

Hale County TEEA Hotline

February, 2015 225 Broadway, Suite 6, Plainview, TX 79072 806/291-5270

UPCOMING DATES



February

- 12 11AM at Mia's Snyder Jr. EE Club
- 16 1:30PM - EE Council
Cultural Arts Judging
President's Day
- 23 1:30PM Abernathy EE Club

March

- 12 2PM Snyder Jr. EE Club
- 17 St. Patrick's Day (Be sure and wear green)
- 20 First Day of Spring
- 23 1:30PM Abernathy EE Club
- 26 District TEEA Meeting
Mallet Event Center, Levelland

Let us always meet each other with smile, for the smile is
the beginning of love.

-Mother Teresa

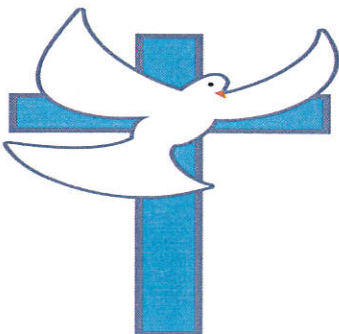
HAPPY BIRTHDAY!!!

February

- 23 Nelda VanHoose, Snyder Jr.
- 28 James Taylor, Abernathy

"CULTURAL ARTS!!!!"

Be sure and bring or send your Cultural Arts to Council on Monday, February 16. Judging will take place.



*In Loving
Memory!
Louise Mallow
Janie Sims*

February Club Program

"Landscaping for Security" by Agent Deana Sageser

March Club Program

"Diversity: How does it make us see, hear, feel, think & act?"
Contact Martha Todd concerning program dates and locations.



WAYS to BE GOOD to Yourself

- *NO thyself-practice self-denial. Don't try to do it all. Learn to say "no". Knowing your limitations is a sign of maturity, not a lack of perseverance.
- *Do volunteer work with a charity you believe in.
- *Adjust your attitude.

Hale County EEA Cookbook

Great News. The cookbook committee met and they are entering recipes for the upcoming addition of the Hale County EEA Cookbook. The cookbook account is found at Morris Press Cookbooks with a typensave® account. As a club member if you have a recipe you have not provided to us yet you can still give recipes to Donnet, Kay or Deana. If you choose you may enter the recipe yourself on the Morris Cookbook site. The user name is: HALETEEA (must be all caps and contributor password is: pepper932). We still need recipes in the following categories: Breads & Rolls, Vegetables, Appetizers & Beverages, Main Dish and Soups & Salads. You may enter them yourself or bring to Council on Monday.

Meet Oatmeal:

Choosing oatmeal instead of a fast-food breakfast sandwich or a breakfast pastry will cut about 20 grams of fat, over 5 teaspoons of sugar, and 300 calories per day. The fiber in your oatmeal will help make you feel full until lunch. Plus it keeps your heart healthy.

There are a few different oat options on the market today.

- **Rolled Oats:** Rolled oats are exactly that - oats that have been steamed and then rolled flat. They are sold as old-fashioned or quick-cooking oats.

- **Steel-Cut Oats:** These oats take much longer to cook but have a nutty, robust flavor. Instead of being flattened like rolled oats, these oats are sliced into small pieces.

Instant Oatmeal: Instant oatmeal is often full of sodium and added sugar. For now, steer clear of it.

How to Cook Oatmeal in 3 Easy Steps:

1. **Measure:** Use rolled oats because they are low-cost and easy. Old-fashioned oats are the top choice, but fast-cooking oats work too. 1/2 cup oats 1 cup water

2. **Cook:** Microwave: Place your oats in a large ceramic cereal bowl and cook for 2 minutes in the microwave. Stovetop: Combine water and oats in a pan. Heat over medium heat at a simmer. Cook, stirring regularly, for 3 minutes or

until thick.

Serve: Top with spices, fresh fruit, and skim milk. Or try one of these flavor topper ideas: Berries and yogurt Raisins and apples Nuts and pumpkin puree Cinnamon and banana

Chicken Ratatouille

Preparation Time: 30 minutes

1 Tbsp. Vegetable oil

4 medium Chicken breast halves, skinned, fat removed, boned and cut into 1-inch pieces

2 7-inch Zucchini, unpeeled and thinly sliced

1 small Eggplant, peeled and cut into 1-inch cubes

1 medium Onion, thinly sliced

1 medium Green pepper, cut into 1-inch pieces

1/2 lb. Mushrooms, fresh, sliced

1 (16 oz.) can Tomatoes, whole, cut up

1 clove Garlic, minced

1 1/2 tsp Dried basil, crushed

1 Tbsp. Fresh parsley, minced

Black pepper to taste

Heat oil in large non-stick skillet. Add chicken and saute about 3 minutes (or until lightly browned). Add zucchini, eggplant, onion, green pepper and mushrooms. Cook for about 15 minutes. Add tomatoes, garlic, basil, parsley and pepper. Continue to cook for about 5 minutes or until chicken is tender. **Serve.** Recipe By: Department of Health & Human Services

Nutrition Information per Serving:

Calories: 270

Saturated Fat: 1.5g

% Calories from Sat Fat: 5%

Carbohydrates: 21g

Dietary Fiber: 8g

Total Fat: 7g

% of Calories from Fat: 23%

Protein: 32g

Cholesterol: 75mg

Sodium: 240mg



Sincerely,

Deana Sageser

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HEALTHY
TIPS

Valentine's Day Fun-Loving Healthy Snacks



Creative names and appealing presentation add fun to these healthy snacks!

Perfect Pair - Combine sliced red apples and heart-shaped cheese on a pink tray.

Heart-Shaped Jam Sandwiches - Spread strawberry jam on one whole-grain bread slice and peanut butter (check for food allergies) or low-fat cream cheese on the other. Cut out with a large heart-shaped cookie cutter.

Valentine Fruit Bouquet - Using red or pink plastic skewers, alternate watermelon cubes, strawberries, cherries and red seedless grapes. Add a low-fat vanilla or berry yogurt for dipping!

Eat Your Heart Out Popcorn - Fresh popped popcorn lightly kissed with cinnamon sugar is special.

Cupid's Love Potion - Blend up a simple fruit smoothie using primarily red fruits such as strawberries and raspberries. Mix in bananas and use apple juice as needed.

Sweetheart Pinwheels - 4 (6 inch) soft whole-grain tortilla shells, low-fat strawberry cream cheese, 4 Tbsp. strawberry jam. Spread cream cheese to the edge of each tortilla. Spread 1 Tbsp. of strawberry jam just down the center. Roll the tortilla up so that the strawberry jam runs the length of the roll. Chill in refrigerator for 50-60 min. When ready to serve, slice across the roll into 1-inch bites so they look like a pinwheel.

Cutie Pie Platter - Nestle low-fat strawberry yogurt in the center of a festive platter of fresh fruit for dipping. Arrange **red fruits** - strawberries, red grapes, raspberries, cherries - **white fruits** - bananas, peeled pear and apple slices dipped in orange juice to prevent browning.

Tiny Treat Bags - Tie snack or sandwich size plastic bags with a red or pink ribbon. Add just a sprinkling of red and white chocolate covered candies to some tasty combinations such as:

- Craisins®, almonds and pecans
- Dried cherries, almonds and dried banana
- Dried apples, peanuts and walnuts

