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## Family & Consumer Sciences

Welcome to the Winter 2021 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter for Harford County citizens.

Family & Consumer Science (FCS) is the comprehensive body of skills, research and knowledge that improves the quality of life of families, communities and individuals through education, research

and community outreach. Our mission is to strengthen families, communities, and individuals. Our goal is to empower Marylanders to make decisions that lead to healthy living, financial success, and long-term and wellness.

Harford County Faculty Extension Family & Consumer Sciences & Nutrition Educator, Jennifer Dixon

Cravens, provides research based programs on Nutrition, Wellness, Fitness Chronic Disease Management, Healthy Living, Healthy Homes, Family & Community Health, Financial Education, Healthy Cooking, and Health Communication.



## RECIPES

Each issue includes easy, tasty, healthy recipes! This issue features:

- Strawberry Salsa
- Crispy Chicken with Raspberry Dipping Sauce
- Hearty Chickpea and Spinach Stew
- Oatmeal and Berry Smoothie
- Healthy Chocolate Soufflé
- And more!

## Have a Happy, Healthy, and Prosperous 2021



2020 is in our rear view mirror. However, we cannot start the new year without out acknowledging the great loss. Our deepest condolences goes out to anyone that loss a love one to Covid-19 in 2020. Let’s all continue to strive and move into 2021 with nutrition, health and wellness goals for our self, family and communities.

### 5 Goals to set for 2021:

1. Make your mental and emotional health a priority
2. Eat more seasonal fresh fruits and vegetables ( support your local economy more)
3. Let go of the past, and focus on the future- Declutter your home, and get organized.
4. Create an exercise routine, get fit and stay fit
5. Put down your computer and tv screens, unplug and detox from technology, news, and negative programming.

## January Themes

### 5 Ways to Stay Healthy In Winter Months



An infographic titled "Winter Health Tips" is centered on the page. It features five circular icons arranged around the central text. The icons are: a bed (top left), hands being washed under a faucet (top right), a glass of water (bottom left), a shopping cart (bottom right), and a house (bottom center). The background of the infographic is light purple with white snowflake patterns. At the bottom right of the infographic, it says "MISSISSIPPI STATE UNIVERSITY EXTENSION" and "extension.msstate.edu".

## Belly Laugh Day



Have you heard the expression “Laughter is the best medicine.”? Belly Laugh Day is a day dedicated to celebrating the great gift and benefits of laughter. Laughter is known to having many holistic benefits which include the expanding of tissue lining of blood vessels to expand which consequently increases blood flow. This in turn makes you feel more positive, boosts your immune system and generally just makes us feel happier.

Laughter is known to make people feel more positive, boost our immune systems, increases pain tolerance and gener-

ally makes people feel happier and more energetic. Belly Laugh Day aims to remind people of the benefits of laughter and encourage people to spread laughter in their lives and the lives of others.

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

Source: [mayoclinic.org](http://mayoclinic.org)

## January Themes

### National Pie Day

As American as well, apple pie, National Pie Day has been sponsored by the American Pie Council since 1986. This fun holiday started in the 1970s by a Colorado nuclear engineer, craft beer brewer and author named Charlie Papazian who declared his birthday, Jan 23, to be National Pie Day.

#### Pie History from the American Pie Council

Pie has been around since the ancient Egyptian era. These pies were sometimes made in "reeds" which were used for the sole purpose of holding the filling and not for eating with the filling.

The Romans must have spread the word about pies around Europe as the Oxford English Dictionary notes that the word pie was a popular word in the 14th century. The

first pie recipe was published by the Romans and was for a rye-crusted goat cheese and honey pie.

The early pies were predominately meat pies. Pies (pies) originally appeared in England as early as the twelfth century. Often these pies were made using fowl and the legs were left to hang over the side of the dish and used as handles. Fruit pies or tarts (pasties) were probably first made in the 1500s. English tradition credits making the first cherry pie to Queen Elizabeth I.

Pie came to America with the first English settlers. Pie has become so much a part of American culture throughout the years, that we now commonly use the term "as American as apple pie."

### Mini Shepherd's Pies

2 teaspoons extra-virgin olive oil  
 ½ cup chopped onion  
 12 ounces 93%-lean ground beef  
 2 tablespoons all-purpose flour  
 1 tablespoon tomato paste  
 1 cup reduced-sodium beef broth  
 6 ounces baby spinach, chopped  
 ¾ teaspoon salt, divided  
 ½ teaspoon garlic powder, divided  
 2 12-ounce packages frozen winter squash puree, thawed  
 ½ cup finely shredded Parmesan cheese

Position rack in upper third of oven; preheat broiler. Heat oil in a large skillet over medium-high heat. Add onion and cook, stirring, until beginning to soften, about 2 minutes. Reduce heat to medium, stir in beef, flour and tomato paste, and cook, stirring, until the beef is mostly browned, about 3 minutes. Add broth, scraping up any browned bits with a wooden spoon. Bring to a boil and cook, stirring occa-

sionally, until the broth is the consistency of thick gravy, about 4 minutes. Stir in spinach, ¼ teaspoon salt and ¼ teaspoon garlic powder; cook until the spinach is just wilted, about 1 minute. Remove from the heat.

Place squash in a fine-mesh sieve and gently press on it to extract excess liquid. Transfer to a bowl. Stir in the remaining ½ teaspoon salt and ¼ teaspoon garlic powder. Divide the meat mixture among four 10-ounce broiler-safe ramekins. Top each with about ½ cup of the squash. Place the ramekins on a baking sheet. Broil until heated through and bubbling around the edges, about 10 minutes. Sprinkle with cheese and broil until it is just melted, about 3 minutes more.

Serving Size: 1 Mini Pie

*Per Serving: 310 calories; protein 29.2g; carbohydrates 20.4g; dietary fiber 5.5g; fat 12.8g; cholesterol 71.1mg, sodium 786.2mg*





## January Themes

### National Soup Month

**January is National Soup Month**, a good time to think about how soup can fit into a healthy eating plan. And what's better on a cold winter day than a warm bowl of soup? Soup can be nutritious, easy to prepare, and inexpensive. It can be great hot or cold, prepared with minimal clean-up, only needs one pot, and the combination of ingredients is unlimited. Soup is a great dish for a variety of palettes and can be tailored to be spicy, savory or sweet.

**Be sodium savvy.** To keep soups tasty and healthy, use low-sodium broth, stock, or soup base for the foundation. Experiment with flavorful herbs and spices in place of salt. The most effective replacements are savory flavors with "bite," such as black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander and onion. Use minced or powdered garlic and onion rather than their salt form. When substituting minced or powdered garlic and onion for the salt version, use about half as much.

**Make healthier choices with Nutrition Facts Labels.** When buying canned soups, use the

Nutrition Facts Label to help choose ones with lower sodium levels. Foods with 140 milligrams (mg) of sodium or less per serving can be labeled as low-sodium foods. Claims such as "low in sodium" or "very low in sodium" on the front of the food label can help identify foods that contain less salt.

**Cook once, eat twice.** Homemade soups can be made ahead of time and in large quantities. Eat refrigerated soup within three to four days or freeze it. Don't let soup set at room temperature for more than two hours. To speed cooling, store soups in shallow containers. When serving a second time, bring to a boil.

During National Soup Month and beyond, experiment with different recipes and ingredient substitutions for healthier soups.

*Adapted from L. Franzen-Castle. Tips for Delicious and Nutritious Soup. Nebraska Extension. <https://food.unl.edu/newsletter/healthy-bites/tips-delicious-and-nutritious-soup>*



### Turkey Bean Soup

1 pound ground turkey breast  
 2 medium onions, chopped  
 2 stalks celery, chopped  
 1 clove garlic, minced  
 1/4 cup ketchup  
 1 can tomatoes, diced, no salt added (14.5 ounces)  
 3 pieces bouillon, chicken, low-sodium  
 7 cups water  
 1 1/2 teaspoons basil, dried and crushed  
 1/4 teaspoon pepper, black ground  
 2 cups cabbage, chopped/shredded  
 1 can beans, cannellini, kidney, or black-no-salt-added, drained, (15 ounces)

In a large saucepan, cook the ground turkey, onion, celery and garlic until the vegetables are softened and the turkey is cooked.

Drain off the fat and add the ketchup, tomatoes, bouillon, water, basil, pepper, cabbage and beans.

Bring to a boil and reduce heat. Cover and simmer for 30 minutes.

Serves 4

*Nutrition Facts Per Serving: 260 calories; 2g fat; 32 g carbohydrates; 28g protein; 55mg cholesterol; 320mg sodium*

*Source: mayoclinic.org.com*

## January Themes

### Home Office Safety and Security Week

More people are working from home than ever before. During Home Office Safety and Security Week at-home workers are encouraged to analyze the safety of their work environment.

**Clearance** – Make sure you keep your office organized and free from stacks of paper and other objects. Not only can these cause issues such as tripping, but they also pose as a fire hazard.

**Fire Readiness** – Make sure your home office has a fire extinguisher and functioning smoke detectors.

**Personal Security** – If you work at home alone, don't make it a priority to meet with customers in your home. Offer to meet at an off-location near your home.

**Electric Cords**– Unorganized cords can cause many issues including a fire hazard. Look into purchasing a functional and stylish cord organizer.

**Electronic Devices** – If something is not in use, turn it off. It can help you save money and prevent from power surges.

**Theft Prevention** – Try to properly secure your home at all times and identify weak spots.

**File Security** – If your business requires you to keep sensitive information, try to use a locking file cabinet. You also need to make sure any electronic documents are properly secured. Look into a secured network and cyber liability insurance.



## Hot Tea Month

Bitter cold January days call for nothing less than a long bath, candles lit, and cup after cup of hot tea to warm you up from the inside out. A hot, steamy cup of tea is perfect for any time of the day. Happy National Hot Tea Month, do yourself a favor and enjoy tea as much as you want this month! We'll break down for you what kinds of tea are good for your health at certain times of the day in just a minute. First, have you ever wondered where tea came from, and what made someone put leaves in hot water for flavor? Well, legend says in 2737 BC, a Chinese emperor was sitting under a tree while his servant boiled drinking water when some leaves blew into it. The emperor happened to be a renowned herbalist, and he decided to taste the infusion that had just been created by accident... He loved it, and that's where tea comes from! Here are some of the best benefits tea has to offer:

Tea is packed with **antioxidants**. These help keep our bodies "young" and protect them

from toxins.

It has **less caffeine than coffee**. (The kinds that do contain caffeine) usually contain about 50% less than coffee which means you can drink it without affecting your nervous system.

Research shows a correlation between tea and **heart health**. A recent study says people who drink tea have a 20% less chance of having a stroke or heart attack than those who don't.

It can help with **weight loss**, especially when paired with a well-balanced diet and exercise. Tea is usually calorie-free, and it can give you energy and cause your body to burn more calories throughout the day.

It's an **immune system** booster. Studies show that tea helps immune cells reach their targets more quickly.





## January Recipes

### Balsamic Berry Vinaigrette Winter Salad



¼ cup balsamic vinegar  
 2 tablespoons plain fat-free Greek yogurt  
 1 tablespoon sugar-free strawberry preserves  
 1 ½ teaspoons olive oil  
 1 teaspoon Dijon-style mustard  
 1 clove garlic, minced  
 ¼ teaspoon kosher salt  
 ⅛ teaspoon black pepper  
 3 cups fresh baby spinach  
 3 cups torn romaine lettuce  
 1 small cooking apple, such as Braeburn or Gala, thinly sliced  
 ½ cup crumbled blue, feta, or goat cheese  
 ½ cup pomegranate seeds  
 ¼ cup chopped walnuts, toasted

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper.

In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

*Nutrition info per serving: 90 calories; 5.3g fat; 8g carbohydrates; 3g protein; 5.5mg cholesterol; 1435mg sodium*

*Source: eatingwell.com*

### Roasted Root Veggies & Greens over Spiced Lentils



½ cup black beluga lentils or French green lentils (see Tip)  
 1 teaspoon garlic powder  
 ½ teaspoon ground coriander  
 ½ teaspoon ground cumin  
 ¼ teaspoon ground allspice  
 ¼ teaspoon kosher salt  
 2 tablespoons lemon juice  
 1 teaspoon extra-virgin olive oil

#### Vegetables

1 tablespoon extra-virgin olive oil  
 1 clove garlic, smashed  
 1 1/2 cups roasted root vegetables (see associated recipes)  
 2 cups chopped kale or beet greens  
 1 teaspoon ground coriander  
 ⅛ teaspoon ground pepper  
 Pinch of kosher salt  
 2 tablespoons tahini or low-fat plain yogurt  
 Fresh parsley for garnish

To prepare lentils: Combine water, lentils, garlic powder, 1/2 teaspoon coriander, cumin, allspice, 1/4 teaspoon salt and sumac (if using) in a medium pot. Bring to a boil. Reduce heat to maintain a simmer, cover and

cook until tender, 25 to 30 minutes. Uncover and continue simmering until the liquid reduces slightly, about 5 minutes more. Drain. Stir in lemon juice and 1 teaspoon oil.

Meanwhile, to prepare vegetables: Heat oil in a large skillet over medium heat. Add garlic and cook until fragrant, 1 to 2 minutes. Add roasted root vegetables and cook, stirring often, until heated through, 2 to 4 minutes. Stir in kale (or beet greens) and cook until just wilted, 2 to 3 minutes. Stir in coriander, pepper and salt. Serve the vegetables over the lentils, topped with tahini (or yogurt). Garnish with parsley, if desired.

**Tip:** Try black beluga lentils or French green lentils instead of brown when you want lentils that hold their shape (instead of breaking down) when cooked. Look for them in natural-foods stores and some supermarkets.

*Serves 2. Nutritional Information Amount Per Serving 453 calories; 22.4g fat; 18g carbohydrates; 18g protein; 246mg sodium*

*Source: eatingwell.com*

## January Recipes

### Impossibly Easy Chicken Pot Pie

1 2/3 cup frozen mixed vegetables  
 1 cup cut-up cooked chicken  
 1 (10.5 oz.) can condensed cream of chicken soup  
 1 cup baking mix such as Bisquick™  
 1/2 cup milk  
 1 egg

Heat oven to 400°F.

Mix vegetables, chicken and soup in ungreased 9-inch glass pie plate. Stir together remaining ingredients with fork until blended. Pour or spoon onto filling in pie plate.

Bake 30 minutes or until golden brown. Let cool 5-10 minutes before serving.

#### Tips:

- Use deli rotisserie bird or leftovers from a roast chicken or turkey.
- Seasoning the base vegetable mixture with your favorite blend of dried herbs—sage, basil, oregano, or dill will bump up the flavor quotient.
- Sprinkle the top of the crust with shredded cheese in the last 10 minutes of baking.

*Nutrition information per 1/8 of pie serving size: Calories 204, Total Fat 5g, Sodium 162mg, Total Carbohydrate 39g, Dietary Fiber 5g, Protein 2g, Calcium 51mg*

*Source: [savoryonline.com](http://savoryonline.com)*



### Spinach & Mushroom Crustless Quiche

2 tablespoons extra-virgin olive oil  
 8 ounces sliced fresh mixed wild mushrooms such as cremini, shiitake, button and/or oyster mushrooms  
 1 1/2 cups thinly sliced sweet onion  
 1 tablespoon thinly sliced garlic  
 5 ounces fresh baby spinach (about 8 cups), coarsely chopped  
 6 large eggs  
 1/4 cup whole milk  
 1/4 cup half-and-half  
 1 tablespoon Dijon mustard  
 1 tablespoon fresh thyme leaves, plus more for garnish  
 1/4 teaspoon salt  
 1/4 teaspoon ground pepper  
 1 1/2 cups shredded Gruyère cheese

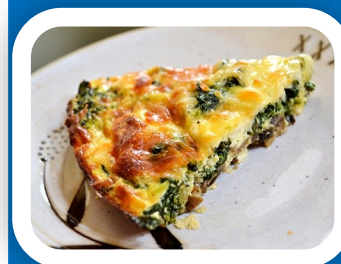
Preheat oven to 375 degrees F. Coat a 9-inch pie pan with cooking spray; set aside. Heat oil in a large nonstick skillet over medium-high heat; swirl to coat the pan.

Add mushrooms; cook, stirring occasionally, until browned and tender, about 8 minutes. Add onion and garlic; cook, stirring often, until softened and tender, about 5 minutes. Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.

Whisk eggs, milk, half-and-half, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan. Bake until set and golden brown, about 30 minutes. Let stand for 10 minutes; slice. Garnish with thyme and serve.

*Nutrition information per 1/8 of pie serving size: Calories 204, Total Fat 5g, Sodium 162mg, Total Carbohydrate 39g, Dietary Fiber 5g, Protein 2g, Calcium 51mg*

*Source: [savoryonline.com](http://savoryonline.com)*



## February Themes

### Healthy Heart Month



Cardiovascular disease is the #1 killer in America and the #1 killer of women.

-American Heart Association

When it comes to the health of your heart, a well-balanced, nutrient-rich diet can help keep your ticker going strong, and it doesn't have to mean limited choices or bland, boring meals. Here are three simple strategies designed with your heart in mind to keep mealtime healthful and flavorful (the rest of your body will thank you, too).

**Tip 1: Reduce sodium in foods by using herbs, spices, and citrus for flavor instead.**

Too much salt causes the body to retain water, which can increase blood pressure and put strain on the heart. Go easy with the salt shaker and opt for naturally flavorful accent ingredients, like the complex spice rub on this pork tenderloin with baby broccoli.

**Tip 2: Choose lean proteins, like seafood, beans, or skinless chicken breasts.**

Foods high in saturated fat, like red meat, can contribute to the risk of heart disease. Choose lean protein sources, like poultry, seafood, beans, and legumes, to keep meals filling. Versatile skinless chicken breast is delicious paired with rich, heart-healthy avocado, like in this salad riff on the flavors of classic guacamole.

**Tip 3: Choose whole grains over refined ones to get more fiber.**

Fiber-rich foods are an essential part of a heart-healthy diet. Including a diverse mix of whole grains, like brown rice, oats, and whole grain bread and pasta, will help to ensure you're getting fiber along with many other nutrients. Save time and effort with precooked grains.

Reference: heart.org





## February Themes

### Heart Healthy Valentine's Tips

*Indulge your loved-one with one of these heart-healthy ideas from the American Heart Association.*

1. **Plan a candlelit dinner** at home using a [heart-healthy recipe](#).
2. **Spice it up** – try cooking at home with healthier seasonings and avoid prepackaged mixes that may contain a lot of salt. Instead, add some spice with some fresh hot peppers or seasoning.
3. **Sharing is caring** – if you do go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two.
4. **Bundle up** and plan an active winter outdoor activity such as hiking, bird watching, or gathering wood and having a campfire.
5. **Take a walk and talk**– take turns choosing which direction to go at each crossroads. Take some creative photos together along the way. There's no shame in a few couple selfies!
6. **A little something sweet**—try a new or exotic fruit that have natural sugar as well as healthy nutrients and fiber instead of sweets with added sugars.
7. **Take it slow** if you were gifted a luxurious box of chocolates. Stick it in the fridge or freezer and enjoy in moderation over several weeks.

Source: [heart.org](#)



### Healthy Chocolate Lava Dip

- 1 1/4 cups semi-sweet chocolate chips, divided
- 1/2 cup fat free evaporated milk
- 1 teaspoon coconut oil

Place 1 cup chocolate chips, evaporated milk, and coconut oil in a medium-sized, microwave-safe bowl. Microwave on high for approximately 1 1/2 minutes (the exact timing can vary slightly depending on your microwave). Stir until completely smooth and well-incorporated. (Do not microwave again. Just use the heat from the warmed chocolate mixture to continue melting the entire mixture.)

Once the warmed chocolate mixture is smooth, stir in the remaining 1/4 cup chocolate chips and continue stirring until they're melted, and the dip is thickened and smooth. Serve immediately as a fondue / warm molten lava dip, or allow to come to room temperature, and serve with fruit, pretzels, or other dippers.

**Make-ahead tips:** This Chocolate Dip can easily be made a day or two ahead and stored, covered, in the refrigerator. If you'd like to serve it as a warm molten lava dip or fondue, gently rewarm it in the microwave until it's the desired consistency. Be sure to check it and stir it very frequently while rewarming, so it doesn't scorch during reheating.

If you prefer to serve this dip at room temperature, take it out of the refrigerator a little before serving (since it's a bit too thick straight out of the fridge for easy dipping). It'll return to a perfect dipping consistency as it sits.

*Serving size 2 Tablespoons Nutritional Information Amount Per Serving 126 calories; 8g fat; 16g carbohydrates; 2g protein; 1g fiber, 3mg cholesterol; 4mg sodium*

Source: [twohealthykitchens.com](#)



This is  
the ultimate easy,  
healthy Valentine's  
Day treat.

So simple and so much  
healthier!

# Nutrition 101



## Understanding Food Nutrition Labels

Learning how to understand and use the Nutrition Facts label can help you make healthier eating choices and identify nutrient-dense foods for a healthy diet. Here are some tips from the American Heart Association for making the most of the information on food labels. Learn what to look for on the label.

**1 - Start with the serving information at the top.**

This will tell you the size of a single serving and the total number of servings per container (package).

**2 - Next, check total calories per serving and container.**

Pay attention to the calories per serving and how many calories you're really consuming if you eat the whole package. If you double the servings you eat, you double the calories and nutrients.

**3 - Limit certain nutrients.**

Check key nutrients and understand what you're looking for. Not all fats are bad, and total sugars can include both natural and added sugars. Limit the amounts of added sugars, saturated fat and sodium you eat, and avoid trans fat. When choosing among different brands or similar products, compare labels and choose foods with less of these nutrients when possible.

**4 - Get enough of the beneficial nutrients.**

Make sure you get enough of the nutrients your body needs, such as: calcium, choline, dietary fiber, iron, magnesium, potassium, and vitamins A, C, D and E.\*

**5 - Understand % Daily Value.**

The % Daily Value (DV) tells you the percentage of each nutrient in a single serving, in terms of the daily recommended amount. If you want to consume less of a

nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5 percent or less). If you want to consume more of a nutrient (such as fiber), choose foods with a higher % DV (20 percent or more).

**Here are more tips for getting as much health information as possible from the Nutrition Facts label:**

Remember that the information shown in the label is based on a diet of 2,000 calories a day. You may need less or more than 2,000 calories depending upon your age, gender, activity level, and whether you're trying to lose, gain or maintain your weight.

When the Nutrition Facts label says a food contains "0 g" of trans fat, but includes "partially hydrogenated oil" in the ingredient list, it means the food contains some trans fat, but less than 0.5 grams per serving. So, if you eat more than one serving, you could end up eating too much trans fat.

The U.S. Food and Drug Administration (FDA) regulates the Nutrition Facts label seen on packaged foods and drinks. In 2016, the FDA released changes to the label to make it easier to see how many calories and added sugars are in a product and to make serving sizes more realistic. These changes are still being implemented throughout the food industry, so for now you may see the redesigned version shown here or the old original version.

\*Source: 2015-2020 Dietary Guidelines for Americans

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories 230</b>	
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) 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.

- 1
- 2
- 3
- 4
- 5

## National Children's Dental Health Month

The February 2021 National Children's Dental Health Month is brought to you by the ADA. This month-long national health observance brings together thousands of dedicated professionals,

healthcare providers, and educators to promote the benefits of good oral health to children, their caregivers, teachers and many others.



## Children's Wellness



## Children and Young People's Social, Emotional, and Mental Health during COVID-19

Coronavirus disease (COVID-19) can affect children and young people directly and indirectly. Beyond getting sick, many young people's social, emotional, and mental well-being has been impacted by the pandemic. Trauma faced at this developmental stage can continue to affect them across their lifespan.

CDC developed a COVID-19 Parental Resource Kit: Ensuring Children and Young People's Social, Emotional, and Mental Well-being to help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental health challenges and helping to ensure their well-being.

Learn about the social, emotional, and mental health challenges faced by each age group, find out what you can do to help, and access age-group specific resources to get you started.

- ⇒ Early Childhood (0-5y)
- ⇒ Childhood (6-12y)
- ⇒ Adolescence (13-17y)
- ⇒ Young Adults (18-24y)

Source: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/parental-resource-kit/index.html>



## Heart-Healthy February Recipes

### Sheetpan Salmon and French Green Beans



*Quick and healthy, this entrée and side dish cooks together in the same pan in about 15 minutes!*

3 shallots  
3 tbsp. olive oil  
1 tbsp. curry powder  
1 (12 oz.) pkg. frozen French-style Green Beans, thawed  
4 (4 oz.) skinless salmon fillets

Preheat oven to 425°F. Thinly slice the shallots.

In a small bowl, combine the oil and curry powder. Season with salt and pepper. On a large rimmed baking sheet, toss together 2 tbsp curry oil with the beans and shallots.

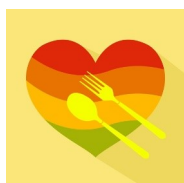
Arrange in a single layer on opposite ends of pan.

Arrange the salmon fillets in center of pan. Brush salmon with remaining 1 tbsp curry oil and season with salt and pepper. Roast until salmon is cooked through and French beans are tender, about 15 min.

*Nutrition per serving:*

*59 calories; 3.7g fat; 6.8g carbohydrates;  
0.8g protein; 1.7g fiber, 0mg cholesterol;  
3mg sodium*

*Source: [savoryonline.com](http://savoryonline.com)*



Salmon is rich in omega-3 fatty acids. These fats, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA), may help prevent blood clots, stabilize dangerous heart rhythms, and improve blood pressure.

*Source: [HarvardHealth.com](http://HarvardHealth.com)*

### Strawberry Salsa

*A combo of sweet and savory with a touch of heat, this salsa hits all the notes. Serve with chips or spoon over grilled chicken or fish.*



1/2 (16 oz.) pkg strawberries  
1 medium tomato, chopped  
1/4 cup chopped red onion  
1/2 cup chopped cilantro  
2 tbsp. lime juice  
1 tbsp. olive oil  
1 jalapeño

Hull and finely dice the strawberries. Add strawberries to a medium bowl with the tomato, red onion, cilantro, lime juice, and olive oil.

Finely chop the jalapeño and add to bowl. Season with salt and pepper to taste. Gently toss to combine.

Tip:

To tame the flame, remove the seeds and ribs from the jalapeño.

*Nutrition per serving:*

*377 calories; 26g fat; 12g carbohydrates;  
26g protein; 4g fiber, 62mg cholesterol;  
76mg sodium*

*Source: [savoryonline.com](http://savoryonline.com)*



# Heart-Healthy February Recipes

## Oatmeal and Berry Smoothie

Start your day on the right foot with this berry-filled breakfast smoothie that's perfect for busy mornings.

2/3 cup nonfat plain Greek yogurt  
 1/2 cup old-fashioned rolled oats  
 1 medium ripe banana, peeled and cut up  
 1 cup frozen mixed berries, slightly thawed  
 1 cup skim milk  
 1 tbs. honey  
 1 tsp vanilla extract

Tip: Freeze your sliced banana ahead of time for a thicker, colder smoothie.

Serves 2.

*Nutritional Information Amount Per Serving*  
 304 calories; 2g fat; 55g carbohydrates; 16g protein; 7g fiber, 6mg cholesterol; 80mg sodium

Place all the ingredients in a blender and purée until smooth. Pour into 2 glasses and serve.

Source: [savoryonline.com](http://savoryonline.com)



When it comes to foods that both taste great and are great for your heart, it's hard to beat the berry. Berries of all kinds are rich in antioxidants — substances found in certain foods that help fight cell damage. Source: [HopkinsMedicine.org](http://HopkinsMedicine.org)



## Strawberry "Roses"

Surprise someone you love with an edible bouquet of perfectly ripe, juicy strawberries. It's also a pretty (and delicious!) centerpiece or dessert garnish!

1. To make a bouquet of a dozen "roses," you'll need 12 strawberries, a small, sharp knife, such as a paring knife, 12 skewers, and a vase or tall glass to show off your handiwork.

2. Start by making shallow cuts all the way around each strawberry. Don't cut too deep!

3. Use the tip of the knife to gently pull back the "petals"

4. Insert skewers into the stem end of the strawberry. Arrange your bouquet in a vase or tall glass.



*fiber, 0mg cholesterol; 0mg sodium*

*Nutrition per strawberry: 4 calories; 0g fat; 0.9g carbohydrates; 0.1g protein; 0.2g*

Source: [savoryonline.com](http://savoryonline.com)



## Valentine's Day Recipes

### Healthy Warm Chocolate Soufflé



This recipe uses unsweetened cocoa instead of the usual rich chocolate, but the flavor is just as intense.

1/2 cup unsweetened cocoa powder  
 6 tablespoons hot water  
 1 tablespoon unsalted butter  
 1 tablespoon canola oil  
 3 tablespoons all-purpose (plain) flour  
 1 tablespoon ground hazelnuts (filberts) or almonds  
 1/4 teaspoon ground cinnamon  
 3 tablespoons dark brown sugar  
 2 tablespoons honey  
 1/8 teaspoon salt  
 3/4 cup 1 percent low-fat milk  
 4 egg whites  
 3 tablespoons granulated sugar  
 1 teaspoon powdered (confectioner's) sugar  
 1 cup raspberries

Heat the oven to 375 F. Lightly coat six 1-cup individual soufflé dishes or ramekins with cooking spray or coat a 6-cup soufflé dish with the spray.

In a small bowl, combine the cocoa and hot water, stirring until smooth. Set aside.

In a small, heavy saucepan over medium heat, melt the butter. Add the canola oil and stir to combine. Add the flour, ground hazelnuts and cinnamon and cook for 1 minute, stirring constantly with a whisk. Stir in the brown sugar, honey and salt. Gradually add the milk and cook, stirring constantly, until

thickened, about 3 minutes. Remove from the heat and stir into the cocoa mixture. Let cool slightly.

In a large, thoroughly cleaned bowl, using an electric mixer on high speed, beat the egg whites until foamy. Add the granulated sugar 1 tablespoon at a time and beat until stiff peaks form. Using a rubber spatula, gently fold 1/3 of the egg whites into the cocoa mixture to lighten it. Then fold the remaining egg whites into the cocoa mixture, mixing gently only until no white streaks remain.

Gently scoop the cocoa egg white mixture into the prepared dishes (or dish). Bake until the soufflé rises above the rim and is set in the center, 15 to 20 minutes for individual soufflés or 40 to 45 minutes for the large soufflé.

Cool the soufflés on a wire rack for 10 to 15 minutes. Using a fine-mesh sieve, dust the top with the powdered sugar. Garnish with raspberries and serve immediately.

Makes 6 servings.

*Nutrition per serving:*  
 203 calories; 7g fat; 29g carbohydrates; 6g protein; 7mg cholesterol; 106mg sodium

Source: [mayoclinic.com](http://mayoclinic.com)



## Valentine's Day Recipes

### Crisp Chicken with Raspberry Dipping Sauce

3 tablespoons panko breadcrumbs  
 1 teaspoon garlic powder  
 1 teaspoon very finely snipped fresh parsley  
 1/2 teaspoon grated lemon zest  
 1/4 teaspoon dry mustard  
 1/4 teaspoon salt  
 1/4 teaspoon pepper  
 2 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded, pounded to 1/4-inch thickness  
 2 teaspoons and 1/2 teaspoon olive oil, divided use  
 2 teaspoons minced shallot  
 1/2 cup fat-free, low-sodium chicken broth  
 2 teaspoons raspberry vinegar  
 2 1/2 teaspoons all-fruit raspberry spread (seedless preferred)

In a shallow dish, combine the panko, garlic powder, parsley, lemon zest, mustard, salt, and pepper, lightly stirring together with a fork. Put one piece of chicken in the crumbs. Using your fingertips, firmly press the crumbs so they adhere to the chicken. Turn over and repeat. Repeat with the remaining chicken. Discard any crumb mixture remaining.

In a large nonstick skillet, heat 2 teaspoons oil over medium-high heat, swirling to coat the bottom. Cook the chicken for about 4 minutes on each side, or until it is cooked through and the crumbs are golden brown. Transfer to a plate. Cover to keep warm.

To make the sauce, put the remaining 1/2 teaspoon oil in the skillet, swirling to coat the bottom. Cook the shallot over medium heat for about 1 minute, stirring constantly and scraping to dislodge the browned bits (a wooden spoon or heatproof scraper works well). Slowly pour in the broth and vinegar. (The mixture will bubble vigorously.) Increase the heat to medium high and cook for about 2 minutes, or until the sauce reduces slightly. Remove from the heat. Add the raspberry spread, stirring until melted. Slice the chicken diagonally into strips. Serve with the sauce on the side.

*Nutrition information per 1/8 of pie serving size: Calories 204, Total Fat 5g, Sodium 162mg, Total Carbohydrate 39g, Dietary Fiber 5g, Protein 2g, Calcium 51mg*

Source: [thespruceeats.com](http://thespruceeats.com)

### Irene's Winter Salad

4 cups bite-size broccoli florets  
 4 cups bite-size cauliflower florets  
 1/2 cup water  
 1/3 cup lemon juice  
 2 tablespoons extra-virgin olive oil  
 1/2 teaspoon garlic powder  
 1/2 teaspoon dried oregano  
 1/2 teaspoon sugar  
 1/2 teaspoon salt  
 1/2 cup quartered pitted Kalamata olives  
 1/4 cup chopped soft sun-dried tomatoes

Place broccoli, cauliflower and water in a large microwave-safe bowl. Cover and cook on High until just tender, about 4 minutes. (Alternatively, steam over 1 inch boiling wa-

ter in a large saucepan fitted with a steamer basket until just tender, about 4 minutes.) Drain.

Mix lemon juice, oil, garlic powder, oregano, sugar and salt in another large bowl. Add the vegetables and toss to combine. Let marinate in the refrigerator, stirring once or twice, for 20 minutes.

Stir in olives and tomatoes. Serve, drizzling with any dressing left in the bowl.

*Nutritional Information Per Serving*  
 116 calories; 8g fat; 9.9g carbohydrates; 3.4g protein; 419mg sodium

Source: [eatingwell.com](http://eatingwell.com)



Steamed broccoli and cauliflower florets tossed with a tangy lemon dressing is a great alternative to a green salad or steamed vegetable side dish.

## Physical Wellness



**As you age and evolve,  
so do your health  
and nutrition needs.  
It's important to  
eat right for life!**



## March Themes National Nutrition Month®

National Nutrition Month® was initiated in 1973 as National Nutrition Week, and it became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 10.

### **Eating Right through out your Lifespan!**

*"What works for you in your twenties won't necessarily work for you in your fifties. As you age and evolve, so do your health and nutrition needs. It's important to eat right for life,"* said registered dietitian nutritionist Colleen Tewksbury, a national spokesperson for the Academy of Nutrition and Dietetics in Philadelphia, Pa. In addition to maintaining healthful eating habits throughout life, Tewksbury recommends the following tips:

**Teens to 20s** — Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Non-dairy sources of calcium include fortified cereals, beans, some leafy greens and canned salmon with bones.

**20s to 30s** — Reduce your risk of chronic diseases such as obesity, Type 2 diabetes and heart disease by eating more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts and seeds. Women of childbearing age should include sources of folate, such as

beans and peas and dark-green leafy vegetables, and eat foods fortified with folic acid such as breads, cereals and other grain products. A folic acid supplement may also be needed and should be discussed with a health care provider.

**30s to 40s** — Continue to eat a variety of nutritious foods, especially plenty of fruits and vegetables, whole grains and beans, peas and lentils for vitamins, minerals, antioxidants and dietary fiber.

**40s to 50s** — Fine tune your healthful eating habits and continue to incorporate regular physical activity as your body changes due to fluctuating hormones and slowing metabolism. Also continue to focus on ways to limit foods and beverages with added sugars, salt and saturated fat.

**60s and beyond** — Continue to include a variety of protein-rich foods to maintain bone strength and incorporate strength-building activities to maintain muscle.

Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which is a concern for some older adults. Foods also may be fortified with vitamin B12 or a supplement may be recommended by your health care provider.

Source: [eatright.org](http://eatright.org)





## 3 Foods to Improve Mood

When you're feeling down, it can be tempting to turn to food to lift your spirits. However, the sugary, high calorie treats that many people resort to have negative consequences of their own. Thus, you may wonder whether any healthy foods can improve your mood.

Recently, research on the relationship between nutrition and mental health has been emerging. Yet, it's important to note that mood can be influenced by many factors, such as stress, environment, poor sleep, genetics, mood disorders, and nutritional deficiencies.

Explores the relationship between what you eat and how you feel, including tips on how to incorporate healthy eating into your life.

### 3 Foods that enhance good mood

1. Dark chocolate is rich in minerals, such as iron, magnesium, and zinc. The cocoa in dark chocolate also contains antioxidants called flavonoids, which may provide several health benefits dark chocolate. Chocolate is rich in many mood-boosting compounds. Its a sweet, and bitter sugar that may improve mood since it's a quick source of fuel for your brain.

Furthermore, it may release a cascade of feel-good compounds, such as caffeine, theobromine, and N-acyl ethanolamine — a substance chemically similar to cannabinoids that has been linked to improved mood.

2. Omega-3 fatty acids are a group of essential fats that you must obtain through your diet because your body can't produce them on its own.

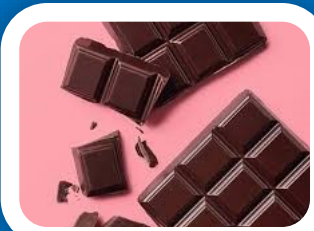
Fatty fish like salmon and albacore tuna are rich in two types of omega-3s — docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) — that are linked to lower levels of depression .

Omega-3s contribute to the fluidity of your brain's cell membrane and appear to play key roles in brain development and cell signaling .

3. Curiously, eating more fruits and vegetables is linked to lower rates of depression Although the mechanism isn't clear, a diet rich in antioxidants may help manage inflammation associated with depression *and other mood disorders*

Berries pack a wide range of antioxidants and phenolic compounds, which play a key role in combatting oxidative stress — an imbalance of harmful compounds in your body. They're particularly high .in anthocyanin's, a pigment that gives certain berries their purple-blue color. One study associated a diet rich in anthocyanin's with a 39% lower risk of depression symptoms.

## Emotional & Mental Health Wellness



## March Recipes



### Simple Baked Cod with Tomatoes and Basil

- 3 tablespoons olive oil
- 2 cups cherry or grape tomatoes
- 1 1/4 lb cod fillets 4-6 pieces ( 1 inch thick or more) see notes
- salt, pepper and chili flakes to taste
- 1 lemon – zest (set aside) and slices
- 3 garlic cloves rough chopped
- 1/4 cup basil leaves torn

#### Instructions

Preheat oven to 400

Pour the olive oil in a 9 x13 inch baking dish. Scatter the garlic cloves. Add the tomatoes and lemon slices and toss. Scoot to one side.

Pat the fish dry and place in the baking dish, and using tongs, turn to coat each side of the fish with oil. Spread out the tomato garlic mixture and nestle in the fish. Tomatoes on the sides, lemons under-

neath. Season all generously with salt, pepper and chili flakes.

Bake for ten minutes. Give the pan a good shake, jostling the tomatoes a bit. Scatter with lemon zest. Bake 5 more minutes or until fish is cooked to your liking.

When done, add the torn basil leaves, tossing them with the warm tomatoes with tongs so the basil wilts slightly. Then garnish each piece of fish with a wilted basil leaf.

Serve immediately!

*Serving Size: 2 Cups*

*Nutrition Facts Per Serving:  
401 calories; protein 32.4g; carbohydrates 41.3g; dietary fiber 13.1g; fat 13.4g, cholesterol 48.8mg; sodium 643.1mg.*

*Source: eatingwell.com*

### New Potatoes and Peas

- 1 pound new potatoes, scrubbed
- 12 spring onions or scallions, bulbs whole, tops chopped (optional)
- 2 cups shelled fresh peas, (about 3 pounds unshelled) or frozen peas
- 2 teaspoons butter
- ½ teaspoon coarsely ground pepper
- 2 tablespoons chopped fresh mint, or more to taste

Place potatoes and onions (or scallions, if using) in a small saucepan, barely cover with water and bring to a boil.

Cook over medium heat until just tender, 5 to 6 minutes. Add peas, cover and cook until tender, about 1 minute. Drain, add butter, pepper and mint. Heat for 1 minute, tossing gently.

#### *Nutrition Facts Per Serving:*

*95 calories; protein 4.2g; carbohydrates 16g; dietary fiber 3.5g; fat 1.5g; cholesterol 3.4mg; sodium 51.3mg*

*Source: eatingwell.com*



## St. Patrick's Day Recipes

### Hearty Chickpea & Spinach Stew

2 (15 ounce) cans low-sodium chickpeas, rinsed, divided

1 tablespoon olive oil

12 ounces 93%-lean ground turkey

½ teaspoon dried oregano

½ teaspoon fennel seeds, crushed

½ teaspoon crushed red pepper

1 medium onion, chopped (1 cup)

2 medium carrots, diced (¾ cup)

4 cloves garlic, minced, or ½ teaspoon garlic powder

3 tablespoons tomato paste

1 (32 ounce) carton low-sodium chicken broth (4 cups)

¼ teaspoon ground pepper

¼ teaspoon salt

3 cups IQF (individually quick-frozen) spinach (8 oz.)

¼ cup grated Parmesan cheese (Optional)

Mash 1 can chickpeas with a potato masher or fork. Set aside.

Heat oil in a large pot over medium-high heat. Add turkey, oregano, fennel seeds, and crushed red pepper; cook, crumbling with a wooden spoon, until the turkey is no longer pink, 2 to 3 minutes. Add onion, carrots, and garlic (or garlic powder); cook,

stirring often, until softened and fragrant, 3 to 4 minutes. Add tomato paste; cook, stirring, for 30 seconds. Add broth, the mashed and whole chickpeas, pepper, and salt to the pot. Cover and bring to a simmer. Reduce heat to medium and cook, covered, at a brisk simmer until the vegetables are tender and the flavors have blended, about 10 minutes.

Add spinach and increase heat to medium-high. Cook, stirring, until the spinach is heated through, 1 to 2 minutes. Ladle the soup into bowls. Garnish each serving with 1 Tbsp. Parmesan, if desired.

**Tip:** Frozen spinach makes this recipe a breeze. If using a frozen 10-oz. block of spinach, cook according to package directions, then add to the soup in Step 4.

**To make ahead:** Refrigerate for up to 3 days.

*Serving Size: 2 Cups*

*Nutrition Facts Per Serving:*

*401 calories; protein 32.4g; carbohydrates 41.3g; dietary fiber 13.1g; fat 13.4g, cholesterol 48.8mg; sodium 643.1mg.*

*Source: eatingwell.com*



### Butter Braised Cabbage

1 small head green cabbage

3 tablespoons butter or substitute

Fine sea salt (to taste)

3 to 5 tablespoons water

Cut the cabbage into quarters, cutting out the thick, solid core at the center. Chop the cabbage into bite-size pieces. Melt the butter in a large saucepan or sauté pan over medium-high heat. Once the butter stops foaming, add the cabbage, sprinkle it with salt, and add 3 tablespoons of water, stirring to combine. Cover and reduce the heat to me-

dium-low. Cook, stirring the cabbage now and again as needed until the cabbage absorbs all of the liquid, about 20 minutes. Test the cabbage for tenderness; if necessary, add another 2 tablespoons of water and continue cooking, with the pan covered, adding a tablespoon of water at a time until the cabbage softens to your liking. Season to taste and serve warm.

*Nutritional Guidelines (per serving) Nutritional Guidelines (per serving) 77 Calories, 4g Fat, 9g Carbs, 2g Protein*



# Mark Your Calendar! Upcoming Classes



Class	Location	Cost	Registration INfo
February 18 - Healthy Heart Webinar		Free	
February 24th Healthy Heart Webinar		Free	Register at <a href="https://agnr.umd.edu/events/harford_county/">https://agnr.umd.edu/ events/harford_county/</a> or <a href="http://www.eventbrite.com/o/jennifer-dixon-cravens-university-of-md-extension-17356163605">www.eventbrite.com/o/ jennifer-dixon-cravens- university-of-md- extension-17356163605</a>
March 10- W.A.G. E Connections - Nutrition Health & Wellness		Free	
March 17- Health Literacy Green Cleaning		\$5	
March 18 Food Safety- Capture the Flavor		Free	
March 24th - How to Talk to Your Doctor		Free	

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