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*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

December 2017



**Mark Your  
Calendar**

**County Extension Education  
Association Meeting**  
Monday, January 29, 2018  
San Patricio County Extension Office

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

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



San Patricio County Family  
& Community Health & Ag/  
Natural Resources

Leadership Program Schedule		
Month	Topic	Presenter
Feb.	Hearing Loss A Good Night's Rest is Best	Barbara Kain
Mar.	Plan to Control Your Aging Who Do You Think You Are?	Patricia Branch
Apr.	Fantastic Five The Incredible Gourd	Barbara Kain



The San Patricio County  
Extension Office will be  
closed on  
December 25 & 26, 2017  
and  
January 1 & 15, 2018.



# Cheese Basics

## Shop and Save



- \* Watch for sale prices and coupons.
- \* Compare cost per ounce to decide which package is the best buy.
- \* Sliced or grated cheese may cost more than cheese in a block.
- \* Check the Best if Used By date and select a package size that you can use while the cheese is at its best quality.

Cheese provides protein, calcium and vitamin B12.



## Cheese Math

1 cup shredded cheese  
= 4 ounces

## More About Cheese

- \* Some cheeses are made with mold that is safe to eat (Brie, Camembert or blue cheese). Mold that is not part of the cheese-making process can cause illness. If you see mold on sliced, shredded, crumbled or soft cheese, throw away all of the cheese. On firm cheeses, like Cheddar or Swiss, cut away at least an inch around and under the mold you can see. The remaining cheese is safe to eat.
- \* Processed cheeses (American cheese, cheese spreads) are made of natural cheeses mixed with other ingredients.
- \* You can choose cheese with fewer calories from fat. Reduced fat cheese has 25% less fat than the original natural cheese. Low fat cheese has no more than 3 grams of fat per ounce. They may taste and cook differently than the original natural cheese.
- \* Non-dairy cheeses made with soy or nuts are available but may not taste or cook the same as dairy cheese. They may also contain different nutrients.

## Store Well Waste Less



- Store cheese in the refrigerator. Soft cheeses may only keep for a week. The harder the cheese, the longer it can be stored.
- Cover cheese to prevent it from drying out. Wrap with plastic wrap or use an airtight container. Shredded cheeses store best in the original packaging or re-closable plastic bags.
- Firmer cheeses can be frozen, but the texture will become crumbly. Grate before freezing and divide into recipe-sized amounts. Thaw just the amount you need in the refrigerator and use for cooking.



# Cooking with Cheese

## Broccoli Cheddar Soup

### Ingredients:

- 1 cup onion, chopped
- 1 cup carrot, shredded
- 1½ teaspoons margarine or butter
- 2 cups broth, any flavor
- 2 cups broccoli, chopped (fresh or frozen)
- 1 cup nonfat or 1% milk
- ¼ cup flour
- 4 ounces (1 cup) shredded reduced fat cheddar cheese
- ⅛ teaspoon pepper

### Directions:

1. In a medium saucepan over medium-high heat, sauté onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
2. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
3. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
4. Refrigerate leftovers within 2 hours.

Makes 4 cups

Prep time: 10-15 minutes

Cook time: 15 minutes

## Skillet Mac and Cheese

### Ingredients:

- 2 cups water
- 1½ cups uncooked macaroni
- teaspoon margarine or butter
- Tablespoons flour
- ¼ teaspoon salt
- ¼ teaspoon dry mustard
- 1¼ cups nonfat or 1% milk
- 1¼ cups (5 ounces) grated cheddar cheese

### Directions:

1. In a 10-inch non-stick skillet or medium saucepan, bring water to a boil.
2. Add the macaroni and margarine or butter. Stir a few times to prevent sticking.
3. Cover the pan and reduce heat to low. Simmer for 5 minutes. (Do not drain the water.)
4. Meanwhile, mix flour, salt and mustard in a small bowl. Add ¼ cup of milk and stir until smooth. Add remaining milk. Set aside.
5. Remove the lid and cook macaroni until most of the water is gone.
6. Stir and add milk mixture and cheese. Mix well. Cook and stir until all the cheese melts and the sauce is bubbly and thick.
7. Refrigerate leftovers within 2 hours.

Note: Add your favorite fresh or frozen vegetables in step 2. Try onions, celery, carrots, zucchini or others.

Makes 4 cups

Prep time: 10 minutes

Cook time: 20 minutes

## MAKING QUESADILLAS

1. Choose the filling: shredded cheese plus fruit, veggies, fish, meat or beans.
2. Layer filling on a tortilla; cover with another tortilla or fold in half.
3. Warm until the cheese melts. Use a skillet, griddle, oven or grill.
4. Serve 'as is' or with a fruit or veggie salsa.

# 2018 A&H Show Homemaking Division Volunteers Needed!

Please call Kathy or Vickie at 361/587-3400 to volunteer.

## *San Patricio County Fairgrounds Civic Center*

Monday, January 22 - Cultural Arts Check-in:  
4:00 - 6:00 p.m.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tuesday, January 23 - Foods Check-in:  
11:00 a.m. - 12:00 noon

1. \_\_\_\_\_

## Judging Assistants

Tuesday, January 23 - Cultural Arts Division  
10:00 - 12:00 p.m.

1. \_\_\_\_\_
2. \_\_\_\_\_

Tuesday, January 23 - Display Set-up  
1:00 p.m. - ?

1. \_\_\_\_\_
2. \_\_\_\_\_

## A&H Show Homemaking Division Room Monitors Thursday, January 25, 2018

Each club will need to provide 2 volunteers. Clubs have the option to trade times, etc. Please let me know by Friday, January 12, 2018 who your club volunteers will be.

8:45 - 11:00 a.m.            Taft EE Club

1. \_\_\_\_\_
2. \_\_\_\_\_

11:00 p.m. - 2:00 p.m.        Aransas Pass EE Club

1. \_\_\_\_\_
2. \_\_\_\_\_

2:00 p.m. - 5:15 p.m.        Mathis EE Club

1. \_\_\_\_\_
2. \_\_\_\_\_

# TEXAS A&M AGRI LIFE EXTENSION

San Patricio County  
219 N. Vineyard  
Sinton, Texas 78387-2613

*Return Service Requested*

References to commercial products or trade names are made with the understanding that no discrimination is intended and no endorsement by the Texas A&M AgriLife Extension Service is implied. Articles and recipes adapted from University of Nebraska-Lincoln Extension, The State University of New Jersey, and Foodhero.org.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

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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For additional information contact: