

The History of Valentine's Day

There are several stories as to who he is; a popular belief is that he was a priest from Rome in the third century. Valentine was believed to have broken the rules on banned marriages and arranged marriages instead. He was thrown in jail and sentenced to death. While in prison, he fell in love with the jailer's daughter and when he was taken to be killed was on February 14 and it was believed he sent her a letter "from your Valentine." That is another theory on how the day got its name and how letters were written from that time. From that day on St. Valentine's name was used by people to express their feelings of love for another.



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Valentine's Day Menu

Skip the reservations and long waits by preparing a romantic home-cooked meal this Valentine's Day. Making a meal with those you love can be a great time to show how much you care about each other.

Also, saving time and money if you are on a food budget. Here is a simple but elegant menu you can make this Valentine's Day.

**Pork Tenderloin with Cayenne
Cherry Sauce**

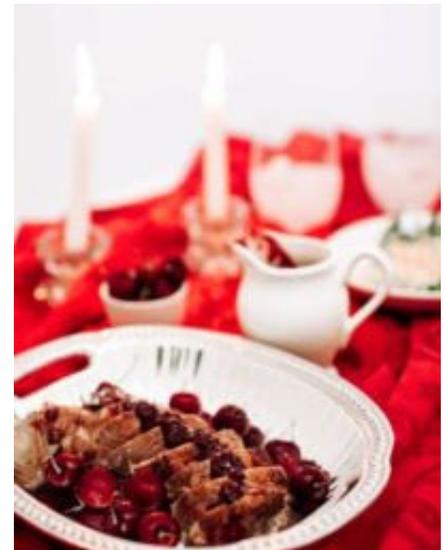
Bacon-Wrapped Asparagus

Rich Chocolate Cake
(See page 2 for recipes)

Have a wonderful Valentine's Day with the ones you love. If you're celebrating Valentine's Day all day long, try our **Sweetheart Waffles!**

<https://dinnertonight.tamu.edu/recipe/sweetheart-waffles/>

Valentine's Day is a great time to share breakfast with someone you love. Our Sweetheart Waffles are a low-fat option for a quick breakfast recipe. We reduced the fat in this recipe by using unsweetened applesauce which also makes these waffles moist. Add this to your list of recipes for a great Valentine's Day treat.



Make your Valentine's Day Dinner Romantically Safe!

BY DINNER TONIGHT

1. Make sure your restaurant has a clean reputation! Before choosing a restaurant for the evening, look them up on your local city or area Food Inspection list! See if they passed the inspection for a clean safe food establishment before enjoying your evening.

2. Always order food cooked thoroughly. Keep bacteria from interrupting a lovely evening. Cook or order all raw meat, poultry, eggs, and seafood to a safe internal temperature. Beef, pork, lamb, veal steaks, chops, and roasts should be cooked to an internal temperature of 145°F. Ground beef, pork, lamb, or veal should be cooked to a minimum temperature of 160°F. Poultry should be cooked to a safe minimum internal temperature of 165°F.

3. Don't forget to refrigerate your doggie bag leftovers! Leftovers for lunch is a great idea when you are on a budget or watching calories. Remember to refrigerate foods within two hours and eat leftovers within three to four days.

Valentine's Day Menu Recipes

Dinnertonight.tamu.edu



Pork Tenderloin with Cayenne Cherry Sauce

Servings: 4

Ingredients

1 pound pork tenderloin
¼ cup cherry preserves
1 tablespoon balsamic vinegar
½ teaspoon ground allspice
1 tablespoon olive oil
1/4 cup shallots chopped
1 cup dark cherries fresh or frozen pitted
¼ teaspoon cayenne pepper

Instructions

Wash your hands and clean your preparation area. Preheat oven to 350 degrees. Mix the preserves, balsamic vinegar, and allspice in a small bowl. Reserve half of the mixture.

Brush 1/2 of the mixture on the pork tenderloin, covering the entire tenderloin.

Cover and cook the tenderloin for 45-50 minutes, or until a food thermometer reaches 145 degrees F.

While the tenderloin is cooking, heat the olive oil in a skillet over medium-high heat.

Add the shallots and sauté for 1-2 minutes or until tender. Add the cherries, cayenne, and the reserved preserve mixture. Let simmer for 8-10 minutes or until sauce has thickened.

Using an immersion blender, food processor, or regular blender blend the dark cherry sauce until it is smooth. Be careful with the hot liquid. Slice the tenderloin and spoon the dark cherry sauce over top.



Bacon wrapped Asparagus

Servings: 8 bundles

Ingredients

1.5 pounds asparagus stalks trimmed
4 strips low sodium bacon

Instructions

Wash hands and clean preparation area, preheat the oven to 400 Degrees F. Rinse asparagus under cool running water and trim tough woody ends off of the asparagus stalks.

Divide the asparagus stems into 8 equal bunches, set aside.

Cut the 4 strips in bacon in half, to create 8 shorter strips. Wrap the bacon around the center of each asparagus bundle.

Bake in the oven for 15 minutes, switch the oven to high broil, and broil for 3-5 minutes or until bacon is crispy.



Rich Chocolate Cake

Servings: 12

Ingredients

1 cup all-purpose flour
1/4 cup sugar
1/2 cup cocoa powder
1 teaspoon baking powder
1 teaspoon baking soda
1 cup hot water
1/2 cup applesauce
1 egg
1/4 cup fat free Greek yogurt
1/2 Tablespoon powdered sugar

Instructions

Clean your cooking area and wash your hands. Preheat oven to 350 degrees. Spray a 9inch square baking pan with non-stick spray. Combine flour, sugar, cocoa powder, baking soda, and baking powder. Stir in hot water. Add applesauce, Greek yogurt, and egg. Stir gently until mixed. Pour into pan and bake 25-30 minutes until cooked through. Dust with powdered sugar.



**Warning Signs
of Heart Attack**



If you have any of these signs, call 9-1-1 and get to a hospital right away.

Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes or goes away and comes back.

Pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath with or without chest discomfort.

Other signs such as breaking out in a cold sweat, nausea, or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort.

But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

American Heart Month February 2022

According to the CDC, uncontrolled high blood pressure (hypertension) is too common and dangerous. It puts people at risk for [heart disease](#), [stroke](#), heart failure, kidney failure, vision loss, [peripheral artery disease](#), sexual dysfunction, pregnancy complications, and cognitive decline.

What is high blood pressure?

High blood pressure (also referred to as HBP, or hypertension) is when your blood pressure, the force of blood flowing through your blood vessels, is consistently too high.

Learn more about high blood pressure.

If you have high blood pressure, you are not alone. Nearly half of American adults have high blood pressure. (Many don't even know they have it.)

The best way to know if you have high blood pressure it is to have your blood pressure checked.

Know your numbers

Learn about your blood pressure numbers and what they mean.

Prevent High Blood Pressure

Whatever your age, you can take steps each day to keep your blood pressure in a healthy range.

- ✓ Eat a Healthy Diet
- ✓ Keep Yourself at a Healthy Weight

- ✓ Be Physically Active
- ✓ Do Not Smoke
- ✓ Limit How Much Alcohol You Drink
- ✓ Get Enough Sleep

Manage High Blood Pressure

Learn steps you can take to lower your risk for health problems from high blood pressure (also called hypertension), such as [heart disease](#) and [stroke](#)

- ✓ Measure Your Blood Pressure on a Regular Basis
- ✓ Manage Diabetes
- ✓ Take Your Medicine
- ✓ Make Lifestyle Changes
- ✓ Talk with Your Health Care Team

What does your blood pressure mean?

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Normal	less than 120	and	less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis (Emergency care needed)	Higher than 180	or	Higher than 110



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Eat Right

20 Health Tips

*Food, Nutrition and Health Tips from
the Academy of Nutrition and
Dietetics*

1. EAT BREAKFAST
2. MAKE HALF YOUR PLATE FRUITS AND VEGETABLES
3. WATCH PORTION SIZES
4. BE ACTIVE
5. GET TO KNOW FOOD LABELS
6. FIX HEALTHY SNACKS
7. CONSULT AN RDN (REGISTERED DIETITIAN NUTRITIONIST)
8. FOLLOW FOOD SAFETY GUIDELINES
9. DRINK MORE WATER
10. GET COOKING
11. ORDER OUT WITHOUT DITCHING GOALS
12. ENACT FAMILY MEALTIME PLAN
13. BANISH BROWN BAG BOREDOM
14. REDUCE ADDED SUGARS FOODS
15. EAT SEAFOOD TWICE A WEEK
16. EXPLORE NEW FOODS AND FLAVORS
17. EXPERIMENT WITH PLANT-BASED MEALS
18. MAKE AN EFFORT TO REDUCE FOOD WASTE
19. SLOW DOWN AT MEALTIME
20. SUPPLEMENT WITH CAUTION



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