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Family & Consumer Sciences

Welcome to the Autumn 2019 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:

- *Brown Rice Tabbouleh*
- *BBQ Tacos w/ Red Cabbage Slaw*
- *Chicken Chili w/ sweet potatoes*
- *Healthier Apple Pie*
- *15-minute Turkey Meatballs*
- *Pumpkin No-Bake Cheesecake & More*

Buy Local & Support Your Community

- Take the whole family and let everyone pick out a new fruit or vegetable to try! Go to Apple Orchards with family.
- Support your local farmers and economy.
- Enjoy freshly picked produce at its peak in flavor and nutrition.



ABERDEEN
Festival Park, 60 N. Parke St.
Thursdays, 4:00 - 7:00 p.m.
May 2 - October 24



BEL AIR
Mary Risteau Courthouse off of Thomas St.
Saturdays, 7:00 - 11:00 a.m.
April 13 - December 21



HAVRE DE GRACE
Hutchins Park at the foot of Congress Ave.
Saturdays, 9:00 a.m. - Noon

WHAT'S IN Season?

| | |
|-----------------|-----------------|
| OCTOBER | Corn |
| Beans | Pears |
| Blackberries | Peaches |
| Cherries | Peppers |
| Melons | Tomatoes |
| Kale | DECEMBER |
| Okra | Apples |
| Peas | Brussel - |
| Potatoes | Sprouts |
| Squash | Corn |
| NOVEMBER | Radishes |
| Beets | Sweet Potatoes |
| Cabbage | Turnips |
| Cucumber | |



Harford County shines a light on **Recovery**



September 13,
Substance & Recovery
Summit

Harford County Unites To Celebrate Recovery From Addiction

Harford County Department of Social Services— A Summit on Wellness for Individuals in Recovery

During the month of September, Harford County government is raising awareness about substance abuse and recognizing residents who have overcome addiction in a month-long recovery celebration. Efforts include purple lights symbolizing recovery on major buildings, purple glow sticks at school sporting events, purple painted "Recovery Rocks!," a host of empowering events, and a social media storm. The event is sponsored by Harford County Department of Social Services in Harford County. Hosted by: **Tara Guthrie Family Recovery Court Clinical Coordinator and her wonderful staff.**

FCS Educator Jennifer Dixon Cravens Presented a Wellness Talk at the **"Embracing Recovery and Wellness Summit"** at the Mountain Christian Church Abingdon Campus on September 13.

"The opioid epidemic has brought terrible suffering to our community and our nation, but there are encouraging stories of recovery too," County Executive Barry Glassman said in a news release. "This month we celebrate thousands of individuals who have overcome addiction in Harford County, and those who continue to fight on the front lines. There are families and individuals living in recovery that

have remarkable jobs, beautiful children, have achieved tremendous success, and lead outstanding lives full of joy and meaning. Sharing these stories reduces stigma and helps to break down barriers. Most importantly, they give hope."

Where To Get Help For Addiction

Residents of Harford County can contact a 24/7 crisis hotline at 800-NEXT-STEP (800-639-8783) that is operated by behavioral health professionals who can help direct callers to behavioral health, mental health and addiction treatment resources. The Klein Family Crisis Center offers walk-in mental health and substance use urgent care from 7 a.m. to 7 p.m. daily at its location at 802 Baltimore Pike in Bel Air.

Those seeking treatment for addiction may also contact Addiction Connections Resource at 443-417-7810. The Jarrettsville-based nonprofit helps people navigate options for assistance, from therapists to half-way houses to treatment centers.

People seeking help can also call the Maryland Crisis Hotline, which provides 24/7 support, at 1-800-422-0009. Marylanders grappling with a substance use disorder can find help as well at BeforeItsTooLateMD.org.



FCS Educator Jennifer Dixon Cravens at the Sept. 13th Embracing Recovery and Wellness Summit.

Substance Abuse & Nutrition

The much-needed role of nutritionist and dietitian in treating substance abuse is often overlooked or missing in most recovery programs. Nutrition therapy can be used to help manage patients dealing with substance abuse to address their specific risk factors and improve the long term recovery success. Addiction is defined as a chronic brain disorder characterized by compulsive and relapsing behavior. Predisposing factors for an addiction include psychological vulnerability, biochemical abnormalities, genetics, and environmental conditioning. Social isolation, depression, and anxiety are common among substance abusers, and drugs and/or alcohol often are used to relieve these negative feelings because they increase dopamine activity, which boosts mood.

Substance abuse tend to damage vital organs and the nervous system, and decrease immunity. **What are the Harmful lifestyle related to addiction?**

- Vital organ damage and nervous systems challenges
- Decrease immunity and micro nutrient deficiencies
- Digestive disorders and poor eating patterns
- Lack of exercise, motivation and enthusiasm for life, dull senses
- Change in sleep patterns, lack of rest
- Increase risk for other health problems (metabolic syndrome, diabetes, hypertension,)
- Weight loss and eating disorders
- Lack of nutrition and proper hydration.

How do you help those trying to recover?

You eliminate the substance from the body, purify the body, and improve the nutrition to minimize the body. Seek a Dietitian or Nutritionist. **Other steps:**

- Eat food rich in vitamins and minerals to address and correct micro nutrient deficiencies. (Vitamin C, B, A, and D)
- Address appropriated weight / malnutrition (overweight or underweight)
- Eating regularly scheduled meals and snacks daily
- Increase physical activity to assist with stress management and improved their sleep
- Seek education on nutrition and wellness techniques to follow.
- Eat a well balanced diet
- Eat Nutrient dense foods fresh fruits and vegetables, whole grains, lean protein, calcium rich foods)
- Take the appropriate caloric intake to prevent hypoglycemia
- Get the appropriated counseling, coaching, that is recommended
- Seek social service in your community
- Attend support groups

References: 1. Escott-Stump S. Nutrition and Diagnosis-Related Care. 6th ed. Baltimore, MD: Lippincott Williams & Wilkins; 2008. 2. Ross LJ, Wilson M, Banks M, Rezannah F, Daghli M. Prevalence of malnutrition and nutritional risk factors in patients undergoing alcohol and drug treatment. Nutrition. 2012;28(7-8):738-743.



Recovery Rocks!



Hundreds of rocks have been hand-painted with inspirational messages by people in recovery or attending recovery events and placed along area trails and sidewalks. Everyone is encouraged to post pictures of the rocks they find on social media with the hashtag **#Harford4Recovery.**

Children's
Wellness



BACK-TO-SCHOOL HEALTH: 4 TIPS FOR PARENTS AND CAREGIVERS

Tip One: Focus on Your Child's Nutrition:

- 17% of youth aged two to 19 in the United States are obese
- 40% of total daily calories for two to 18 year olds are empty calories from added sugars and sold fats

IF YOU HAVE A PICKY EATER:

Continue introducing new foods

Be a role model for a healthy diet

Don't use food as a reward



Tip Two: Know The Risks Your School-Aged Child May Face:

- **Head Lice**—The most common way to get head lice is by head-to-head contact that often happens during play time, sport activities and sleepovers.
- **Bullying**—Only 17% of children seek help after being bullied. Don't miss the early signs: changes in behavior, academic problems, anxiety, depression and self-harm.
- **Scoliosis**—Watch for uneven shoulders or hips, and make sure your child gets regular scoliosis check-ups. Early diagnosis is key.
- **Poor Vision**—Squinting, tilting the head and holding handheld devices too closely are just some of the signs your child may have a vision problem.

Tip Three: Make Sleep a Priority:

- Children (and adults!) lose sleep due to OVERUSE of digital devices
- Sleep is equally as important as diet and exercise
- Most healthy children need EIGHT TO 10 HOURS of sleep each night

ESTABLISH A SLEEP RITUAL:



Put away electronic devices at least one hour before bedtime



Avoid exercise, a warm bath or a hot shower shortly before bed

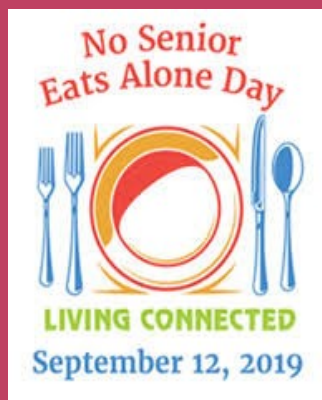


Encourage children to read a book before bedtime



A light snack before bed can be beneficial, but avoid caffeine

Senior's Wellness



September 2019 No Senior Eats Alone

Is part of the BCDA's 2019 Living Connected initiative, which has provided resources and activities to combat social isolation in older adults. Many life events that occur later in life—retirement, loss of a friend or spouse, moving, changes in health—happen as one ages. This can cause one's social network to become very small, leading to feelings of loneliness and social isolation. Further, research has proven that isolation has detrimental

effects on one's physical and mental health. The effects are wide-ranging. In fact, it is said that loneliness and social isolation has the same effect as smoking 15 cigarettes a day. In the month of September take the time to reach out to your grandparents, retired family, and friends, and make sure you share a meal, go to a movie, read to them or just spend quality time together.



Health Tips: What can Alter Your Taste ?

Many medical conditions and treatments can lead to an altered or diminished sense of taste. Respond to changing taste buds by:

Add more zinc to diet— Lack of zinc in diet can lead to appetite loss and taste

Adding pizzazz — Enhance dishes with herbs, spices, meat marinades, mustards, ketchup, vinegar, wine or barbecue sauce. Add chopped onions, green pepper, garlic, parsley or cilantro. Try brown sugar, maple syrup or honey. Use flavor extracts, such as almond, pecan, rum or vanilla, from your grocer's baking section.

Toning down salty — If food seems too salty, add a little sugar.

Bumping up salty — Don't add more salt. Instead, include foods with natural savory or meaty flavors. These include fish sauce, sun-dried tomatoes or tomato paste, Parmigiano

-Reggiano and cheddar cheeses, and mushrooms, especially shitake.

Reducing sweetness — Add a little salt or citrus juice. Dilute sweet beverages with water or select less sugary beverages such as milk, coffee, a sports drink or iced tea. For dessert, have yogurt, custard, or pumpkin pie in place of sugary foods.

Substituting for things that taste bad — Red meat and eating with silverware can cause a metallic taste. Try non-meat proteins such as fish, eggs, beans, lentils, nuts or quinoa. Use plastic utensils in place of metal.

Talking to your doctor — Ask if your change in taste could be related to a medication. Common culprits include some antibiotics, drugs to lower cholesterol or blood pressure, cancer medications, or antidepressants.

Source: mayoclinic.org

Back to School Recipes



Brown Rice Tabbouleh

- 3 cups cooked brown rice
- ¾ cup chopped cucumber
- ¾ cup chopped tomato
- ½ cup chopped fresh parsley
- ¼ cup chopped fresh mint leaves
- ¼ cup sliced green onions
- ¼ cup olive oil
- ¼ cup lemon juice
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl. Toss well and chill for at least 1 hour for best taste.

- Use leftover brown rice from a meal cooked earlier in the week. Or make a big batch on the weekend to use in this dish and for other easy weeknight meals.
- Serve over fish or lean meats, with hummus and pita, or as a stuffing inside fresh tomatoes.

Nutrition information per 1/2 cup serving: Calories 200, Total Fat 10g, Cholesterol 0mg, Sodium 200 mg, Total Carbohydrate 26g, Dietary Fiber 2g, Sugars 1g, Protein 3g. Good source of Vitamin A & C

Reference: myplate.gov

healthykids
eat well, get active

BBQ Chicken Tacos with Red Cabbage Slaw

- ½ cup nonfat plain Greek yogurt
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 tablespoon cider vinegar
- ¾ teaspoon kosher salt
- ¼ teaspoon ground pepper
- Dash of hot sauce
- 2 cups shredded red cabbage (½ head)
- 2 cups shredded cooked chicken breast (about 6 oz.)
- ½ cup light barbecue sauce, (such as Annie's Organic)
- 8 corn tortillas
- Chopped cilantro for garnish

Combine yogurt, sugar, lemon juice, vinegar, salt, pepper and hot sauce in a large

bowl. Add cabbage and toss until fully coated.

Combine chicken and barbecue sauce in a medium microwavable bowl; toss until chicken is coated. Microwave on High until heated through, about 1 minute.

Heat tortillas according to package directions. Fill each tortilla with ¼ cup of the chicken and top with 3 tablespoons of the slaw. Garnish with cilantro and serve.

Nutritional information per serving: 250 Calories, T.Fat 12g, Sodium 280, carbs 23g, fiber 4g, protein 13 g, Rich in Vitamin C, and Iron.

Reference: Eatingwell.com



Back to School Recipes



Mixed Berry— Spinach Smoothie

- 1 bag of frozen mixed berry fruit
- 1/2 cup of yogurt, or soy, almond based yogurt
- 1 banana
- 1 cup of packed, washed spinach
- 1 tsp of maple syrup
- 1 tsp of vanilla extract (optional)
- 1 pinch of cinnamon
- 1 cup of apple or orange, juice, or juice of choice

Put in blender frozen fruit, yogurt, banana spinach maple syrup, and spice. Blend until smooth.

Divide among 4 glasses and serve.

Nutrition: Calories 120, Sodium 35 mg, 25 carbs, Fiber 4 g, 15 g sugar, Protein 4 g. Rich in calcium, magnesium, folate, potassium.

Reference: Adapted from Giant Savory Recipe, September 2019

Quick Hummus Toast

- 1/2 cup of hummus
- 4 slice of 100% whole wheat or whole grain bread, toasted

- Spread hummus on toasted bread
- Add your favorite ingredients (sliced tomatoes, avocado, or fried egg,)

Nutrition Information:

Calories 152 g, 8g, Fat 5g, Carbs, 23g, fiber 3g,

Reference: Adapted from Giant Savory Recipe, September 2019

Try these other varieties of quick, nutritious toast:





Spotlight :
Whole Grains



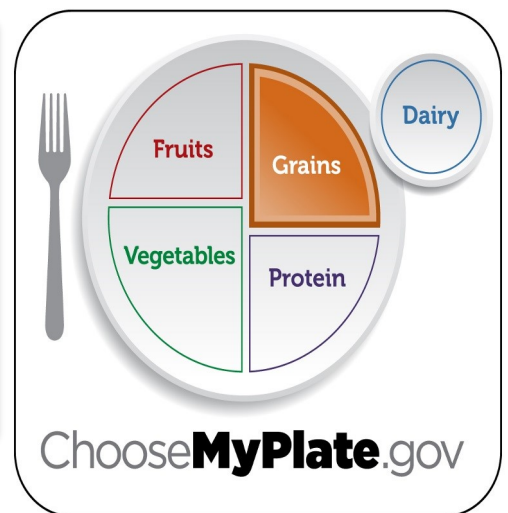
Whole Grains– What food are in the Grain Group?

- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product.
 - Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.
 - Grains are divided into 2 sub-groups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.
 - Examples of whole grains include whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, and brown rice.
 - Refined grains have been milled, a process that removes the bran and germ.
 - This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. *Some*
- examples of refined grain products are white flour, de-germed cornmeal, white bread, and white rice.*
- Most refined grains are enriched. This means certain B vitamins (thiamin, riboflavin, niacin, folic acid) and iron are added back after processing. Fiber is not added back to enriched grains.
 - Check the ingredient list on refined grain products to make sure that the word "enriched" is included in the grain name. Some food products are made from mixtures of whole grains and refined grains.

Reference: Adapted from choosemyplate.gov

GRAINS

- "Make half your grains whole"
- 2 subgroups of the grain group:
WHOLE & REFINED
- Most Americans consume enough grains but few are whole grains



How to Use More Whole Grains in Rice Bowls

Try A Rice Bowl: To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white bread. Make healthy rice bowl meals at home to save money .



The Budget Chef likes brown rice!

At just 10 cents and 100 calories per serving, brown rice is a great choice for your wallet and your health.

The Budget Chef cooks brown rice bowls!

So fast. So easy. So good. Just follow these 3 easy steps:

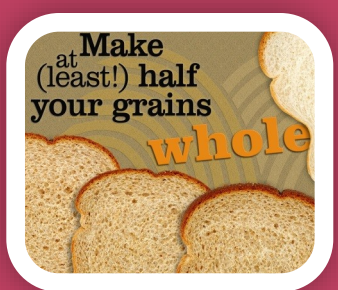
- 1. Start with brown rice.** One cup cooked serves 2 people.
- 2. Pack in produce.** Choose veggies in a variety of colors — like green, red, orange, and yellow.
- 3. Top with healthy proteins.** Try proteins like canned fish or beans, eggs, poultry with skin removed, or unsalted nuts.



Now add some flavor to fit your mood and dinner (or breakfast! or lunch!) is ready. Try these combos or create your own.

| RICE BOWL VARIETIES | VEGETABLES OR FRUIT | PROTEIN | SAUCE, SEASONING OR GARNISH |
|----------------------------|---|--|--|
| Southwest Fajita Bowl | Green and red pepper strips, onions, corn | Grilled chicken or beef strip | Garnish with shredded low-fat cheese, salsa |
| Taco Bowl | Tomatoes, onions, green pepper strips | Taco-seasoned lean ground beef or chicken | Garnish with low-fat cheddar cheese, low-fat plain yogurt and tortilla chips |
| Vegetarian Salad Bowl | Cucumbers, tomatoes, carrots, celery | Black, pinto or kidney beans | Italian salad dressing. Garnish with shredded low-fat cheese |
| Thai Bowl | Red peppers, hot peppers, pea pods, carrots, green onions | Chicken, pork or seafood (baked, grilled, or sauteed instead of fried) | Thai peanut sauce or curry sauce. Garnish with fresh cilantro or basil |
| Fruit & Nut Breakfast bowl | Mangos, bananas or apples | Walnuts or almonds | Brown sugar, cinnamon, raisins or milk |
| Huevos Breakfast Bowl | Diced tomatoes, green onions, green peppers | Cooked scrambled eggs | Taco sauce. Garnish with low-fat cheddar cheese and fresh cilantro |


FOR MORE TIPS ON COOKING WITH RICE, VISIT WWW.USARICE.COM/MYPLATE.



MyPlate & The 5 Food Groups:

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. Everything you eat and drink matters. The right mix can help you be healthier now and in the future.

This means: Focus on variety, amount, and nutrition. Choose foods and beverages with less saturated fat, sodium, and added sugars. Start with small changes to build healthier eating styles.




VEGETABLES
Vary your veggies.

Make half your plate fruits and veggies.
Select vegetables with more potassium often, such as white potatoes, sweet potatoes, white beans, tomato products, beet greens, soybeans, lima beans, spinach, lentils, and kidney beans.




FRUITS
Focus on fruits.

Make half your plate fruits and veggies.
Color your plate! Fill it with red, yellow, orange, blue, and purple fruits.




GRAINS
Make at least half your grains whole.

Just because bread is brown doesn't mean it's whole grain. Check the ingredients list to be sure the first word is "whole."



PROTEIN
Go lean with protein.

Eat lean meat, chicken, and turkey.
Ask for it baked, broiled, or grilled — not fried.
Mix it up! Beans, peas, nuts, seeds, fish, and eggs are all great sources of protein, too.



DAIRY
Get your calcium-rich foods.

Look at the carton or package to make sure your milk, yogurt, or cheese is fat-free or low-fat (1%).
Calcium builds strong bones. If you can't have milk products, choose other calcium sources like fortified soy milk.

Physical Wellness

A relationship that may often be overlooked is the one between what we eat and how we feel .

Lisa Brooks, PhD, RD



Healthy Fall Food Picks!

This is the perfect time to celebrate the seasonal gems of autumn! Head to your local market and fill your basket with these fall produce picks.

PUMPKIN

Pumpkin is full of fiber and beta-carotene, which provides it vibrant orange color. Beta-carotene converts into vitamin A in the body, which is great for your skin and eyes. To balance pumpkin's sweetness, try adding savory herbs, such as sage and curry.

BEETS

Beets are edible from their leafy greens down to the bulbous root. The leaves are similar to spinach and are delicious sautéed. The grocery store most likely will carry red beets; your local farmers market may have more interesting varieties, such as golden or bull's blood, which has a bullseye pattern of rings. Beets are rich in naturally occurring nitrates and may help to support healthy blood pressure.

SWEET POTATO

Sweet potatoes charge ahead of white potatoes in terms of fiber and vitamin A. Sweet potatoes also are an excellent source of potassium and vitamin C. Try them as a breakfast side dish, or serve them at any meal.

KALE

Kale — we can't get enough of this luscious leafy green and with good reason. Kale is a nutrient powerhouse. One cup of raw kale has only 8 calories and is loaded with vitamins A, C and K as well as manganese. Kale is great sautéed and cooked in soup, but also is excellent raw in salad. One advantage of using kale for your leafy greens is that you can add your dressing ahead of time; the kale becomes more tender and delicious, not wilted.

PEARS

Pears are unique in that they do not ripen on the tree; they will ripen at room temperature after they're picked. If the fruit near the stem gives to a little pressure, it is ripe. Just like apples, some are excellent eaten fresh while others are best cooked or canned for the winter. Try pears on the grill, poached in red wine, tucked into a panini, pureed into soup or a smoothie, or simply sliced with cheese and wine. If you eat the peel too, one medium pear has 6 grams of fiber.

PARSNIPS

Parsnips are cousins to carrots — they have the same root shape but with white flesh. They're typically eaten cooked, but also can be eaten raw. One-half cup of cooked parsnips is full of fiber (3 grams) and contains more than 10 percent of the daily values of vitamin C and folate. Try these pale beauties roasted, pureed into soup or mashed. You can even top a shepherd's pie with mashed parsnips instead of the traditional mashed potatoes!

CRANBERRIES

Fall is the time to get to know these tart berries and their wealth of nutritional benefits. Cranberries may help protect from urinary tract infection. They contain a compound called proanthocyanidin which may prevent harmful bacteria from sticking to your bladder wall. Dried cranberries are delicious in grain and vegetable salads and make a healthy snack on the go.

Reference: Holly Larson, MS, RD, a nutrition expert, freelance writer and owner of Grass Roots Nutrition based in Oxford, OH.

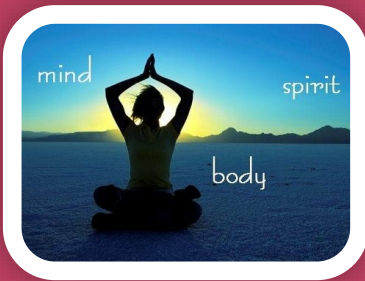
October Themes:

Emotional Wellness Month

Stress can have adverse affects on our physical health, and when left unchecked, it can lead to chronic conditions such as diabetes, cardiovascular diseases, and obesity. To raise awareness about the importance of mental well-being, October is observed as Emotional Wellness Month. Learn a bit about mindfulness. Take a break from your hectic schedule. Slow down a little. Breathe.

How to Observe Emotional Wellness Month:

- **Have a Massage Day at the Office**—Call some certified massage therapists and let employees take a well-deserved break.
- **Eat together**—Sharing meals has been shown to be beneficial for your physical, emotional, and mental well-being.
- **Foster an Animal**—If you have a history of panic attacks or anxiety, take this opportunity to foster an animal. Petting a dog or a cat is known to be a stress-buster. Plus, you will be doing something good in the process.



Every October, schools and organizations across the country join **STOMP Out Bullying™** in observing National Bullying Prevention Month. The goal: encourage schools, communities and organizations to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on all children of all ages.

Flash Back 50 Years To 1969

CRAZY CRUST APPLE PIE

Mrs. Lowell T. Moxley

1 cup Pillsbury flour (all purpose) 2/3 cup shortening
 1 tsp. baking powder 3/4 cup water
 1/2 tsp salt 1 can apple pie filling
 1 Tbsp. sugar 1 Tbsp. lemon juice
 1 egg 1/2 tsp. apple pie spice or cinnamon

In small mixer bowl, combine flour, baking powder, salt, sugar, egg, shortening and water. Blend well; beat 2 minutes at medium speed of mixer. Pour batter into 9" pie pan. Combine pie filling, lemon juice, and spice; pour into center of batter. Do not stir. Bake at 425° for 45 to 50 minutes.

SNOWBALLS

Mrs. Charles Blevins

2 cups flour 1 Tbsp. vanilla
 1/2 cup butter or margarine 2 cups chopped pecans
 4 Tbsp. confectioners sugar

Mix together and form into small balls about the size of walnuts. Bake at 350° for 20 to 25 minutes, until they are lightly browned. While still hot, roll or shake in confectioners sugar. Cool and roll in confectioners sugar again.

CHERRIES ON SNOW DESSERT

Mrs. Marie C. Onion

1 1/2 cups graham cracker crumbs
 1 Tbsp. sugar
 1/4 cup butter - melted

Mix and press into bottom of a spring form pan; line sides with wax paper.

1 package unflavored gelatin
 1/4 cup cold water
 1/4 cup milk
 1-8 oz. package cream cheese
 1/2 cup confectioners sugar
 2 tsp. grated lemon peel
 2 packages Whip Topping mix
 1 can (1 lb.-5 oz.) cherry pie filling

Soften gelatin in cold water, heat milk, stir in gelatin and heat until dissolved; set aside. Beat cream cheese, confectioners sugar; add cool gelatin mix, lemon peel and beat until well blended.

Prepare topping mix and fold into cheese mixture. Pour into spring form pan, chill; then pour cherry pie filling gently on top and refrigerate until serving time. Serves 9.

LEMON ICE BOX CAKE

Mrs. Robert J. Magness

Chill 1 can pet evaporated milk 12 hours; then whip. Dissolve 1 package of lemon jello in 1 1/4 cups boiling water, add 1/8 tsp. salt, 1 cup sugar, juice and rind of one lemon (2 if small). Set until cool. Then add the pet milk whipped stiff.

Crush 2 1/2 cups vanilla wafers or graham crackers. Put crumbs in bottom of dish, add mixture and sprinkle rest of crumbs on top and put in ice box to set. (Make day before).

Social Wellness

The following recipes were exchanged at Harford County Homemakers' area meetings October 1969!



October Recipes

Quinoa Vegetable Soup with Kale



- 3 tablespoons extra virgin olive oil
- 1 medium yellow or white onion, chopped
- 3 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 to 2 cups chopped seasonal vegetables, like zucchini, yellow squash, bell pepper, sweet potatoes or butternut squash
- 6 garlic cloves, pressed or minced
- ½ teaspoon dried thyme
- 1 large can (28 ounce) diced tomatoes
- Scant 1 cup quinoa, rinsed well in a fine mesh colander (use less for a lighter, more broth-y soup)
- 4 cups (32 ounces) vegetable broth
- 2 cups water
- 1 teaspoon salt, more to taste
- 2 bay leaves
- Pinch red pepper flakes
- Freshly ground black pepper
- 1 can (15 ounces) great northern beans or chickpeas, rinsed and drained
- 1 cup or more chopped fresh kale or collard greens, tough ribs removed
- 1 to 2 teaspoons lemon juice, to taste

Optional garnish: freshly grated Parmesan cheese

Heat olive oil in a large Dutch oven or soup pot over medium heat. Add the chopped onion, carrot, celery, vegetables and a pinch of salt. Cook, stirring often, about 6 to 8 minutes. Add the garlic and thyme. Cook and stir about 1 minute. Add diced tomatoes and cook for a few more minutes, stirring often. Add quinoa, broth and water. Add 1 tsp. salt, 2 bay leaves and a pinch of red pepper flakes. Season with black pepper. Bring the mixture to a boil, then reduce heat to maintain a gentle simmer. Cook for 25 minutes then add the beans and the chopped greens. Continue simmering for 5 minutes or more. Remove the pot from heat, then remove the bay leaves. Stir in 1 teaspoon lemon juice. Taste and season to taste. Divide into bowls and top with grated Parmesan if you'd like.

Yields 4-6 servings

Chicken Chili with Sweet Potatoes



- 2 tablespoons extra-virgin olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 2 cups cubed sweet potato (½-inch)
- 1 medium green bell pepper, chopped
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 15-ounce can low-sodium cannellini beans, rinsed
- 2 cups low-sodium chicken broth
- 1 cup frozen corn
- 2 cups cubed cooked chicken
- ¾ teaspoon salt
- ¼ teaspoon ground pepper

Heat oil in a large pot over medium-high heat. Add onion, garlic, sweet potato and bell pepper; cook and stir 5 to 6 minutes. Stir in chili powder, cumin and oregano and cook, stirring, until fragrant, 1 minute. Add beans and broth and bring to a boil. Reduce heat, partially cover and simmer gently for 15 minutes. Increase heat to medium-high and stir in corn; cook 1 minute. Add chicken and cook until heated through. Remove from heat. Stir in salt and pepper. Serve w/ favorite toppings.

Nutrition : Calories , T.Fat 1.9, Dietary Fiber 12.3, Protein, 23.4, Rich in Vitamin ,A, C, B6, Selenium, Folate, Magnesium.
Reference: allrecipes.com

October Recipes

Broccoli-Cheddar Frittata



1 package (10 oz.) frozen chopped broccoli
 ¼ cup water
 8 eggs
 ¼ cup nonfat or low-fat milk 2 teaspoons prepared mustard 1 teaspoon seasoned salt
 ½ teaspoon pepper
 ¾ cup shredded reduced-fat cheddar cheese (3 oz.)
 1 tablespoon chopped green onion
 1 small carrot, diced (optional)

Combine broccoli, carrot, if desired, and water in 10-inch nonstick skillet. Cook over medium heat until tender, stirring occasionally to break up broccoli, about 10 minutes; drain well.

Beat eggs, milk, mustard, salt and pepper in large bowl until blended. Add broccoli mixture, cheese and green onion; mix well.

Coat same skillet with cooking spray; heat over medium heat until hot. Pour in egg mixture; cook over low to medium heat until eggs are almost set, 8 to 10 minutes.

Remove from heat. Cover and let stand until eggs are completely set and no visible liquid egg remains, 8 to 10 minutes. Cut into wedges.

Makes 6 servings.

Nutritional information per serving: 160 calories, Total fat 8g, Cholesterol 240mg, Sodium 470mg, Total Carbohydrate 3g, Fiber 1 g, Sugars 2g, Protein 13g. Rich in Vitamins A, C.

Reference: myplate.gov



Healthier Apple Pie



1 recipe pastry for a 9" double crust pie
 1/4 cup unsalted butter
 3 tablespoons all-purpose flour
 1/4 cup water
 1/2 cup packed brown sugar
 8 Granny Smith apples - peeled, cored and sliced

Preheat oven to 425°F. Melt the butter in a saucepan. Stir in flour to form a paste. Add water and brown sugar, and bring to a boil. Reduce temperature and let simmer. Place the bottom crust in your pan. Fill with apples, mounded slightly. Cover with

a lattice work of crust. Gently pour the sugar and butter liquid over the crust. Pour slowly so that it does not run off.

Bake 15 minutes in the preheated oven. Reduce the temperature to 350°F. Continue baking for 35 to 45 minutes, until apples are soft.

Nutrition info per serving: 413 calories; 21 g fat; 55.3 g carbohydrates; 3.5 g protein; 15 mg cholesterol; 240 mg sodium

Reference: allrecipes.com

November Themes:

American Diabetes Month

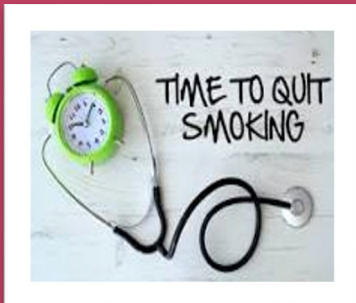
Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes. The good news? People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes such as losing weight, eating healthy and being active.

Reference: diabetes.org



Nov. 21



The Great American Smokeout®

For more than 40 years, the American Cancer Society has hosted the Great American Smokeout on the third Thursday of November. It is an opportunity for people who smoke to commit to healthy, smoke-free lives – not just for a day, but year round. The Great American Smokeout provides an opportunity for individuals, community groups, businesses, health care providers, and others to encourage people to use the date to make a plan to quit, or plan in advance and initiate a smoking cessation plan on the day of the event. The annual event challenges people to stop smoking and helps people learn about the many tools they can use to help them quit for good.

People who smoke are strongly advised to use proven cessation methods, such as prescription medications and counseling, to quit smoking. It's a good idea to talk to your doctor or pharmacist to get their advice. Research shows that people who smoke are most successful in their efforts to stop smoking when they have support, such as:

- Telephone Quit-lines
- American Cancer Society Freshstart Program
- Nicotine Anonymous meetings
- Self-help books and materials
- Smoking counselors or coaches
- Encouragement and support from friends and family members

It's hard to quit tobacco

Addiction to nicotine in cigarettes is one of the strongest and most deadly addictions one can have. Quitting is hard for many people who smoke. It takes commitment and starts with a plan, often takes more than one quit attempt, and requires a lot of support. Often, the younger one was when he or she started to smoke, the more intense the addiction.

Using 2 or more of these measures to quit smoking works better than using any one of them alone. For example, some people use a prescription medicine along with nicotine replacement. Other people may use as many as 3 or 4 of the methods listed above. Professional guidance can help you choose the approach that's right for you.

Reference : www.cancer.org

November Recipes



Apple-Sage Wild Rice Stuffing

- 4 ounces chopped pecans
- 1 tablespoon and 1 teaspoon canola oil, divided
- 1½ cups diced celery
- 1½ cups diced onions
- 1 medium red apple, diced
- 2 cups hot cooked brown rice 1 cup hot cooked wild rice ½ cup dried cranberries
- 1 medium jalapeno pepper, seeded (if desired) and finely chopped OR ¼ tsp. dried pepper flakes
- 1½ tablespoons chopped fresh sage or 1½ teaspoons dried rubbed sage
- ¾ teaspoon salt

Heat a large skillet over medium-high heat. Add the pecans and cook 2-3 minutes or until beginning to brown, stirring frequent-

ly. Set aside on separate plate.

Heat 1 teaspoon of the oil over medium heat. Cook the celery and onions 8 minutes or until beginning to lightly brown on edges, stirring occasionally. Add the apples and cook 4 minutes or until tender crisp.

Stir in the pecans and the remaining ingredients and cook 3-4 minutes or until the rice mixture is heated, stirring occasionally.

Nutritional information per serving: 160 calories, Total fat 9g, Cholesterol 0mg, Sodium 160mg, Total Carbohydrate 20g, Fiber 3g, Sugars 7g, Protein 3g.

Reference: myplate.gov



15 minute Turkey Meat balls (No Breadcrumbs!)

- 1 pound ground turkey
- 1/2 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 teaspoons chopped fresh parsley
- 1 large egg
- 2 teaspoons sesame oil plus more to brush on top
- 2 green onions, thinly sliced (or 2 tablespoons finely chopped white onion)

In a bowl mix ground turkey, cumin, oregano, onion powder, parsley, garlic, eggs, same oil, and green onions. Gently mix until

well combined. (Careful not to overmix or the meatballs won't be moist and tender.) Form 16 meatballs, 1-inch in diameter. Place on lined baking sheet. Broil on HIGH for 10 minutes or until meatballs are cooked through. Brush with more sesame oil on top for more flavor.

Nutrition Information 263 Calories, Fat 16g, Sodium 139, Potassium 200, Protein 32g, Rich in calcium and iron.

Reference: Sassycook.com

November Recipes

Sweet Potato Soup



- 2 pounds sweet potatoes, halved lengthwise (about 2 large)
- 1/4 cup water
- 2 teaspoons olive oil
- 1 cup chopped onion
- 1/2 teaspoon ground cumin
- 1/4 teaspoon crushed red pepper
- 4 cups unsalted chicken stock
- 1/4 teaspoon salt
- 6 bacon slices, cooked and crumbled
- 1 ounce fresh Parmesan cheese, shaved (about 1/4 cup)
- 2 tablespoons flat-leaf parsley leaves (optional)

Place potatoes, cut sides down, in an 11 x 7-inch microwave-safe baking dish. Add 1/4 cup water; cover with plastic wrap. Microwave at HIGH 15 minutes or until potatoes are tender. Cool slightly; discard potato skins. Step 2 Heat a saucepan over medium

-high heat. Add oil; swirl to coat. Add onion; sauté 1 minute or until translucent. Stir in cumin and red pepper. Add stock to pan; bring to a boil. Place half of sweet potato and half of stock mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters); blend until smooth. Pour pureed soup into a large bowl. Repeat procedure with remaining sweet potato and stock mixture. Stir in salt. Divide soup evenly among 6 bowls; sprinkle cooked bacon and Parmesan cheese evenly over top.

Nutrition information per serving:
 Calories 233, Fat 6.2g, Protein 10.7g, Carbohydrate 33.9g, Fiber 5.1g, Cholesterol 12mg, Iron 1.4mg, Sodium 530mg, Calcium 123mg

Source: Myrecipes.com

Roasted Brussels Sprouts



- 1 1/2 pounds Brussels sprouts, ends trimmed and yellow leaves removed
- 3 tablespoons olive oil
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper

Preheat oven to 400°F. Place trimmed Brussels sprouts, olive oil, kosher salt, and pepper in a large resealable plastic bag. Seal tightly, and shake to coat. Pour onto a baking sheet, and place on center oven rack.

Roast in the preheated oven for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning.

Reduce heat when necessary to prevent burning. Brussels sprouts should be darkest brown, almost black, when done. Adjust seasoning with kosher salt, if necessary. Serve immediately. Any leftovers can be reheated or even just eaten cold from the fridge.

Nutrition information per serving:

Source: Allrecipes.com

November Recipes

Healthy Chickpea Mashed Potatoes



4 potatoes (baking, peeled and cut in chunks, about 2 pounds)
 1 can garbanzo beans (15 ounce, drained)
 1/2 cup milk, non-fat (or fortified soy milk)
 1/4 cup Parmesan cheese
 1/2 teaspoon garlic powder
 black pepper (to taste).

Nutrition Information: Calories 37, Fat 2g, Protein, 8g, Dietary fiber 2g, Rich in calcium, potassium, and Vitamin A.

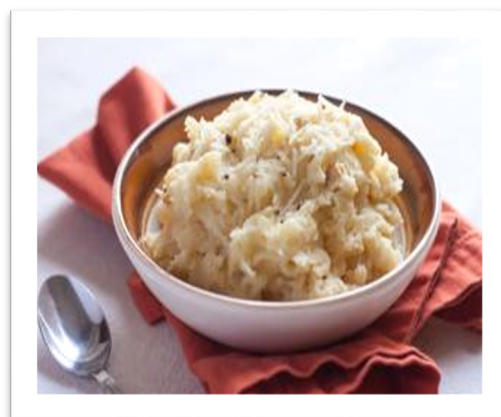
Reference: myplaterrecipes.gov

Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.

Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.

Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.

Add the milk, cheese and seasonings. Reheat if necessary. Serve hot.



Simple Thanksgiving Punch

- 1/2 cup of peeled, chopped fresh ginger
- 4 cups pomegranate juice
- 4 cups pineapple juice
- 6 cups ginger ale

How to make: Stir 1/2 cup peeled, chopped fresh ginger, 1 1/2 cups water in a saucepan over medium heat until sugar dissolves. Bring mixture to a boil, reduce heat and simmer for 20 minutes. Let cool and strain. Mix syrup with 4 cups pomegranate juice, 4 cups pineapple juice and 6 cups ginger ale. Serve over ice. Serves 8.

Nutrition: *Calories 150, 30 carbs, 25 g sodium* *Reference : allrecipes.com*

Happy Holidays



December Recipes

Winter Kale Salad

- ½ cup uncooked quinoa, rinsed
- 6 cups chopped kale
- 1 cup pomegranate seeds
- ½ cup dried cranberries
- ½ cup walnuts, chopped

- For the dressing: ¼ cup olive oil
- 2 Tbsp. apple cider vinegar
- 1½ tsp. Dijon mustard
- 1 Tbsp. honey
- Salt and pepper, to taste

To make the quinoa, add ½ cup of water to a small saucepan and add quinoa. Bring to a boil, cover and reduce heat and simmer for about 13 minutes. Remove from heat, keeping quinoa covered, and allow it to sit for about 5 minutes then fluff quinoa with

a fork. In a large bowl, mix together the kale, quinoa, pomegranate seeds, dried cranberries and walnuts.

To make the dressing, whisk together olive oil, apple cider vinegar, Dijon mustard, honey, salt and pepper in a small bowl.

Pour dressing over the salad and toss together until evenly coated. Top with additional pomegranates, cranberries and walnuts as desired, serve and enjoy!

Nutritional Information Serving Size: ½th recipe • Calories: 276 • Fat: 14.8 g • Saturated Fat: 2 g • Carbs: 29.7 g • Fiber: 4.8, Protein: 4.4 g • Sugar: 8.5 g •

Reference: allrecipes.com

Pumpkin No-Bake Cheesecake

- 1 (8 ounce) package low-fat cream cheese
- 1/3 cup white sugar
- 1 1/2 tablespoons lemon juice
- 1 1/2 teaspoons vanilla extract
- 1 (15 ounce) can pumpkin puree, divided
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 cup heavy whipping cream
- 1 (9 inch) prepared graham cracker crust

Place a bowl and beaters for a hand-held electric mixer into the freezer to cool, about 15 minutes.

Mix cream cheese and sugar together in a bowl; stir in lemon juice and vanilla extract. Fold in half of the pumpkin puree; add cinnamon, ginger, and nutmeg.

Remove the bowl and beaters from the freezer. Attach beaters to an electric mixer; pour cream into chilled bowl. Beat until stiff peaks form and cream stays in place when the bowl is tipped on its side. Fold remaining pumpkin puree and whipped cream into the cream cheese mixture. Spread evenly into crust; cover with plastic wrap. Chill in the refrigerator until set, 3 to 4 hours.

Nutrition: 320 calories; 18.2 g fat; 35.3 g carbohydrates; 5.2 g protein; 36 mg cholesterol; 389 mg sodium.

Reference: allrecipes.com

December Recipes

Hearty Chicken & Dumpling Recipe



4 cups unsalted chicken broth
 2 cups water
 1¼ teaspoons kosher salt
 1 bay leaf
 3 bone-in chicken breasts (1 pound each)
 1 tablespoon butter
 1 cup chopped carrot
 1 cup chopped celery
 1 cup all-purpose flour plus 2 tablespoons, divided, plus more for dusting
 1 cup whole-wheat pastry flour plus 2 tablespoons, divided
 2 teaspoons baking powder
 1 cup whole milk
 ¾ teaspoon ground pepper
 2 tablespoons chopped fresh thyme

Combine broth, water, salt and bay leaf in a large pot. Cover and bring to a boil over high heat. Add chicken, reduce heat to medium, cover and simmer until an instant-read thermometer inserted in the thickest part of the chicken registers 165°F, 22 to 25 minutes. Transfer the chicken to a clean cutting board; discard the bay leaf. Shred the chicken into bite-size pieces and transfer to a bowl. Discard the bones. Reserve the broth mixture in the pot.

Melt butter in a small skillet over medium-high heat until foamy. Add carrot and celery and cook, stirring often, until tender, 10 to 12 minutes. Add to the chicken in the bowl and stir to combine.

Whisk 1 cup each all-purpose and whole-wheat flour with baking powder in a large bowl. Add milk and stir until just combined. Let the dough stand for 10 minutes.

Roll out the dough on a floured work surface to ¼-inch thickness. Cut into 1½-inch square dumplings.

Measure ½ cup of the reserved broth mixture into a small bowl. Add the remaining 2 tablespoons each all-purpose and whole-wheat flour; whisk until smooth. Return the mixture to the large pot, whisking to incorporate. Bring to a simmer over medium heat. Add the dumplings and simmer, stirring occasionally, for 10 minutes. Stir in the chicken mixture and season with pepper; simmer for 1 minute. Serve sprinkled with thyme.

Nutrition : 248 calories; 7.1 g total fat; 41 mg cholesterol; 758 mg sodium. 29.3 g carbohydrates; 16.2 g protein . Rich in Vitamins A, C, Folate, Magnesium,, and Niacin.

Reference: Allrecipes.com

Dinner
 is better when we eat
Together





Mark Your Calendar! Upcoming Classes

| Class | Location | Dates/Time | Cost | Contact |
|---|---|------------------------------|----------------|--|
| Nutrition & Wellness | Village at Lakeview Community Center Edgewood, MD 21040 | Oct. 17 | FREE | Trace Miller 410-679-0473 or Jennifer Dixon Cravens 410-638-3255 |
| Chronic Disease Management | | Nov. 25 | | |
| Dine In with Us– Healthy Cooking for Holidays | | Dec. 4 1:00—3:00 pm | | |
| Healthy Living Nutrition Education Focus Group/ Cancer Awareness Day | | Oct. 28 10:00 am—3:00pm | | |
| Nutrition 101 | Harford County Agricultural Center 3525 Conowingo Rd. Street, MD 21154 | Oct. 30 10:30 am—12:30pm | FREE | Jennifer Dixon Cravens , FCS Nutrition Educator 410-638-3255 |
| Healthy Eating for the Holidays | Harford County Agricultural Center 3525 Conowingo Rd. Street, MD 21154 | Nov. 21 12:30 pm—2:30 pm | FREE | Jennifer Dixon Cravens , FCS Nutrition Educator 410-638-3255 |
| Grow it Eat it Preserve It Dehydration—Dried Fruit | Harford County Agricultural Center 3525 Conowingo Rd. Street, MD 21154 | Dec. 17 10:00 am—12:00 pm | \$20.00 | Jennifer Dixon Cravens, FCS Nutrition Educator 410-638-3255 |

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