

Spice Up Healthy Eating in 2017!

January 2017 Better Living for Texans Newsletter



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Many of us make a new Year's Resolution each year to start eating healthier, but struggle with the common belief that healthy food means tasteless food. Not all healthy food has to be boring though, and you don't have to sacrifice flavor in order to eat healthier. Instead of saying goodbye to the foods you loved in 2016, just say hello to delicious and healthy eating habits of 2017!

One of the most effective ways to make healthy foods, especially fruits and vegetables, more appetizing is to "spice up" your recipes! Adding herbs and spices to your food help foods to be richer in flavor, color, and aroma. They are also lower in sodium, calories, and fat than heavy dressings and sauces commonly used to flavor food. Herbs and spices substitute salt as well, which lowers cholesterol and helps heart health!

Although the terms "herb" and "spice" are commonly used for the same thing, they are actually distinctly different. Herbs come from aromatic plants, whose leaves are used to create flavor. Spices, however, come from bark, berries, flower buds, roots, or seeds of plants. Both herbs and spices should be stored in air tight containers, and in dry, cool, places. Herbs and spices can also be refrigerated or frozen, which will preserve their flavors for even longer.

Herbs to try in 2017:

- Basil
- Parsley
- Rosemary
- Thyme
- Chives
- Oregano
- Dill
- Sage

Spices to try in 2017:

- Cinnamon
- Ginger
- Nutmeg
- Cumin
- Cloves



Source: University of Delaware Extension

January Exercise Tip

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With the sun setting early and the cold weather, not to mention everyone's overly busy lives, staying on an exercise regimen this time of year can be difficult! Gym memberships can be expensive, and finding the time to not only exercise but to then get back and forth to the gym can be impossible most days. Don't worry though! You can stay in shape and keep your body healthy by taking just a few minutes a day to exercise, without leaving your home! Here is a 10 minute, indoor cardio circuit, to give you a healthy boost on days you don't have time or the weather doesn't permit getting outside to exercise. This exercise routine can be done at any time during the day, as many times as you want.

1. High Knees- 1 minute
2. Jumping Jacks round 1- 1 minute
3. Front Kicks- 1 minute
4. Jumping Jacks round 2- 1 minute
5. Run in Place- 1 minute (try running up and down a hall!)

Repeat 2 times for a full 10 minute work out! The goal is to do as many of each exercise as you can per minute. Push yourself to get faster and faster each time you do this cardio circuit! Good luck, and have fun!



Spiced Up Recipes to try in 2017!

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Spiced Pears

(serves 4 people)

Focus on Fruit with this spicy pear recipe. Use canned pears to bake desserts, add to salads, or use as a topping for low-fat yogurt. Choose pears packed in light or extra light syrup.

Ingredients

1 can pears (undrained, about 15 ounces)
4 slices fresh ginger (peeled, if you like)
1/4 teaspoon nutmeg (if you like)
1/4 teaspoon cinnamon
2 cups low-fat vanilla ice cream

Directions

1. Drain liquid from pears into saucepan and add cinnamon. If using nutmeg and ginger, add that too.
2. Bring to boil; reduce heat and cook for 5 minutes.
3. Add pears, remove from heat, and chill in the refrigerator: Remove any ginger before serving.
4. Spoon pears and liquid over ice cream.



Chili & Spice seasoning

(serves 7 people)

A combination of zesty herbs and spices add flavor without adding salt. Make this seasoning mix ahead of time and keep it in your pantry for months to use in soups, stews, sauces, casseroles, and more!

Ingredients

4 tablespoons paprika
2 tablespoons oregano (dried, crushed)
2 teaspoons chili powder
1 teaspoon garlic powder
1 teaspoon pepper (black)
1/2 teaspoon cayenne pepper (red)
1/2 teaspoon dry mustard

Directions

Mix together all ingredients and store in an airtight container.

Total Cost: \$1.37

