



Strengthening Oklahoma Families

Eat Right, Bite by Bite, is theme of National Nutrition Month
 Since 1973, the Academy of Nutrition and Dietetics has encouraged people to make informed food choices and develop sound eating and physical activity habits. What started as National Nutrition Week 47 years ago became a month-long celebration in March 1980.

For National Nutrition Month® in March 2020, the theme is Eat Right, Bite by Bite, and promotes eating a variety of nutritious foods every day.

Each March, the Academy focuses on healthy eating all month long. National Nutrition Month is a great time to focus on healthy eating, and it's something we should continue all year long. We know what an important role fruits and vegetables play in a healthy diet. You can build a healthy plate by making half of your plate fruits and vegetables. It's also a great way to add vibrant color, flavor and texture, not to mention the vitamins, minerals and dietary fiber.

A goal to strive for is to consume 2 cups of fruits and 2 ½ cups of vegetables every day. While that might sound like a lot,

it really can be quite simple. A good way to accomplish this is by starting your day with a breakfast smoothie made with low-fat milk or yogurt. Add frozen strawberries and a banana and you are well on your way to meeting that goal. Dress up a bowl of oatmeal with blueberries, raspberries or strawberries. As the weather begins to warm up and you start barbecuing, grill some colorful vegetable kabobs packed with tomatoes, colored bell peppers, zucchini and mushrooms. Instead of snacking on chips, satisfy your need for crunch with baby carrots, celery and other crispy veggies. Use your favorite low -fat salad dressing for dipping.

A turkey sandwich is a quick and easy lunch, but you can kick it up a notch with sliced tomatoes, lettuce, cucumber slices or even bell pepper strips. If you want cheese, add a slice in a low-fat variety.

For a quick and easy side dish, keep your freezer stocked with frozen vegetables. These easily can be steamed or microwaved.

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Cut fruits and vegetables are a great addition to your child's lunch-box or to take to the office for a quick and healthy afternoon snack.

Broccoli or cauliflower florets, snap peas, baby carrots, cucumbers, bell pepper strips and radishes are some great go-to choices. They also work well if you need a little snack when fixing dinner.

You'll find your family is likely to consume more fruits if they are easy to grab. Keep a bowl of fresh fruit such as apples, bananas and oranges on the kitchen counter or table. Wash and store grapes or strawberries in single-service containers in the refrigerator.

Remember those vegetable kabobs that were mentioned earlier? Try fruit kabobs on the grill using pineapple, peaches and bananas. Grill on low heat until the fruit is hot and slightly golden. Another idea to increase fruit consumption is to puree apples, berries, peaches or pears and use this on pancakes, waffles or French toast. This sweet sauce also can be used on grilled or broiled seafood or poultry.

Stuff an omelet with vegetables. You easily can turn an omelet into a heart healthy and satisfying meal by adding broccoli, squash, carrots, peppers, tomatoes and onions, along with some low-fat cheese.

Reaching Your Health and Fitness Goals (source: Penn State Extension)

Upcoming Extension FCS Programs

Cooking Under Pressure



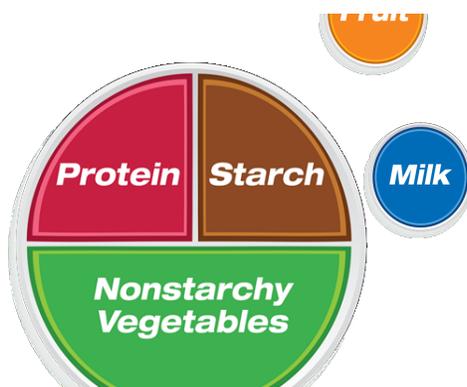
January 16, 2020

10:30 am

Lincoln Co. Courthouse

A short workshop to teach you how to use your new pressure cooker (instant pot).

Live Well With Diabetes



Thursday afternoons at 2:00 pm from January 16 through March 5
Prairie Point in Stroud

Registration due by January 13, 2020

Reality Check



An experience to help students become aware of basic skills in financial planning, goal setting, decision making, and career planning by making realistic educational choices.

February 7, 2020

Chandler High School

Volunteers needed

Houseplants and Succulents



February 20, 2020

10:30 am

Lincoln Co. Courthouse

Presented by Cody Linker,
Extension Ag Educator

Co-Parenting for Resilience

Co-Parenting for Resilience
Addressing the Challenges of Divorce



February 11, 2020

9:00 am to 1:00 pm

\$40 Registration due by February 7th. Call the extension office for details.

Farm to You

March 27, Chandler

Farm to You is a traveling interactive adventure for elementary school children.

The exhibit helps children follow food from the farm to the market and through the body to explore the relationships between agriculture, food and health.

Winter Minestrone Soup, serves 6

- 3 tablespoons (45 mL) extra virgin olive oil
- 1 large onion, chopped
- 3 medium carrots, peeled and chopped
- 2 stalks celery, chopped
- 3 medium cloves garlic, minced
- 1 small zucchini, thick sliced and quartered
- 1 medium russet potato, peeled and cubed
- 1 bunch of swiss chard, ribs removed, leaves rough chopped
- 1 teaspoon (5 mL) fresh ground black pepper
- 1/2 teaspoon (2.5 mL) salt, more or less to taste
- 1 tablespoon (15 mL) fresh thyme leaves
- 1 teaspoon (2.5 mL) Italian Seasoning
- 2 (14.5-ounce) cans diced tomatoes (407 mL) (low salt), do not drain
- 1 (32-ounce) container of vegetable broth (960 mL) (low salt)
- 1 Bay Leaf
- 1 (14.5-ounce) can cannellini beans (407 ml) rinsed and drained
- 1 cup (250 mL) water
- 1 Parmesan rind
- 2 tablespoons (30 ml) chopped fresh parsley
- 2 tablespoons (30 ml) chopped fresh basil leaves
- 2 cups (280 g) Chickapea Shell Pasta (cooked 5 minutes and drained)
- Fresh grated or sliced Parmesan for garnish

Heat the olive oil in a large, heavy bottom soup pot on medium heat. Add the onion, carrots and celery. Cook, stirring frequently until the onion is soft and translucent, about 10 minutes.

Add the garlic and sauté, stirring constantly, until fragrant. Add the zucchini, potato and Swiss chard, season with pepper, salt, thyme and Italian Seasoning and cook for 3 minutes. Stir in the canned tomatoes. Bring the mixture to a boil, reduce the heat and simmer until the chard is wilted and tomatoes are soft, about 10 minutes.

Add the vegetable broth, bay leaf, and Parmesan rind to the tomato and vegetable mixture. Combine 1/2 of the drained and rinsed cannellini beans with 1 cup of water and puree with a stick or immersion blender until almost smooth. (A regular blender or food processor are fine too.) Add the pureed beans to the soup and simmer, stirring occasionally until the potato is tender, about 15 minutes.

While the soup is simmering, cook the Chickapea Pasta in boiling, salted water for 5 minutes. For the shell shaped pasta, be sure to add it slowly to the boiling water, stirring to ensure the pasta does not stick together. Drain before adding to the soup.

Add the remaining beans, parsley, basil and cooked Chickapea Pasta shells. Simmer until the soup thickens and is heated through. Discard the bay leaf and Parmesan rind, check the seasoning and add salt and pepper to taste.

Ladle the soup into bowls, garnish with additional fresh basil or parsley and shredded Parmesan cheese.

Recipe source: www.savingdessert.com

Nutrition info per serving:

424 Calories; 10g Fat (21.7% calories from fat); 17g Protein; 67g Carbohydrate; 9g Dietary Fiber; 2mg Cholesterol; 1098mg Sodium. Exchanges: 4 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 2 Fat.



OHCE NEWS

OHCE Education Meeting

Our 2020 Lincoln County HCE Education Meeting will be held February 6, 2020 at 10:30 am in the Chandler Library's Community Room. Your new executive board is still in the planning stages for this meeting, so the topics are not yet decided. We will start with a business meeting and follow that with a short educational program. After the educational portion, we will be having a potluck lunch. The hosting club, Agra HCE, will be providing main dishes and other members attending should bring vegetables, sides, and desserts.

Please make an effort to be at this meeting. We will be starting the planning on our 2020 projects!

Sincerely,

Jessica Riggin- Extension Educator
FCS/4-H/CED, Lincoln County

Upcoming Events

January 16, 9:30 am-Executive Meeting

January 16, 10:30 am- Leader Lesson: Cooking Under Pressure, Presented by Melody Ennis

January 20- Extension Office Closed

February 6, 10:30- Education Meeting,

February 20, 10:30- Leader Lesson: Houseplants and Succulents, Presented by Cody Linker

February 17- Extension Office Closed

Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.



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