

Health, Nutrition & Wellness

"Solutions In Your Community"

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Family & Consumer Sciences

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

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

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

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon Cravens, provides research based programs on Health Nutrition, Wellness,

Fitness Chronic Disease Prevention, and Management Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Literacy & Communication and Food Safety

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RECIPES

Each issue includes healthy recipes! Inside this issue:

Holiday Beverages

Holiday Grazing Board

Baked Fish With Broccolini

Spinach Hand Pies

Triple Lemon Cake

& Many Other Great Recipes!

Winter Produce

Buying seasonal produce in the winter is a great idea!

1. Flavor and Nutrient Richness

Seasonal produce tends to be at its peak in terms of flavor and nutritional content. When you buy fruits and vegetables that are in season, you're more likely to enjoy their full, natural taste. In the winter, items like **citrus fruits, root vegetables, beets, kale, fennel, apples, pears, citrus fruits, kiwi, grapes, broccoli, cauliflower, cabbage, potatoes, and winter squashes** are rich in flavor and essential nutrients. These fresh options can provide a burst of vitamins and antioxidants to help you stay healthy during the cold season.



2. Cost Savings & Environmental Impact

Seasonal produce is often more affordable during its peak season because of the abundance of supply. This can be a cost-effective way to eat healthily and deliciously during the winter months. Opting for seasonal produce in the winter can also have a positive impact on the environment. Choosing locally grown items that are in season reduces the need for long-distance transportation and refrigeration, which in turn reduces the carbon footprint associated with your food choices. It's a sustainable way to support local agriculture and reduce the energy required for food transportation.

HAPPY
Holidays

December Themes

Food Safety for the Holidays

Feasting with family is part of many holiday celebrations. Follow these tips to help prevent food poisoning, or foodborne illness, during the holidays.

Keep foods separated. Keep meat, chicken, turkey, seafood, and eggs separate from all other foods at the grocery store and in the refrigerator. Prevent juices from meat, chicken, turkey, and seafood from dripping or leaking onto other foods by keeping them in containers or sealed plastic bags. Store eggs in their original carton in the main compartment of the refrigerator.

Cook food thoroughly. Use a food thermometer to make sure meat, chicken, turkey, seafood, and eggs have been cooked to a safe internal

temperature to kill germs. Roasts, chops, steaks, and fresh ham should rest for 3 minutes after you remove them from the oven or grill.

Keep food out of the “danger zone.” Germs can grow rapidly in the danger zone between 40°F and 140°F. After food is prepared, keep hot food hot and cold food cold. Refrigerate or freeze perishable food like meat, chicken, turkey, seafood, eggs, cut fruit, cooked rice, and leftovers within 2 hours (1 hour if food is exposed to temperatures above 90°F, such as in a hot car). The temperature in your refrigerator should be set at 40°F or below and the freezer at 0°F or below.

Use pasteurized eggs for dishes containing raw eggs. Salmonella and other harmful germs can live on both the outside and inside of normal-looking eggs. Many holiday favorites contain raw eggs, including eggnog, tiramisu, hollandaise sauce, and salad dressings. Always use pasteurized eggs when making these and other foods made with raw eggs.

Know that raw flour and eggs can have germs. Uncooked dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Some companies and stores offer edible cookie dough made with heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.

Thaw your turkey safely. Thaw frozen turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Do not thaw turkey or other foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly. Learn more about preparing turkey safely.

Wash your hands with soap and water during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- After feeding pets
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After touching garbage
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After blowing your nose, coughing, or sneezing



Source: <https://www.cdc.gov/foodsafety/communication/holidays.html> 2/3.

Image: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/tis-the-season-for-holiday-cooking-safety>.

December Themes

12 Healthy Eating Tips for Holiday

1. Budget wisely. Don't eat everything at feasts and parties. Be choosy and spend calories judiciously on the foods you love.

2. Take 10 before taking seconds. It takes a few minutes for your stomach's "I'm getting full" signal to get to your brain. After finishing your first helping, take a 10-minute break. Make conversation. Drink some water. Then recheck your appetite. You might realize you are full or want only a small portion of seconds.

3. Distance helps the heart stay healthy. At a party, don't stand next to the food table.

That makes it harder to mindlessly reach for food as you talk. If you know you

are prone to recreational eating, pop a mint or a stick of gum so you won't keep reaching for the chips.

4. Don't go out with an empty tank. Before setting out for a party, eat something so you don't arrive famished. Excellent pre-party snacks combine complex carbohydrates with protein and unsaturated fat, like apple slices with peanut butter or a slice of turkey and cheese on whole-wheat pita bread.

5. Drink to your health. A glass of eggnog can set you back 500 calories; wine, beer, and mixed drinks range from 150 to 225 calories. If you drink alcohol, have a glass of water or juice-flavored seltzer in between drinks.

6. Avoid alcohol on an empty stomach. Alcohol increases your appetite and diminishes your ability to control what you eat.

7. Put on your dancing (or walking) shoes. Dancing is a great way to work off

some holiday calories. If you are at a family gathering, suggest a walk before the feast or even between dinner and dessert.

8. Make room for veggies. At meals and parties, don't ignore fruits and vegetables. They make great snacks and even better side or main dishes — unless they're slathered with creamy sauces or butter.

9. Be buffet savvy. At a buffet, wander 'round the food table before putting anything on your plate.

By checking out all of your options, you might be less inclined to pile on items one after another.

10. Don't shop hungry. Eat before you go shopping so the scent of Cinnabons or caramel corn

doesn't tempt you to gobble treats you don't need.

11. Cook from (and for) the heart. To show family and friends that you really care about them, be creative with recipes that use less butter, cream, lard, vegetable shortening, and other ingredients rich in saturated fats. Prepare turkey or fish instead of red meat.

12. Pay attention to what really matters. Although food is an integral part of the holidays, put the focus on family and friends, laughter and cheer. If balance and moderation are your usual guides, it's okay to indulge or overeat once in a while.

Source: <https://www.health.harvard.edu/blog/12-tips-for-holiday-eating-201212242506>.



Emotional Wellness



Holiday Family Time Tips

Activities for the Family Holidays & Winter

There are so many fun activities to do at home this season if you'd rather stay in!

Bake Cookies

For added winter fun, decorate them to look like snowflakes.

Color Together

Coloring books can be super-relaxing for kids as well as adults.

Cook Dinner as a Family

Give everyone a task. You can work on one recipe together, or assign different dishes to each family member for a potluck-style meal.

Do a Puzzle

Go for the maximum number of pieces you think your family can handle. For a fun family tradition, find a winter-themed puzzle that you can pull out every year during this season.

Have a Dance Party

Turn the volume up and let everyone get that extra energy out.

Knit a Scarf

Teach your kids to knit, or learn a new skill together.

Build a Gingerbread House

For an easier building experience, save small milk cartons and use icing to attach graham crackers over them. Then decorate with small candies.

Construct a Pillow Fort

Let the kids remove the cushions from the sofa for this one...and take the opportunity to vacuum under there if you see that it needs it.

DIY Hot Cocoa

Don't forget the marshmallows on top!

Have a Board Game Night

Choose a special night each week to play as a family.

Play Charades

Pass the time laughing together as you try to act out different words or terms.

Play Dress Up

Once everyone is in costume, have a fun tea party in character.

Put on Matching Pajamas

Don't forget to take a family photo of everyone together in their nighttime get ups.

Read Winter-Themed Stories or Watch Winter or Holiday theme Movies. Pile up the blankets and snuggle together as you read. If you have a fireplace, definitely gather around it for story time. Better yet, make it a movie marathon. Cuddle together on the sofa with some yummy snacks and enjoy a holiday classic.

Source: <https://www.verywellfamily.com/winter-activities-for-families-and-kids-6754263>.



Holiday Health & Wellness Tips

Seven Ways to Cope with Holiday Stress

1. Practice Mindfulness and Meditation

Mindfulness can be a valuable mental wellness tool. Mindfulness practices can be particularly helpful if you are traveling or dealing with an unusual schedule. If you're new to mindfulness, there are many online resources and apps to help you; here's a quick beginner's guide to help you get started and more on mindfulness from the University of Minnesota, Center for Spirituality and Healing. You can search here for mindfulness apps.

2. Preventing Burnout — It's OK to Say No

For many, the holiday season brings joy, but it can also bring more stress and some conflicting obligations. It is important to prioritize and simplify: prioritize what brings joy and emotional recharge (people or activities) and simplify when you can. It might be nice to make your grandmother's cookie recipe from scratch for every holiday, but if that's stressful for you, buy cookies at the store and celebrate. It's okay to say no to situations that stress you out, whether it's attending a party with people who have mistreated you or missing a party in a week that's been too intense at work.

3. Take a break

Many families have that one member who can turn a pleasant conversation into a family feud. If you see things are starting to take a turn for the worse, try not to let it escalate. There is no shame in removing yourself from the situation. Get up and leave the room or step outside until everyone cools down.

4. Get Some Fresh Air and Sunlight

Even if you're not a big winter sports enthusiast, getting outside and some fresh air and exposure to sunlight can help relax you and lift your mood. Many people struggle with some feelings of depression during the winter months with fewer hours of sunlight and more time spent indoors. Walking outside in the sun can be an effective centering and calming tool. Numerous studies have pointed to the mental health benefits of spending time in nature, including stress relief, better

concentration, lower levels of inflammation and improved mental energy. Learn more about nature therapy.

5. If You're in Therapy, Stay in Therapy

. Keeping scheduled therapy sessions helps ensure you have built-in time to explore anything that comes up. If you are going out of town and you typically meet in person, ask your therapist about a virtual meeting. Managing mental illness is a challenge, and it can be particularly difficult during the holiday season. While the struggle can feel isolating, remember that you are far from alone. Talk with supportive friends and family and seek help from a mental professional if you need to, maintain your self-care routines, and consider including mindfulness practices into your days as you navigate your way through the holidays.

6. Grief and Loss

During the holiday season, many people may have a more difficult time missing a loved one they have lost or simply experience increased grief or loss. This can be especially true for people having their first holiday season without a loved one. Instead of trying to avoid thinking about your loved one, psychiatrist Ludmila De Faria, M.D., suggests honoring and celebrating them by getting together with other family members and friends and treasuring their life stories, especially stories that highlight important aspects of their life and personality.

7. Financial stress

Holiday spending can easily leave people in debt, contributing to stress that may last well into the new year. This year's inflation is only adding to the financial burden. Try to avoid overspending and focus on celebrating together by being present, engaging, and supporting each other. Instead of one gift per person, consider a Secret Santa, instead of expensive gifts, consider homemade or handmade items, that may carry special meaning to those receiving them.



Source : <https://www.mayoclinichealthsystem.org/>.

December Wellness Themes

National Handwashing Awareness Week



National Handwashing Week is observed in the first week in December and is **dedicated to helping people remain healthy one hand wash at a time.**

Practicing good hand hygiene is a simple yet effective way to prevent infections. Washing

your hands regularly can prevent the spread of germs.

<https://www.vdh.virginia.gov/blog/2023/12/06/national-handwashing-awareness-week/>

Handwashing Awareness Week

- Avoid putting your fingers in your eyes, nose or mouth.
- Clean frequently touched items.
- Wash your hands when they are dirty and before eating.
- Do not cough or sneeze into hands.



5 Healthy Tips For Any Holiday

- 1. Eat a healthy breakfast.** Have breakfast every morning. You don't need to eat a lot — just something to get you off to a good start.
- 2. Eat vegetables and fruits.** Eat at least four servings of vegetables and three servings of fruits every day.
- 3. Eat whole grains.** Eat whole-grain breads and pastas, brown rice, oatmeal, and other whole-grain products, instead of highly processed foods.
- 4. Eat healthy fats.** When consuming fat, make healthy choices — olive oil, vegetable oils, avocados, nuts and nut butters, and the oils that come from nuts.
- 5. Move!** Include at least 30 minutes of physical activity or exercise in your schedule every day.

Source: [mayoclinic.org](https://www.mayoclinic.org)

What to do with Holiday Leftovers?

All good things must come to an end, including the holidays. But leftovers from your holiday celebrations can help stretch out your holiday cheer.

When the party is over and you're cleaning up, it's important to assess the safety of the foods that are leftover. If perishable foods (meat, poultry, cooked foods, cheese, cut up fruits and vegetables) were out for more than two hours, they should be discarded. If you kept hot foods hot (above 140°F), with chafing dishes, warming trays or slow cookers you will want to refrigerate any leftovers right

away. Perishable foods that were not out for more than two hours, or that were kept on ice also can be saved.

Most leftovers will keep for about four days in your refrigerator. As you are putting food away, ask yourself if you can finish the leftovers in 4 days. If not, go ahead and package them for the freezer. Most cooked foods will keep their best quality for 2-4 months in the freezer.

Source: <https://www.usda.gov/media/blog/2017/12/26/holiday-leftovers-weve-got-you-covered>.



“Make Your Own” Leftovers Casserole Recipe

Turn leftovers into favorite family foods! If you have small amounts of leftovers and would like to mix them together into some type of casserole, try this recipe. Select food (s) from each category or use your own favorites. Combine in a 2- to 2 1/2- quart casserole dish that has been greased or coated with cooking spray. Cover and bake at 350°F for about 50 minutes to 1 hour or microwave using 50% power for about 15 to 30 minutes, rotating or stirring as necessary. Heat until steaming hot (165°F) throughout.

Starch - select ONE:

2 cups uncooked pasta (macaroni, penne, spiral, bow tie), COOKED
1 cup uncooked long-grain white or brown rice, COOKED
4 cups uncooked noodles, COOKED

Protein - select ONE:

2 cups cooked ground beef
2 cups cooked and diced chicken, turkey, ham, beef, or pork
2 cups chopped hard-cooked egg
2 (6 to 8-oz.) cans fish or seafood, flaked
2 cups cooked or canned dry beans (kidney, etc.)

Vegetable - select ONE:

1 (10-oz.) pkg. thawed and drained frozen spinach, broccoli, green beans, green peas

1 (16-oz.) can green beans, peas, carrots, corn, drained
2 cups sliced fresh zucchini

Sauce - select ONE:

2 cups white sauce or 1 can sauce-type soup (mushroom, celery, cheese, tomato, etc.) mixed with milk to make 2 cups
1 (16-oz.) can diced tomatoes with juice

Flavor - select ONE or MORE:

1/2 cup chopped celery, 1/4 cup chopped onion, 1/4 cup sliced black olives
1 - 2 teaspoons mixed dried leaf herbs (basil, thyme, marjoram, tarragon)
Salt and pepper to taste

Topping- select ONE or MORE:

If desired after heating, place on top:
2 tablespoons grated Parmesan cheese
1/4 cup shredded Swiss, Cheddar, or Monterey Jack cheese
1/4 cup buttered bread crumbs
1/4 to 1/2 cup canned fried onion rings
Return casserole with topping(s), uncovered, to oven for about 10 minutes or to microwave for about 2 minutes.

Makes 6 servings.

Source: <https://food.unl.edu/article/making-casserole-whats-hand>



December Recipes

Baked Vegetable Salad



Ingredients:
 1 Red onion
 1 Butternut Squash small
 10 Baby potatoes
 2 Carrot
 2 Parsnips
 1 tablespoon Olive oil
 1 pinch Sea salt and black pepper

Salad

4 Handfuls of Watercress/Rocket (arugula) salad mix
 1 tablespoon Olive oil
 2 tablespoon Balsamic vinegar
 2 tablespoon Fresh basil finely chopped
 2 tablespoon Fresh coriander (cilantro) finely chopped
 2 tablespoon Fresh parsley finely chopped
 1 pinch Sea salt and black pepper
 30 g Light Feta (or dairy-free equivalent).

Instructions:
 Preheat your oven to 200°C/180°C(fan)/400°F/
 Gas 6

Chop 1 Red onion, 1 Butternut Squash, 10 Baby potatoes, 2 Carrot and 2 Parsnips so they are fairly chunky. Put them in a bowl with 1 tablespoon Olive oil and 1 pinch Sea salt and black pepper and mix well.

Put onto a baking tray into the oven for 35-40 minutes.

Make the salad dressing by mixing together 1 tablespoon Olive oil, 2 tablespoon Balsamic vinegar, 1 pinch Sea salt and black pepper, 2 tablespoon Fresh basil, 2 tablespoon Fresh coriander (cilantro) and 2 tablespoon Fresh parsley.

Remove the vegetables from the oven.

Divide 4 Handfuls of Watercress/Rocket (arugula) salad mix between 2 bowls and top with roasted vegetables. Drizzle the dressing on top and crumble over 30 g Light Feta.

Nutrition Information:

CALORIES: 483kcal, Carbohydrates: 101g, Protein: 11g, Fat: 12g, Saturated Fat: 2g, Cholesterol 8mg, Sodium 206mg, Potassium 529mg, Fiber 17g, Sugar: 17g.

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

Baked Fish With Broccolini



Ingredients:
 4 (150gm each) firm white fish fillets,
 1½ tbsp olive oil
 Finely grated rind of 1 lemon, flesh segmented
 2 cups of broccolini, trimmed and thinly sliced and washed
 100 gm butter, diced
 2 garlic cloves, thinly sliced

Directions:

Place fish on a baking tray lined with baking paper, drizzle with oil, scatter with half the rind, season to taste and roast until just

cooked through (5-6 minutes). Meanwhile, steam broccolini over a saucepan of simmering water until bright green and just tender (3-4 minutes). Keep warm. Heat butter in a frying pan over medium heat and cook until light golden (2-3 minutes), add lemon rind and garlic and cook until fragrant (1 minute). Stir in lemon segments, season to taste and spoon over hot fish and broccolini.

Nutrition Information CALORIES 223, Protein, 15 g, Total Fat 10.2g, Saturated fat 1.5h, Sodium 41 mg, Carbohydrates 14.3 , Fiber 5.4, Total Sugar 6mg.

Source; [ttpwww.gourmettraveller.com.au/recipes/fast-recipes/roast-fish-with-broccolini-lemon-and-burnt-butter-13485](http://www.gourmettraveller.com.au/recipes/fast-recipes/roast-fish-with-broccolini-lemon-and-burnt-butter-13485).

December Recipes

Roasted Chicken

Ingredients:

1 (12 oz.) bottle Organic Italian dressing
 2 tsp garlic powder
 2 tbsp paprika
 1 tbsp chopped fresh rosemary
 1 (4- 5 lb.) pkg split chicken halves
 ¼ cup chopped parsley

Directions:

In a medium bowl, combine the Italian dressing, garlic powder, paprika, and rosemary. Season with salt and pepper. Divide the chicken halves between 2 large resealable bags and pour marinade over each, dividing marinade equally. Marinate in refrigerator for 4 hours or overnight. Preheat grill to 400°F. Grease grate. Discard marinade and rosemary. Season chicken with salt and pepper. Place chicken on grill

and cook 10–12 min. per side, until internal temperature is 165°F and juices run clear.

Garnish with the parsley to serve.

Tips

If you can't find chicken halves, cut the backbone out of the chicken using sharp kitchen shears. Flip chicken over and use the heel of your hand to press down on the breastbone to break it. Spread the skin evenly across the breast and cut straight down the center of the chicken to get two halves.

Nutrition information:

CALORIES 974kcal 49% FAT 64.0g 98% SATURATED FAT 12.0g 60% CARBS 6.0g 2% SODIUM 688mg 29% 2.0g sugar 3.0g fiber 86.0g protein 261mg cholesterol

Source: *TwoClovesKitchen.com*



Sweet and Spicy Glazed Brussels Sprouts

Ingredients:

2 (12 oz.) pkg halved Brussels sprouts
 ¼ cup olive oil
 ½ cup Thai sweet chili sauce
 2 tsp soy sauce
 2 tbsp lime juice
 ⅓ cup fresh mint

Directions:

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

Arrange sprouts in a single layer on pan, cut-sides down. Roast 25–30 min., until crispy on bottoms and tender in center.

Meanwhile, in a large bowl, whisk together the chili sauce, soy sauce, and lime juice.

Chop the mint.

When Brussels sprouts are done, carefully transfer to bowl with chili mixture and toss. Garnish with mint and serve immediately.

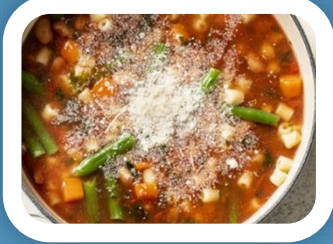
Nutrition information: : CALORIES 172kcal 9% FAT 9.0g 14% SATURATED FAT 1.0g 5% CARBS 23.0g 8% SODIUM 367mg 15% 11.0g sugar 4.0g fiber 4.0g protein 0mg cholesterol

Source: <https://www.stetted.com/spicy-glazed-Brussels-sprouts/>.



December Recipes

Minestrone Soup with Beans



Ingredients:

1 quart reduced-sodium chicken or vegetable broth
 3 cups water
 ¾ cup ditalini
 1 cup fresh diced carrots
 1 cup frozen cut green beans
 2 cups frozen chopped kale
 1 (28 oz.) can crushed tomatoes
 1 (15.5 oz.) can pink or white beans, drained and rinsed
 ½ cup finely grated Parmesan cheese

Directions:

In a large pot, combine the broth and water. Heat to a boil on high. Season with salt. Add

the ditalini and boil 6–8 min., until pasta is almost al dente.

To pot, add the carrots, green beans, kale, tomatoes, and beans. Heat to a boil on high. Reduce heat and simmer 10 min., until vegetables are hot. Season with salt and pepper to taste. To serve, top with the Parmesan.

Tip: Make this vegan by using vegetable broth and nutritional yeast instead of the Parmesan.

Nutrition information: CALORIES 318kcal 16% FAT 4.0g 6% SATURATED FAT 2.0g 10% CARBS 58.0g 19% SODIUM 951mg 40% 13.0g sugar 11.0g fiber 16.0g protein 9mg cholesterol

Source: savoryonline.com



Spinach Hand Pies



Ingredients:

1 (10 oz.) pkg frozen spinach, thawed and well drained
 ½ (8 oz.) pkg reduced-fat cream cheese
 1 cup shredded sharp Cheddar cheese
 1 (17.3 oz) pkg frozen puff pastry sheets, thawed
 1 large egg

Directions:

Preheat oven to 400°F. Line a baking sheet with parchment. Using paper towels, squeeze as much excess liquid from the spinach as possible. In a medium bowl, stir together the cream cheese and Cheddar cheese. Stir in spinach. Season with salt and pepper. Roll both sheets of puff pastry into 10x10-

inch squares. Cut each sheet into 6 rectangles. Spoon cheese mixture onto centers of 6 rectangles (about 3 heaping tbsp each), leaving at least ½ inch around edges. Place remaining 6 rectangles on top. With fork, seal edges.

In a small bowl, beat the egg. Brush tops of hand pies with egg. Poke holes in tops of pies. Bake pies 15–20 min., until bottoms are golden brown.

Nutrition information: 590kcal 29% FAT 41.5g 64% SATURATED FAT 13.6g 68% CARBS 40.8g 14% SODIUM 432mg 18% 1.7g sugar 2.6g fiber 14.4g protein 56mg cholesterol.

Source: savoryonline.com

December Desert Recipes

Triple Lemon Cake

Ingredients:

2 cups all purpose flour
 2 cups all purpose flour
 1 1/2 cups sugar
 3/4 tsp baking powder
 1 tsp baking soda
 1/2 tsp salt
 3 eggs
 2/3 cup vegetable oil
 2/3 cup fresh lemon juice
 3/4 cup sour cream

LEMON CURD

1/4 cup fresh lemon juice (about 1–2 lemons)
 2 tsp finely grated lemon zest
 1/3 cup sugar
 4 egg yolks
 3 tbsps butter (I used unsalted)

LEMON BUTTERCREAM

1 1/2 cups butter
 1 1/2 cups shortening
 12 cups (3 lbs.) powdered sugar
 3 tsp finely grated lemon zest
 6 tbsps fresh lemon juice
 3/4 tsp vanilla
 1–2 tsp water – plus more to the con-

sistency you want

CAKE:

Combine flour, sugar, baking powder, baking soda and salt in a large bowl and whisk together.

Add eggs, oil and lemon juice. Beat until smooth.

Add sour cream and beat until smooth.

Bake at 350 degrees in two 8-inch pans for about 25 minutes or until done.

TO ASSEMBLE THE CAKE:

Divide the cake into four layers by slicing each cake in half.

Fill two layers with lemon buttercream and the other two with lemon curd.

Frost the outside of the cake.

Nutrition Information:

1 slice , Calories: 1044, Sugar: 110.8 g, Sodium: 224.1 mg, Fat: 58.9 g, Carbohydrates: 128.3 g, Protein: 6.2 g, Cholesterol: 156.1 mg.

<https://www.lifeloveandsugar.com/triple-lemon-cake/print/33939/>.



Apple, Peach and Pear Pie

Ingredients:

1 box Frozen Rolled Pie Dough, room temperature
 1 3/4 cup Red Anjou Pears, thinly sliced
 15 ounces *Sliced Peaches*
 2 Organic Pink Lady Apple, thinly sliced
 2 tbsps Butter, chilled
 1/4 cup Organic Agave Syrup
 1/2 tsp Nutmeg
 1/2 tsp cinnamon

Directions:

Add the cut fruit evenly arranging the different types.

Add the juice from the canned peaches.

Cut the cold butter with the paring knife and evenly distribute over the fruit.

Add the agave syrup, salt and nutmeg to the fruit.

Place the 2nd pie dough on top of the fruit pushing the edges of the crust down so they don't over cook.

Cut holes into the crust to allow the steam to escape. Cook for 45 minutes. Allow to cool and serve with ice cream or whipped cream.

Nutrition Information: Serving: 1 cup Calories: 386kcal Carbohydrates: 58g Protein: 5g Fat: 17g Saturated Fat: 10g Polyunsaturated Fat: 1g Monounsaturated ,at: 4g Trans ,at: 1g Cholesterol: 68mg Sodium: 180mg Potassium: 335mg Fiber: 4g Sugar: Source:

<https://collardsaretheoldkale.com/apple-peach-pear-cobbler/>



Winter Health and Wellness Tips

Kidney Health During Winter Months



Kidneys are small organs located underneath the rib cage, on each side of the spine. They are responsible for filtering waste out of the blood and excreting it out of the body through urine. Kidneys also balance the body's fluid and electrolyte levels and play a significant role in overall health.

Some foods may boost the performance of the kidneys, while others may place stress on them and cause damage. Eating foods rich in certain vitamins and nutrients may help the kidneys function properly and prevent damage to them. However, some foods that generally help support healthy kidneys may not be suitable for people who have an existing

kidney disease. Check with your doctor or dietitian if you have an existing condition to find out which foods are best for you.

1. Dark leafy greens
2. Berries-Blackberries, strawberries, blueberries, and raspberries
3. Cranberries
4. Sweet potatoes
5. Olive oil
6. Fatty fish
7. Cabbage

Source: <https://www.davita.com/education/ckd-life/lifestyle-changes/six-ways-kidney-patients-can-prepare-for-winter>.

Safe Winter Driving

Winter driving can be hazardous and scary, especially in northern regions that get a lot of snow and ice.

The three P's of Safe Winter Driving:

PREPARE

Maintain Your Car: Check battery, tire tread, and windshield wipers, keep your windows clear, put no-freeze fluid in the washer reservoir, and check your antifreeze.

Have On Hand: flashlight, jumper cables, abrasive material (sand, kitty litter, even floor mats), shovel, snow brush and ice scraper, warning devices (like flares) and blankets. For long trips, add food and water, medication and cell phone.

Stopped or Stalled? Stay in your car, don't overexert, put bright markers on antenna or windows and shine dome light, and, if you run your car, clear exhaust pipe and run it just enough to stay warm.

Plan Your route: Allow plenty of time (check the weather and leave early if necessary), be familiar with the maps/ directions, and let others know your route and arrival time.

Practice Cold Weather Driving!

- * During the daylight, rehearse maneuvers slowly on ice or snow in an empty lot.
- * Steer into a skid.
- * Know what your brakes will do: stomp on

antilock brakes, pump on non-antilock brakes.

* Stopping distances are longer on water-covered ice and ice.

* Don't idle for a long time with the windows up or in an enclosed space.

PROTECT YOURSELF

* Buckle up and use child safety seats properly.

* Never place a rear-facing infant seat in front of an air bag.

* Children 12 and under are much safer in the back seat.

PREVENT CRASHES

* Drugs and alcohol never mix with driving.

* Slow down and increase distances between cars.

* Keep your eyes open for pedestrians walking in the road.

* Avoid fatigue – Get plenty of rest before the trip, stop at least every three hours, and rotate drivers if possible.

* If you are planning to drink, designate a sober driver.

Source: nhtsa.gov.



Winter Health & Wellness Tips

5 Ways To Avoid A Vitamin D Deficiency During Winter

1. Go outdoors — even when it's cold

It's hard to say exactly how much daylight you need each day. Time of day and distance from the equator both affect sunlight in various ways. Plus, there are personal variables, such as age and skin color. Older people and those with darker skin need more sunlight. But one huge variable is the season. That means that as the temperature drops, you should actually make an even bigger effort to get outdoors. But according to the Skin Cancer Foundation, you should still wear sunscreen on exposed skin. An SPF of 15 filters out 93% of UVB rays. That means that 7% of the rays still reach your skin. So you'll protect yourself from skin cancer while still producing vitamin D.

Recommended reading: *How light therapy can help ease symptoms of depression.*

2. Include foods that contain vitamin D in your diet

Very few foods are naturally good sources of vitamin D. Fatty fish are perhaps the best: A 3-ounce salmon fillet delivers 71% of your daily intake, according to the National Institutes of Health (NIH). Other vitamin D-rich foods to eat in winter include mushrooms and egg yolks. But the easiest source of dietary vitamin D is often dairy. Milk isn't a natural source of vitamin D, but food manufacturers began fortifying it with the vitamin in the 1930s. This was to help combat childhood rickets, a weak-bone disease caused by chronically low levels of vitamin D. That makes yogurt and many cheeses good sources of vitamin D. You can also get vitamin D from many breakfast cereals, which are also fortified. Some nondairy milks are also fortified with vitamin D, but be sure to check the label.

3. Take a supplement

Unless you're eating a lot of fish and dairy, it can be hard to get all of your vitamin D through food. In a large review published in the journal *The BMJ*, researchers linked vitamin D supplements with a 15% lower chance of cancer death. People can definitely benefit from taking vitamin D supplements, especially if they do not get enough sun exposure to

produce the vitamin. The U.S. government considers 400 to 800 international units (IU) per day, depending on your age, to be adequate. But many people require more. Talk to your doctor about finding the right amount for you. He or she may take a blood sample to test your vitamin D levels before making a recommendation. Over-the-counter vitamin D supplements generally contain between 800 and 2,000 IUs. Prescription-strength supplements can be several times stronger. If your bloodwork reveals low levels of D, or you're experiencing symptoms of a deficiency — fatigue, muscle aches, cramps and weakness, for instance — it's important to remember that supplements take time to work, Rubin says. That means it might take a few months to experience a noticeable improvement. "If your doctor recommends a vitamin D supplement, you will probably be told to wait 4 to 6 months before getting your levels checked again," she says.

4. Pay attention to calcium, too

One of vitamin D's key roles is to help you absorb calcium, which is very important for strong bones. But that ability is foiled if there's no calcium to absorb. In that case, your body will steal the mineral from your bones to keep your blood levels within a normal range. According to the NIH's U.S. National Library of Medicine, that may lead to brittle bones that break more easily.

Here, dairy foods are an important focus once again. Every serving of yogurt, cheese or milk has roughly a quarter of your daily calcium needs, according to the NIH. Other good sources include fatty fish, soy-based foods, fortified cereals and leafy greens. And consider asking your doctor if you should take a calcium supplement.

5. Talk to your doctor about your medications

Sometimes low sunlight isn't the only problem. Certain medications, for instance, can hurt your vitamin levels.

Source: <https://perks.optum.com/blog/5-ways-to-avoid-a-vitamin-d-deficiency-during-winter>.



January Themes

National Radon Action Month



Test Your Home. Protect Your Health.

JANUARY IS NATIONAL
RADON ACTION MONTH

Radon is a naturally occurring radioactive gas that forms when uranium, thorium, or radium, which are radioactive metals, break down in rock, soil and water. Radon can build up to dangerous levels inside any home; this includes new and old homes, well-sealed and drafty homes, and homes with or without a basement. Radon gas is odorless and invisible and the only way to know if your home has a radon problem is to test for it. Breathing radon can increase your risk of lung cancer.

Radon is the number one cause of lung cancer among people who do not smoke. It is the second leading cause of lung cancer for people who do.

EPA estimates that radon causes about 21,000 deaths from lung cancer each year in the U.S. If you smoke and your home has a high radon level, your risk of lung cancer can increase even more. Test your home - EPA and the U.S. Surgeon General recommend that all homes in the U.S. be tested for radon.

Testing is easy and inexpensive. Learn more about testing your home, including how to obtain an easy-to-use test kit.

How To Get Radon Test Kits

To get an easy-to-use radon test kit, you can:

- ✓ Buy a test kit online or at your local home improvement or hardware store. Many kits are priced under \$25.
- ✓ Order a test kit at www.sosradon.org or by calling 1-800-SOS-RADON (1-800-767-7236).
- ✓ Request a test kit from your state radon program, which also has information on radon testing companies and laboratories in your area. Visit www.epa.gov/radon/epa-map-radon-zones-and-supplemental-information

Tell your family and friends about the health risk of radon and encourage them to test their homes.

[View EPA's free radon publications.](#)



Glaucoma Awareness Month



January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease. More than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40%

of vision can be lost without a person noticing.

Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians.

Source: <https://glaucoma.org/grf-blog/>

January Themes

First Day Hikes Scheduled for 2024 New Year's Weekend!

First Day Hikes are part of a nationwide initiative led by America's State Parks that encourages all 50 states to offer outdoor hiking opportunities on the first day of the new year! Join us in Maryland on January 1st or throughout the first weekend of the new year for a hike at a state park near you.

For 2024, there are two types of hikes available:

- **Ranger-led hikes:** These hikes will be led by a Park Ranger, have specific start times and many require pre-registration. Please read the details provided below carefully.
- **Self-guided hikes:** These hikes will be available throughout the weekend, on well marked trails. Park staff and volunteers may be available to get you started but will not be joining you on the hike itself. Please read the details provided below carefully.

HARFORD COUNTY LOCATIONS INCLUDE:

Gunpowder Falls State Park—Jerusalem Mill First Day Hike -Ranger-led Hike. Registration via email preferred but not required.

Date/Time: 1/1/24 at 8 AM and 12 PM

Distance: 2 miles

Meeting Location: Blacksmith Shop (Across the street from visitor center)

Address: 2813 Jerusalem Rd, Kingsville, MD 21087

Description: Our most popular first day hike! This "moderate" hike starts at our historical Jerusalem Mill village and takes us to the Little Gunpowder trail along the Gunpowder River. This hike includes shallow stream crossings and some small inclines. Leashed pets are welcome, please remember to bring water and wear appropriate footwear. Bathrooms are located inside of the visitor center as well as porta-pots by the parking lot.

Park office: 410-592-2897

Email contact: michaels.hook@maryland.gov

Palmer State Park—Discover the Red Trail -

Ranger-led Hike. No registration required

Date/Time: 1/1/24 at 10 AM

Distance: 3.5 miles

Meeting Location: Trailhead Parking lot

Address: 3209 Forge Hill Road, Street, MD.

Description: Join us for a hike along the red trail at Palmer. Travel along Deer Creek and see the ruins of a fint furnace as you go. Moderate to difficult trail. Location offers other trails of Easy to difficult designations for hikers.

Additional Details: Leashed pets are welcome.

Additional Information: contact park office at 410-557-7994

Rocks State Park—View from the King and

Queen Seat - Ranger-led Hike. No registration required.

Date/Time: 1/1/24 at 10 AM

Distance: 1 mile

Meeting Location: Wilson's Picnic Area

Address: 3318 Rocks Chrome Hill, Jarrettsville

Description: Join us for a walk to a 190 foot rock overlook! Hike will be approximately 1 mile round trip up to the overlook and back.

Additional Details: Leashed pets are welcome.

Contact Park office at 410-557-7994 with questions.

Susquehanna State Park—Eagles, Conowingo Dam, and You - Ranger Guided Hike. No registration required.

Date/Time: 1/1/24 at 10 AM

Distance: 5 miles

Meeting Location: Deer Creek Picnic Area

Address: 4122 Wilkinson Road, Havre de Grace

Description: Join us for a walk to the Conowingo Dam to see some migratory bald eagles. Hike is 5 miles round trip, but with very little incline.

Additional Details: Leashed pets are welcome.

Additional Information:

Park Office: 410-557-7994

Email: susquehanna.statepark@maryland.gov





It's All About The Pies

National Pie Day

Each year on December 1st, folks across the United States enjoy a slice of their favorite on National Pie Day. Pie is so delicious we celebrate it twice a year! December 1, and January 23 . Share a Pie for New Year!

Apple Pie Tart

Ingredients:

1 frozen puff pastry sheet, thawed
 ¼ cup packed light brown sugar
 ¼ teaspoon ground cinnamon
 ¼ teaspoon grated orange zest
 ¼ teaspoon ground allspice
 Pinch of salt
 1 large Granny Smith apple, unpeeled, cored, halved and cut into 1/8-inch slices
 1 tablespoon unsalted butter, cut into 1/4-inch cubes
 1 large egg, beaten
 1 ½ teaspoons apple jelly, melted
 Confectioners' sugar for dusting (optional)

Directions:

Position oven racks in upper and lower thirds of oven; preheat to 400°F. Line a rimmed baking sheet with parchment paper. Unfold puff pastry sheet; cut in half. Place the halves 1 inch apart on the prepared baking sheet. Chill in the freezer, uncovered, for 15 minutes.

Stir brown sugar, cinnamon, orange zest, allspice and salt together in a large bowl. Add apple slices; toss until evenly coated.

Arrange the apple slices evenly over the pastry rectangles, leaving about a 1/2-inch border around the edges, overlapping slices as needed and leaving any excess juice in the bowl. Top the apples evenly with butter. Brush the pastry edges with egg. Bake on the upper rack for 10 minutes.

Rotate the pan 180 degrees and move to the bottom rack; bake until golden brown, puffed and the bottom is cooked through, 18 to 22 minutes, loosely covering with foil to prevent excess browning if needed. (The sugar mixture may deeply caramelize on the parchment but will not impact the tarts.)

Let cool on the baking sheet on a wire rack for 10 minutes. Brush the apples with melted jelly just before serving. If desired, dust with confectioners' sugar.

Nutrition information per slice:

Calories 234; Carbohydrates 34g; Dietary fiber 2g; Total Sugars 13g; Protein 3g; Total Fat 12g; Saturated Fat 6g; Cholesterol 10mg

Source: eatingwell.com.



Mushroom Pie Tart

Ingredients:

¾ cup part-skim ricotta cheese
 1/2 cup soft goat cheese, (2 ounces)
 2 teaspoons chopped fresh rosemary
 Freshly ground pepper, to taste
 1 tablespoon butter
 4 cups mixed mushrooms, coarsely chopped
 1 large leek, white part only, halved lengthwise, thinly sliced and thoroughly washed
 ½ teaspoon salt
 ¼ cup white wine
 10 sheets (14x18-inch) or 20 sheets (9x14-inch) thawed phyllo dough, (see Timing Tip)
 ¼ cup extra-virgin olive oil

¼ cup plain dry breadcrumbs

Directions:

Combine ricotta, goat cheese, rosemary and pepper in a medium bowl. Set aside.

Heat butter in a large skillet over medium-high heat. Add mushrooms, leek and salt and cook, stirring, until the leek starts to soften and the mushrooms release their juices, about 3 minutes. Pour in wine and simmer until the liquid has evaporated, about 2 minutes. Set aside.

Preheat oven to 400 degrees F. Line a large baking sheet (approximately 12 by 17 inches) with parchment paper. Lay one large

Mushroom Pie Tart Recipe, continued from prior

sheet of phyllo on the prepared pan. (If using the smaller size, slightly overlap two sheets to form a rectangle.) Keep the remaining phyllo covered with plastic wrap or wax paper and a damp kitchen towel.

Lightly coat the phyllo with oil using a pastry brush. Sprinkle with 1 teaspoon bread-crumbs. Repeat this step, layering the remaining phyllo on top. Carefully roll about 3/4 inch of each side toward the center to form the outer rim of the tart.

Spread the reserved cheese mixture evenly over the phyllo. Top with the reserved mushroom mixture.

Bake the tart until the crust is brown and crispy, 25 to 30 minutes. Let cool in the pan on a wire rack for 5 minutes. To serve, lift the parchment paper and slide the tart onto a cutting board or large platter. Serve warm.

Timing Tip: Thaw frozen phyllo (in its package) at room temperature for 2 hours or in the refrigerator for at least 8 hours or overnight before preparing the recipe.

Nutrition information per slice:

Calories 155; Carbohydrates 13g; Dietary fiber 2g; Total Sugars 13g; Protein 3g; Total Fat 12g; Saturated Fat 6g; Cholesterol 10mg

Source: eatingwell.com.



Peppermint Chocolate Pie Tart

Ingredients:**Crust**

3 tablespoons water
 ½ cup plus 2 tablespoons all-purpose flour
 ½ cup plus 1 tablespoon whole-wheat flour
 ½ teaspoon ground cinnamon
 ¼ teaspoon salt
 ¼ cup canola oil

Filling

8 ounces bittersweet chocolate chips
 1 cup nonfat milk
 1 tablespoon cornstarch
 1 teaspoon peppermint extract
 ¼ teaspoon salt
 1 peppermint candy for garnish
 ¾ cup whipped cream for garnish

Directions:

To prepare crust: Preheat oven to 350 degrees F. Place water in freezer to cool while you make the dough.

Whisk all-purpose flour, whole-wheat flour, cinnamon, and salt in a medium bowl. Drizzle with oil and toss together with a fork until evenly damp and crumbly. Drizzle with the cold water; toss with the fork. Use your hands to bring the dough together into a ball, but don't knead or overwork it.

Place the dough between 2 large pieces of plastic wrap. Use a rolling pin to roll the dough into an 11-inch circle. Remove the top piece of plastic wrap and carefully invert the dough into a 9-inch tart pan with a removable bottom. Gently press the dough

into the bottom and up the sides. Trim and patch where necessary. Prick the bottom of the crust all over with a fork. Place the pan in the center of the oven. Bake until the dough pulls away slightly from the edges, about 20 minutes. Transfer to a wire rack and let cool completely.

Meanwhile, to prepare filling: Place chocolate chips in a heatproof medium bowl. Combine milk and cornstarch in a medium saucepan. Bring to a boil over medium-high heat; cook, whisking constantly, until the mixture looks thick like honey and frothy, about 5 minutes. Pour it over the chocolate chips. Add peppermint extract and salt; let stand for 1 minute without stirring. After 1 minute, stir gently with a spatula until all the chocolate is melted and the mixture is thick like pudding. Press a piece of plastic wrap directly on the surface. Set aside at room temperature for 20 minutes.

Pour the filling into the cooled crust. Gently swirl the surface of the chocolate with the back of a spoon, from one side to the other. Refrigerate, uncovered, for 4 hours.

If desired, crush peppermint candy and sprinkle over the tart. Use a hot knife to cut the tart into 12 pieces. Garnish each piece with 1 tablespoon whipped cream.

Nutrition information per slice:

Calories 194; Carbohydrates 21g; Dietary fiber 2g; Total Sugars 9g; Protein 3g; Total Fat 12g; Saturated Fat 5g; Cholesterol 0mg
 Source: *Diabetic Living Magazine 2019.*



Mock New Year Drinks To Try!



Jennifer's Holiday Punch

Ingredients:

- 2 cups of pineapple juice
- 1 cup of water
- 1 bottle of sparkling cider (apple, or grape)
- 1 16 ounce of cranberry juice

Directions:

- Mix all ingredients together
- Place Slice oranges on top , your can
- Serve cold or hot



Source: FCS Educator

Pomegranate Holiday Cocktail

Ingredients:

- 3 cups ice, or as needed
- 2 fluid ounces , pomegranate juice
- 1 lime, juiced
- 2 ounces of club soda or as needed
- 1 teaspoon pomegranate seeds or to taste

Directions: Fill glasses and a cocktail shaker with ice.

Add pomegranate, lime, and pineapple juice, to the cocktail shaker and secure the lid. Place one hand on the lid and one hand on the shaker; shake vigorously until the outside of the shaker frosts, about a slow count to 10.

Pour evenly into the prepared glasses. Top with soda and pomegranate seeds; stir before serving.



Source: <https://sunkissedkitchen.com/trio-healthy-holiday-drinks/>



Vegan Eggnog

- 3 cups dairy-free milk
- 1 14-oz can full-fat coconut milk (use light for lighter eggnog)
- 4-6 Tbsp maple syrup, plus more to taste (substitute up to half with coconut sugar)
- 1/2 tsp ground cinnamon, plus more to taste
- 1/4 tsp ground nutmeg, plus more to taste
- 1 tsp pure vanilla extract
- 1/8 tsp ground cardamom (optional)

Directions: To blender add 3 cups dairy-free milk (as recipe is written, adjust amounts as needed if adjusting serving size), coconut milk, maple syrup (starting with the lesser amount), cinnamon, ground nutmeg, vanilla extract, and cardamom (optional).



Blend on high until creamy and smooth — 1-2 minutes. Then taste and adjust flavor as needed, adding more spices for warmth or maple syrup for sweetness. For serving, enjoy cold or warm. Source: <https://minimalistbaker.com/easy-vegan-eggnog/>

New Year Party Recipes

Spicy & Smoky Hummus

Ingredients:

1 tbsp olive oil
 ½ tsp smoked paprika
 1/8 tsp cayenne
 1 (8 oz.) container Roasted Garlic Hummus
 Pita chips and sliced vegetables, for dipping

Directions:

In a small, microwave-safe bowl, combine the oil, paprika, and cayenne. Cover with

vented plastic and microwave 1 min.

Add the hummus to a shallow serving bowl. Drizzle oil mixture on top. Serve.

Nutrition information: CALORIES 63kcal 3% FAT 4.1g 6% SATURATED FAT 0.2g 1% CARBS 4.8g 2% SODIUM 113mg 5% 1.0g sugar 1.0g fiber 1.9g protein 0mg cholesterol

Source: savoryonline.com



Warm Marinated Olives

Ingredients:

1 cup olive oil
 2 bay leaves
 1 large clove garlic, sliced
 1 tsp fennel seeds
 ¼ tsp crushed red pepper
 2 cups mixed olives

Directions:

In a small saucepan, combine the oil, bay leaves, garlic, fennel seeds, and crushed red

pepper. Heat on medium 5–6 min., until warm. Stir in the olives. Remove from heat and let stand 10 min. Serve warm or cool completely and refrigerate up to 1 day. To serve, heat in a small saucepan on medium-low until warm.

Nutrition information : CALORIES 279kcal 14% FAT 31.0g 48% SATURATED FAT 4.0g 20% CARBS 2.0g <1% SODIUM 248mg 10%

Source: savoryonline.com



Holiday Grazing Board

Ingredients:

1 (8 oz.) pkg Brie round
 1 tbsp raspberry or strawberry jam
 ½ cup French onion dip
 1 pint cherry or grape tomatoes
 2 red bell peppers, seeded, cut into strips
 1 cup Lightly Salted Popcorn
 ½ (6 oz.) pkg breadsticks
 2 (3 oz.) pkg sliced prosciutto
 1 (6 oz.) pkg raspberries
 ½ (16 oz.) pkg strawberries, hulled and halved
 1 to 2 red apples, sliced
 1 cup white chocolate-coated pretzels
 1 (7 oz.) pkg white Cheddar cheese slices
 1 (5 oz.) pkg sliced salami
 6 mini Babybel cheese
 Assorted crackers, for serving

Directions:

Place the Brie on the board and top with a

festive cookie cutter, like snowflake.

Fill in the cookie cutter shape with jam and remove. Add a small bowl with the French onion dip. Surround with the tomatoes and red bell pepper slices. Add another bowl with the popcorn. Wrap the breadsticks with the prosciutto and place on the platter or stand upright in a mason jar. Add the raspberries, strawberries, apples, white chocolate-coated pretzels, white Cheddar cheese, and salami to the board. If desired, use a mini cookie cutter to cut holiday shapes out of the wax of the Babybel cheese and place cheese on platter. Fill in any gaps with the crackers.

Nutrition information : 325kcal 16% FAT 21.0g 32% SAT. FAT 10.0g 50% CARBS 13.0g 4% SODIUM 915mg 38% 7.0g sugar 3.0g fiber 22.0g protein 76mg cholesterol

Source: savoryonline.com



January Recipes

Chicken Breast Pizzaiola



Ingredients:
 ¼ cup olive oil
 2 tbsp minced garlic
 4 boneless skinless chicken breasts, thinly sliced
 1 tsp dried oregano
 1 (28 oz.) can diced tomatoes
 ½ (8 oz.) pkg fresh mozzarella

Directions:

Preheat the broiler. Meanwhile, heat the oil in a large ovenproof frying pan or cast iron skillet. Sauté the garlic and chicken breasts until golden brown, about 2 min. on each side.

Add the oregano, diced tomatoes, salt (in moderation), and pepper. Reduce heat slightly and simmer 5 min., turning halfway. Chicken is ready when an internal ther-

mometer registers 165°F when inserted into the thickest part of the breast. Slice the mozzarella and arrange over the chicken breasts. Season with salt (in moderation) and freshly ground black pepper. Set pan under the broiler and cook until cheese begins to melt. (Note: the handle of the pan will be hot, so be sure to use an oven mitt.) Serve tomato sauce with chicken on top.

Nutrition Information: CALORIES 425kcal 21% FAT 24.3g 37% SATURATED FAT 6.7g 34% CARBS 9.7g 3% SODIUM 435mg 18% 5.1g sugar 4.1g fiber 42.0g protein 132mg cholesterol

Source: Allrecipes.com.



Winter Cobb Salad



Ingredients:
 4 cups cubed peeled butternut squash
 5 tablespoons extra-virgin olive oil, divided
 1 teaspoon ground coriander
 1 teaspoon ground cumin
 ¼ teaspoon ground cinnamon
 3 tablespoons red-wine vinegar
 1 tablespoon Dijon mustard
 1 tablespoon minced shallot
 ½ teaspoon dried oregano
 ½ teaspoon ground pepper
 ¼ teaspoon salt
 10 cups coarsely chopped stemmed kale
 1 large crisp apple, sliced or chopped
 1 cup thinly sliced red onion
 2 slices cooked bacon, chopped
 2 hard-boiled eggs, quartered
 1 ripe avocado, sliced
 ¼ cup crumbled blue cheese

Directions:

Preheat oven to 400°F. Toss squash with 1 tablespoon oil, coriander, cumin and cinnamon in a large bowl. Spread on a large

rimmed baking sheet. Roast, stirring once halfway, until tender and lightly browned, about 30 minutes. Let cool to room temperature, about 10 minutes.

Whisk vinegar, mustard, shallot, oregano, pepper and salt in a large bowl. Slowly whisk in the remaining 4 tablespoons oil. Add kale and toss well to combine. Divide the kale among 4 plates and top with apple, onion, bacon, egg, avocado, cheese and the squash.

Nutrition information per 2 cup serving: CALORIES 452kcal; FAT 33.0g; SATURATED FAT 7g; CARBS 32g; SODIUM 471mg; 11g sugar; 11g fiber; 11g protein; 105mg cholesterol

Source: Eating Well Magazine Jan/Feb 2021.

January Recipes

BBQ Chicken Sliders

Ingredients:

3 cup shredded cooked chicken
1 cup barbecue sauce
1 (15 oz.) pkg potato slider rolls
12 dill pickle slices
2 cups grated pepper Jack cheese
3 tbsps melted butter

Directions:

Preheat oven to 350°F. Line a small rimmed baking sheet or rectangular casserole dish with parchment.

In a medium bowl, stir together the chicken and barbecue sauce until well coated.

Place bottom half of rolls in prepared dish, making sure to keep the individual rolls connected.

Spoon chicken mixture on top, spreading in even layer. Top with the pickles and cheese. Add top half of rolls. Brush top with the butter.

Bake 12–15 min., until golden brown on top and cheese has melted. Let stand 5 min. Remove from pan using edges of parchment. Cut and serve warm.

*Nutrition information CALORIES 300kcal
15% FAT 11.0g 17% SATURATED FAT 6.0g
30% CARBS 33.0g 11% SODIUM 850mg 35%
14.0g sugar 1.0g fiber 18.0g protein 60mg
cholesterol*

Source: Allrecipes.com .



Cranberry Cheesecake Bars

Ingredients:

1 cup fresh or frozen cranberries
½ cup orange juice
2 tablespoons granulated sugar (see Tip)
Nonstick cooking spray
½ cup regular rolled oats
½ cup whole-wheat flour
¼ cup packed brown sugar (see Tip)
¼ cup butter, melted
2 (8 ounce) packages reduced-fat cream cheese (Neufchâtel), softened
¾ cup granulated sugar (see Tip)
1 teaspoon vanilla
¼ cup fat-free milk
4 eggs, lightly beaten

Directions:

In a small saucepan bring cranberries, orange juice and 2 tablespoons granulated sugar to boiling; reduce heat. Simmer 10 to 15 minutes or until slightly thick. Cool slightly. Transfer to a food processor; cover and process until smooth. Strain through a fine-mesh sieve into a bowl (should have about 1/3 cup); discard solids. Wash pro-

cessor bowl and blade.

Preheat oven to 350 degrees F. Lightly coat a 13x9-inch baking pan with cooking spray. For crust, place oats in food processor; cover and process until coarsely ground. In a small bowl combine ground oats, flour, brown sugar and melted butter. Press onto bottom of the prepared pan (crust will be thin).

In a large bowl beat cream cheese, 3/4 cup granulated sugar and vanilla with a mixer on medium until smooth. Beat in milk. Stir in eggs just until combined.

Spread cream cheese mixture over crust. Drop cranberry mixture by teaspoonful onto cream cheese mixture. Swirl slightly to marble.

Bake 25 minutes or until edges are puffed and center is set. Cool in pan on a wire rack. Cover and chill 4 to 24 hours before serving. Cut into bars, wiping knife between cuts.

Source: Eatingwell.com .



Financial Wellness



Savings Goals for the New Year

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Each January we get a powerful fresh start in the form of a new year. That clean slate for the year ahead encourages us to set goals, try new things, and try to improve our habits for the year ahead. Often fitness and health goals get all the attention. Health goals are important, but financial goals can be just as important for overall wellness! As we head into 2023, why not try out some savings goals and shift some focus to your financial health?

Changing our behavior is always a challenge. In many ways, our brains aren't wired to give up the things we want now for something we might be able to have in the future. And as our goals get bigger and further in the future, this gets more and more difficult. We might really want to pay off our car loan or student loan, but those things can take small amounts of money over many years. Spending that money on things we enjoy now would definitely be more fun and using that money to pay down debt can feel pretty anticlimactic.

One strategy for improving our motivation is to create a **vision board**. Ideally, this vision board would focus on a specific large financial goal. It would include pictures that show:

- **How it would feel to achieve the goal**
- **What you would be able to do when you achieve the goal**
- **The kinds of characteristics you will have when you achieve the goal**

Looking at the vision board reminds us that the goal is important, possible, and that achieving it will change our lives for the better! It helps us visualize that when we say no to something right now, it is because we want to be able to say yes to something else in the future. I made one recently and hung it where I would see it each morning. It was focused on a dream I have always had to travel. After 5 years of saving, my husband and I took the trip I had always dreamed of last summer! I'm looking forward to making a new one for this year because the previous one was such a great source of motivation. The vision board is an excellent tool for motivation, but it needs to be paired with strategies

you can actually use to save the money. One option is to start small because it gives you the chance to create a new habit without having to stick with any really major changes. For example, my bank allows me to use rounding up to increase my savings. With rounding up, each of my purchases is rounded up to the nearest dollar and the rounded-up amount is placed in my savings account. For example, if I bought dinner and it was 19.20 then my bank would round that charge up to 20.00. Of that, 19.20 would go to the restaurant and 0.80 would go into my savings account. The amounts are small, but they add up over time!

If you're looking to save in larger amounts, it might be good to look into your bank's options on savings accounts. At my bank, it doesn't cost me anything to open an additional savings account and I can do it from right within their app! I usually label my accounts with what I want to do with the money in the account. An example would be an account labeled "Emergency Fund" where I save for emergencies or "Summer Vacation" where I save to take a trip with my family over the summer. Some banks even let you set a goal for your account and give you a status bar showing how much progress you have made toward your savings goal. Things like this can really help with motivation! It seems simple, but adding these labels can be a powerful way to change the way our brain thinks about money. If I am running short and need to move some money from savings to make a purchase, seeing that label makes me stop and think. Is it really worth it to me to take money from my summer vacation to buy this other thing? Sometimes it's groceries or an important bill, and the answer is yes. But other times I realize I'd much rather go on vacation than buy whatever it is I'm considering.

These small changes can add up to some major savings over the course of a year! They can help you establish an emergency fund and save for future needs (and wants). Hopefully you try out some savings goals or other financial goals this year!



Stocking The Winter Pantry

What's For Dinner?

Having a well-stocked pantry is one of the best ways you can set yourself up for success in the kitchen. Not only does keeping healthy ingredients on hand makes for easy, week-night meals, but it also reduces stress around "what's for dinner?"

Ingredients to keep on hand for Soups, Stews, Casseroles, and other cozy meals:

Chicken, Beef and Vegetable Base (good for an easy broth or to add extra flavor to home-made stock)

Egg Noodles

Thai rice noodles (gluten-free)

Dried pasta

Couscous

Freeze-dried and dehydrated vegetables and fruits – potatoes, cabbage, carrots, bell peppers, celery, mushrooms, berries, apples)

Canned tomatoes (diced, crushed, and whole)

Tomato paste and tomato sauce

Canned mixed vegetables

Canned potatoes

Canned beans

Canned mandarin oranges

Dried beans and lentils

Rice, barley, quinoa, grits, oatmeal, and other grains

Canned coconut milk

Breadcrumbs (store-bought or homemade)

Sauerkraut (the shelf-stable kind)

Canned beets

Oil – olive oil, avocado oil, sesame oil

Vinegar – apple cider, red wine, and balsamic

Kosher salt and Sea salt

Black peppercorns

Nut butters

Olives

Artichokes

Roasted Red Peppers

Capers

Canned tuna

Canned salmon

Anchovy paste

Mustard, ketchup, salsa, mayonnaise, prepared horseradish, hot sauce, soy sauce, Worcestershire sauce

Cornmeal and/or masa

Favorite winter spices and dried herbs

In Case of a Power Outage

A full pantry can also be important in case of power outages. Following a disaster there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

Suggested Emergency Food Supplies:

Consider the following things when putting together your emergency food supplies:

- Store at least a several-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.

Suggestions include:

- Ready-to-eat canned meats, fruits, vegetables **and a can opener**. Choose fruits canned in 100% fruit juice and vegetables with "low-sodium" or "no salt added" on the label. These products are just as nutritious and fresh, and often cost less.
- Canned and/or dried beans, peas, and lentils such as kidney beans, lima beans, split peas, and garbanzo beans (chickpeas).
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Canned juices
- Non-perishable pasteurized milk
- High-energy foods
- Food for infants
- Pet food

Sources: myhomemaderoots.com/stocking-the-winter-pantry and www.ready.gov/food



February Themes

National Wear Red Day® and American Heart Month



SAVE THE DATE: February 2, 2024

is National Wear Red Day.

Wear red to raise awareness about cardiovascular disease and help save lives. Over 60 million women (44%) in the United States are living with some form of heart disease. Heart disease is the leading cause of death for women in the United States and can affect women at any age. In 2021, it was responsible for the deaths of 310,661 women—or about 1 in every 5 female deaths.

Heart disease is the #1 killer of women.



Research has shown that only about half (56%) of US women recognize that heart disease is the number 1 killer. Knowing the facts about heart disease—as well as the signs, symptoms and risk factors—can help you take steps to protect your health and seek proper treatment if you need it.

Source: goredforwomen.org/en/get-involved/give/wear-red-and-give and cdc.gov/heart-disease/women.htm

Red Foods for Heart Health

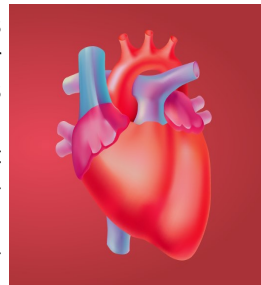
February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health. Heart disease is the leading cause of death for both men and women.

It's time to amend that "apple a day" aphorism because tomatoes and cranberries keep the doctor away, too! New research shows that incorporating these three red, round fruits into your daily diet can reduce your risk of heart disease by as much as 40 percent. Indeed, diet can have a tremendous impact on heart health — and should be the first line of defense when treating high cholesterol or high blood pressure, two of the biggest risk factors for heart disease.

Naturally occurring red foods such as tomatoes, grapefruit, apricots, and watermelons contain red pigments called carotenoids (lycopene, specifically), anthocyanin, and betacyanins that contain antioxidant properties beneficial for heart health.

Anthocyanin (an-though-SY-uh-nins) are a group of deep red, purple and blue pigments

found in plants. They're part of a larger category of plant-based chemicals called flavonoids. Flavonoids are abundant in all parts of plants: fruits, seeds, shoots, flowers and leaves. Research shows that flavonoids are also powerful nutrients and may help explain why plant-based diets are consistently associated with health benefits



Other good sources of anthocyanin's include raspberries, strawberries, cranberries, red cabbage, kidney beans, cherries, beets, and red apples. Remember, while fruits and vegetables are an incredibly healthy part of your diet, many are high in natural sugars and other carbohydrates.

"A heart healthy diet is always the first step," says Michael Blaha, M.D., director of clinical research for the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease. "In some patients we can see a dramatic improvement in cholesterol from diet alone." Fortunately, these antioxidant-rich fruits are as tasty as they are healthy.

Source: aarp.org/health/healthy-living/info-2014/heart-healthy-red-fruits.html and health.clevelandclinic.org/anthocyanin



February Themes

National Homemade Soup Day—February 4

Soup is the perfect winter meal! People have been enjoying this simple delicious and nutritious dish since 20,000 B.C. Different flavors and types of soups are eaten around the world according to the culinary culture. Find your healthy soup recipe inspiration!

<https://www.eatingwell.com/recipes/18042/soup/>

[https://www.myplate.gov/myplate-kitchen/recipes?f\[0\]=course%3A127](https://www.myplate.gov/myplate-kitchen/recipes?f[0]=course%3A127)

<https://mymd.healthfortheholidays.com/#/recipes/courses/lunch>



National Caregivers Day

National Caregivers Day, observed on the third Friday in February, honors individuals who selflessly provide personal care, and physical- and emotional support to those who need it most. Caregivers can be family members, friends or professionals. Some of them are not paid for their role, which is why it is important to recognize and thank them. Here are some facts about caregivers:

1. Nearly one in five Americans are providing care to an older adult, such as a parent.

Many people providing care find themselves in a situation with little training or support. The good news is that there are supportive services that will help caregivers adjust and find resources.

2. Caregivers are most likely to be women.

Women, particularly women of color, make up a large portion of caregivers today—often while simultaneously caring for children. According to estimates, 65 percent of the millions of caregivers in the United States are women, while 35 percent are males.

3. Caregiving takes a toll on finances and livelihoods.

According to the Family Caregiving Institute, caregivers devote a great deal of time to their role, with 76 percent spending more than 40 hours per week caregiving. Despite these heavy demands, 70 percent received no paid help.

5 Ways to Help a Caregiver

1. **Be with them.** Ask them how they are doing. Stop by for a visit.
2. **Make it possible for them to take a break.** Help provide respite care.
3. **Actively demonstrate your support.** Cook a meal, run some errands.
4. **Tell them how great they are!** Be specific.
5. **Encourage their self-care.** Remind them to care for themselves.

Source: aging.maryland.gov; caregiver.org; acl.gov.



National African American History Month & Health Week

African Heritage and Health Week is an annual event celebrating African Americans' rich history and cultural contributions to health and wellness. It occurs during the first week of February, also designated as National African American History Month. Each year 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 techniques and culinary history. Try new dishes and recipes to expand your taste buds and flavor profiles. Try new spices like **saffron, harissa, Cajun, Cumin, garlic, ginger, peppercorns, cinnamon, paprika and chilies** are all common African spices.

Source: <https://www.savoryspiceshop.com/blogs/news/african-spices-seasoning>.



February Recipes

Roasted Beets and Parsnips with Hazelnuts



Ingredients:
 1 ½ lbs. small fresh beets
 4 tbsp olive oil, divided
 2 lbs. parsnips
 ½ cup hazelnuts, toasted
 2 tbsp finely chopped dill

Steps:
 Preheat oven to 425°F. Line 2 baking sheets with foil. Peel and cut the beets into thin wedges. Add to baking sheet and toss with 2 tbsp oil. Season with salt and pepper. Spread out in a single layer. Roast 35 min., until tender, stirring once halfway through. Meanwhile, peel and halve each parsnip. Cut parsnips into wedges. Add to second

baking sheet and toss with remaining 2 tbsp oil. Season with salt and pepper. Spread out in a single layer. In same oven as beets, roast parsnips 25–30 min., until tender, stirring once halfway through. Finely chop the hazelnuts. To serve, toss vegetables with the dill and hazelnuts.

Nutrition Information CALORIES 210kcal
 11% FAT 12.0g 18% SATURATED FAT 1.0g
 5% CARBS 24.0g 8% SODIUM 54mg 2% 9.0g
 sugar 7.0g fiber 3.0g protein 0mg cholesterol

Source: Savoryonline.com



Black Eyed Pea Stew



Ingredients:
 1 large bunch collard greens (about 1 pound)
 1 large bunch kale (about 1 pound)
 1 large bunch of spinach
 1 medium washed and chopped red onion
 3 tablespoons olive oil
 ½ teaspoon of apple cider vinegar
 3 cloves of garlic minced
 1/2 teaspoon kosher salt
 1/2 teaspoon freshly ground black pepper, more to taste
 2 tablespoons freshly squeezed lemon juice

Steps:
 Sauté the onions in olive oil, peppers, in olive oil and stir often for about 3

minutes. Then add collard and kale, spinach greens. Then you want to add, your lemon, black pepper, minced and garlic powder, basil, cumin, and apple cider vinegar. Cook greens partially covered, until they are tender. Cook for 30-45 minutes, and serve.

Nutrition Information:
 Calories 130, Total fat 8g, sodium 143, carbs 12g, dietary fiber 5g, total sugar 2g, protein 4g,

Source: Thepruceeats.com.

February Recipes

Black Bean-Corn Breakfast Burritos

Ingredients

2 teaspoons olive oil, divided
 2 medium fresh poblano Chile peppers, seeded and chopped
 ¾ cup canned black beans, rinsed and drained
 ¾ cup frozen whole kernel corn, thawed
 ½ cup red or green salsa, plus 1/2 cup for garnish
 ½ teaspoon ground cumin
 ½ teaspoon chili powder
 6 eggs
 Dash salt
 Dash ground black pepper
 6 8-inch whole-grain flour tortillas, warmed according to package directions
 ¾ cup crumbled quest fresco or shredded reduced-fat Monterey Jack cheese (3 ounces)
 ¼ cup snipped fresh cilantro

Preparation

In a large skillet, heat 1 teaspoon oil over medium heat. Add poblano peppers; cook about 3 minutes or just until tender, stirring occasionally. Stir in beans, corn, 1/3 cup salsa, cumin and chili powder. Cook and stir about 2 minutes or until heated through. Remove vegetable mixture from skillet. In a medium bowl, combine eggs, salt and

black pepper. In the same skillet heat the remaining 1 teaspoon oil over medium heat. Pour in egg mixture. Cook, without stirring, until mixture begins to set on the bottom and around the edges. Using a spatula or a large spoon, lift and fold the partially cooked egg mixture so the uncooked portion flows underneath. Continue cooking over medium heat for 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist. Immediately remove from heat. Gently fold in vegetable mixture. Spoon about 2/3 cup of the egg mixture onto each tortilla just below the center. Top with cheese and cilantro. Fold bottom edge of each tortilla up and over filling. Fold in opposite sides; roll up from the bottom. Cut in half before serving. If desired, serve with 1/2 cup salsa.

Nutrition Per serving: 297 calories; 29 g carbohydrates; 12 g fat (4 g sat, g mono); 20 g protein; 216 mg cholesterol; 12 g dietary fiber; 315 mg potassium; 602 mg sodium.

Nutrition bonus: 1 mg Vitamin C, 44 µg Folate, 181 mg Calcium, 4 mg Iron, 777 IU Vitamin A.

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Red Onion and Garlic Greens

Ingredients:

1 large bunch collard greens (about 1 pound)
 1 large bunch kale (about 1 pound)
 1 large bunch of spinach
 1 medium washed and chopped red onion
 3 tablespoons olive oil
 ½ teaspoon of apple cider vinegar
 3 cloves of garlic minced
 1/2 teaspoon kosher salt
 1/2 teaspoon freshly ground black pepper, more to taste
 2 tablespoons freshly squeezed lemon juice

Steps:

Sauté the onions in olive oil, peppers, in olive oil and stir often for about 3 minutes. Then add collard and kale, spinach greens. Add lemon, black pepper, minced and garlic powder, and apple cider vinegar. Cook greens partially covered, until they are tender.

Nutrition Information:

Calories 130, Total fat 8g, , sodium 143, carbs 12g, dietary fiber 5g, total sugar 2g, protein 4g,

Source: TheSpruceeats.com.



February Recipes

Grain Bowl With Sheet Pan Chicken and Veggies



Ingredients:

2 medium carrots
 1 tbsp Italian seasoning
 1 tsp smoked paprika
 2 tbsps. olive oil, divided
 3 cups broccoli florets
 3 (about 1 ½ lbs.) small boneless, skinless chicken breasts
 ¼ cup refrigerated prepared pesto
 2 tsp lemon juice
 1 (15.9 oz.) pkg Whole Grain Brown Rice
 4 cups packed baby spinach

Steps:

Preheat oven to 400°F. Thinly slice the carrots on an angle. In a large bowl, combine the Italian seasoning, paprika, and 1 tbsp oil. Season with salt and pepper.

On a large foil-lined rimmed baking sheet, toss carrots with 1/2 tbsp oil. Arrange in single layer on one-third of pan. Toss the broccoli with remaining 1/2 tbsp oil and arrange in single layer on another third of pan. Season both vegetables with salt and pepper.

To bowl with spices, add the chicken and toss until well coated. Transfer to baking sheet. Bake 20–25 min., until chicken is cooked through (165°F) and veggies are tender, stirring veggies once halfway through.

Meanwhile, in a small bowl, stir together the pesto, lemon juice, and 1 tbsp water. Heat the brown rice according to package directions and divide among 4 serving bowls.

Chop the chicken. Top brown rice with chicken, broccoli, and carrots. Divide the baby spinach among bowls. Drizzle with pesto mixture.

Nutrition Information CALORIES 210kcal
 11% FAT 12.0g 18% SATURATED FAT 1.0g
 5% CARBS 24.0g 8% SODIUM 54mg 2% 9.0g
 sugar 7.0g fiber 3.0g protein 0mg cholesterol

Source:

AFRICAN
 HERITAGE
 &
 HEALTH
 WEEK

Winter Fruit Salad



Ingredients:

4 cups arugula
 2 blood oranges (aka raspberry oranges), peeled and sliced
 2 (navel or Valencia) oranges, peeled and sliced
 2 persimmons, sliced
 1 avocado, sliced
 1 cup pomegranate arils
 2 limes, juiced
 1 tbsp honey
 ¼ cup red dragon fruit chips, for garnish (optional)
 ¼ cup unsalted crushed pistachios, for garnish (optional)
 2 cups strawberries, sliced, for garnish (optional)

Directions:

In a large bowl, combine arugula, blood oranges, oranges, persimmons, strawberries, avocado and pomegranate arils.

In a small bowl, whisk together lime juice and honey. Drizzle over salad before serving. Top with red dragon fruit chips and pistachios, if using.

Nutrition Information CALORIES 205kcal;
 FAT 7g; SATURATED FAT 0.8g; CARBS 38g;
 23g sugar; 7.5g fiber; 3.0g protein

Source:

February Recipes

Air-Fryer Salmon Cakes

These air-fried salmon patties are reminiscent of classic salmon croquettes, crispy on the outside and pillowy tender on the inside. Look for canned or jarred salmon that has less than 50 milligrams of sodium per serving, and don't be afraid of varieties that have bones. They're easy to remove.

Ingredients

Cooking spray

2 7.5-ounce cans unsalted pink salmon (with skin and bones)

1 large egg

½ cup whole-wheat panko breadcrumbs

2 tablespoons chopped fresh dill

2 tablespoons canola mayonnaise

2 teaspoons Dijon mustard

¼ teaspoon ground pepper

2 lemon wedges

Preparation

Coat the basket of an air fryer with cook-

ing spray. Drain salmon; remove and discard any large bones and skin. Place the salmon in a medium bowl. Add egg, panko, dill, mayonnaise, mustard and pepper; stir gently until combined. Shape the mixture into four 3-inch-diameter cakes. Coat the cakes with cooking spray; place in the prepared basket.

Cook at 400°F until browned and an instant-read thermometer inserted into the thickest portion registers 160°F, about 12 minutes. Serve with lemon wedges.

Nutrition Per serving: 517 calories; 15 g carbohydrates; 27 g fat (5 g sat, g mono); 52 g protein; 181 mg cholesterol; 2 g dietary fiber; 680 mg potassium; 384 mg sodium.

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Blueberry Buckwheat Pancakes

Ingredients

½ cup buckwheat flour

½ cup whole-wheat flour

1 tablespoon sugar

½ teaspoon baking powder

¼ teaspoon baking soda

¼ teaspoon salt

¼ cup refrigerated or frozen egg product, thawed, or 1 large egg

1¼ cups buttermilk or sour milk

1 tablespoon cooking oil

¼ teaspoon vanilla extract

¾ cup fresh or frozen (thawed) blueberries

Preparation

In a medium bowl, stir together buckwheat flour, whole-wheat flour, sugar, baking powder, baking soda and salt. Make a well in center of flour mixture; set aside.

In a small bowl, beat egg slightly; stir in buttermilk (or sour milk), oil and vanilla.

Add buttermilk mixture all at once to flour

mixture. Stir just until combined but still slightly lumpy. Stir in blueberries.

Heat a lightly greased griddle or heavy skillet over medium heat until a few sprinkled drops of water dance across the surface.

For each pancake, pour a scant ¼ cup batter onto hot pan. Spread the batter into a circle that's about 4 inches in diameter.

Cook over medium heat until pancakes are brown, turning to cook second sides when pancake surfaces are bubbly and edges are slightly dry (1 to 2 minutes per side). Serve immediately or keep warm.

Nutrition Per serving: 132 calories; 22 g carbohydrates; 3 g fat (1 g sat, g mono); 6 g protein; 2 mg cholesterol; 3 g dietary fiber; 244 mg sodium.

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March Themes

National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.



ent food groups; print out nutrition tips to post on your refrigerator; and much more.

Centers for Disease Control and Prevention Healthy Recipes with Fruits and Veggies selector to select fruits and/or vegetables you'd like to use in a recipe, and then choose the type of meal you'd like to prepare. You'll get some ideas for healthy recipes using your pre-

Choose My Plate.gov to track your diet and physical activity; learn more about the different fruit or veggie.

Source: eatright.org



SAVE YOUR VISION

a w a r e n e s s

Save Your Vision Month is observed in March and serves as a reminder to take care of your vision. Save Your Vision Month reaffirms how doctors of optometry deliver essential health care that goes beyond a vision correction prescription and should be a critical component of patients' preventive health regimen.

This month—and year-round—the American Optometric Association reminds patients to prioritize their eye health and vision care by scheduling their families' in-person, comprehensive eye exams. Throughout the month, people are encouraged to schedule appointments with their opticians for vision exams and take precautions to protect their eyes.

Source: aoa.org

March Recipes

Chickpea & Potato Curry

This fast Indian-style curry comes together with ingredients you most likely have on hand, like frozen peas and canned tomatoes and chickpeas. Plus, using these spices shows how simple it is to make a curry sauce for an easy vegetarian recipe. Serve with whole-wheat naan for dipping.

Ingredients

- 1 pound Yukon Gold potatoes
- 3 tablespoons grapeseed oil or canola oil
- 1 large onion
- 3 cloves garlic
- 2 teaspoons curry powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon cayenne pepper
- 1 14-ounce can no-salt-added diced tomatoes
- $\frac{3}{4}$ cup water
- 1 15-ounce can low-sodium chickpeas
- 1 cup frozen peas
- $\frac{1}{2}$ teaspoon garam masala

Preparation:

Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover and steam until tender, 6 to 8 minutes. Set the potatoes aside. Dry

the pot.

Heat oil in the pot over medium-high heat. Add onion and cook, stirring often, until soft and translucent, 3 to 5 minutes. Add garlic, curry powder, salt and cayenne; cook, stirring constantly, for 1 minute. Stir in tomatoes and their juice; cook for 2 minutes. Transfer the mixture to a blender or food processor. Add $\frac{1}{2}$ cup water and puree until smooth.

Return the puree to the pot. Pulse the remaining $\frac{1}{4}$ cup water in the blender or food processor to rinse the sauce residue. Add to the pot along with the reserved potatoes, chickpeas, peas and garam masala. Cook, stirring often, until hot, about 5 minutes.

Tip: Garam masala, a mix of coriander, black pepper, cumin, cardamom, cinnamon and other spices, adds a warming, complex layer of flavor to this Indian stew.

Nutrition Per Serving: 321 calories; 47 g carbohydrates; 12 g fat (1 g sat, g mono); 9 g protein; 0 mg cholesterol; 9 g dietary fiber; 796 mg potassium; 533 mg sodium.

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Cucumber & Avocado Salad

Ingredients:

- 1 medium shallot
- 3 tablespoons fresh lime juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon thinly sliced fresh mint
- 1 tablespoon thinly sliced fresh basil
- $\frac{1}{2}$ teaspoon salt
- 1 English cucumber
- 1 ripe avocado, halved

Note: This recipe calls for an English cucumber, which doesn't have to be peeled, but regular cucumbers work well too—just peel them before slicing.

Preparation

Toss shallot: rings with lime juice in a large

bowl; let stand until softened, about 10 minutes. Whisk in oil, mint, basil and salt. Add cucumber; toss to coat. Let the cucumber marinate in the dressing, tossing occasionally, until softened, about 10 minutes. Using a slotted spoon, transfer the cucumber to a platter; top with avocado. Drizzle the dressing over the salad. Serve immediately.

Nutrition Per Serving: 199 calories; 10 g carbohydrates; 18 g fat (3 g sat, g mono); 2 g protein; mg cholesterol; 4 g dietary fiber; 449 mg potassium; 298 mg sodium.

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Save The Dates! Upcoming Online Classes



Date	Online Class Description	Time	Cost
Jan.24	Health Literacy & Communication How to Talk to Your Doctor	11:30 am	Free
Feb.7	Nutrition, Health & Wellness Healthy Heart - Eating Healthy For Hypertension	11:30 am	Free
Feb.21	Nutrition, Health & Wellness Nutrition Guidelines & Healthy Meal Planning	11:30 am	Free
March 6	Food Safety—Capture the Flavor Healthy Cooking with Herbs and Spices	11:30 am	Free
March 21	Health Literacy— Green Cleaning and Healthy Homes How to Make Natural Cleaning Supplies	11:30am	Free
April 10	Nutrition, Health & Wellness Nutrition, Health and Wellness: The MIND Diet for Brain and Mental	11:30 am	Free
In person	Note: Interested in our Dinning with Diabetes, Fresh Conversation, Dash Plus, Wellness Plus Session s-which are ongoing and taught @ our community partnerships location— Inquire about classes at your location—Check website for more details.		

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

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If you need a reasonable accommodation to participate in any event or activity please contact your local University of Maryland please contact your local University of Maryland Extension Office at least two weeks in advance.

Contact the Faculty Extension FCS/Nutrition Educator for more information

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