (fat-free) milk  
 2 cups reduced fat shredded sharp cheddar cheese  
 2 cups cherry tomatoes cut in half

Cook macaroni according to package directions. Meanwhile, blend cottage cheese in a food processor or blender until smooth. Set aside.

In a large saucepan over a medium heat, combine oil, flour, pepper and garlic powder; stir until mixed. Gradually stir in the milk and bring to a boil. Cook for 2 minutes or until thickened and smooth.

Add the blended cottage cheese and cheddar cheese, stirring until melted. Spray a 2-quart casserole dish with cooking spray. After the macaroni has been cooked and drained, place it in the prepared casserole dish. Pour the cheese mixture over the macaroni and mix until blended. Bake at 350° for 30 minutes or until heated through. Top with tomatoes just before serving.

*Serves 10. Serving size: 1 cup  
 Nutritional Information  
 Amount Per Serving  
 Calories 300, Total Fat 11g, Sodium 292mg  
 Carbohydrates 41g, Dietary Fiber 4g,  
 Protein 18g, Cholesterol 27mg*

*Source: mayoclinic.org*







# Children's Social/Physical Wellness

Days of Taste  
Promotes Healthy  
Food Systems and  
Farm to Table  
Nutrition Education in  
Harford County .



# TasteWiseKids

## Days of Taste

Taste Wise Kids is Farm to Table Curriculum that is taught twice a year at local schools throughout the state of Maryland. It offers children fun ways to learn about food and inspire a lifetime of positive, healthy eating habits. Children are empowered to think about food in new ways, to

explore their own sense of taste and to realize that flavorful, nutritious food and good health go together – naturally. Kids get to see first-hand where food comes from and learn about the importance of agriculture and respecting their environment.

***“IN THIS AGE OF FAST AND FROZEN FOODS, WE WANT TO TEACH SCHOOL CHILDREN ABOUT REAL FOOD – WHERE IT IS GROWN AND HOW IT IS PRODUCED – SO THAT THEY CAN DEVELOP AN UNDERSTANDING AND APPRECIATION OF HOW GOOD FRESH FOOD IS SUPPOSED TO TASTE.”***

*- JULIA CHILD, THE ORIGINAL DAYS OF TASTE® SPOKESPERSON*



Pictured: FCS Educator Jennifer Dixon Cravens, and volunteers , Betty Sneed, Jean Faulk, Stephanie Herman, Ennise Bloom and Chef Bruce Clarke of River City Public House, Havre de Grace, MD.



## Spotlight On Community Nutrition & Wellness

Summer Camps provide structure and keep the daily routine for youth when they are not in school. The Village at Lakeview Community Center in Edgewood, Maryland hosts annual summer camps that promote environmental, physical and social wellness that leads to positive health and social interactions.

**Jennifer Dixon Cravens, FCS/Nutrition Educator**, taught students how to create and paint nutrition and wellness collages with positive images and words.

**Natalie Cassidy, FSNE Educator**, taught a lesson on Farm to Table. Natalie shared a food demonstration on how apples from the farm are transformed into applesauce, and also dried apple chips. This showed the students how healthy food ends up on their table. Natalie also read the book, *How Did That Get In My LUNCHBOX?* to the students which brings awareness about **Health Food Systems** !



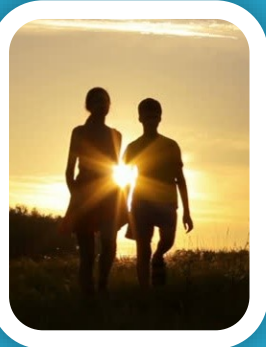
Community



Natalie Cassidy,  
FSNE Educator



## Social Wellness



# Enhancing Your Relationships

Social wellness refers to the relationships we have and how we interact with others. Our relationships can offer support during difficult times. Social wellness involves building healthy, nurturing and supportive relationships as well as fostering a genuine connection with those around you. When it comes to expressing feelings, many people fall into patterns of complacency and predictability. You may be able to enhance your relationships by:

**Going for a walk together** — This gets you away from distractions and opens the door for conversation, and also offer a health benefit.

**Showing your appreciation** — Express thanks for something, especially if you haven't said it lately. Praise can be positive reinforcement.

**Listening attentively** — Be open to thoughts and feelings. Truly consider what you hear rather than debate or immediately try to make your own point.

**Just saying it: "I love you"** — But don't stop there. Come up with specific reasons. If this is too difficult to do in person, pen a thoughtful letter.

**Doing something your partner likes but you usually wouldn't do** — Be open to enjoying it. Don't tease, gripe or mock. Learn how to be in the moment.

**Becoming curious** — Ask what your partner thinks, wants and feels. Listen for things that might surprise you, and let your partner know that you enjoyed hearing about it.

**Trying something new together** — Explore an activity that neither of you has done before. Learn a new game or take a fitness class together.

*Source: mayoclinic.org*

### TO BUILD STRONG RELATIONSHIPS WITH YOUR CHILDREN:

- Catch kids showing good behavior and offer specific praise.
- Give children meaningful jobs at home and positive recognition afterward. Help them improve their skills one step at a time.
- Use kind words, tones, and gestures when giving instructions or making requests.
- Spend some time every day in warm, positive, loving interaction with your kids. Look for opportunities to spend time as a family, like taking after-dinner walks or reading books together.
- Brainstorm solutions to problems at home or school together.
- Set rules for yourself for mobile device use and other distractions. For instance, check your phone after your child goes to bed.
- Ask about your child's concerns, worries, goals, and ideas.
- Participate in activities that your child enjoys. Help out with and attend their events, games, activities, and performances.

*Source: nih.gov*



## Community Outreach & Engagement

Nutrition, Health and Wellness

**THE AIM OF COMMUNITY OUTREACH AND ENGAGEMENT IN HARFORD COUNTY IS TO PROVIDE NUTRITION & WELLNESS EDUCATION THAT FOSTERS BEHAVIOR CHANGE RELATED TO CONSUMPTION PATTERNS AND FOOD CHOICES IN ORDER TO REDUCE HEALTH DISPARITIES AND IMPROVE QUALITY OF LIFE!**

Community  
Nutrition



Harford County Department of Social Service Program W.A.G.E. Connection in Aberdeen, Maryland Coordinator Wanda Williams and Program Specialist, Louise Oldland presenting FCS Educator with certificate of recognition. Other partnerships Havre De Grace Housing Authority program participants pictured top right.





## Fresh Conversations Program Pilot



The University of Maryland Extension, in partnership with the Maryland Department of Aging, and Senior Centers, conducted the Fresh Conversation Pilot Program. The goal of this program was to generate enthusiasm and support for older adults in their desire to be the best that they can be no matter what age. The Fresh Conversation program provide a newsletter as the main teaching tool to outline the monthly presentation, taste testing recipes, group discussions.

Maintaining good health and independence is important to almost everyone. As a facilitator, Harford County FCS/Nutrition Educator Jennifer Dixon Cravens led a group of older adults as they discussed better eating and exercise habits.

The one–two hour program sessions were full of interactive activities such as physical activity, taste testing recipes, group discussions, and friendly competitions.

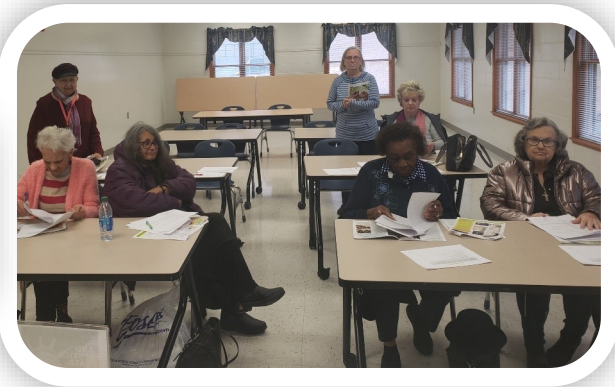
***“The FC Program has helped me make health changes at the age of 87.”***

- Mr. William Mowlds, Fresh Conversation program participant at Edgewood Senior Activity Center in Harford County, MD. Pictured above with Nutrition Educator, Mr. Mowlds attended all 8 sessions.

# Engaging Our Seniors



Edgewood Senior Activity Center



McFaul Senior Center



Cockeysville Senior Center





## Fresh Conversations Program Pilot



Seven Oaks Senior Center



FC Program Participant Sylvia Green (center) was a regular attendee, and volunteer to FCS Educator during the Program, she also shared a healthy apple sauce recipes with program participants.



Liberty Senior Center



Arlington Estates Senior Center



### Simple Applesauce

- 4 York apples - peeled, cored and chopped
- 3/4 cup water
- 1/4 cup white sugar
- 1/2 teaspoon ground cinnamon

In a saucepan, combine apples, water, sugar, and cinnamon. Cover, and cook over medium heat for 15 to 20 minutes, or until apples are soft. Allow to cool, then mash with a fork or potato masher.

- Miss Sylvia Green



## AFRICAN HERITAGE AND HEALTH WEEK

Observed the first week of February, African Heritage and Health Week celebrates the foods, flavors and healthy cooking heritage of a traditional African diet. Exploring the cuisines that are central to Africa, South America, the Caribbean and the American South, African Heritage & Health Week also inspires us to eat better by learning cooking the techniques and culinary history.

The African Heritage Diet is a healthy traditional eating model based on the common threads and foodways of African American ancestors. The food pyramid was created in 2011 with a committee of nutrition scientists and scholars of culinary history and African American

foodways.

The overall pattern is a plant-based, colorful diet based on diverse vegetables, fruits, tubers and grains, nuts, healthy oils and seafood. Yet the African Heritage Diet also recognizes the distinct flavors and traditions of four major regions of the African Diaspora—West and Central Africa, the American South, the Caribbean, and South America.

The African Heritage Diet Pyramid is based on scientific research that shows eating like your ancestors can help lower your risk of chronic disease, achieve a healthy weight, and promote overall well-being.

*Source: oldwayspt.org*



American Heart Association®



## American Heart Month

Traditionally the month for all things heart related, February reminds us to take care of our heart. National Wear Red Day, celebrated each year on the first Friday in February, brings greater attention to heart disease awareness as the leading cause of death for Americans.

It's no longer just about wearing red; it's no longer just about sharing heart health facts. It's about all women making a commitment to stand together with Go Red and taking charge of their own heart health as well as the health of those they can't bear to live without.

*Source: heart.org*

## Healthy Heart Tip

Spending too much time on the couch may be more hazardous to your health than overindulging in holiday treats. You can use the holidays to recharge and relax — while making physical activity a priority at the same time.

According to one study, people who spend more than four hours a day in front of a screen have a higher risk of early death in general and a higher risk of events related to heart disease, such as chest pain or heart attack. Don't wait — make it a habit to **sit less and move more!**

*Source: mayoclinic.org*

## My Life Check | Life's Simple 7



### What is Life's Simple 7®?

Life's Simple 7 is defined by the American Heart Association as the 7 risk factors that people can improve through lifestyle changes to help achieve ideal cardiovascular health.

### Manage Blood Pressure

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.

### Control Cholesterol

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.

### Reduce Blood Sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.

### Get Active

Living an active life is one of the most rewarding gifts you can give yourself and

those you love. Simply put, daily physical activity increases your length and quality of life.

### Eat Better

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!

### Lose Weight

When you shed extra fat and unnecessary pounds, you reduce the burden on your heart, lungs, blood vessels and skeleton. You give yourself the gift of active living, you lower your blood pressure and you help yourself feel better, too.

### Stop Smoking

Cigarette smokers have a higher risk of developing cardiovascular disease. If you smoke, quitting is the best thing you can do for your health.

These measures have one unique thing in common: any person can make these changes, the steps are not expensive to take and even modest improvements to your health will make a big difference. Start with one or two. This simple, seven step list has been developed to deliver on the hope we all have—to live a long, productive healthy life

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





## Winter Recipes



### Health Heart Facts:

Beans are great for the Heart. Beans play a major role in maintaining and repairing the body.

Beans are :

- Great source of protein
- High in Minerals
- High in Folate
- High in Fiber
- Improve blood Cholesterol
- Control Appetite

(Source: [www.Heart.org](http://www.Heart.org))



### Easy Tuscan Bean Soup

#### Ingredients:

- 3 tablespoons olive oil
- 2 medium carrots, thickly sliced
- 1 large onion, coarsely chopped
- 1 stalk celery, coarsely chopped
- 1 clove garlic, finely chopped
- 3 sprigs fresh oregano
- 1/4 teaspoon salt
- Black pepper, to taste
- 1 tablespoon of chopped fresh oregano
- 2 cups of baby kale or baby spinach
- 2 (15 -ounce) cans cannellini beans or other small white beans, drained and rinsed
- 5 cups chicken stock or vegetable stock

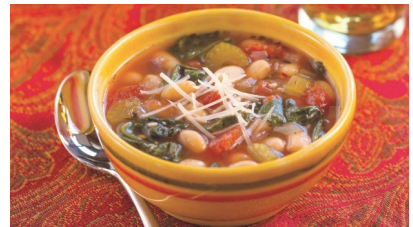
**Directions:** In a soup pot, heat the olive oil. When it is hot, add the carrots, onion, celery, garlic, fresh oregano sprigs, salt, and pepper. Cook, stirring often, for 10 minutes until the vegetables look softened and the translucent.

Onions turn translucent.

Add beans and chicken stock and bring to boil. Simmer 20 minutes until vegetable are tender. Add kale or spinach let steep 2 minutes. Sprinkle with cheese.

Serve with bread:

Nutrition Information per serving: *Calories: 100 Fat: 7 g Saturated fat: 200mg Fiber: 4 g Protein: 7 g Cholesterol: 0 mg*



### Roasted Parsnips and Carrots

#### Ingredients:

- 4 parsnips, peeled and cut into large sticks
- 3 carrots, peeled and cut into large 1/2 inch pieces
- Olive oil in a spray canister
- 1 clove garlic, minced
- 1/4 tsp kosher salt
- Ground pepper, to taste
- 1 tbsp. chopped fresh sage, dill or parsley

Preheat oven to 450 degrees F. Place the parsnips and carrots on a baking sheet and spritz with olive oil until evenly coated. Using your hands toss them and then sprinkle in the gar-

lic, salt, and black pepper.

Place in the oven until parsnips and carrots are tender, which will vary depending on the exact thickness of your veggies. Check after 20 minutes but it may range anywhere from 20-40 minutes depending on the size of your veggies. Transfer into a mixing bowl, and toss with fresh herbs.

*Nutrition information per serving. Calories: 112 Fat: 1 g Saturated fat: 0 g Carbohydrates: 27 g Sugar: 8 g Sodium: 128 mg Fiber: 7 g Protein: 2 g Cholesterol: 0 mg*

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



## Winter Recipes



Cooking Class

*Chili recipe recommended  
by Master Gardener  
Barb Fowler  
(pictured below, on left)*



### Chunky Healthy Heart Chili

*This bright and zesty Chunky Vegan Chili is loaded with fresh garden goodies and lots of spice. You won't even miss the meat!*

- 2 T. oil
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 red bell peppers, chopped
- 3 sweet potatoes, chopped
- 3 ears corn, with corn removed  
(or 1 can low-sodium corn)
- 2 T. Masa (corn flour)
- 2 (15 oz. each) cans black beans, drained and rinsed
- 2 (28 oz. each) cans crushed tomatoes
- 1 cup water
- 1 1/2 T. ground cumin
- 2 T. Ancho chili powder
- 2 t. salt, if desired
- Black pepper to taste
- Fresh cilantro for garnish

Add the oil to a large pot and set over medium-high heat. Add the onion and garlic and sauté for 3 minutes. Mix in the red peppers, sweet potatoes, corn and masa. Cook and stir occasionally another 8-10 minutes. Add remaining ingredients (except cilantro) and stir well. Cover, lower the heat and simmer for approximately 20 minutes, until the sweet potatoes are soft. Garnish with chopped cilantro, if desired. Serve warm.

*Makes 8 1-cup servings.*

*Nutritional information per serving:*

*Calories 224, Carbohydrates 39g, Protein 9g, Fat 4g, Sodium 782 mg, Fiber 10g.*

*Source: [Aspicyperspective.com](http://Aspicyperspective.com)*

### Red Cabbage and Carrot Slaw

- 1 small head red cabbage , shredded
- 4 large carrots , shredded
- 4 green onions , thinly sliced
- 1 tablespoon Dijon mustard
- 1 garlic clove , minced
- 1/3 cup extra virgin Olive Oil
- 1/4 cup apple cider vinegar
- 2 tablespoons fresh lemon juice
- 1 tablespoon honey
- 1/4 teaspoon pure vanilla extract (optional)
- 1/4 teaspoon chili powder
- salt and pepper to taste
- chopped fresh parsley , for garnish

In a mixing bowl, whisk together the Dijon mustard, garlic, oil, apple cider vinegar, lemon juice, honey, vanilla, chili powder, salt and pepper; whisk until well combined.

Pour dressing over the cabbage mixture and toss to combine. Taste for seasonings and adjust accordingly.

Place in the refrigerator for at least 15 minutes. Garnish with chopped parsley just before serving.

*Nutrition info per serving: Calories 140, Fat 10g, Sodium 164mg, Carbohydrates 11.6g, Fiber 2g, Sugar 6.6g, Protein 1.5g*

*Source: [allrecipes.com](http://allrecipes.com)*

Place shredded cabbage, carrots and green onions in a large salad bowl. Set aside.

## March Recipes

### Overnight Oats Blueberry Smoothie Bowl



- 1 cup rolled oats
- 1 1/4 cups unsweetened vanilla-flavored almond milk, divided
- 1 frozen banana, chopped
- 1 cup blueberries or strawberries
- 1 teaspoon vanilla extract
- 1 teaspoon maple syrup (Agave nectar can be used in place of the maple syrup)

#### Topping:

- 2 tablespoons flaked coconut
- 1 tablespoon fresh blueberries
- 1 teaspoon chia seeds

Combine oats and 2/3 cup almond milk in

a bowl; refrigerate until oats have absorbed the liquid, 8 hours to overnight. Combine oats-almond milk mixture, remaining almond milk, banana, 1 cup blueberries, vanilla extract, and maple syrup in a blender; blend until smooth.

Pour smoothie into 2 bowls and top with coconut, 1 tablespoon blueberries, and chia seeds.

*Nutrition Facts Per Serving: 354 calories; 6.5 g fat; 68.7 g carbohydrates; 7.6 g protein; 0 mg cholesterol; 118 mg sodium*

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

### Flourless Dark Chocolate Cake

*Here's a simple cake that's rich, elegant and over-the-top chocolaty. For finishing touches, add powdered sugar, cocoa or liqueur-flavored whipped cream.*

- 4 large eggs, separated
- 3 tablespoons butter
- 8 ounces dark baking chocolate, chopped
- 1/3 cup plus 1/4 cup sugar, divided
- 1 jar (2-1/2 ounces) prune baby food
- 1 1/2 teaspoons vanilla extract
- Confectioners' sugar

Place egg whites in a small bowl; let stand at room temperature 30 minutes. Preheat oven to 350°. Coat a 9-in. springform pan with cooking spray; place on a baking sheet.

In a small saucepan, melt butter and chocolate over low heat, stirring constantly. Remove from heat; cool slightly. In a large bowl, beat egg yolks on high speed 3 minutes or until slightly thickened. Gradually add 1/3 cup sugar, beating until thick and lemon-colored. Beat in baby food, vanilla and the chocolate mixture.

With clean beaters, beat egg whites on medium until soft peaks form. Gradually add remaining sugar, 1 tablespoon at a time, beating on high after each addition until sugar is dissolved. Continue beating until stiff glossy peaks form. Fold a fourth of the whites into chocolate mixture, then fold in remaining whites.

Pour into prepared pan. Bake until a toothpick inserted in center comes out with moist crumbs, 30-35 minutes. Cool on a wire rack 20 minutes. Loosen sides from pan with a knife; remove rim from pan. Cool cake completely. Dust with confectioners' sugar before serving.

*Nutrition Facts per slice: 188 calories, 11g fat (6g saturated fat), 78mg cholesterol, 50mg sodium, 22g carbohydrate (18g sugars, 2g fiber), 4g protein.*

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



## March Recipes

### Southern-Style Collards

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1/2 large onion, chopped
- 2 large red potatoes
- 1 teaspoon red pepper flakes or pinch of cayenne
- 1 teaspoon of cumin
- 1 clove garlic, finely chopped
- 1 pound collard greens, chopped
- 3 cups vegetable stock
- 2 tomatoes, seeded and chopped
- Salt and freshly ground black pepper

In a large pot over medium heat, heat oil and butter. Sauté the onions until slightly softened, about 2 minutes, then add the red pepper flakes and garlic, cook another minute. Add 1 cup of diced potatoes, Add

collard greens and cook another minute. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and freshly ground black pepper.

*Nutrition facts per Serving size: 1/2 cup*  
*Per Serving: Calories: 115 calories, Total fat- 3 grams, Fiber – 5 grams, Protein- 5 grams , Cholesterol – 8 milligrams, Sodium:440 milligram, Carbohydrates- 10 grams.*

*Source: foodnetwork.com*



### Asparagus, Tomato, and Feta Salad

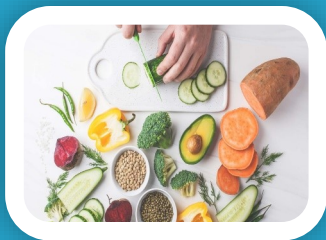
- Ingredients
- 1/2 cup rice vinegar
  - 1 tablespoon white sugar
  - 1 teaspoon sea salt
  - 1/2 teaspoon sesame oil
  - 2 tablespoons olive oil
  - 3/4 pound asparagus - cut into 1-inch pieces, cooked and drained
  - 1 (4 ounce) container crumbled feta
  - 1 large tomato, diced
  - 1 green onion, diced
  - 2 tablespoons chopped cilantro (optional)

Whisk together the rice vinegar, white sugar, sea salt, sesame oil, and olive oil in the bottom of a salad bowl. Add the asparagus, feta, tomato, green onion, and cilantro to the bowl with the dressing; toss to coat. Cover and refrigerate for 1 hour before serving.

*Nutrition Facts Per Serving: 143 calories; 10.9 g fat; 7.8 g carbohydrates; 5.1 g protein; 20 mg cholesterol; 609 mg sodium*

*Source: allrecipes.com*





## March is

# National Nutrition Month®

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits.

- More than 1 in 3 of adults and nearly 1 in 5 children or adolescents are obese. Obesity-related conditions include heart disease, stroke, and type 2 diabetes, which are among the leading causes of illness and death.
- Fewer than 1 in 3 adults get the recommended amount of vegetables each day.

- Approximately 90% of Americans eat more sodium than is recommended for a healthy diet.
- More than 23 million Americans — including 6.5 million children — live in food deserts. Food deserts are neighborhoods, cities, or towns that lack access to affordable fruits, vegetables, whole grains, and other foods that make up the full range of a healthy diet.
- Overweight adolescents have a 70% chance of becoming overweight or obese adults.

*Source: Harvard Health Publishing. 2016. Healthy Eating: A guide to the new nutrition today.*

## Brain Awareness Week

March 11-17

### What is Brain Awareness Week?

Brain Awareness Week is the global campaign to foster public enthusiasm and support for brain science. Every March, partners host imaginative activities in their communities that share the wonders of the brain and the impact brain science has on our everyday lives.

Brain Awareness Week began in 1996 as a modest effort involving just 160 organizations in the United States. DABI organized the first Brain Awareness Week to bring together diverse groups with different interests from academia, government, and professional and advocacy organizations.

The goal was to unite them with the common theme that brain research is the hope for treatments, preventions, and possible cures for brain diseases and disorders and to ensure a better quality of life at all ages.

In the 24 years since its founding, Brain Awareness Week has evolved into a global education initiative that has included the participation of more than 7,300 partners in 117 countries. During the 2019 campaign alone, more than 2,500 partner events were held in 50 countries and 45 states.

*Source: Danafoundation.com*





## The Mediterranean Diet and Cognitive Functioning



Researchers consider the Mediterranean diet and the MIND diet (Mediterranean-DASH diet), two of the healthiest choices due to their connection with enhanced cognitive function.

A study published in the Journal of the American Geriatrics Society compared the

cognitive performance of those who ate the Mediterranean and MIND diets to those who did not. The study results show that older adults who ate a Mediterranean-style diet had 35% lower risk of scoring poorly on cognitive tests. Even those who ate a moderate Mediterranean-style diet had 15% lower risk of doing poorly on cognitive tests. The researchers noted similar results for people who had MIND-style diets. They also reported that older adults who followed these healthy diets had lower risk of cognitive impairment in later life.

The Mediterranean diet consists primarily of fruits, vegetables, whole grains, beans, potatoes, nuts, olive oil and fish. Processed foods, fried and fast foods, snack foods, red meat, poultry and whole-fat dairy foods are **not** often eaten on the Mediterranean diet.

The MIND diet is a modified form of the Mediterranean diet focused on 10 types of foods that are considered brain foods: green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, seafood, poultry, olive oil, and wine. On this diet, five types of foods are considered unhealthy: red meat, butter and stick margarine, cheese, pastries, sweets and fried/fast foods.

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

### 5 FOODS LINKED TO BETTER BRAINPOWER

#### GREEN VEGGIES



**1.** Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

#### FATTY FISH



**2.** Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

#### BERRIES



**3.** Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

#### TEA + COFFEE



**4.** Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

#### WALNUTS



**5.** Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

Created by:



[www.health.harvard.edu](http://www.health.harvard.edu)





## Mind Diet /March Recipes

The MIND diet is a hybrid of the Mediterranean and DASH diets with its goal to reduce dementia and the decline in brain health that usually occurs as we age. Foods emphasized on the MIND diet include whole grains, berries, green, leafy vegetables, other vegetables, olive oil, poultry and fish.

Only a few epidemiological studies have been published on the MIND diet, with their main findings showing that adher-

ence to the MIND diet is associated with a reduced risk of Alzheimer's disease.

More research is likely to come, but findings are consistent with recommendations of the Dietary Guidelines for Americans, which recommend increased consumption of fruits, vegetables, lean proteins, healthy fats and whole grains, and decreased consumption of saturated fats.

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



### Tuna Croquettes

#### Ingredients:

- 3 tablespoons butter
- 1/2 cup onion (finely chopped)
- 1 clove garlic (minced)
- 1/4 cup flour
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon paprika
- 1 cup whole milk
- 1 (12-ounce) can light chunk tuna (or 2 6-ounce cans, drained)
- 2/3 cup dry breadcrumbs
- 1 egg
- 1 tablespoon water
- 2 cups vegetable oil (for frying)
- Optional: Tartar sauce, for serving

#### Directions:

Melt the butter in a medium saucepan over medium heat. Sauté the onion and garlic until tender. Add the flour, salt, pepper, and paprika and cook, stirring, until the mixture bubbles. Cook and stir for 2 minutes.

Add the milk, and cook, stirring with a whisk, until the sauce thickens and bubbles. Add the drained tuna and mix gently but thoroughly with a spoon.

Put the tuna mixture into a medium bowl, cover, and refrigerate at least three hours or overnight.

When you're ready to eat, moisten your hands with some water and shape the tuna mixture into 8 oval patties.

Beat the egg with the 1 tablespoon water in a shallow dish. Add the breadcrumbs to another shallow dish.

Coat a croquette with the dry breadcrumbs, then dip into the egg mixture. Place back in the breadcrumb mixture and coat again. Repeat with all of the croquettes.

In a heavy, deep skillet, heat the vegetable oil to 350 F. Gently place the croquettes into the hot oil using a spider or a spatula and deep fry the croquettes for 2 minutes on each side until they are golden brown.

Drain the tuna croquettes on paper towels for a couple of minutes. Serve hot with tartar sauce, mustard, sour cream, or ketchup for dipping.

*Nutritional Information: (per serving)*  
375 Calories, 131gFat, 25g Carbs,  
13gProtein

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



## March Recipes

### Creamy Broccoli-Cauliflower Soup

- 1 tablespoon extra-virgin olive oil
- 1 cup (1/2-inch) cubes sourdough bread
- 1 Yukon gold potato, unpeeled, cut into (1/2-inch) cubes
- 1/2 yellow onion, chopped
- 6 cups low-sodium vegetable broth
- 2 cups broccoli florets, chopped
- 2 cups cauliflower florets, chopped
- 3/4 teaspoon fine sea salt

Heat oil in a large pot over medium-high heat. Add bread, potato and onion and cook, stirring often, until golden brown, 5

to 7 minutes. Add broth, broccoli, cauliflower and salt, bring to a boil, cover and simmer until very tender, about 30 minutes. Carefully purée with an immersion blender, or by working in batches with a traditional blender.

*Makes 4 servings. Nutritional Info per serving: 260 calories (40 from fat), 4.5g total fat, 1g saturated fat, 0mg cholesterol, 930mg sodium, 46g carbohydrates (6g dietary fiber, 6g sugar), 9g protein.*

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



*Packed with veggies, this easy, creamy, healthy soup makes the best lunch. This full-flavored soup uses potatoes and sourdough bread for creaminess without adding dairy.*

### Veggie Egg Bake

- 1 cup frozen chopped spinach, thawed
- 4 large eggs
- 4 large egg whites
- 1 cup skim milk
- 1 1/2 teaspoons dry mustard
- 1 teaspoon dried rosemary or 1 tablespoon minced fresh rosemary
- 1/2 teaspoon salt-free herb-and-spice blend
- 1/4 teaspoon ground black pepper
- 6 slices whole-grain bread, crusts removed and cut into 1-inch cubes
- 1/4 cup chopped onion
- 1/2 cup diced red pepper
- 4 ounces sliced reduced-fat Swiss cheese

Heat oven to 375 F. Coat a 7-by-11-inch glass baking dish or a 2-quart casserole with cooking spray. Place the spinach in a strainer and press with the back of a spatula to remove excess liquid. Set aside.

In a medium bowl, whisk together eggs, egg whites and milk. Add dry mustard, rosemary, spice blend and pepper; whisk to combine. Toss spinach, bread, onion and red pepper in a large bowl.

Add egg mixture and toss to coat. Transfer to prepared baking dish and push down to compact. Cover with foil. Bake for 30 minutes or until the eggs have set. Uncover and top with cheese. Continue baking for an additional 15 minutes or until the top is lightly browned. Cool for 10 minutes.

*Makes 6 servings. Serving size: One piece  
Nutritional information: Calories 258, Total fat 10 g, Cholesterol 137 mg, Sodium 465 mg, Carbohydrate 25g, Dietary fiber 3 g, Protein 17 g*

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



*You can prepare this casserole and refrigerate overnight. The next morning, let the casserole stand at room temperature while oven heats and then bake as directed.*



# March Recipes



## Green Smoothie

- 1/2 cup of water
- 2 Cups of pineapple
- 1 medium ripe avocado pitted and halved
- 2 cups of spinach
- 1/2 cup of ice

**Directions:**

Combine all ingredients in blender in order listed. Blend until smooth and serve.

Makes 4 servings.

*Nutritional Info per serving: 221 calories  
4g fat, 0mg cholesterol, 930mg sodium,  
46g carbohydrates (5.8g dietary fiber, 13g  
sugar), 9.9g protein. Rich in vitamin A,C  
and Potassium.*

Source: [recipe.sparkpeople.com](http://recipe.sparkpeople.com)



## Cajun Chicken

**Ingredients:**

- 2 cups of brown rice , cook brown rice 45 minutes prior to chicken prep.
- 2 tbsp. olive oil
- 1 cup of diced tomatoes
- 1 cup of celery
- 1 can of stewed tomatoes
- 2 tbsp. of salt free or low salt Cajun seasoning
- 1 lb. of boneless chicken skinless chicken breast
- 1 tbsp. minced garlic
- 2 tbsp. tomato paste

**Directions**

Wash vegetables, and dice  
Heat bell peppers, onions, celery  
Cajun seasoning  
Cook for 5-7 minutes , stirring often.  
Stir in garlic and tomato paste,  
Cut chicken into 1/2 inch chunks,  
Add chicken and 1/2 cup of water,

Season with black pepper and pinch of onion powder.

Bring mixture to boil, on high, then reduce heat, and simmer until chicken is tender for 10-15 minutes.

Serve over cooked rice

*Nutrition information: Calories 486, 12 grams of fat, 7 fiber, 12 g of protein, 28 grams of sodium*



## March Recipes



### Simple Beet Salad

- 2 pounds assorted medium beets
- 1/3 cup bottled balsamic vinaigrette
- 1/2 cup of chopped toasted walnuts
- 1 tbs. of olive oil
- Pinch of salt and pepper to flavor

#### Nutrition Information

*Nutrition per serving: Per Serving: 82calories; 3.6 g fat; ; 1.5g protein; 0mg cholesterol; 25 mg sodium, 2.4 Fiber, High in B6, Folate, and vitamin C.*

Preheat Oven to 400°. Place beets on baking pan, drizzle with balsamic vinaigrette, and sprinkle with desired amount of salt and pepper. Bake for 45 to 55 minutes until fork-tender. Sprinkle with walnuts, if desired. Garnish with fresh parsley or basil.

Source: Myrecipes.com



### Easy Ground Turkey Tacos

- 1 1/2 tablespoons chili powder
  - 2 teaspoons ground cumin
  - 1 teaspoon ground paprika
  - 1 teaspoon salt
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon onion powder
  - 1/2 teaspoon dried oregano
  - 1/4 teaspoon cayenne pepper
  - 1 (12 ounce) package ground turkey
  - 1/2 cup water
  - 1 tablespoon cider vinegar
- Mix chili powder, cumin, paprika, salt, garlic powder, onion powder, oregano, and cayenne together in a small bowl.

Cook turkey in a large nonstick skillet over medium heat, stirring to break up clumps, until no longer pink, 3 to 5 minutes. Stir in chili powder mixture and water. Reduce heat and simmer, stirring occasionally, until most of the liquid has been absorbed, about 10 minutes.

Stir cider vinegar and brown sugar into the skillet. Simmer until flavors combine, 3 to 4 minutes. Transfer to a serving bowl.

#### Nutrition Information:

*Per Serving: 150 calories; 7.2 g fat; 4.8 g carbohydrates; 17.6 g protein; 63 mg cholesterol; 663 mg sodium*

Source: Allrecipes.com





# Mark Your Calendar! Upcoming Classes

Class	Location	Dates/Time	Cost	Contact
<b>Health Literacy– Green Cleaning</b> <b>Nutrition Health &amp; Wellness</b>	Village at Lakeview Community Center Edgewood, MD 21040	March 6 March 19th 1:00—3:00 pm	FREE	Trace Miller 410-679-0473 or Jennifer Dixon Cravens 410-638-3255
<b>Healthy Living Nutrition Education</b>	W.A.G.E Connection Beards Hill Plaza Aberdeen, MD 21001	March 16 10:00– 12:00pm	FREE	Jennifer Dixon Cravens, FCS Nutrition Educator 410-638-3255
<b>Nutrition, Health &amp; Wellness/Nutrition 101</b> <b>10 am—12 pm</b> <b>Health Literacy—Green Cleaning</b> <b>12:30-1:45 pm</b>	Harford County Agricultural Center 3525 Congowingo Rd. Street, MD 21154	March 31st	FREE \$5	Jennifer Dixon Cravens , FCS Nutrition Educator 410-638-3255
<b>Health Literacy—Green Cleaning</b> <b>Herbalicious</b>	Whiteford Library	January 30th February 27th	\$5.00 Free	Jennifer Dixon Cravens , FCS Nutrition Educator 410-638-3255

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