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*Sharing is caring with TEEA*

Kathy Farrow, CEA-FCS

November 2014



## Mark Your Calendar!

County Extension Education  
Association Meeting  
Monday, November 24, 2014  
San Patricio County Extension Office

9:00 a.m. - Refreshments  
Hostess → Taft EE Club  
9:30 - Business meeting

Club reports will need to be turned in at this meeting.



District 11 TEEA Fall Training  
Friday, December 5, 2014  
Matagorda Fairgrounds  
Multipurpose Hall  
4511 FM 2668  
Bay City, Texas



Registration - 9:15 a.m. - Coffee & Snacks  
Training - 10:00 a.m.

Registration Fee - \$15.00  
Payment must be delivered to the  
San Patricio County Extension Office by  
Friday, November 21, 2014 .

**Make check payable to:**  
**San Patricio Extension Education Association**

All members are welcome to attend as you may as  
sometime in the future become an officer; whether it be  
your local club or County level.

### Leadership Program Schedule

Month	Topic	Presenter
Nov.	iPAD 101	Sheri Collis
Jan.	Safe Medication Disposal	Crystal LaForage
Feb.	Diversity - Respect for All	Crystal LaForage
Mar.	To Toss or Not To Toss	Evelyn Sinast
April	Landscaping for Security	Sheri Collis



The San Patricio County  
Extension Office will be  
closed on  
November 27-28, 2014  
in observance of

# THANKSGIVING





2015 TEEA State Conference  
September 15–16, 2015  
Waco, Texas

## Chicken Orzo Soup

Serve soup on cold winter days.

Orzo is a small pasta which looks like rice. It cooks fast and tastes yummy in this soup!

### Ingredients:

- 1 pound boneless, skinless chicken breast or chicken thighs
- 1 tablespoon vegetable oil
- ½ cup chopped onion
- 1 garlic clove, minced
- 1 cup chopped carrots
- 1/2 cup chopped celery 5 cups reduced sodium chicken broth
- 1 cup water
- 1 bay leaf
- 1 tablespoon dry Italian herbs
- ¾ cup uncooked orzo pasta



### Directions:

1. Cut the chicken into bite size pieces. Heat oil in a large pot over medium heat. Add the chicken to the oil. Season with salt and black pepper. Cook for 3 minutes.
2. Add the onion, carrots, celery and garlic to the pot. Stir and cook for about 3 minutes.
3. Add the broth, water, bay leaf and Italian herbs. Bring soup to a full boil.
4. Add the orzo to the boiling soup. Reduce the heat and simmer for 15 to 20 minutes. Remove the bay leaf before serving.



## sweet potato fries



A delicious finger food that child can dip in ketchup or low fat Ranch dressing.

### Ingredients:

- 4 medium sweet potatoes
- 1 tablespoon canola or olive oil
- ¼ teaspoon salt
- ¼ teaspoon black pepper

### Directions:

1. Peel the sweet potatoes and cut into ½ inch
2. Place the sweet potatoes, oil, salt and pepper in a large plastic bag. Shake well until potatoes are evenly coated.
3. Spray a baking sheet with a nonstick cooking spray. Arrange potato slices on baking sheet in a single layer.
4. Bake potatoes in a 450° oven for 12 to 15 minutes, or until golden brown. Turn the potatoes 2 times while cooking.

## How much salt is there in chicken broth?

1 cup regular chicken broth has  
860 milligrams sodium

1 cup reduced sodium chicken broth has  
570 milligrams sodium

Use the reduced sodium broth.  
The flavor is great and it has a lot less sodium!  
Don't add extra salt to your soup.

## Choose foods with Less Sodium

A diet high in sodium may lead to high blood pressure, and a risk of heart disease and stroke. Everyone, including kids, should reduce their sodium intake to less than 2300 milligrams of sodium each day (about 1 teaspoon of salt).

### Where is the sodium in our food?

10% is the natural sodium in foods.

5 to 10% comes from salt added during cooking or on the table.

75 to 80% is the salt added in food processing by manufacturers.

Most of our sodium comes from processed foods.

### Read food labels when shopping.

Choose canned and packaged foods lower in sodium.  
Eat smaller amounts of processed foods.

### Add flavor without salt

Use more herbs - basil, cilantro, Italian parsley, oregano or thyme.

Add fresh lemon juice to vegetables and salads.

Squeeze lime juice on fish, seafood or chicken.

Use dry Italian herbs in soups, casseroles and stir fry dishes.

Add a bay leaf to soup while cooking.

### Enjoy the flavor of food, not salt!



## Toasted Pumpkin Seeds

Carve and decorate  
your pumpkin



Save the seeds for a fun autumn snack!

1. Remove all the fibers and spread the seeds on a baking pan.
2. Spray lightly with vegetable oil spray and toss the seeds to coat.
3. Bake the pumpkin seeds in a 350° oven for 15 to 20 minutes, stirring occasionally.
4. Season the seeds with salt, parmesan cheese, taco seasoning, garlic powder or your favorite seasonings.

## Homemade Gifts

Share the holiday spirit with family and friends.

Create a holiday basket. Add your own special touch - a food that you love, a note about how you use a certain a food, a favorite recipe.

Decorate your basket with a colorful bow!

### Holiday Snack Jar

Fill a clear, covered container with healthy snacks. Fill with low fat snack bars, granola bars, small boxes of raisins and other dry fruits, small bags of peanuts and other nuts.

### Cookbook

Give a cookbook with healthy, quick and easy recipes. Create your own cookbook - write your favorite recipes in a journal. Select recipes from your childhood. Ask family members for their favorite recipes.

### Hot Cocoa Basket

Fill a basket with hot cocoa mixes, flavored tea and festive mugs. Add a couple cloth napkins and spoons.

### Garden Can

Fill a watering can with a pair of garden gloves, garden tools and packets of seeds for your favorite gardener. Include a cookbook with recipes using fresh fruits and vegetables.



### Taco Basket

Fill a basket with tortillas, cans of refried beans, pinto beans or black beans. Add a jar of your favorite salsa, peppers or seasonings. Include a variety of foods - green salsa, enchilada sauce, bean salsa, or a couple fresh limes.

### Winter Fruit Basket

Fill a large basket with fruit. Start with a large pineapple. Add oranges, grapefruit, bananas, lemons or limes. Add some of your favorite dried fruits or nuts.

### Kid Basket

Fill a plastic container or small wagon with coloring books, story books, stickers, small toys and a stuffed animal. Include toys that keep a child active during the winter months - balls, jump ropes, toys that a child can push or pull.

### Pasta Basket

Fill a basket with different shaped pastas, pasta sauces, breadsticks or a loaf of Italian bread. Include some of the different pastas available - orzo, whole grain spaghetti, alphabet pasta and others. Line the basket with a kitchen towel. Decorate with holiday ribbon.

## SAN PATRICIO DIABETES SUPPORT GROUP MEETING

Please join us for our next San Patricio Diabetes Support Group meeting. The meeting will be held on Tuesday, December 2, 2014 from 10:00 to 11:30 a.m., at the San Patricio County Fair Grounds Civic Center, Meeting Room A&B, located at 219 West 5<sup>th</sup> Street in Sinton.

### "Cooking Healthy for the Holidays" presented by Kathy Farrow

Refreshments will be served and  
Door Prizes will be given.

Your presence is appreciated and you are welcome to bring a guest with you. We look forward to seeing you there.

For additional information Kathy Farrow, at 361/364-6234.

### Slow-Cooker Pumpkin Harvest Chex Mix®

Prep Time 5 min - Total Time 2 hours & 5 minutes  
Servings 20

A fall snack or tasty trail mix, this pumpkin harvest Chex mix is made in the slow cooker and features three different Chex mixes, as well as pecans, graham crackers, dried cranberries and pumpkin seeds.

### Ingredients:

- 2 cups Cinnamon Chex™ cereal
- 2 cups Wheat Chex™ cereal
- 3 cups Vanilla Chex™ cereal
- 1 cup pecans
- 1 cup mini graham crackers
- 1 cup dried cranberries
- ½ cup pumpkin seeds
- ½ cup butter, melted
- ¼ cup packed brown sugar
- 1 tablespoon pumpkin pie spice
- 1½ teaspoons vanilla

### Directions:

1. In oval 5- to 6-quart slow cooker, stir together the 3 cereals, pecans, graham crackers, dried cranberries and pumpkin seeds.
2. In small bowl, mix together melted butter, brown sugar, pumpkin pie spice and vanilla. Stir until well combined. Pour over cereal mixture; stir until evenly coated.
3. Cook uncovered on High heat setting 2 hours, stirring every 15 to 20 minutes.
4. Spread cereal mixture on ungreased cookie sheet or waxed paper. Cool 3 to 5 minutes before serving.

### Tips

- ♦ If you can't find mini graham crackers at your local store, simply use broken full-size crackers.
- ♦ Not a fan of nuts? Leave out the pecans, and substitute with pretzels.

# TEXAS A&M AGRI LIFE EXTENSION

San Patricio County  
219 N. Vineyard  
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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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