



October 2017 Newsletter

BAYLOR COUNTY EXTENSION OFFICE, 500 N. MAIN STREET, SEYMOUR TX 76380
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Eat Wisely on Game-day

Football season is back. This is a big deal across the country, particularly in the south. One of the highlights of the football weekend is the time spent with family and friends enjoying the foods that come along with the game. Whether you're having a few friends over to watch the game or tailgating, the food is almost as important as the game.

Unfortunately, the typical menu choices that accompany a football game are not among the healthiest options. This can be troublesome for people trying to watch the number of calories they take in. However, it is possible to eat healthy during a game-day party or even at a tailgate.

Here are a few tips for staying nutritionally disciplined during game-day:

- Have a light meal or a small snack before the game to avoid overeating.
- Choose healthier food options first when you arrive at a tailgate or when friends arrive. Enjoy fruits and vegetables that have high water contents, like tomatoes, cucumber, or celery and enjoy them with a dip or cheese cubes. Eat lean meats, or swap sweet potatoes for white potatoes when making potato skins.

- Avoid chips, crackers, and breads as much as possible. These items are usually high in carbohydrates and require that you consume large quantities before feeling full. Cheese, lean meats, and nuts are much better options.
- Drink lots of water to help give you a feeling of fullness which will reduce the urge to overeat.
- Eat slowly. Slowing down your pace of eating will give your brain time to communicate with your stomach and register a feeling of fullness.
- Talk to friends, which will occupy your time and reduce the chances of overeating.
- Go outside and toss the ball around during halftime.

Taking these steps will make for a healthier, more enjoyable game day!



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Recipes of the Month

(Source: adapted from the USDA Mixing Bowl)

ORANGE GLAZED CHICKEN WINGS

Makes: 5 servings

Ingredients:

- 10 chicken wings (skin removed)
- 3 tablespoons butter
- 1 teaspoon seasoned salt
- 8 tablespoons orange marmalade (1/2 cup)

Directions:

1. Rinse the chicken wings and dry them on a paper towel. Tuck the wing tip under the larger joint to form a triangle.
2. Heat the butter in a skillet at 200° F.
3. Sprinkle the wings with the seasoned salt and place them in the heated butter. Sauté the wings at 325° F for about 20 minutes.
4. Spread orange marmalade on the wings, continuing to sauté while basting frequently for another 20 minutes.
5. Remove the wings from the skillet and serve hot.

50 Calories, 5g Fat, 3g Protein, 2g Saturated Fat, 1g Dietary Fiber, 22g Carbohydrates



LAYERED BLACK BEAN DIP

Makes: 16 servings

Ingredients:

- 1 can black beans (15 ounce, drained and rinsed)
- 1/4 teaspoon onion powder
- 1/4 teaspoon dried oregano
- 1/8 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 1/2 cup salsa (thick and chunky)
- 1/2 cup sour cream (light)
- 1/4 cup green onion (chopped)
- 2 ounces cheddar cheese, reduced fat (grated)

Directions:

1. Mash beans and mix with onion powder, dried oregano, garlic powder and cayenne pepper. Spread on a serving dish.
2. Top with salsa, sour cream, green onions and grated cheese.

61 Calories, 2g Fat, 3g Protein, 1g Saturated Fat, 2g Dietary Fiber, 7 Carbohydrates



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