

PANHANDLE PATH TO HEALTHY LIVING

TEXAS A&M
AGRILIFE
EXTENSION



December 2020

HOME  **ALONE**
A FAMILY ~~COMEDY~~ WITHOUT THE FAMILY

Unlike the 1990's movie *Home Alone*, there is nothing funny about not seeing family over the holidays this year. Choosing to spend the holidays "Home Alone" as a means to fight the spread of COVID-19, may be a responsible course of action to keep loved ones healthy but it's not necessarily an emotionally easy choice to make. There will be mental-health implications of not seeing family over the holidays which is especially tricky for everyone this year. **But the Holidays Aren't Canceled.** Celebrating the holidays alone, virtually, or with only the members of your household just means you might need to get more creative. This newsletter is here to help with that!

Kelli Rehman

IT'S THE MOST WONDERFUL TIME OF THE YEAR

Each year in the middle of the “most wonderful time of the year,” many face dilemmas or difficulties related to the holidays. COVID-19 certainly did not improve those. So, remember, holidays are hard for many people. The 2020 Holiday Season is going to be a hard time for everyone. So, in general, be extra understanding of how everyone copes in their own way.

This is especially important for folks who have to stay away from grandparents. If you think you'll be having a hard time of it, just imagine being part of a high-risk group who've been especially cooped up, isolated, and afraid.

1. CREATE YOUR OWN NEW TRADITIONS

This year feel at liberty to go off the beaten path by trying new customs, recipes, and activities. Try something bold and outside of your comfort zone, whether that's a virtual group activity or new recipes. **If you're spending the holidays alone share family gathering traditions and stories with friends over the phone.**

2. UGLY SWEATERS AND THE GOOD DISHES

Put on that festive outfit or the one reserved for special occasions and set the table with the good dishes for your Zoom meal. You may even send the same holiday-themed sweaters or challenge your loved ones to a contest, because neither distance nor coronavirus can stop your family fun!

3. DECORATE

A festive atmosphere goes a long way in a celebration, even if you're alone or without family. Showing you care by making the effort of creating a fun, seasonal, welcoming environment is a big part of what makes holiday gatherings feel so special during the holidays. **So hang those stockings with care!**

4. CHALLENGE YOUR FRIENDS AND FAMILY TO A 'MACY'S DAY WINDOW DISPLAY PARADE'. Each participant will decorate a window of their home to be viewed from outside. A parade route can be set so that you can enjoy the parade “together” in your separate cars. Afterward, post photos to Randall County FCH Facebook for others to enjoy.

5. Have festive-smelling candles to fill the house with the scent of pumpkin spice, pine — whatever you associate with the holiday. Our olfactory senses are most tied to memory, so candles can really help wrap you in the joy of past gatherings.

6. PREPARE YOUR FAMOUS DISHES VIRTUALLY—THINK OF IT AS OUR OWN HOLIDAY COOKING SHOW!

Making a big meal together is one of the most central bonding experiences of big holiday gatherings. Social distancing doesn't have to change that. Even if you're not spending the holidays with your family, set up a virtual hangout to cook together. Even if they're not cooking anything themselves, ask high-risk family members to join you, and maybe even teach you their trademark family recipe. This is the year to learn that family recipe! If you live close by each can pack to go dishes for pickup. Just remember your food safety - **Keep cold foods cold and hot foods hot.** “Danger Zone” (40 °F - 140 °F) Leaving food out too long at room temperature can cause bacteria (such as Staphylococcus aureus, Salmonella Enteritidis, Escherichia coli O157:H7, and Campylobacter) to grow to dangerous levels that can cause illness.

7. CHECK-IN on friends, family, and others in your community who may be alone or might need homemade food the most. Send them your delicious holiday cheer, whether through the mail or porch drops to those who live nearby.

8. HOST A VIRTUAL COOKING DECORATING CONTEST—Participants share photos of entry and one baker posts all on Facebook. Winner with the most Votes on Facebook wins!



The 'Marketing Makeover' for Jolly St. Nick

Did you know the original Santa was rather slim, but cartoonists and commercial ads artists gave him a makeover?



The stylistic representation of Santa that is so widely recognized in the U.S. today with a fluffy white beard, giant belt buckle and bright red cheeks was further molded by none other than the Coca-Cola Co. In the 1920s, the company began to run magazine ads aimed at reminding people that Coca-Cola wasn't just a summer drink. And by the early 1930's Santa had put on a few pounds.

**Marketing plays a huge part in what consumers believe about everything from Santa Clause to the foods we eat.
Making the connection between agriculture and health.**



9. KICK-OFF A FITNESS CHALLENGE

DECEMBER 1ST— It's not how much you do but that you do something active each day of December. Post a photo of your activity on the FCH Facebook Page as a challenge to others. Check out the Easy Exercises You Can Do Today on next page.

10. Missing Holiday Music?

ATTEND A VIRTUAL CONCERT.

Scan the QR Code to listen to voices from all over the world.



SING IN A VIRTUAL CHOIR!



Scan the QR Code to listen to voices from all over the world. You can even sign up for FREE as a new member of The Collective Virtual Choir and to be a part of the Christmas project.

11. PORCH GAMES

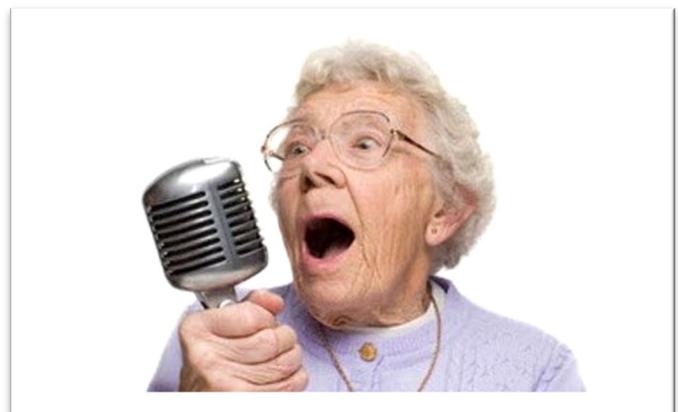
MAKE YOUR OWN!

Then set up checkers, chess or dominoes on porch and invite a friend to stop by daily and play...**one move at a time**. It'll be fun to get out and about and something fun to look forward to.



12. BOOK CLUB WITH A TWIST

Pick a favorite book and set up a time to read **VIRTUALLY** to friends or others that would love to hear stories from another human voice. Contact nursing homes or assisted living centers to set up virtual book club.



Get Moving This Holiday Season...

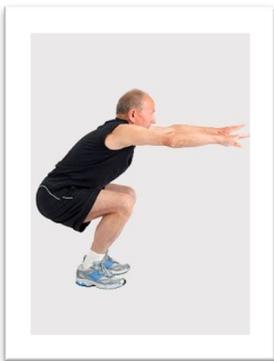
Easy Exercises You Can Do Today

Improve balance, flexibility, endurance, and strength



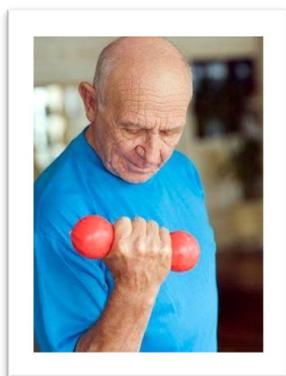
Staying active can keep you feeling and looking your best — at every stage of your life. An active lifestyle is especially important for senior health because regular exercise can help prevent heart disease, diabetes, and cer-

tain forms of cancer, and it can also reduce pain associated with arthritis. By improving balance, flexibility, endurance, and strength, older adults can stay healthier longer. The National Institute



on Aging is a great resource for learning more about the exercise benefits for seniors. Just remember to check with your doctor before beginning a new exercise program.

The process of building muscle takes time, but the benefits are enormous for your health as a senior. Strength training requires good form to reap full benefit.



Lifting everyday objects like a suitcase or a gallon-size jug of water can become more difficult as you age. Arm curls will strengthen the

muscles involved with these movements. Either seated or standing, hold hand weights down at your sides with palms facing up and elbows tucked in, then bend your elbows and lift the weights toward your chest. Hold each repetition for about 1 second, then slowly lower the arms; do a set of 10 reps, rest, and repeat another set.

Adding resistance with light weights or elastic bands helps develop muscle mass and upper body strength. Sit (or stand) with feet flat on the floor and



hold weights at shoulder height with palms facing forward, then lift the weights above your head. Other beneficial exercises for upper body strength include side arm raises — hold weights at your sides, palms inward, and raise your arms out to the sides — and front arm raises — hold weights at your sides, palms down, and raise arms to shoulder height. Aim for two sets of at least 10 reps for each of these three exercises.



Building muscle mass and focusing on better balance can help reduce the risk of falls and broken bones. A good balance exercise for older adults is the chair

stand: Start in a seated posi-

tion in an armless chair. Keeping your back and shoulders straight, extend your arms parallel to the ground and slowly stand up, without using your hands. Sit down and repeat the move 10 to 15 times, rest, and then complete another set of 10 to 15 reps. You can further improve your balance with the toe stand:

Stand behind the chair — use it only for support — and slowly raise up on your tiptoes. After holding the position for a moment, slowly lower your heels back to the floor; repeat two sets of 10 to 15 reps.

To stretch your quadriceps, start by standing behind a chair and grabbing it with your right hand. Bend your left leg behind you and



grab your foot with your left hand, making sure to keep the thigh as close to perpendicular to the floor as possible. Hold the stretch for about 30 seconds or long enough that you feel

the stretch in front of the bent thigh. Release the foot and repeat on the other side. The National Institute on Aging Web site features other great stretches for the lower body, including the hamstring and calf muscles.

Exercise benefits much more than just the body — you can also improve your mental and emotional health by maintaining an active life. And if you have fun while you're being active, chances are you'll want to continue participating in that activity.

**Stay active, stay involved,
and you'll stay healthy!**



Scan the QR Code to see more exercises.



CHRISTMAS MINDFULNESS

This time of year, most of us knee deep in holiday planning, prep work, and to-do lists! When we are taught about how our body feels and reacts in certain situations, we can self-reflect on past responses. We can better understand who we are and how our bodies react to stressful or sensory situations. By better understanding their states of regulation, we can be mindful of things that may set us off, but better yet, know how to respond. Practicing mindfulness activities and coping strategies can be powerful for us all.

Mindfulness is the ability and awareness of thoughts, feelings, and sensations as our body responds or reacts in thought, feeling, and sensations. Mindfulness is being present in the moment in any given situation with full awareness of inward and outward sensations. Practicing mindful awareness through deep breathing exercises is one way to notice how our body is reacting in a given moment and provides a tool to reset. Coping skills may include deep breathing as just one strategy.

Below is a strategy we can use to slow down, take a deep breath, and recognize the underlying issues going on behind behaviors, meltdowns, and frustrations associated with holiday stress.

Use the Christmas tree visual graphic here and follow the arrows as you take deep breaths in and out. Thinking about whatever it is that you are grateful for is a simple way to pair the benefits of slow deep breaths with intentional thoughts.

Deep Breathing Christmas Tree

TRACE THE RIBBONS ON THE TREE.

TRACE UP & BREATHE IN.

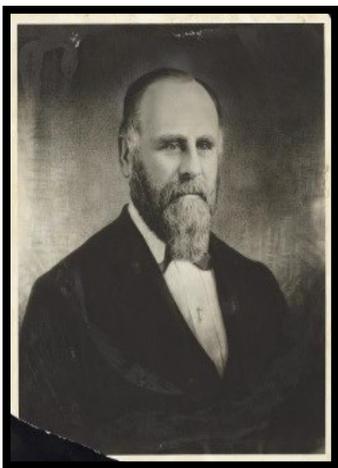
TRACE DOWN & BREATHE OUT.



THE OT TOOLBOX.COM

The History of Macy's: From Humble Beginnings to Stunning Success

History is full of tales of daring entrepreneurs who launched small-scale businesses that grew and evolved over time through their owner's industriousness and creativity. But few enterprises reflect



their creator's inventive spirit, perseverance and willingness to learn from past mistakes as much as R.H. Macy & Co., founded by Rowland Hussey Macy.

Macy's Groundbreaking Inventiveness

R. H. Macy's success resulted in large part from his innovative sales and advertising practices that virtually transformed the retail industry and prompted customers to flock to the store for unrivalled shopping experiences. Among his revolutionary firsts: buying and selling merchandise with cash only; instituting a one-price system, which eliminated the common practice of bargaining in favor of selling a specific item to every customer at the same price; stating the exact price of products in boldly titled newspaper ads; offering money-back guarantees; and introducing new and creative products like the tea bag, the Idaho baked potato and colored bath towels, as well as made-to-measure

clothes for men and women, produced in an on-site factory.

In addition, Macy's store the first to feature a Santa Claus during the Christmas season. In 1864, the store began installing illuminated window displays to attract the attention of those passing by, giving rise to the notion of 'window shopping.'

In 1866, Macy made business history by promoting Margaret Getchell, a woman known for extraordinary marketing insights and ideas, to store superintendent—an executive position. Her guiding mantra: Be everywhere, do everything, and never forget to astonish the customer.”

One of the first major holiday window displays was put up by Macy's New York store in 1874. It featured a collection of porcelain dolls and scenes from Harriet Beecher Stowe's "Uncle Tom's Cabin.”

Macy's Ongoing Legacy and Company Milestones

R.H. Macy died in 1877 and, in 1895, the company ownership passed from his family to Isidor and Nathan Straus, brothers who, with their father, had leased the basement of the store in 1874 and established a famous china department there. The Straus family continued to build on R. H. Macy's legacy of 'firsts' throughout the early years of the 20th century.



In 1902, the operation moved uptown to the nine-story Herald Square flagship building at 34th Street and Broadway. It had 33 elevators and four wooden escalators—the first to be used in any American store. These original escalators can still be seen today in the Herald Square store.

came “the World’s Largest Store.” The parade was televised for the first time on Nov 26, 1946

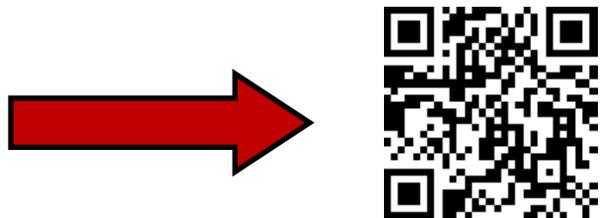
The company is continuing to launch new retailing initiatives and services to cater to its customers, including Same-Day Delivery in eight markets, Buy Online Pickup in Store nationally and Apple Pay



In 1924, Macy’s employees started the Macy’s Thanksgiving Day Parade (originally called the “Macy’s Christmas Parade”), which featured live animals from the Central Park Zoo and drew a crowd of 10,000 people. That same year, with the store’s 7th Avenue expansion completed, Macy’s Herald Square be-

mobile payment. Remarkably, R.H. Macy’s dogged pursuit of his bold vision and triumph over his early business obstacles led to a world-renowned brand that sells an enormous range of products, raises significant funds for charity and reinforces cherished traditions through spectacular events.

Scan the QR Code to take a virtual ride on the Historic Vintage Wooden Otis L-type Escalators at Macy’s Herald Square in NYC!



Path to Better Living...Knowledge

Macy's Herald Square Christmas Windows Fun Facts:

- Macy's was the first department store to feature Christmas window displays and has been enchanting generations of spectators since the early 1870's.
- RH Macy himself began the tradition of animated windows in 1899 at Macy's original 14th street location.
- During peak hours over 10,000 people per hour will pass by the windows.
- Each Christmas window display is a project nearly a year in the making as plans for the next year's windows begin in January, almost immediately after the windows are taken down.
- It takes a dedicated team of over 250 of Santa's helpers to bring the windows to life including Macy's display artists, graphic artists, sculptural artists, animators, carpenters, electricians and music and sound experts.
- Installation of the Christmas windows takes 21 days and nights.



Foot traffic is definitely a goal, so is building brand awareness but also to spread

GOODWILL WITHIN THE COMMUNITY.

**WINDOW DISPLAYS ARE TO BE EXCITING AND CREATE EXPERIENCES THAT
THE CUSTOMERS WILL ENJOY.**

TIPS ON DECORATING WINDOWS FOR THE HOLIDAYS

Tip 1: Pick a Theme and Stick to It Focus on quality over quantity. Don't overdo it. Create a compelling story or theme. This will help to engage people and catch their attention.

Tip 2: Get Creative With Your Color Palette

Instead of decorating with traditional red and green, try something different. And think about the impact your overhead lighting might have on the entire scene—or all of your decor for that matter.

Tip 3: Be Patient With Lights Tangled lights drives everyone crazy. People love putting candles in their windows, but consider thinking outside of the box, literally, by framing out your window in lit greenery the way Macy's does.

Tip 4: Borrow From Your Tree (& Your Kitchen) If you want to create a vignette on a table, mantel or even a tray with the same magic dose as a department store window, stylists suggest using ornaments to set up your scene. Grouping ornaments together with a small tree and surrounding the set with some tea light candles would create a sweet tableaux. To round out the display, you'll need snow. Instead of buying a bag of faux flakes, use salt or sugar to represent fresh powder in your scene.

Tip 5: Add Some Movement - Add some movement even if it's just the slightest. It's attention grabbing and helps create an interactive aspect that will engage people and hold their attention.



Path to Better Living...Knowledge

One of the most important ways to stay connected with family and friends this holiday season is by using technology.



What is Zoom?



Zoom is a cloud-based video conferencing service you can use to virtually meet with others - either by video or audio-only or both, all while conducting live chats - some higher priced tiers let you record those sessions to view later. Over half of Fortune 500 companies reportedly used Zoom in 2019 and during 2020 has hit even greater heights, recently claiming 300 million daily Zoom meeting participants.

When people are talking about Zoom, you'll usually hear the phrase: Zoom Meeting. A Zoom Meeting refers to a video conferencing meeting that's hosted using Zoom. You can join these meetings via a webcam on your computer or phone. Note, if you join from smart phone you will use data if not connected to Wi-Fi.

Zoom for Free: This tier is free. You can hold an unlimited number of meetings. Group meetings with multiple participants are capped at 40 minutes in length, and meetings can't be recorded. Holidays may have unlimited time restrictions.



Scan QR Code for step by step written Zoom Instructions



Scan QR Code for Zoom Instructional Video on YouTube

What is FaceTime?

FaceTime is an app that supports video and audio calling between Apple devices. It doesn't replace your regular phone calls but instead is provided as an alternative. Apple's FaceTime app works on Wi-Fi, so one major benefit it has over your regular Phone app is that it can make free internet-based calls anywhere you have a Wi-Fi connection.

Use FaceTime with your iPhone, iPad, or iPod touch



Group FaceTime will let you chat with up to 32 people at the same time.

Group FaceTime works on any Apple device that's running iOS/iPadOS 12.1.4 or newer, and MacOS 10.14.3 or newer. Some older model iPhones, iPads and iPod Touches that aren't compatible with iOS 13 can still be part of Group FaceTime calls, but their participation will be limited to only audio.

In a group conversation in Messages, you can start Group FaceTime right from the group conversation. Follow these steps: Open Messages and start a group conversation. Or go to an existing group conversation. Tap the contacts at the top of the group conversation. Tap FaceTime, then start your call.



Scan QR Code for FaceTime Instructional YouTube Video

WHAT IS A QR CODE?

QR stands for Quick Response and works in the same way as a barcode. The QR code is a square shaped black-and-white grid containing certain information—like web addresses or contact details—that you can access with your compatible device.



You find these QR codes pretty much everywhere: grocery stores, cinema halls, FCH Newsletter, etc.

A QR code has certain instructions written on it. When you scan this code, your phone displays the information contained in the code. In case the code has an action on it, say it's the details for a Wi-Fi login, then your smart phone will follow those instructions and connect you to the specified Wi-Fi network.

HOW TO SCAN A QR CODE ON ANDROID

Most modern Android phones have a built-in QR scanner to scan these codes. Depending on your phone type, your camera will either automatically detect the code or you need to tap an option in the camera app.

Here are the two main ways to scan a QR code on Android.

Scan a QR Code Using the Built-In QR Code Scanner

1. Open the **Camera** app.
2. Point your camera to the QR code you want to scan.
3. Your phone will recognize the code and display the relevant information.

Scan a QR Code Using Google Lens

Some Android phones can't directly recognize a QR code. Instead, they will show a Google Lens icon you need to tap to get your phone to read the code. Here's how you do that:

1. Open the Camera app
2. Tap the lens icon to open Google Lens.
3. Point your camera towards the QR code and your phone will display the code content.

If you've got an older phone that doesn't support either of these, you can install a free app like QR code reader & QR code Scanner to scan various types of code.

HOW TO SCAN A QR CODE ON AN IPHONE

Like Android phones, the iPhone lets you scan QR codes right from the camera app. It's simple to use the built-in iPhone QR code scanner:

1. Open the Camera app.
2. Point your camera towards the QR code.
3. Your iPhone will recognize the code.

**Scan the QR Codes in newsletter
for more detailed information.**



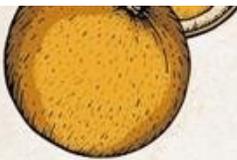
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Path to Protection..... Food Safety



REHEATING TURKEY

BEST METHOD REHEAT TURKEY IN THE OVEN

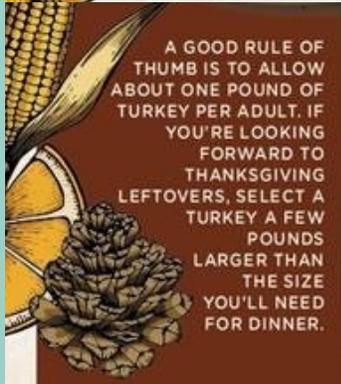
IF YOU'RE TRYING TO GET YOUR TURKEY BACK TO THAT JUST-OUT-OF-THE-OVEN GOODNESS THEN THE ONLY WAY TO REALLY DO IT IS, OF COURSE, TO USE THE OVEN. BUT IF YOU JUST TOSS IT IN THERE ON A SHEET PAN IT'LL DRY RIGHT OUT. THAT'S WHY WE RECOMMEND COOKING IT LOW AND SLOW, IN A COVERED DISH, PREFERABLY WITH A LITTLE STOCK AND EVEN SOME BUTTER, TO HELP SUFFUSE THE MEAT WITH MOISTURE AND FLAVOR.



FASTER METHOD REHEAT TURKEY ON THE OVEN

IF YOU'RE LOOKING TO REHEAT A SMALL AMOUNT OF TURKEY A LITTLE FASTER, THEN INSTEAD OF HEATING UP THE OVEN, YOU MAY WANT TO TRY COOKING IT ON THE STOVE.

WITH THIS METHOD, YOU JUST SIMMER THE PIECES IN A LITTLE STOCK: PLACE THE TURKEY IN A SAUTE PAN OR A SKILLET, AND ADD ABOUT A 1/2 INCH OF STOCK. SIMMER THE TURKEY OVER MEDIUM-HIGH HEAT FOR A FEW MINUTES UNTIL IT'S COOKED ALL THE WAY THROUGH (THE USDA RECOMMENDS AN INTERNAL TEMP OF 165°F AS SAFEST.) THIS IS FASTER, BUT YOU'LL NEED TO KEEP A CLOSE EYE ON THE PAN TO MAKE SURE IT DOESN'T DRY OUT OR OVERCOOK.



A GOOD RULE OF THUMB IS TO ALLOW ABOUT ONE POUND OF TURKEY PER ADULT. IF YOU'RE LOOKING FORWARD TO THANKSGIVING LEFTOVERS, SELECT A TURKEY A FEW POUNDS LARGER THAN THE SIZE YOU'LL NEED FOR DINNER.

THAW THE BIRD. FOR EVERY 4 POUNDS OF FROZEN TURKEY, YOU WILL NEED 24 HOURS OF THAWING TIME. PLACE IT IN THE FRIDGE FOR SAFE THAWING.

BRINING IS TREATING FOOD WITH BRINE OR COARSE SALT WHICH PRESERVES AND SEASONS THE FOOD WHILE ENHANCING TENDERNESS AND FLAVOR WITH ADDITIONS SUCH AS HERBS, SPICES, SUGAR, ETC.

SLIDE THE TURKEY INTO THE OVEN LEGS FIRST. TEMPERATURES ARE OFTEN WARMER NEAR THE BACK, SO THE THIGHS GET THAT HIGHER HEAT THEY NEED WHILE THE BREAST COOKS IN THE LOWER HEAT BY THE DOOR.

ROAST AT A HIGH TEMPERATURE WHEN YOU FIRST PUT THE BIRD IN THE OVEN IN ORDER TO SPEED UP THE COOKING TIME AND MAKE LEGS AND THIGHS CRISPY.

CHECK THE TEMPERATURE WHEN YOU THINK THE TURKEY MIGHT BE DONE. INSERT A MEAT THERMOMETER INTO THE THICKEST PART OF THE THIGH, CLOSE TO THE CREASE WHERE THE BREAST BEGINS. BE CAREFUL NOT TO HIT THE BONE. LOOK FOR A READING OF 170°

Volunteer

If you are interested in serving on the **Family and Community Health Program Area Committee** or becoming a trained Master Wellness Volunteer, contact Kelli Lehman @ 806.468.5543 or klehman@ag.tamu.edu



“Texas A&M AgriLife Extension Service - Randall County FCH”

Page offers program information and daily educational resources

Find us on the web at



<https://randall.agrilife.org/>

Path to County



One way to reduce the sniffles associated with a cold is to sniff some peppermint oil. That will open up those stuffy sinuses and it smells good too!



HURRY, TEEA only has a few ornaments left!

Contact Mary Rice at 806.655.7494 to get yours today! \$25 or \$30 if mailed.



Upcoming Program Dates

12/3—10:00 AM - Zoom Practice

Join Zoom Meeting

<https://zoom.us/j/98576308203>

TEEA members, be watching for an email. Anyone is welcome to join. Email me at klehman@ag.tamu.edu for Zoom invitation.

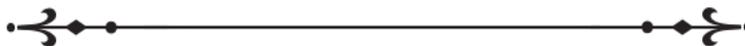
12/7—RSVP for The Virtual Dinner Detective

Call 806.468.5543 **OR** email at klehman@ag.tamu.edu **OR** click on the link posted on the Texas A&M AgriLife Extension Service - Randall County FCH' Facebook page.

12/15—6:00 PM—The Virtual Dinner Detective

RSVP for The Virtual Detective by 7th—I will need an email address and mailing address to send your invitation, character information & dinner recipes. The program will be conducted on Zoom.

12/17 —Mental Health First Aid—Adult Training



“Randall County judges have come and gone over many years, but none of them had the "vision" of the man who now holds the job,” said former publisher of the Canyon News, Brad Tooley. 2016



In Honor of the Honorable Ernie Houdashell

TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.



Kelli D. Lehman

Texas A&M AgriLife Extension Service – Randall County, Panhandle District 1

County Extension Agent –
Family & Community Health

<http://randall.agrilife.org>

TEXAS A&M AGRILIFE EXTENSION SERVICE
Randall County
Herbert F. & Jeanine Kuhlmann Extension Center
200 N. Brown Road
Canyon, Texas 79015

Return Service Requested

Path to Plate Sweet Potato Casserole

Ingredients

- 4 pounds sweet potatoes baked, peeled & mashed
- 3 large eggs
- 1 1/2 teaspoon salt
- 1/2 cup cranberries dried
- 1 1/2 teaspoon vanilla extract
- Walnut Topping
- 1/4 cup walnuts chopped
- 1/2 cup quick oats
- 1/4 cup brown sugar packed
- 1 1/2 Tablespoon salted butter softened

Instructions

Wash your hands and clean your preparation area. Rinse sweet potatoes under cool running water prior to cooking.

Preheat oven to 350°F.

Place your mashed sweet potatoes in a large bowl. Add the eggs, salt, dried cranberries, and vanilla extract with the sweet potatoes and stir until well combined.

Spread ingredients in a greased 9X13-inch baking dish.

Walnut Topping

Using a spoon or baking spatula, mix walnuts, quick oats, and brown sugar in a bowl. Add softened butter and mix until well combined.

Spread across the top of the sweet potatoes in the baking dish.

Bake casserole for 20-25 minutes or until it reaches 145°F

Servings : 12 one half cups in dish

<https://dinnertonight.tamu.edu/recipe/sweet-potato-casserole/>



Sweet Potato Casserole

Nutrition Facts	
12 servings per container	
Serving size	1/2 Cup (184g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 330mg	14%
Total Carbohydrate 44g	16%
Dietary Fiber 6g	21%
Total Sugars 19g	
Includes 5g Added Sugars	10%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 2mg	10%
Potassium 769mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.