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News Flash

Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

December 2018



Mark Your Calendar

**County Extension Education
Association Meeting
Monday, January 28, 2019
San Patricio County Extension Office**

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

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



Leadership Program Schedule

Month	Topic	Presenter
Feb.	Country Roads...Take Me Home	Barbara Kain
Mar.	Do Re Mi, Cha Cha Cha! Enriching Lives through Music & Dance	Crystal LaForge



**The San Patricio County
Extension Office will be
closed on
December 24 & 25, 2018
and
January 1 & 21, 2019.**

need for parties and food. The biggest question we always ask, "How do you stay healthy through the holidays?" Here are a few tips you can remember when celebrating this season.

Tip 1: Bring a dish you enjoy!

The hardest part in holiday gatherings is trying to find a food or dish which can be part of your healthy holiday. If you are going to a party which you can bring a dish, bring something which is part of your healthy meal plan.

Tip 2: Be smart with your beverages

Every holiday party has a punch, cocktail, or sweetened beverage. Our tip is not to drink your calories during a gathering. Not only do many of these beverages have lots of added sugar but are high in calories. Save your calories and added sugar and choose either water, sparkling water or unsweetened tea.

Tip 3: Don't starve yourself throughout the day.

As much as we would like to save all our calories for a holiday party; not eating regular meals throughout the day can lead to overeating. Instead eat regular meals during the day and make those meals count. Choose vegetables, fruits, whole grains, and a good source of protein to help keep you satisfied.

Ways to Spice Up Your Parties with Fruits & Veggies

1. A Healthy Dessert. Top mixed fruit with a dollop of sorbet or sherbet for dessert.
2. Meat Substitutions. Make vegetable lasagna for non-meat eating guests. Instead of the meat layer, try spinach, eggplant, broccoli, carrots and mushrooms, or your favorite combination.
3. Healthy Appetizers. Serve appetizers that use vegetables and fruits.
4. Create a New Tradition. Make a new veggie recipe.
5. Healthy Snacks & Gifts. Don't forget dried fruits! Add to a cheese platter or mix with nuts for snacking. A dried fruit mix is a healthy gift for your friends and family.



and family to a buffet. However, this type of food service, where foods may be out for long periods leaves the door open for uninvited guests—bacteria that cause foodborne illness. Here are some tips for a safe and brilliant buffet:



Safe Food Handling

Always wash your hands with warm water and soap for 20 seconds before and after handling food. Clean kitchen surfaces, dishes and utensils with hot water and soap. Always serve food on clean plates — never those previously holding raw meat or poultry. Bacteria that may have been present in raw meat or poultry can cross-contaminate the food to be served.

Ready to Cook a Feast

If you are cooking foods ahead of time for your party, be sure to cook foods thoroughly to safe internal temperatures.

Keep Hot Foods HOT And Cold Foods COLD

Hot foods should be held at 140 °F or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be held at 40 ° F or colder. Keep foods cold by nesting dishes in bowls of ice. If you buy party trays at the store, remove lid and fill with ice. Put the tray on the lid for a handy cooling station. Bacteria can also multiply quickly in moist desserts that contain dairy products. Keep eggnog, cheesecakes, cream pies and cakes with whipped-cream or cream-cheese frostings refrigerated until serving time.

Safely Sauced

Some sauces, dressings and even dessert recipes contain uncooked eggs. If your homemade recipes call for uncooked eggs, you can modify them by using pasteurized eggs, pasteurized egg product or cooking the egg mixture on the stovetop to 160 °F. Then follow the recipe's directions.

The 2-Hour Rule

Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.

Storing the Smorgasbord

Divide cooked foods into shallow containers to store in the refrigerator or freezer until serving. This encourages rapid, even cooling. Reheat foods to 165 °F. Always use proper

- Ingredients**
- 1 package (1/4 ounce) active dry yeast
 - 2 tablespoons warm water (110° to 115°)
 - 1/2 cup warm 2% milk (110° to 115°)
 - 1/4 cup butter, softened
 - 1 large egg
 - 2 tablespoons sugar
 - 1 teaspoon salt
 - 2-1/2 to 3 cups all-purpose flour



Herb Butter

- 1/4 cup butter, softened
- 1 small garlic clove, minced
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 teaspoon dried minced onion
- Dash cayenne pepper
- 1 tablespoon water
- 1 teaspoon sesame seeds

Directions

1. In a large bowl, dissolve yeast in warm water. Add the milk, butter, egg, sugar, salt and 1-1/2 cups flour. Beat until smooth. Stir in enough remaining flour to form a firm dough.
2. Turn onto a lightly floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl, turning once to grease the top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down. Turn onto a lightly floured surface. Roll out dough to 1/8-in. thickness; cut out into seventeen 3-1/2-in. circles.
4. For herb butter, combine the butter, garlic, basil, oregano, onion and cayenne. Set aside 1 teaspoon herb butter. Spread the remaining herb butter over dough circles to within 1/2 in. of edges. Using the dull edge of a table knife, make an off center crease in each roll. Fold along crease.
5. To form tree, place one roll near the top center of a parchment paper-lined 15x10x1-in. baking pan. Arrange 14 rolls overlapping slightly, forming a tree. Use water to moisten dough where it overlaps.
6. For trunks, place remaining rolls on bottom of tree. Cover and let rise until doubled, about 40 minutes.
7. In microwave, melt reserved butter mixture. Brush over

- Ingredients**
- 2 tubes (8 ounces each) refrigerated crescent rolls
 - 42 miniature smoked sausages
 - Fresh rosemary sprigs



Directions

1. Preheat oven to 350°. Unroll crescent dough and separate each tube into eight triangles; cut 14 of the 16 triangles lengthwise into three triangles each. Place one sausage on the wide end of each smaller triangle; roll up tightly.
2. Arrange 24 appetizers, point side down, in a 10-in. circle on a parchment paper-lined baking sheet. Place remaining appetizers in the center of the ring to form a 7-in. circle. Bake 16-18 minutes or until golden brown.
3. Shape remaining 2 dough triangles into a bow; place on another parchment paper-lined baking sheet. Bake 10-12 minutes or until golden brown.
4. Cool ring 5 minutes before carefully removing to a serving platter, placing bow on bottom. Garnish with rosemary sprigs.

Adapted from <https://www.tasteofhome.com/>

Festive Cranberry Fruit Salad

Prep/total Time: 25 minutes

Yield: 14 servings

Ingredients

- 1 package (12 Ounces) fresh or frozen cranberries
- 3/4 cup water
- 1/2 cup sugar
- 5 medium apples, diced
- 2 medium firm bananas, sliced
- 1 1/2 cups fresh or frozen blueberries, thawed
- 1 can (11 Ounces) mandarin oranges, undrained
- 1 cup fresh or frozen raspberries, thawed
- 3/4 cup fresh strawberries, halved



Directions

1. In a Large Saucepan, Combine the Cranberries, Water and Sugar. Cook and Stir over Medium Heat until Berries Pop, about 15 Minutes. Remove from the Heat; Cool Slightly.

EXTENSION

San Patricio County
219 N. Vineyard
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Return Service Requested

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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