



A MATTER OF THE HEART

February is widely known as the “month of love.” Did you know that it is also a “month of hearts?” February is Heart Health Month. Cardiovascular disease is the number one cause of death in the United States, today. There are many factors of this disease that can be controlled by making healthy choices and living a healthy lifestyle. Everyday choices include what you eat and how much you exercise. Heart-Healthy diets are rich in nutrients and are made up of a lot of fresh fruit and vegetables, whole grains, fat-free/low fat dairy products, and lean meats. Limiting food that are high in calories and low in nutrients can aid in reducing your saturated fat, trans fat, cholesterol, and sodium. Eating less processed food and less processed sugar can also assist with keeping your sodium levels and cholesterol lower. It is recommended that healthy people age 18-65 exercise at least 30 minutes a day, five days a week. The exercise you do can be anything, whatever you enjoy! You could go swimming, jogging, walking, hiking, bike riding, or play a sport. The most important thing is that you are physically active and keep your heart rate up. The last major factor that you have control over, is smoking. While many people associated smoking with lung cancer, which it does factor into, it is also a major risk factor for heart disease. Make the vow today to quit! Next time you see those famous Valentine’s hearts, let them be a reminder to keep your heart healthy and happy!

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BE
MINE

An Active, Fun, & Inexpensive Valentine’s Day

KISS
ME

Valentine’s Day is fast approaching and, like most holidays, brings an added cost. Valentine’s Day cards, fancy meals, candy, etc. are all expected by children and adults alike. How do you participate in Valentine’s when you literally do not have the money to spend on treats? There are several ways to make this Valentine’s a memorable one, without breaking the bank! **Make your own Valentines:** Why spend an enormous amount of money on cards that will just be tossed in the trash in a few days? This year, why not try making your own cards. These do not have to be fancy, just something from the heart. Something that you created with your hands. Those are the special, most treasured cards. **Cook dinner at home:** If you don’t have the money to go out for a fancy meal, make one at home. There are numerous recipes online and in various cookbooks. These recipes can even be healthy

ones! Make this your new tradition. Eat dinner at home, as a family. **Swap a movie date for a romantic walk:** Instead of waiting in line for another chick flick, buying expensive popcorn and drinks, why not try going for a romantic walk together? Try walking around a local park, weather permitting. Walk around your neighborhood. Take a bike ride together. Do something active! This not only creates fun for free, but it also gets you moving. **Instead of Flowers, do something nice:** Nice gestures tend to last longer than flowers. Cleaning the house, doing the laundry, completing a task your partner has been asking you to do for a long time are all examples of gestures that could have a much more positive impact. These are just a few suggestions on how to make this holiday a less expensive one. Come up with one of your own. Just do something memorable, in your budget!

Grocery Store Trends

There is a specific cycle of when items tend to go on sale at the grocery store. For February these items include:

National Canned Food Month: Canned Fruit, Pie fillings, Vegetables, Meats: Tuna, Chicken, Salmon

National Hot Breakfast Month: Malt O Meal, Oatmeal, Eggo Waffles, Syrup

Valentines: Chocolate, Hershey's

Chinese New Year: Soy Sauce, Teiyaki Sauce, Noodles, Canned Water Chestnuts

Seasonal Produce: Artichoke, Asparagus, Raspberries, Potatoes, Strawberries, Broccoli, Carrots, Cauliflower, Celery, chard, collards, Kale, Kiwi, Avocado, Spinach

Cheesy Chicken Crunchers

Recipe Ingredients:

1 cup all-purpose flour
salt
pepper
4 egg whites
1/2 cup 2% reduced-fat milk
1 1/2 cups cornflakes
1 cup reduced-fat, shredded Cheddar Cheese
6 chicken breast filets; cut into strips
nonstick cooking spray



Recipe Instructions:

Preheat oven to 375 degrees Fahrenheit. Set up 3 bowls with the following: 1) flour mixed with a pinch of salt and pepper; 2) an egg-wash; made by beating the eggs and milk together; 3) cornflakes mixed with cheese. Coat a 13-by-9-inch baking pan with nonstick cooking spray. Dip chicken pieces in flour, then into the egg-wash, then roll in the cheesy-flakes mixture, coating the entire piece of chicken and place on the baking pan. Discard any unused cornflake mixture after coating chicken. Bake for 25 minutes, turning halfway through to ensure even browning. Serve with ketchup or BBQ sauce if desired

Tortilla de Queso Fácil de Hornear

¡Este será el favorito de la familia que de seguro le gustará!

Ingredientes:

8 tortillas de harina (6 – 8 pulgadas)
1 lata (10 3/4 onzas) de sopa de tomate
1 taza de salsa regular o picante
1/2 taza de leche baja en grasas
2 tazas de pollo o pavo cocido y cortado en cubitos
1 taza de queso rayado Cheddar (guarde 1/2 taza para el aderezo)



Procedimiento:

1. Caliente el horno a 400 grados.
2. Rocíe un poco de espray de cocina sobre la bandeja de dos cuartos.
3. Corte o desmenuce las tortillas en pedazos de una pulgada (2.5 cm).
4. En una vasija grande, combine las tortillas, la sopa, la salsa, la leche, el pollo y la media taza de queso.
5. Horneé por 30 minutos o hasta que esté caliente. Sáquela del horno y ponga el queso que sobró encima.

Easy Cheesy Tortilla Bake

A family favorite sure to please!

6 servings

Ingredients:

8 flour tortillas (6- to 8-inch size)
1 can (10 3/4 ounces) tomato soup
1 cup chunky salsa or picante sauce
1/2 cup low fat milk
2 cups cubed cooked chicken or turkey
1 cup shredded cheddar cheese (save 1/2 cup for topping)

Directions:

1. Preheat oven to 400 degrees.
2. Lightly coat a 2-quart baking dish with cooking spray.
3. Cut or tear tortillas into 1-inch pieces.
4. In a large mixing bowl, combine tortillas, soup, salsa, milk, chicken and 1/2 cup cheese.
5. Bake for 30 minutes or until hot. Remove from oven and sprinkle with remaining cheese.

Nutrition Facts: One serving provides 430 calories, 15g total fat, 55mg cholesterol, 1060mg sodium, 47g total carbohydrate



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