



What's on the Chopping Block with FCS?

Yadkin County Center

Winter Edition

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Cold weather doesn't mean a cold heart this winter!

Winter is here where we tend to stay inside to keep away from those frigid temperatures. This is a perfect time to utilize the time spent inside to try out a new recipe. I love trying new recipes, especially ones that will warm me up from head to toe.

My slow cooker has been my most used kitchen appliance recently, because I have fallen in love with chili! I am constantly on the search for my next favorite chili recipe, if you have one, I am all ears! Be on the lookout for more information on the food safety of slow cookers in the January edition of the Yadkin Valley Magazine.

To make your heart warm, happy and healthy, remember these simple alterations you can apply to your holiday recipes:

- Reduce sugar by 1/3- cinnamon, vanilla and almond extract are great for giving the impression of added sweetness!
- Fat can often be reduced by 1/3
- Leave out salt or reduce it by ½
- Replace ¼ to ½ of refined flour with whole-grain flour
- Use yogurt or cottage cheese in place of sour cream in some sauces and dips
- Choose low-fat cheese
- Substitute skim milk for whole milk in most recipes
- Use evaporated milk or whipped, nonfat dry milk in place of whipped cream in some recipes.



Healthy holiday recipes to keep you warm!



HOT COCOA:

*makes one serving

Ingredients:

- 1 cup, plus 1-2 tablespoons skim or 1% milk
- 2 teaspoons unsweetened cocoa powder
- 1 teaspoon sugar (or sweetener of choice)
- ¼ teaspoon vanilla extract (or peppermint extract)

Directions:

1. Place milk in a small pot over medium low heat.

2. Meanwhile, place cocoa powder, sugar, and extra tablespoon of milk in a small bowl. Whisk until a paste (thick mixture) forms and powder is absorbed.
3. Whisk cocoa mixture into milk mixture. Heat till hot but not boiling. Stir in vanilla extract.
4. Pour into a mug and sprinkle with topping (cinnamon or mini-marshmallows.)

*Recipe provided by NC EFNEP

SLOW COOKER HARVEST BEEF STEW:

*makes 6 servings

- 1 lb bottom round beef roast; cut into 1-inch cubes
- 1 large Russet potato, cut into 1/2-inch dice (about 2 cups)
- 1/4 cup all-purpose flour
- 1 medium sweet potato, cut into 1/2-inch dice (about 2 cups)
- 2 cups peeled, thinly sliced carrots
- 1 package frozen pearl onions
- 1 can no-salt-added, diced tomatoes

- 1 can low-sodium beef broth
- 1 cup water
- 1 teaspoon dried thyme
- 1/2 teaspoon ground Black pepper
- 1 package frozen peas
- 2 Tbsp dried parsley

Directions:

Cut the bottom round beef roast into 1-inch cubes and add into a 4-to 6-quart slow-cooker bowl. Chop the potato into 1/2-inch dice, adding to the beef cubes, along with the flour. Use a spoon to stir mixture together. Cut the sweet potato into 1/2-inch dice and thinly slice carrots. Add the sweet potato and carrots into the slow cooker bowl over the meat. Top with the pearl onions, diced tomatoes, beef broth, water, thyme, salt, and pepper. Cover the slow cooker with a lid and cook until beef is tender, about 10 to 12 hours on low heat or 5 to 6 hours on high heat. Right before serving, stir in the frozen peas and dried parsley. Cover and let peas cook, about 5 to 10 minutes.

*Recipe provided by heart.org



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NC State, N.C. A&T, U.S. Department of Agriculture, and local governments cooperating.

Updates/Programs

These past 7 months have been amazing thus far and have flown by. New partnerships are forming between Cooperative Extension and other county businesses that have sparked an even greater excitement for what's to come in 2020. Please continue to give me your feedback on what type of programs you wish to see for the county!

Check out what is coming up:

1) Yadkin Family YMCA: Jingle and Mingle event is open to the public

On **December 16th** from 5:30 to 7:30 PM, come ready to snap a picture with Santa and stop by to see me to try a healthy holiday treat that is perfect to make with kids.

2) Tune into WIFM on **January 8th at 9:05 am and January 11th at 10:05 am** to hear me discuss the importance of checking your home for Radon levels.

4) Have an electric pressure cooker, such as the Instant Pot, which you have received as a gift but haven't taken it out of the box? Do not know how to use? Have been interested in purchasing one?

Then come to my first lunch and learn series: ***Cooking under Pressure*** where you will learn the basics of using an electric pressure cooker while tasting some recipe samples.

Dates: **January 8th, 2019**

Time: **12-1 pm**

Location:

Agricultural and Educational Building
2051 Agricultural Way
Yadkinville, NC 27055

*signs will direct you where to go once in building

Cost: \$5

Participants must pre-register and pre-pay by **January 6th** to hold your spot. Contact Yadkin Extension Office for registration and payment. Make checks payable to **Yadkin County**

*If accommodations are needed please contact the agent, Ashley Beard, as soon as possible.

5) Keep an eye out in 2020 for a Med instead of Meds 6-week course all about the benefits of the Mediterranean Diet. As well as Cook Smart, Eat Smart which is a 4 session cooking school that covers all the basic techniques to build upon your cooking skills.

6) Reminder: Yadkin County Cooperative Extension office will be closed for the Holidays from **December 24th to the 26th**. As well as on **New Year's Day**.

*I want to end off by wishing you and your family a **Happy Holiday**. Thank you for your continued support of N.C. Cooperative Extension, Yadkin County Center!*

