

Family and Consumer Newsletter

Yadkin County Center

November 2008



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Holiday Challenge

With all the good eats that come with the holidays, we may be a little afraid of the possible weight that can accompany the celebrations. Traditionally, North Carolinians gain 1 to 5 pounds during the holiday season and most people maintain their weight after the holidays. To keep your weight in check, join the free six-week challenge “Maintain, Don’t Gain” provided by the statewide Eat Smart, Move More NC initiative. You may join at any time by going online at www.MyEatSmartMoveMore.com. The challenge begins November 24 and ends December 31. By joining, you will receive weekly tips to manage holiday stress, cooking tips, a calorie counter, food log, etc. to check your holiday progress. These tips and more will help maintain your weight through all the parties and all the food of the season.



Healthy Holiday Feasts

- Start the feast with low-calorie appetizers.
- Serve salad as a first course going light on the cheese.
- Pass bowls of vegetables first before the stuffing and mashed potatoes.
- Avoid adding butter and cheese to dishes.
- Sneak vegetables into the dressing.
- Use whole wheat bread or brown rice for making dressing.
- Swap out herbs and spices for salt.
- Make gravy a last choice.
- Be mindful of served portion sizes. Guests can ask for more.
- Get everyone up and moving before dessert. Offer plain fruit as an option.
- Have plenty of water on the table and readily available.



Information provided by: Alice H. Lichtenstein, DSc, Professor of Nutrition Science and Policy, Tuft’s Friedman School

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Economical Decorating



If you don't have a lot of time or energy for decorating, try the following economical ways to add a festive look to your home for the holidays.

Decorate everything with bows. Bows bring a festive look not only to wreaths but mantels, chair backs, railings, houseplants, drapery tie-backs, etc. If you choose a ribbon that you can un-tie and re-tie next year, you can save money and storage space.

Use holiday tableware for every meal during the holidays. If you don't have holiday dishes, use what you have and dress up the table with holiday napkins and bows. Mix and match with ornaments or handmade objects that will create conversation among family members about past memories.

Turn off bright lights. Every meal can feel special if you arrange lots of candles around the dining table to dine by candlelight. Burn a fire in the fireplace and suggest that family members do homework or write cards while enjoying the fire.

Make a wreath or swag for your door and mantle. By using pine, holly, grapevine, pinecones, berries, or other natural materials, you can cut the cost of decorating and still provide a festive atmosphere.

Boost Potassium-Reduce Hypertension



High blood pressure or hypertension is the chief reason for visits to doctors' offices and for prescriptions written in the U.S. New research shows that boosting your potassium level can be important for healthy blood pressure and for protecting your heart. Mark C. Houston, MD, MS of Vanderbilt University Medical School concluded that if Americans were to boost their potassium intake, cases of high blood pressure could fall by more than 10%. Societies with a diet rich in fruits and vegetables, lower in sodium and rich in potassium produces only 1% of the population with hypertension. Potassium is in

a wide variety of healthy foods including squash, potatoes, tomatoes, carrots, spinach, white beans, lima beans, kidney beans, soybeans, bananas, apricots, prunes, melons, peaches, halibut, tuna, cod, trout, lean pork and low fat dairy.

Calendar of Events

ECA Area Meeting—Thursday, November 20 (10:00 am) - Commissioners Meeting Room
“Energy Efficiency with Hypermiling” presented by Johnsie Hale. All members and guests are invited.

Executive Board Planning Meeting—Thursday, November 20 (11:30 am) -Extension Kitchen ECA
County Council Officers, Issue Coordinators and Club Presidents are invited to attend. Call 679-2061 to register for this meeting.

Basket Classes— call 679-2061 for details and registration.

Tuesday, November 18 (5:15 pm) - Bread Basket

Tuesday, November 18 & Thursday, November 20 (5:15) The Plaid Bowl

Bread in a Basket Class for children ages 9 and up Saturday, November 22 (9:00 am)

Holiday Treat—Thursday, December 11 (8:30 am) - County Parking Lot

ECA Area Leader Training—Tuesday, December 30 (10:00 am registration, 10:30 am Training)
Yadkin Center of Surry Community College

Holiday Tips and Tidbits

- White meat turkey without the skin provides more protein per calorie than almost any other meat. A 3 ounce serving has 26 grams of protein and just 120 calories, with only one gram of fat and zero saturated fat.
- The 3 fruits native to North America are cranberries, Concord grapes and blueberries.
- Cranberries are among the top 5 antioxidant foods plus they are fat free, cholesterol free, low in sodium, a good source of fiber as well as 90% water.
- Sweet potatoes are at the top of the list as sources of vitamin A, potassium, dietary fiber and vitamin C with only 180 calories a cup.
- If you are sending food through the mail, do not pack while food is hot because the condensation will cause mold growth.



ECA Area Leader Training

On Tuesday, December 30, we will hold our area leader training at the Yadkin Center of Surry Community College in Yadkinville. Registration begins at 10:00 am and the training begins at 10:30 am. Please plan to attend so that each club can receive 5 programs to use for the first half of 2009.

2008 Holiday Treat

For our 2008 Holiday Treat, we will be traveling east to the famous town of Seagrove for a cultural visit to the new museum and other stops in this area. After lunch on your own, we will venture to Bear Creek for a tour of this family business known as *Southern Supreme* which produces delicious gourmet specialties. Bring your shopping list and meet at the parking lot across from the office at 8:30 am. Call 679-2061 to register.



Correction to the recipe in the last newsletter!

Cranberry Pumpkin Bread: Add 1 cup of vegetable oil instead of 1/3 cup oil to the recipe.

Cranberry Waldorf Salad

3 red delicious apples, cubed
2/3 cup coarsely chopped pecans
3/4 cup dried cranberries
1/3 cup shredded cheddar cheese

Dressing
1/2 cup mayonnaise
2 tablespoons sugar

Combine apples, pecans and cranberries in salad bowl. In separate bowl, combine mayonnaise and sugar. Add to salad mixture and toss. Refrigerate for at least 1 to 2 hours. When ready to serve, sprinkle cheese over top of salad. Serves 4.



Baked Frozen Turkey Breast



If you run short on thawing time for your turkey, try this easy way to bake a moist turkey breast. This delicious turkey was served by the Wilkes County ECA at their annual fundraiser.

1 (6 lb.) frozen turkey breast
Salt
Onion Salt
Celery Salt

Meat tenderizer
1 tablespoon sugar
2 tablespoons melted margarine or butter

Preheat oven to 450 degrees. Wash and dry the frozen breast. (Do not thaw). Season generously with salt, onion salt, celery salt, meat tenderizer and sugar. Place turkey on heavy foil. Pour melted margarine over the turkey breast. Wrap meat and overlap foil 3 to 4 inches. Fold up both ends. Place meat in shallow pan and roast at least 3 hours or until the internal temperature at the thickest part reaches 170 degrees. Open foil and bake for 20 more minutes for browning. Yield: 10-12 servings.

Chicken or Turkey Bake

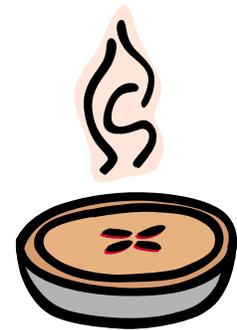
(This is a great way to use leftover turkey)

2 to 3 cups chicken or leftover turkey, cooked and diced	1 can cream of mushroom soup
3 hard boiled eggs, chopped	1/2 cup mayonnaise
1 can water chestnuts, drained and chopped	3 cups cooked rice
1 can cream of chicken soup	2 tablespoons lemon juice

Mix all the above ingredients together and put in a greased 9 x 13 inch baking dish or pan. (If mixture appears dry add 1-2 tablespoons milk.)

Topping:

1 stick butter, melted
2 c. cornflakes, slightly crushed
1/2 to 3/4 c. sunflower seeds
Mix together and sprinkle over chicken mixture. Bake at 350 degrees for 30 minutes or until bubbly.



For accommodations for persons with disabilities, contact Marilyn Wells at least one week in advance of event at 336-679-2061.

Marilyn C. Wells
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Family & Consumer Sciences

