

WINTER 21-22

UNIVERSITY OF MARYLAND EXTENSION



# Health, Nutrition & Wellness

*"Solutions In Your Community"*

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## RECIPES

Each issue includes healthy recipes!  
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And many more!

## Family & Consumer Sciences

Welcome to the Winter 2021 –22 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

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

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

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

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



## Delicious Winter Produce

Believe it or not, the winter months provide quite a bounty of fresh and healthy foods. Here are 5 delicious, in-season fruits and vegetables to keep you in good health during the winter.

**Bananas**  
This simple tasty fruit hits its peak in the winter months, though you can buy it all year.

**Oranges**  
It's not just oranges that are in season and at their peak of taste of nutrition but also other citrus like clementine's & grapefruit.

**Cabbage**  
A healthy, extremely budget-friendly vegetable. Chop and add to soups and salads.

**Broccoli**  
Cruciferous vegetables like broccoli and cauliflower taste best when harvested in the cooler temperatures of fall and winter.

**Turnips**  
If you are looking to expand your flavor bank, try this pretty little root vegetable. Turnips stay fresh for a week or even longer if refrigerated.



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



## December Themes

### Prevent Food Poisoning During 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.** Meat, chicken, turkey, seafood, and eggs can carry germs that cause food poisoning. Use a food thermometer to ensure these foods have been cooked to a safe internal temperature external icon. 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.”** Bacteria 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 any perishable food 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 or below 40°F and the freezer at or below 0°F.

**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 Caesar dressing. Always use pasteurized eggs when making these and other foods made with raw eggs.

**Do not eat raw dough or batter.** Dough and batter made with flour or eggs can contain harmful germs, such as E. coli and Salmonella. Do not taste or eat raw dough or batter that is meant to be baked or cooked. This includes dough or batter for cookies, cakes, pies, biscuits, pancakes, tortillas, pizza, or crafts. Do not let children taste raw dough or batter or play with dough at home or in restaurants. Some companies and stores offer edible cookie dough that uses 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 turkey in the refrigerator, in a sink of cold water (change the water every 30 minutes), or in the microwave. Avoid thawing foods on the counter. A turkey must thaw at a safe temperature to prevent harmful germs from growing rapidly.

**Wash your hands.** 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 handling pet food or pet treats or touching 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: [cdc.gov](http://cdc.gov)

## December Themes

### National Safe Toys and Gifts Month

Sadly thousands of children are injured every year as a result of playing with unsafe or non age appropriate toys. The United States Consumer Product Safety Commission has created a robust toy safety system, by requiring testing by independent, third party testing laboratories around the world; enforcing stringent lead and phthalates limits for toys; imposing some of the most stringent toy standards in the world; and stopping dangerous toys at the ports and in the marketplace before they reach children's hands. While the work that is undertaken by the CPSC goes a long way in protecting our young people (and adults) there are still many toy related injuries that take place- in 2010 251,7000 toy related accidents were reported in hospital emergency rooms across the US.

Since December is the biggest gift-giving month in the world, it's important to keep safety in mind as you're shopping for the little ones in your life.

Here are some ways to be sure you're shopping safely this year.

1. **Try to avoid toys with sharp edges, lots of little parts, or parts that can be easily pulled off. (Especially if it's for a baby or toddler)**
2. **Check that the age and skill level marked on the toy matches the age and skill level of the child you're buying for.**
3. **Toys should have a label for ATSM (American Society for Testing and Materials) that proves it's up to standard. ATSM testing is more important than many people realize.**
4. **Do not give toys with ropes, cords, or that can heat up, and avoid crayons and markers unless labeled nontoxic.**

Follow this advice, and your whole family is sure to have a very merry (and injury-free) holiday season!

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



NATIONAL  
HANDWASHING  
AWARENESS WEEK



### Handwashing Awareness Pop Quiz!

1. Approximately \_\_\_\_ % of communicable diseases are believed to be transmitted by human hands.

- a) 25% b) 50% c) 80% d) 95%

Answer: c

2. "Scrub" is one of the 5 steps in proper hand washing. To be most effective, you should scrub your hands for at least \_\_\_\_ seconds.

- a) 10 b) 20 c) 30 d) 40

Answer: b

3. The CDC guidelines for hand washing are based on \_\_\_\_\_.

- a) Common sense steps developed by CDC scientists.  
b) Several extensive scientific studies.  
c) Product guidance from soap manufacturers.  
d) All of the above.

Answer: b

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



## December Recipes



### Skillet Spiced Apples

Ingredients:  
4 apples  
4 tbsp. (½ stick) butter  
1 tbsp. honey  
1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg

min. on medium heat. Add honey and spices, and cook for 2 more minutes.

*Nutrition Facts: 186 calories, 27 carbs, 17.3g sugar, 3.4g fiber, 0.5g protein, 31mg cholesterol,*

Directions:  
Peel and slice apples. Heat the butter in a saucepan and cook the apple wedges for 10

*Source: Allrecipes.com*



### Easy Sugar Cookies

Ingredients:  
2 ¾ cups all-purpose flour  
1 teaspoon baking soda  
½ teaspoon baking powder  
1 cup butter, softened  
1 ½ cups white sugar  
1 egg  
1 teaspoon vanilla extract

smooth. Beat in egg and vanilla. Gradually blend in the dry ingredients. Roll rounded teaspoonful of dough into balls, and place onto ungreased cookie sheets. Decorate with sugar, sprinkles or other candies, if desired.

Directions:  
Preheat oven to 375 degrees F. In a small bowl, stir together flour, baking soda, and baking powder. Set aside.

Bake 8 to 10 minutes in the preheated oven, or until golden. Let stand on cookie sheet two minutes before removing to cool on wire racks.

In a large bowl, cream together the butter and sugar until

*Nutrition Facts: 86 calories; protein 0.9g; carbohydrates 11.7g; fat 4g; cholesterol 14mg; sodium 60.1mg.*



FCS /Nutrition Educator,  
Jennifer Dixon Cravens  
sharing her sugar cookies



## December Recipes

### Cornish Hens

#### Ingredients:

2 whole Cornish game hens (about 1 ¼ lb. each)  
¼ tsp salt  
freshly ground black pepper  
2 tsp herbes de Provence  
1 small onion, quartered  
1 stalk celery, sliced  
1 whole carrot, sliced  
1 tsp cornstarch

#### Directions:

Preheat oven to 350F. Lightly oil or spray a 9x13 inch baking dish with cooking spray.

Split hens in half by cutting down backbone and then through breastbone. Carefully lift skin and season meat with salt, pepper and herbs.

Place birds in prepared baking dish, cut side down, placing a section of onion, some celery and carrots under each half.

Bake for 45 minutes, basting every 15 minutes with pan juices until juices run clear and internal temp in thickest part of the thigh reaches 165F.

Skim fat off juices in baking dish and thicken pan juices with a teaspoon of cornstarch mixed with 1 teaspoon of cold water.

*Nutrition Facts: 193 Calories, 12. Grams of fat, 3.4 grams of saturated fat, 4.4 grams of carbs, 1.6 grams of sugar, 1.1 gram of fiber, 15. 3 grams of protein, 87 grams of cholesterol, 200 grams of sodium.*

Source: Allrecipes.com



### Horseradish Mashed Potatoes

#### Ingredients:

3 lbs. russet potatoes or 3 lbs. of yucan gold potatoes  
¾ cup half & half  
2 tbsp. unsalted butter, sliced and divided  
1 cup reduced-fat sour cream  
3 tbsp. prepared horseradish  
2 tsp Worcestershire sauce  
¼ cup chopped chives

#### Directions:

Peel and cut the potatoes into 2-inch chunks. Add potatoes and salt to a large pot of cold water and heat to a boil on medium-high. Reduce heat and simmer 15 min., until fork-tender.

Drain potatoes well and return to pot. In a microwave-safe bowl, heat half & half and 2 tbsp. butter 30 sec.–1 min., until very

warm. To pot with potatoes, add half & half mixture, sour cream, horseradish, and Worcestershire sauce.

With a potato masher, mash potatoes until smooth and creamy. Heat on low until potatoes are heated thoroughly, stirring constantly. Remove from heat. Top with remaining 1 tbsp. butter to melt and garnish with the chives to serve.

*Nutrition Info: Calories 261, Fat 11 grams, Saturated fat 5 grams, 30 carbs, 65 mg sodium, 2 grams of sugar, 2 grams of fiber, 7 grams of protein 30 mg cholesterol.*

Source: allrecipes.com





## Physical Wellness



## January Themes

### Wellness Tips for the New Year!

Start the new year off right, implement these New year wellness tips and stick with them throughout the year.

- ◆ Get eight hours of sleep every night. ...
- ◆ Drink more water. ...
- ◆ Get moving. ...
- ◆ Take time to reflect. ...
- ◆ Get your protein in. ...
- ◆ Set goals for yourself.
- ◆ Add more fruits and vegetables at each meal. ...

- ◆ Keep healthy snacks near you at all times. ...
- ◆ Add one new healthy food each week. ...
- ◆ Drink half your body weight in water. ...
- ◆ Start your morning with a hydrating warm drink. ...
- ◆ Experiment with spices. ...
- ◆ Add beans to everything.

Source: [https://www.huffpost.com/entry/10-wellness-tips-for-atta\\_b\\_8887268](https://www.huffpost.com/entry/10-wellness-tips-for-atta_b_8887268)

## Thyroid Awareness Month

There are over 30 Million Americans who have been affected by Thyroid disease. The only sure way to be diagnosed with this disease is to have a blood test performed that measures your thyroid hormone levels. It is highly recommended that if you or your loved one is a senior over 60 that a thyroid-stimulating hormone test be administered. This test measures if the gland is working properly or not. Anyone can develop a thyroid problem; however, it is more prominent in older women.

**Hyper**thyroidism: the thyroid is more active that it should be. This form of disease is most common in people 50 and younger. Although this condition is associated with more energy, a person's body will break down over time, leaving them to feel more tired. Some of the symptoms to look out for are: Unintentional weight loss, even when your appetite and food intake stay the same or increase.

- Rapid heartbeat (tachycardia)
- Irregular heartbeat (arrhythmia)
- Pounding of your heart (palpitations)
- Increased appetite.

- Nervousness, anxiety and irritability.
- Hypo**thyroidism: the thyroid works slower than it should. This is common in patients over the age of 60. Some of the symptoms in older adults can be unspecific and similar to other diseases. This leads to the condition going under-diagnosed for many people in this population.

#### Symptoms to watch out for are:

Fatigue, Increased sensitivity to cold, Constipation, Dry skin, Weight gain, Puffy face. Hoarseness, Muscle weakness, Elevated blood cholesterol level, Muscle aches, tenderness and stiffness, Pain, stiffness or swelling in your joints, Heavier than normal or irregular menstrual periods, Thinning hair, Slowed heart rate, Depression, Impaired memory, Enlarged thyroid gland (goiter)

#### Resources:

<https://www.thyroid.org/january-thyroid-awareness-month/>  
<https://www.agingcare.com/Articles/things-to-know-about-thyroid-176292.htm>  
[mayoclinic.org](http://mayoclinic.org)



## January Themes

### Physical Fitness In Winter

Experts recommend adults get at **least 150 minutes a week** of moderate intensity physical activity. Many activities count, such as walking, running, or wheelchair rolling. You can break that up into smaller chunks of time or spread your activity out during the week. Try 30 minutes a day, 5 days a week.

**1. Take nature walks.** Weather permitting, schedule time during the day to enjoy nature. Take a stroll around a safe neighborhood or park.

**2. Monitor the weather and plan ahead.** Weather forecasts give several days' notice to prepare your week. Be sure to monitor the weather, dress appropriately, and plan your winter activity accordingly.

**3. Wear layers.** Wear several layers of comfortable clothing so that items can be removed easily as you become warmer. Layers will help you guard against overheating, sweating, and eventually becoming colder.

**4. Workout online.** Consider tuning into a

TV, online, live Zoom, or Instagram workout class. Find free or low-cost exercise videos online to help you do aerobics, dance, stretch, and build strength.

**5. Do some chores.** When bad weather keeps you from going outside, look for [ways to be physically active indoors](#). Housework such as vacuuming, sweeping, and cleaning all count towards your physical activity goals. And you'll knock out some items on your to-do list while gaining health benefits. Walking or running up and down stairs in your home can be a great workout, too.

**6. Volunteer in active ways** while maintaining social distance. Help others while helping yourself. Look for volunteer opportunities that involve physical activity such as walking dogs for elderly neighbors or shoveling snow. When volunteering, remember to follow [social distancing](#) recommendations to keep yourself and others safe.

Source: <https://www.cdc.gov/obesity/data/obesity-and-covid-19.html#steps>



## Cervical Cancer Awareness Month

The United States Congress designated January as Cervical Health Awareness Month. Cervical cancer was the 4th most common cancer among women in 2020. More than 14,000 women in the United States are diagnosed with invasive cervical cancer each year, but the disease is preventable with vaccination and appropriate screening.

You can lower your risk for cervical cancer by getting screened regularly, starting at age 21. Two tests help prevent cervical cancer or find it early—

- **The Pap test** (or Pap smear) looks for precancers, which are cell changes on the cervix that might become cervical cancer if they are not treated appropriately.

- **The human papillomavirus (HPV) test** looks for the virus that can cause these cell changes.

CDC's National Breast and Cervical Cancer Early Detection Program (NBCCEDP) provides breast and cervical cancer screenings and diagnostic services to low-income, uninsured, and underinsured women across the United States.

**In Maryland, to find out if you qualify for free or low-cost Pap Test or mammogram and where to get screened, call: 1-800-477-9774.**

Source: <https://www.cdc.gov/cancer/nbccedp/screenings.htm>



## Children's & Winter Wellness



## Immune-Boosting Food and Drinks for your Children

The stronger your child's immune system is going into cold and flu season, the better. One of the best ways to boost the immune system is with vitamin- and nutrient-rich foods and drinks. Try to incorporate the following foods into your child's diet this winter:

**Beef** contains zinc, which is vital in the production of the white blood cells your child uses to destroy bacteria.

**Fruits** that contain vitamin C—oranges, pomegranates, strawberries, and raspberries all contain a good amount of this vital vitamin.

**Garlic** contains allicin, a compound that fights bacteria and infection.

**Yogurt** contains probiotics which help keep the digestive system free from disease-causing germs.

Much like your home requires extra energy to stay warm during the winter, your child's body will require extra nutrients to fight viruses and infections when they do strike.

- Provide Kids With More Immune-Boosting Food and Drinks
- Limit Children's Sugar Intake
- Keep Kids Hydrated
- Make Sure Children Get Enough Sleep
- Encourage Kids to Relax
- Change Your Children's Toothbrushes
- Teach Kids to Wash Their Hands.
- Know When to Take Children to the Doctor.

## Stress Reduction

### Citrus Scents Induce a Feeling Of Calm

Research from the U.S. National Library of Medicine shows that lemon and sweet orange oil, among other citrus scents, have a positive effect on physical, mental, and spiritual wellbeing.

And because aromatherapy has very few side effects, everyone from cancer researchers to naturopaths have been looking into the health benefits of scent and its potential applications in a variety of health contexts.

Peeling an orange during periods of stress is helpful even if you don't feel like eating the orange— you'll experience the aromatherapy benefits for anxiety just by peeling it and busy hands help idle minds.

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



## In Season: Citrus Fruit

Sweet, brightly colored citrus fruits bring a burst of sunshine into winter days. But citrus fruits are not only flavorful and pretty — they're also good for you.

This class of fruits includes lemons, limes, oranges and grapefruit, as well as many more hybrids and varieties.

They have a bunch of health benefits, from boosting immunity to fighting cancer. While citrus fruits are generally healthy, they can have some drawbacks. Their acid can erode tooth enamel and grapefruit can interact with some medications.

You can find all kinds of citrus fruits year round. The peak season for oranges and grapefruits in the Northern Hemisphere is between mid-December and April.

Here are some popular varieties of citrus fruits:

**Sweet oranges:** Valencia, navel, blood orange, cara cara

**Mandarins:** Satsuma, clementine, tangor, tangelo

**Limes:** Persian, key lime, kaffir

**Grapefruit:** White, ruby red, oroblanco

**Lemons:** Eureka, Meyer

Other kinds: Citron, sudachi, yuzu, pomelos  
Read on for 7 reasons to add these fruits to your diet.

1. Citrus fruits are very nutritious, offering a host of vitamins, minerals and plant compounds that help keep you healthy.
2. Citrus fruits are good sources of soluble fiber, which helps lower cholesterol and aids digestion.
3. Citrus fruits are low in calories, making them a smart choice for people seeking to lose or maintain their weight.
4. Eating citrus fruits may help lower the risk of kidney stones in some people by raising citrate levels in urine.
5. Citrus fruits have been widely studied for their protective effects on a variety of cancer types.
6. Many compounds in citrus fruits can benefit heart health by improving cholesterol levels and lowering blood pressure.
7. Citrus fruits and juices may help boost brain function and protect the brain from neurodegenerative disorders.

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



- Protects your cells from damage.
- Helps your body make collagen, a protein that heals wounds and gives you smoother skin.
- Makes it easier to absorb iron to fight anemia.
- Boosts your immune system, your body's defense against germs.



# January Recipes



## Winter Salad

**Ingredients:**

- 8 cups green curly kale packed, stems removed and chopped
- 1 tbsp. extra virgin olive oil
- 1/4 tsp salt
- 1 large pomegranate arils only
- 4 mandarins or 1 orange sliced
- 1/2 cup almonds slivered, sliced or coarsely chopped

**For Orange Ginger Dressing:**

- 1/4 cup orange juice
- 1 tbsp. extra virgin olive oil
- 1 tsp fresh ginger grated
- 1/4 tsp salt
- Ground black pepper to taste

**Directions:**

In a large salad bowl, add kale, olive oil and salt. Massage with your hands for 2-3 minutes until the amount of kale shrinks a bit. Add pomegranate and orange slices. Set aside.

Toast nuts in a skillet on medium heat until fragrant, stirring often. Transfer to a bowl with salad.

In a small bowl, add orange juice, olive oil, ginger, salt, pepper and whisk with a fork. Pour dressing over salad, toss gently and enjoy.

*Note: You can store salad leftovers for up to 36 hours without salad becoming soggy.*

*Make Ahead: If you would like to make salad ahead, prepare kale leaves and store in a zip top bag for up to 7 days. I often prep kale like this for easy use throughout the week. If you buy chopped kale in bags, you might have to remove the ribs.*

*Then store toasted nuts in a dry place. Salad dressing can be made for up to 7 days in advance and refrigerated. Remove it from the fridge 30 minutes ahead of serving to allow olive oil to warm up.*

*Nutrition Facts: 190 calories, 12g fat, 19 carbs, 8g sugar, 3g fiber, 7g protein*

*Source: ifoodreal.com*



# January Recipes

## Spinach Gratin

### Ingredients:

3 tbsp. whipped butter  
 1 cup finely chopped onion  
 1/4 cup flour  
 1/4 tsp fresh grated nutmeg  
 3 cups 2% milk  
 3 lbs. frozen chopped spinach, defrosted (I used 3 16-oz packages )  
 3/4 cup freshly grated Parmesan cheese  
 1 tbsp. kosher salt  
 1/2 tsp freshly ground black pepper  
 1/2 cup shredded Swiss or Gruyere cheese

### Directions:

Preheat the oven to 425F°.

In a heavy-bottomed sauté pan melt the butter over medium heat. Add the onions and sauté until translucent, about 10 - 12 minutes.

Add the flour and nutmeg; cook 2 more minutes, stirring occasionally.

Add the milk and cook until thickened, about 5 - 7 minutes.

Squeeze as much liquid as possible from the spinach and add the spinach to the sauce.

Add 1/2 cup of the Parmesan cheese and mix well. Season to taste, with salt and pepper.

Transfer the spinach to a large baking dish and sprinkle the remaining 1/4 cup Parmesan and the Swiss cheese on top. Bake for 20 minutes until hot and bubbly. Serve hot.

*Nutrition Facts: 111 calories; protein 7.7g; carbohydrates 9.2g; fat 5.5g; cholesterol 17mg; sodium 287mg.*

Source: Allrecipes.com







## January Recipes

### Simple Chicken Noodle Soup

#### Ingredients:

2 tbsp. olive oil  
 ½ cup diced onions  
 4 stalks celery, thinly sliced  
 4 medium carrots, thinly sliced  
 3 small boneless, skinless chicken breasts  
 1 box (32 oz.) Low Sodium Chicken Broth  
 4 cups water  
 4 oz. angel hair pasta  
 ¼ cup chopped fresh dill  
 2 tbsp. lemon juice

#### Directions:

In a large pot, heat the oil on medium-high. Add the onions, celery, and carrots. Season with salt. Cook 6 min., stirring often.

Meanwhile, chop the chicken into ½-inch chunks.

To pot, add the broth and water. Heat to a boil. Add chicken to the pot. Reduce heat and simmer 8 min., stirring occasionally.

Break the pasta into 1-inch pieces and add to pot. Cook 6 min., until pasta is tender and chicken is cooked through, stirring often. Season with salt and pepper. To serve, stir in the dill and lemon juice.

*Nutrition info; Calories 232, Fat 7.5 grams, saturated fat 1.3 grams, Carbs 21 grams, 174 sodium, 2.3g fiber, 19.5g protein, 40mg cholesterol*

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

### Beets & Orange Salad

#### Ingredients:

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

#### Directions:

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

Grate 2 tsp zest from 1 orange and squeeze 3 tbsp. juice into a large bowl. Whisk in the vinegar, mustard, and remaining 3 tbsp. oil. Season with salt and pepper to taste.

Cut the peel and pith from remaining orange. Thinly slice. Cut cucumber in half lengthwise, then thinly slice into half-moons. Add to bowl, tossing to coat with dressing.

Add beets to bowl and gently toss with mixture. When ready to serve, add the arugula and toss to combine.

*Nutrition Facts: calories 221, carbs 20, fat , sodium 187, 5g sugar, 6g fiber, 4g protein, 0mg cholesterol*

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



## January Recipes

### Warming Chai Latte

#### Ingredients:

4 cups water  
1 tsp ground cinnamon  
 $\frac{3}{4}$  tsp ground ginger  
 $\frac{1}{2}$  tsp ground cloves  
3 tbsp. maple syrup  
4 bags black tea  
1 cup unsweetened almond milk

#### Directions:

In a medium pot, whisk together the water, cinnamon, ginger, cloves, and maple syrup.

Heat to a boil on high. Add the tea bags and remove pot from heat. Allow tea to steep 4 min.

Remove and discard tea bags. Stir the almond milk into tea. Divide among 4 mugs. Stir occasionally to prevent spices from settling at the bottom of mug

*Nutrition info: 55 calories, carbs 15, 0.2g sugar, 0.6g fiber, 0.3g protein, 45 sodium, 0mg cholesterol*

*Source: allrecipes.com*



### Biscotti

#### Ingredients:

10 tablespoons unsalted butter softened to room temperature  
1  $\frac{1}{2}$  cups sugar (265g)  
3 large eggs  
2 teaspoons vanilla extract  
3  $\frac{1}{4}$  cups all-purpose cups flour (406g)  
1 Tablespoon baking powder  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{3}{5}$  cup slivered almonds  
 $\frac{3}{5}$  cup mini chocolate chips  
 $\frac{1}{2}$  cup dark chocolate melting wafers or chocolate chips optional

#### Directions:

Preheat oven to 350F. Line a cookie sheet with parchment paper and set aside. Using a stand mixer or an electric hand mixer, beat together butter and sugar until creamy and well-combined. Add eggs, one at a time, stirring well after each addition. Stir in vanilla extract.

In a separate, medium-sized bowl, whisk together flour, baking powder, and salt. Gradually add flour mixture into butter mixture, stirring until completely combined. Stir in mini chocolate chips and almonds.

Using lightly floured hands, divide dough into two equal pieces and place on prepared baking sheet. Form dough into two separate logs approximately 10-12" long by 2-3" wide, and

be sure to space them at least 4" apart as biscotti will spread (you may use separate cookie sheets to bake, if needed). If dough is too sticky, lightly dust with additional flour and lightly powder your hands with a thin layer of flour.

Bake 30 minutes, or until golden brown. Remove from oven and allow biscotti to cool completely. Once cooled, slice loaves diagonally into slices about 1  $\frac{1}{2}$ " thick (I recommend using a bread knife for this). Place biscotti cut-side down on parchment paper lined cookie sheet.. Return to 350F oven and bake for 10 minutes. Flip each biscotti over gently, and then bake another 10 minutes on 350F. Biscotti should be lightly golden brown when finished baking.

Allow to cool completely. If desired, melt chocolate in 20 second increments (stirring in between) until melted and use a spoon to drizzle over cooled biscotti. Allow chocolate to harden before serving (this will take much longer with chocolate chips than with melting wafers). Store in an airtight container at room temperature and will keep for several weeks.

*Nutrition info per slice: Calories 218, Fat 9 grams, Carbs 31 grams, 89 sodium, 1g fiber, 4g protein, 34mg cholesterol*

*Source: sugarspunrun.com/biscotti*





## Community Wellness



## February Themes

### American Heart Month 5 Tips for a Healthy Heart!

**Follow these five tips and you'll be doing your heart a favor. You'll feel better and be able to stay active with a heart-healthy lifestyle**

**1. Eat healthy fats, NOT trans fats.** We need fats in our diet, including saturated and polyunsaturated and unsaturated fats. One fat we don't need is trans fat, which is known to increase your risk of developing heart disease or having a stroke over a lifetime. This is because trans fat clogs your arteries by raising your bad cholesterol levels (LDL) and lowering your good cholesterol levels (HDL). TIP: Read the labels on all foods. Trans fat appears on the ingredients list as partially hydrogenated oils. Eat more fruits and vegetables and food rich in fiber. *Eat your beans they are rich in fiber.*

**2. Practice good dental hygiene,** especially flossing your teeth daily. Dental health is a good indication of overall health, including your heart, because those who have periodontal (gum) disease often have the same risk factors for heart disease. Studies continue on this issue, but many have shown that bacteria in the mouth involved in the development of gum disease can move into the bloodstream and cause an elevation in C-reactive protein, a marker for inflammation in the blood vessels. These changes may in turn, increase your risk of heart disease and stroke. TIP: Floss and brush your teeth daily to ward off gum disease. It's more than cavities you may have to deal with if you are fighting gum disease.

**3. Get enough sleep.** If you don't sleep enough, you may be at a higher risk for cardiovascular disease no matter your age or other health habits. Researchers believe sleeping too little causes disruptions in underlying health conditions and biological processes, including blood pressure and

inflammation. TIP: Make sleep a priority. Get 7 to 8 hours of sleep most nights. If you have sleep apnea, you should be treated as this condition is linked to heart disease and arrhythmias.

**4. Don't sit for too long at one time.** In recent years, research has suggested that staying seated for long periods of time is bad for your health no matter how much exercise you do. This is bad news for the many people who sit at sedentary jobs all day. When looking at the combined results of several observational studies that included nearly 800,000 people, researchers found that in those who sat the most, there was an associated 147 percent increase in cardiovascular events and a 90 percent increase in death caused by these events. TIP: Experts say it's important to move throughout the day. Park farther away from the office, take a few shorter walks throughout the day and/or use a standing work station so you can move up and down. And remember to exercise on most days.

**5. Avoid secondhand smoke.** Studies show that the risk of developing heart disease is about 25 to 30 percent higher for people who are exposed to secondhand smoke at home or work. According to the American Heart Association, exposure to tobacco smoke contributes to about 34,000 premature heart disease deaths and 7,300 lung cancer deaths each year. And nonsmokers who have high blood pressure or high blood cholesterol have an even greater risk of developing heart disease when they're exposed to secondhand smoke. This is because the chemicals emitted from cigarette smoke promote the development of plaque buildup in the arteries.

Source: [health.clevelandclinic.org](http://health.clevelandclinic.org)

# February Themes

## African Heritage and Health Week

February 1st-7th is African Heritage & Health Week and the first week of Black History Month. African Heritage & Health Week is the ideal time to learn more about your heritage.

This week also offers a great opportunity to take a closer look at your health. Review the pyramid diet below, and try to follow the African Heritage for best health results and longevity .



### African Heritage Diet Pyramid

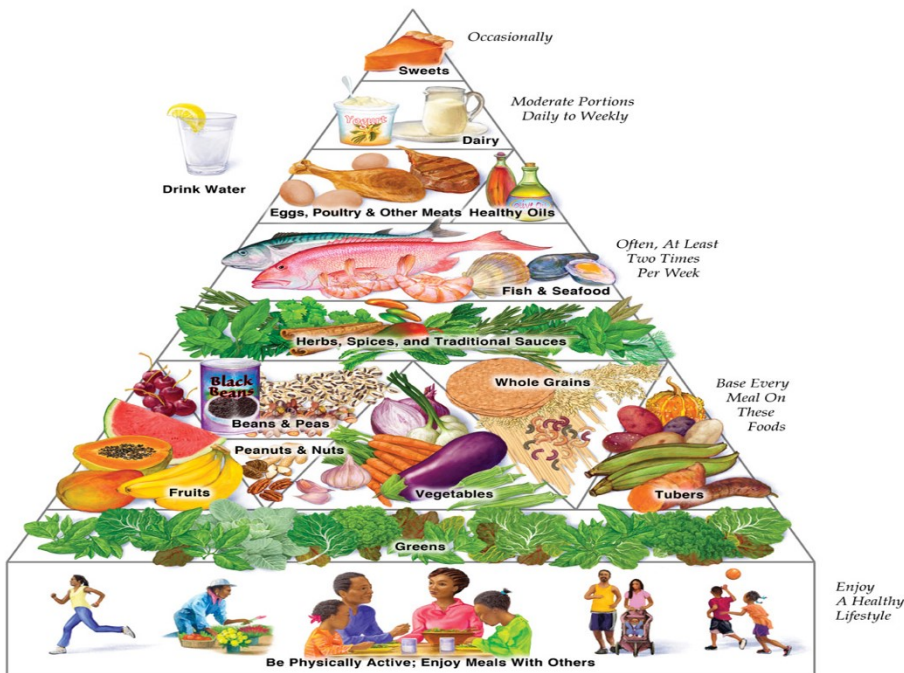


Illustration by George Middleton  
 © 2011 Oldways Preservation and Exchange Trust [www.oldwayspt.org](http://www.oldwayspt.org)



## Heart Healthy Recipes



### Black-Eyed Peas

#### Ingredients:

1 pound black eyed peas  
 1 large onion , diced  
 1 stalk celery , diced  
 2-3 teaspoons minced garlic  
 1 Jalapenos , minced (optional) replace  
 with cayenne pepper  
 2 teaspoons fresh thyme , minced  
 bay leaf  
 1 teaspoons creole seasoning  
 2 cups chicken broth  
 2 cups or more Collard greens or kale  
 Salt and pepper to taste

#### Directions:

Rinse dry black-eyed pea beans and pick through and discard any foreign object. (I did not have to do this because I used the package beans). Add beans to a large pot covering with 3-4 inches of cold water. Cover and let sit for about 2-3 hours.

Put in the onions, celery, garlic, jalapenos, thyme and bay leaf and sauté for about 3-5 minutes, until onions are wilted and aromatic. Then pour in the chicken broth or water.

Drain the soaked beans, rinse, and place

the beans in the pot. Season with creole seasoning and salt to taste. Mix and bring to a boil. Reduce heat to a simmer and cook, uncovered, for about 20 minutes. Throw in the collard greens, and bacon and sausage into the pot, continue cooking for another 10 minutes or more, stirring occasionally, or until beans are tender and slightly thickened to your desire.

Add more stock or water if the mixture becomes dry and thick, the texture of the beans should be thick, somewhat creamy but not watery. Remove the bay leaves. Taste and adjust for seasonings with pepper, creole seasoning and salt if needed. Serve over cooked rice and garnish with green onion.

*Nutrition Facts: 304 calories; protein 12g; carbs 8g; fat 24g; sodium 240mg.*

*Source: : thespruceeat.com*



### Rice and Lentils

#### Ingredients:

¼ cup olive oil  
 1 large onion, chopped  
 3 cloves garlic, chopped  
 1 teaspoon chopped fresh ginger root  
 1 cup brown rice  
 1 cup green lentils  
 1 teaspoon ground cumin  
 1 teaspoon salt  
 ½ teaspoon ground black pepper  
 ½ teaspoon ground cinnamon  
 2 ½ cups water

#### Directions:

Heat olive oil in a pot over medium heat; cook and stir onion and garlic until onion has softened, 5 to 7 minutes. Add ginger and stir until fragrant, 1 minute. Add brown rice and stir to coat rice with oil. Stir lentils, cumin, salt, black pepper, and cinnamon into rice mixture; cover with water. Place lid on pot and simmer over low heat until lentils are tender and rice has absorbed the water, about 45 minutes.

*Nutrition Facts: 207 calories; protein 7.1g; carbohydrates 28.5g; fat 7.6g; sodium 296.3mg.*

*Source: allrecipes.com*

## February Recipes

### Jennifer's Texas Caviar – Pinto Beans

#### Ingredients:

8 cups of water  
 2 tablespoons olive oil  
 2 cups dry pinto beans, rinsed or 2 cans of pinto beans  
 ½ cup of washed diced yellow and red onion  
 Garlic powder  
 1 can of stewed tomatoes  
 Pinch of cayenne, Black pepper , Cumin, turmeric, curry powder,  
 ½ cup of diced tomatoes

#### Directions:

Measure water ,Bring to a boil and add beans.  
 Cook over medium heat for 2 hours.  
 If using canned bans cook for 20– 30 minutes.

Season with a pinch of sea salt , black pepper, and pinch of cayenne pepper.

Add red and yellow onions.  
 Add spices listed to beans,  
 Cook beans until tender,  
 Garnish with fresh basil and fresh tomatoes.

*Nutrition Facts: 156 calories; protein 7g; carbohydrates25; fat 3.g; cholesterol 3mg; 100 sodium, rich in Vit. B .  
 Source: FCS Educator ,  
 Jennifer Dixon Cravens*



**EAT  
 YOUR  
 BEANS**

### White bean dip

#### Ingredients:

1 can (15 ounces) white (cannellini) beans, rinsed and drained  
 8 garlic cloves, roasted  
 2 tablespoons olive oil  
 2 tablespoons lemon juice

#### Directions:

In a blender or food processor, add the beans, roasted garlic, olive oil and lemon juice. Blend until smooth. Serve on top of thin slices of toasted French bread or pita triangles. This is also excellent placed on top of red (sweet) bell peppers cut into squares.

*Nutrition facts: 84 calories; Sodium123 mg, Total carbohydrate9 g, Dietary fiber3 g, Protein 3g*

*Source: Mayo Clinic*





## February Recipes

### Perfect Mixed Greens

#### Ingredients

2 bunches collard greens  
 2 bunches mustard greens  
 2 bunches turnip greens  
 1 tablespoons salt  
 1/2 cup of diced red onion  
 4 cups chicken broth, divided  
 ½ cup olive oil  
 1 pinch of onion powder  
 4 cloves garlic, sliced  
 salt and pepper to taste

#### Directions:

Pull the leaf portions of the collard, mustard, and turnip greens away from the tough stems, and discard the stems. Gently wash the greens in warm water to remove all soil and sand.

Partially fill a clean sink with warm water,

and stir in 1 tablespoons of salt and 2 cups of chicken broth; allow greens to soak in the mixture for 10 minutes. Scoop up the greens and allow to drain in a colander; discard used chicken broth. Do not rinse the greens.

Pour the remaining 2 cups of chicken broth into a large pot, and mix in the greens. Stir in vegetable oil, garlic, and season with salt and black pepper. Bring to a boil, reduce heat to a simmer, and cook until the greens are tender, stirring occasionally, 45 minutes to 1 hour.

*Nutrition Facts: 174 calories; protein 5.5g; carbohydrates 16.6g; fat 10.7g; cholesterol 5mg; sodium 250.mg.*

*Source: healthiersteps.com.*

### Mushroom and Spinach Soup

#### Ingredients:

2 tbsp.. (½ stick) butter  
 ½ cup diced onions  
 2 (8 oz.) pkgs sliced baby Bella mushrooms  
 1 tbsp. minced garlic  
 1 tsp dried thyme  
 3 tbsp. all-purpose flour  
 1 cups whole milk  
 1 cups low-sodium chicken broth  
 3 cups baby spinach  
 ½ cup seasoned croutons

#### Directions:

In a large pot, melt the butter on medium. Add the onions, mushrooms, garlic, and thyme. Season with salt. Cook 5 min., stirring often. Sprinkle the flour over the mushrooms. Cook 1 min., stirring often.

Stir in the milk and broth. Heat to a boil. Reduce heat to simmer. Cook 6 min., until liquid has thickened, stirring occasionally. Stir in the spinach until wilted. Divide among 4 bowls and top with croutons.

*Nutrition Facts :229 calories, 22 carbs, 9.2 grams of sugar, 1.9 grams of fiber, 11. Grams of protein, 43 mg of cholesterol, 165 sodium, 10 grams of fat.*

*Source: tastofhome.com*





## February Recipes

### Shaved Broccoli, Brussels Sprouts, and Kale Salad with Truffle Parmesan Dressing

#### Ingredients:

2 cups kale leaves stems stripped and discarded, and leaves thinly sliced

½ lb. broccoli thinly shaved (see note section)

½ lb. Brussels Sprouts ends trimmed and thinly shaved

#### Truffle Parmesan Dressing:

3 large egg yolks local, pasture-raised or pasteurized

2 small garlic cloves

2 olive oil-packed anchovy fillets

1 tablespoon Dijon mustard

2 tablespoons freshly squeezed lemon juice

½ cup vegetable or avocado oil

1 tablespoon white truffle oil (I recommend La Tourangelle brand)

#### Toppings:

3-4 tablespoons finely grated Parmigiano-Reggiano cheese plus more serving  
kosher salt, freshly ground black pepper

#### Directions:

Place the sliced kale in a large salad bowl. Using your hands, massage the kale lightly with your hands. It should wilt slightly and become almost silky in texture. This softens the kale and makes it much more enjoyable

to eat raw. Add the shaved broccoli and Brussels sprouts to the bowl. Set aside.

Prepare the Dressing: In a medium mixing bowl, whisk the egg yolks. Using a knife, mash the garlic cloves and anchovy fillets (sprinkle with a generous pinch of salt) with the side of your knife repeatedly until they form a paste. Add the garlic-anchovy paste to the mixing bowl, along with the Dijon mustard and lemon juice. Whisk all of the ingredients together. Slowly pour in the oil (in small droplets at first, then a very thin stream), whisking continuously with your other hand, until the dressing is smooth and emulsified. Whisk in the white truffle oil. Add the finely grated Parmigiano-Reggiano cheese and season the dressing to taste with salt and pepper. Dress the shaved salad mixture with the truffle-parmesan dressing and toss until evenly dressed (you will most likely use all of the dressing). Serve the salad and garnish with finely grated Parmigiano-Reggiano cheese.

*Nutrition Info: Calories 323, Fat 29g, Carbs, 12g, sodium 148 mg, 3g sugar, 4g fiber, 8g protein, 150g cholesterol*



### Seared Salmon

#### Ingredients:

4 (about 5 oz. each) salmon fillets

2 large shallots

½ cup light sour cream

¼ cup grainy Dijon mustard

3 tbsp. finely chopped parsley

#### Directions:

Pat the salmon dry with paper towels and season with salt and pepper. Heat a greased nonstick 12-inch skillet on medium-high. Arrange salmon, flesh-sides down, in skillet. Cook 4 min. per side, until cooked through and browned on both sides. Transfer to a large plate.

Chop the shallots and add to same skillet. Cook 2 min. on medium, stirring often. Stir in the sour cream and 2 tbsp. water. Cook 30 sec., until smooth. Remove from heat and stir in the mustard. Add salt and pepper to taste. Spoon sauce over salmon and garnish with the parsley.

*Nutrition Info: Calories 248, Fat 9.3 grams, Saturated fat, 3.1, Carbs, 5.2 grams, sodium 300 mg, 5 grams sugar, 0.7 grams of fiber, 30 grams of protein, 75 grams of cholesterol, rich in omega 3 fatty acids,*





## March Themes

### March is National Nutrition Month



March is National Nutrition Month, an entire month dedicated to the education, information, and awareness for healthy nutrition and dietetics. National Nutrition Month focuses on helping people make informed food choices and promotes healthy eating habits.

Fewer than 1 in 3 adults get the recommended amount of vegetables each day. Approximately 90% of Americans eat more sodium than is recommended for a healthy diet.

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

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

## Colorectal Cancer Awareness Month

All of March is National Colorectal Cancer Awareness Month. In February 2000, President Clinton officially dedicated March as National Colorectal Cancer Awareness Month. Since then, it has grown to be a rallying point for the colorectal cancer community where thousands of patients, survivors,

caregivers and advocates throughout the country join together to spread colorectal cancer awareness by wearing blue, holding fundraising and education events, talking to friends and family about screening and so much more.



**COLORECTAL  
CANCER  
AWARENESS  
MONTH**

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MARCH 2021

# March Themes

**March** is National Kidney Month, a time when communities across the country raise awareness about kidney disease. This year's focus is on taking charge of your health and the many factors that go into managing your kidney disease.

National Kidney Month

**1 in 3 U.S. adults is at risk for developing kidney disease**



Are you the one?

## March is National Kidney Month

Get to know your hard working kidneys

### 6 WAYS KIDNEYS KEEP YOU HEALTHY



Regulate fluid levels

Activate Vitamin D for healthy bones

Filter wastes from the blood

Directs production of red blood cells

Regulate blood pressure

Keep blood minerals in balance

### 8 PROBLEMS KIDNEY DISEASE CAN CAUSE



Cardiovascular disease

Heart attack

Stroke

Anemia/ low red blood cell count

Nerve damage

Weak bones

High blood pressure

Kidney Failure

### 4 RISK FACTORS

Diabetes

High blood pressure

Age 60+

Family history

### 7 SYMPTOMS



Swelling: face, hands, abdomen, ankles, feet

Blood in urine  
Foamy urine

Puffy eyes

Difficult, painful urination

Increased thirst

Fatigue

### 2 TESTS YOU CAN TAKE (BLOOD AND URINE)



**Urine albumin-to-creatinine ratio** estimates the amount of a type of protein, albumin, that you excrete in your urine.

**Glomerular Filtration Rate (GFR)** tells how well your kidneys are working to remove wastes from your blood. It is the best way to check kidney function. Doctors measure blood creatinine (waste build up) levels and perform a calculation based on race, age and gender.



National Kidney Foundation®

Learn more at [kidney.org](http://kidney.org)

### Kidney-Friendly Veggie Iron Sources

Support your iron stores and prevent anemia!



Spinach  
raw, 1 cup  
0.7 mg iron



Broccoli  
raw, 1 cup  
0.7 mg iron



Cauliflower  
raw, 1 cup  
0.2 mg iron



Cabbage  
red, raw, 1 cup  
0.7 mg iron



Kale  
raw, 1 cup  
0.4 mg iron



Mushrooms  
raw, 1 cup  
0.35 mg iron

Illustration powered by: [www.kidney.org](http://www.kidney.org)

## March Recipes

### Stewed Cabbage



#### Ingredients:

1 head green cabbage (about 2 pounds), outermost leaves removed  
 4 tablespoons extra-virgin olive oil, divided  
 $\frac{1}{4}$  teaspoon salt, divided  
 $\frac{3}{4}$  teaspoon ground pepper, divided  
 1 medium onion, halved and sliced  
 4 large cloves garlic, sliced  
 1 teaspoon caraway seeds  
 1 teaspoon cumin seeds  
 3 tablespoons tomato paste  
 2 cups low-sodium chicken or vegetable broth  
 1 teaspoon dry mustard  
 Chopped parsley for garnish  
 Whole-grain mustard for serving

#### Directions:

Preheat oven to 350°F.  
 Slice cabbage in half through the root. Cut each half into 4 wedges, keeping the root intact. Heat 1 tablespoon oil in a large cast-iron or other heavy ovenproof skillet over medium heat. Add 4 cabbage wedges and cook until browned in spots on both sides, 3 to 5 minutes per side. Transfer to a plate and

sprinkle both sides with  $\frac{1}{4}$  teaspoon each salt and pepper. Repeat with 1 tablespoon oil, the remaining cabbage and  $\frac{1}{4}$  teaspoon each salt and pepper.

Add the remaining 2 tablespoons oil, onion, garlic, caraway seeds and cumin seeds to the pan; cook, stirring, until starting to soften and brown, 2 to 3 minutes. Add tomato paste and cook, stirring, until starting to darken, about 2 minutes. Add broth, dry mustard and the remaining  $\frac{1}{4}$  teaspoon each salt and pepper; increase heat to medium-high and bring to a boil. Return the cabbage to the pan, overlapping the wedges if necessary. Bake, turning once, until the cabbage is very soft and the sauce has reduced and thickened, 40 to 45 minutes. Sprinkle with parsley and serve with mustard, if desired.

#### Nutrition Facts/Per Serving:

114 calories; fat 8g; sodium 262mg; carbohydrates 11g; dietary fiber 4g; protein 3g; sugars 5g.

Source: FCS Educator, Jennifer Dixon Cravens



### Turkey Vegetable Stew



#### Ingredients:

2 tablespoons butter  
 2 onions, chopped  
 1 stalk celery, cut into 1 inch pieces  
 2 carrots, peeled and sliced into 1 inch pieces  
 2 potatoes, peeled and cubed  
 3 tablespoons all-purpose flour  
 3 cups chicken stock  
 $\frac{1}{4}$  teaspoon dried marjoram  
 2 skinless, boneless turkey breast halves, cubed  
 1 green bell pepper, diced

#### Directions:

Melt the butter in a pot over medium heat.

Place onions in the pot and cook until tender. Stir in celery and carrots, and cook until tender. Stir in the potatoes and flour. Pour in the chicken stock, and season soup with marjoram. Place turkey in the pot, and bring to a boil. Reduce heat to low, cover, and simmer 30 minutes.

#### Step 2

Mix the green bell pepper into the soup, and continue cooking 10 minutes, until pepper is tender.

Nutrition Facts: 496 calories; protein 59.9g; carbohydrates 33.6g; fat 12.7g; cholesterol 178.9mg; sodium 705.6mg.

Source:



## March Recipes

### Healthy Green Drink—Immune Booster

#### Ingredients:

2 green apples, halved  
4 stalks celery, leaves removed  
1 cucumber  
6 leaves kale  
½ lemon, peeled  
1 (1 inch) piece fresh ginger

#### Directions:

Process green apples, celery, cucumber, kale, lemon, and ginger through a juicer.

*Nutrition Facts: 144 calories; protein 4.2g; carbohydrates 36g; fat 1.1g; sodium 95.2mg.*

*Source: FCS Educator, Jennifer Dixon Cravens*



### Chicken Enchiladas

#### Ingredients:

1 (10-oz.) can red enchilada sauce  
1 (14-oz.) can diced tomatoes  
Juice of 1 lime  
3 garlic cloves, minced  
1/2 tsp. cumin  
1/2 tsp. chili powder  
Kosher salt  
1 lb. boneless skinless chicken breasts  
1 1/2 c. shredded Monterey jack  
1/4 c. chopped cilantro  
1/4 c. sliced black olives  
1/2 avocado, cubed  
Lime wedges, for serving

#### Directions:

Preheat oven to 400°. In a large bowl, whisk together enchilada sauce, diced tomatoes,

lime juice, garlic, cumin, and chili powder. Season with salt.

Place chicken breasts in a shallow baking dish and season both sides with salt. Pour over sauce. Bake until chicken is cooked through, 30 to 40 minutes.

Top chicken with cheese and bake until melty, 3 to 4 minutes more.

Garnish with cilantro, olives, and avocado, and serve with lime wedges.

*Nutrition Facts: Calories: 770 •Carbs: 49g •Fat: 36g •Protein: 44g*

*Source: allrecipes.com*





# Save The Dates! Upcoming Virtual Classes



Date	Class Description	Cost
Jan. 12	Grant Writing & Logic Model Presentation - UMES	FREE
Feb. 16	Nutrition, Health and Wellness: <b>Healthy Heart</b>	FREE
Feb. 23	Nutrition, Health and Wellness: <b>Healthy Heart</b>	FREE
Mar. 2	Food Safety: <b>Capture the Flavor – Cooking with Herbs and Spices</b>	FREE
Mar. 16	Nutrition, Health and Wellness: <b>Nutrition 101</b>	FREE
Mar. 30	Nutrition, Health and Wellness: <b>Nutrition &amp; Stress</b>	FREE

Register at  
[Agnr.umd.edu/events](https://Agnr.umd.edu/events)  
or  
[www.eventbrite.com/o/  
jennifer-dixon-cravens-  
university-of-md-  
extension-17356163605](https://www.eventbrite.com/o/jennifer-dixon-cravens-university-of-md-extension-17356163605)

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