

SUMMER 2021

UNIVERSITY OF MARYLAND EXTENSION



# Health, Nutrition & Wellness

“Solutions In Your Community”

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## RECIPES

Each issue includes healthy recipes! Inside this issue:

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- Watermelon Berry Ice Pops
- Mediterranean Pita Pizzas

And many more!

## Family & Consumer Sciences

Welcome to the Summer 2021 edition of the University of Maryland Extension Family and Consumer Sciences Newsletter.

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.



## 4 Tips for Shopping at Farmers Markets in Summer

**1. Plan Ahead** – Before you leave home, do a bit of online research to see what’s in season. The produce cycle changes throughout the year. By taking the time to research beforehand, you won’t be surprised if what you are looking for isn’t available.

**2. Create a Meal Plan** – Try to sketch out some meal ideas ahead of time, so you know which ingredients you need when you arrive. Just like at a grocery store, its helpful to have a shopping list with you, so you don’t buy more than you need. However, remember to be flexible, as no two farmers markets carry all of the same items..

**3. Come Prepared** – Many farmers markets only accept cash and may not have exact change for large bills. Try to keep small denominations of money on hand when you go shopping.

**Be Green** – Take advantage of what a sustainable shopper you've become and bring your own reusable grocery bags. Sometimes farmers markets don't even stock their own plastic bags so by bringing your own, you will be guaranteed a way to carry home all of your purchases.



Source: Mayoclinic.org

## Physical Wellness

### Chronic Disease Prevention in Summer

1. **Keep Moving– Sit Less– Work out 3-5 days a week.** Get at least 150 minutes of aerobic physical activity every week.
2. **Wear Sunscreen & Insect Repellent.** For sun safety, wear layered clothes and apply broad spectrum sunscreen with at least SPF 15. Use insect repellent and wear long-sleeved shirts and long pants to prevent mosquito bites and ticks. If you use both sunscreen and insect repellent, apply sunscreen first. After you come indoors, check clothing, body, and pets for ticks.
3. **Keep Cool in Extreme Heat.** Extreme heat can be dangerous for everyone, but it may be especially dangerous for people with chronic medical conditions. Keep an eye on the weather forecast.
4. **Eat a Healthy Diet.** Delicious fruits and veggies make any summer meal healthier. Eat light in summer months!
5. **Rethink your drink!** Drink water instead of sugary or alcoholic drinks to reduce calories and stay hydrated. 6-8 glasses daily!
6. **Don't Use Tobacco.** You can quit today! Build a plan and get resources to help you quit. Call 1-800-QUIT-NOW or visit [www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html](http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html)

Source: [cdc.gov](http://cdc.gov)

### 5 Surprising Benefits of Walking

*You know that walking comes with many benefits, but here's a list that may surprise you!*



**1. It counteracts the effects of weight-promoting genes.**

Harvard researchers looked at 32 obesity-promoting genes in over 12,000 people to determine how much these genes actually contribute to body weight. They then discovered that, among the study participants who walked briskly for about an hour a day, the effects of those genes were cut in half.

**2. It helps tame a sweet tooth.** A pair of studies from the University of Exeter found that a 15-minute walk can curb cravings for chocolate and even reduce the amount of chocolate you eat in stressful situations. And the latest research confirms that walking can reduce cravings and intake of a variety of sugary snacks.

**3. It reduces the risk of developing breast cancer.** An American Cancer Society study found that women who walked seven or more hours a week had a 14% lower risk of

breast cancer than those who walked three hours or fewer per week. And walking provided this protection even for the women with breast cancer risk factors, such as being overweight or using supplemental hormones!

**4. It eases joint pain.** Several studies have found that walking reduces arthritis-related pain, and that walking five to six miles a week can even prevent arthritis from forming in the first place. Walking protects the joints — especially the knees and hips, which are most susceptible to osteoarthritis — by lubricating them and strengthening the muscles that support them.

**5. It boosts immune function.** A study of over 1,000 men and women found that those who walked at least 20 minutes a day, at least 5 days a week, had 43% fewer sick days than those who exercised once a week or less. And if they did get sick, it was for a shorter duration, and their symptoms were milder.

Source: [health.harvard.edu](http://health.harvard.edu)



## Summer Health Tips

**1. Give Your Diet a Berry Boost** If you do one thing this summer to improve your diet, have a cup of mixed fresh berries -- blackberries, blueberries, or strawberries -- every day. They'll help you load up on antioxidants, which may help prevent damage to tissues and reduce the risks of age-related illnesses. Blueberries and blackberries are especially antioxidant-rich.

**A big bonus:** Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

**2. Get Dirty -- and Stress Less** To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out. Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

**3. Floss Daily** You know you need to, now it's time to start: floss every single day. Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

**4. Get Outside to Exercise** Pick one outdoor

activity -- going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming -- to shed that cooped-up feeling of gym workouts. And remember, the family that plays together not only gets fit together -- it's also a great way to create bonding time.

**5. Be Good to Your Eyes** To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

**6. Vacation Time!** Improve your heart health: take advantage of summer's slower schedule by using your vacation time to unwind.

Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

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





## June Recipes

### Lamb Chops with Peach Chutney

#### Chutney Ingredients

1/2 cup water  
 1/4 cup dried apricots, cut into quarters  
 1/4 cup all-fruit raspberry, or peach spread  
 1 T. red wine vinegar  
 1/4 t. ground cinnamon  
 1/8 t. salt  
 1 peach, peeled and cut into 1/2 inch pieces  
 1/2 t. vanilla extract

#### Lamb Ingredients

4 bone-in lamb loin chops (5 ounces each)  
 2 cloves garlic, minced  
 1/4 t. dried rosemary leaves, crushed  
 1/4 t. salt  
 1/8 t. (pinch) black pepper

#### Steps

For chutney, combine water, apricots, raspberry spread, vinegar, cinnamon and salt in medium saucepan. Bring to a boil over high

heat. Reduce heat to medium-low; simmer, uncovered, 12 minutes or until mixture has thickened. Remove from heat; stir in pear and vanilla.

Pre-heat broiler. For lamb, rub both sides of chops with garlic. Sprinkle with rosemary, salt and pepper. Spray broiler pan and rack with nonstick cooking spray. Place lamb on rack; broil at least 5 inches from heat source 7 minutes. Turn; broil 7 minutes more or until of desired doneness. Makes 4 servings.

#### Nutrition Facts Per Serving:

260 calories; 8g fat; 22g protein; 24g carbohydrates; Fiber 2g; Cholesterol 71 mg; Sodium 293mg

Source: *Taste of Home Diabetic Cookbook* 2008



### Baked Crab Cakes

#### Ingredients

1 lb. fresh crab meat, shells removed  
 2 egg whites, beaten lightly  
 3 tablespoons reduced-fat mayonnaise  
 1 tablespoon lemon juice  
 2 teaspoons Dijon mustard  
 2 teaspoons fresh dill  
 1/2 teaspoon Old Bay seasoning  
 1/2 cup Panko or whole-wheat bread crumbs

#### Directions

Heat the oven to 350 F.

In a large bowl, combine the egg whites, mayonnaise, lemon juice, mustard, dill and seasoning; mix well. Lightly toss with the crab meat, taking care not to break up the

lumps of meat. Divide into 4 patties.

In a separate bowl, toss each crab cake in crumbs to form crust. Continue the process until all crab cakes are coated with Panko crumbs. Once coated, place crab cakes on baking sheet. Bake in oven for 20 minutes or until cakes are browned on top. Makes 4 servings.

#### Nutrition Facts Per Serving:

124 calories; 3g fat; 18g protein; 7g carbohydrates; Fiber 4g; Cholesterol 100mg, Sodium 877mg

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes>

## June Recipes

### Refreshing Cucumber and Tomato Salad

#### Ingredients:

1 cup water  
 ½ cup distilled white vinegar  
 ¼ cup vegetable oil  
 ¼ cup sugar  
 2 teaspoons salt  
 1 tablespoon fresh, coarsely ground black pepper  
 3 cucumbers, peeled and sliced 1/4-inch thick  
 3 tomatoes, cut into wedges  
 1 onion, sliced and separated into rings

#### Directions:

Whisk water, vinegar, oil, sugar, salt, and pepper together in a large bowl until smooth; add cucumbers, tomatoes, and onion and stir to coat.  
 Cover bowl with plastic wrap; refrigerate at least 2 hours.  
 Serves 6.

*Nutrition Facts: 156 calories; protein 1.8g; carbohydrates 18g; fat 9.5g; sodium 784mg.*

*Reference: allrecipes.com*



### Stewed Okra and Tomatoes

#### Ingredients:

1 medium onion, chopped  
 1 pound okra, (about 5 cups), sliced  
 3 cups chopped tomatoes, (3-4 medium)  
 ¾ cup reduced-sodium tomato juice or water  
 ¼ teaspoon salt  
 ½ teaspoon crushed red pepper or 1/2 minced jalapeno

#### Directions:

##### Step 1:

Increase heat to high; add okra, toma-

atoes, tomato juice (or water), salt and crushed red pepper (or jalapeno) and cook, stirring often, until bubbling. Reduce heat to a gentle simmer and cook, stirring occasionally, until the mixture is thick and the vegetables are very tender, 35 to 45 minutes

*Nutrition: 89 calories; protein 3.8g; carbohydrates 11.5g; dietary fiber 3.7g; sugars 4.9g; fat 3.8g; cholesterol 6.8mg*

*Source: relish.com*



### Classic 3-Bean Salad

#### Ingredients

1 (15-ounce) can wax or green beans, drained and rinsed  
 1 (15-ounce) can pinto or garbanzo beans, drained and rinsed  
 1 (15-ounce) can red kidney beans, drained and rinsed  
 1 chopped bell pepper, washed  
 1/2 onion, chopped  
 6 T. vinegar (white or red vinegar)  
 3 T. oil (vegetable or olive)  
 ¼ teaspoon pepper

#### Directions:

In a medium bowl, mix the beans, pepper, and onion. In a separate bowl mix vinegar, oil, and pepper. Pour the liquid mixture over the beans and toss together. Serve well chilled. Refrigerate leftovers. Serves 6.

#### *Nutrition Facts Per Serving:*

*260 calories; 8g fat; 13g protein; 38g carbohydrates; Fiber 12g; Cholesterol 0mg, Sodium 400mg*

*Source: <https://eatsmart.umd.edu/recipe>*



## July Recipes



### Mediterranean Grilled Vegetables

**Ingredients**

- 2 tablespoons olive oil
- 1 teaspoon balsamic vinegar
- 1 teaspoon lemon juice
- ½ teaspoon dried rosemary
- ½ teaspoon dried oregano
- 8 large mushrooms, quartered
- 1 large zucchini, quartered
- 1 large green bell pepper, cut into pieces
- 1 large red onion, cut into pieces

**Directions**

Preheat an outdoor grill for high heat. Stir olive oil, balsamic vinegar, lemon juice,

rosemary, and oregano together in a bowl or in gallon sized Ziploc bag. Toss with vegetables.

Place the pan on the preheated grill and cook until tender, turning once, 10 to 15 minutes.

*Makes 6 servings*

*Nutrition Facts: 72 calories; protein 2.1g; carbohydrates 6.8g; fat 4.8g; sodium 9.1mg.*

*Source: allrecipes.com*



### Watermelon, Cucumber & Feta Salad

**Ingredients**

- 1/4 c. extra-virgin olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. kosher salt
- 3 c. cubed seedless watermelon
- 1 c. medium cucumber, chopped
- 1 c. crumbled feta
- 1/2 c. red onion, thinly sliced
- 1/2 c. coarsely chopped mint
- Flaky sea salt, for garnish (optional)

**Directions**

In a small bowl, whisk together olive oil, red wine vinegar, and salt.

In a large serving bowl, combine watermelon, cucumber, feta, red onion, and mint. Pour over dressing, tossing to combine.

Garnish with more mint and flaky sea salt.



*Makes 6 servings.*

*Nutrition Facts : 219 calories; protein 5.3g; carbohydrates 15g; dietary fiber 1.2g; sug-*

### Roasted Corn on the Cob

**Ingredients**

- 4 ears corn
- 1t. Olive oil

**Directions**

Step 1: to medium-high. Brush husked corn with 1 teaspoon extra-virgin olive oil. Grill the corn, turning occasionally, until some kernels char a little and others are light

brown, 6 to 10 minutes.

*Makes 4 servings.*

*Nutrition: Facts 74 calories; protein 2.6g; carbohydrates 16.1g; dietary fiber 1.9g; sugars 3.5g; fat 1.2g; saturated fat 0.2g;*

*Source: Allrecipes.com*



## July Recipes

### Mixed Berry Tiramisu

#### Ingredients

3 cups fresh raspberries  
 3 cups fresh blackberries  
 2 cups fresh blueberries  
 2 cups fresh strawberries, sliced  
 1-1/3 cups sugar, divided  
 4 teaspoons grated orange zest  
 1 cup orange juice  
 1 cup heavy whipping cream  
 2 cartons (8 ounces each) mascarpone cheese  
 1 teaspoon vanilla extract  
 2 packages (7 ounces each) crisp ladyfinger cookies, or vanilla wafers  
 Additional fresh berries, optional

#### Directions

Place berries in a large bowl. Mix 1/3 cup sugar, orange zest and orange juice; toss gently with berries. Refrigerate, covered, 45 minutes.

Beat cream until soft peaks form. In another bowl, mix mascarpone cheese, vanilla and remaining sugar. Fold in whipped cream, a third at a time.

Drain berries over a shallow bowl, reserving juices. Dip ladyfingers in reserved juices, allowing excess to drip off; arrange in a single layer on bottom of a 13x9-in. dish. Layer with half the berries and half the mascarpone mixture; repeat layers, starting with ladyfingers.

Refrigerate, covered, overnight. If desired, top with additional berries before serving.

*Makes 12 servings.*

*Nutrition: Facts: 401 calories, 26g fat (10g saturated fat), 105mg cholesterol, 77mg sodium, 33g carbohydrate (25g sugars, 5g fiber), 8g protein.*

*Source: Tasteofhome.com*



### Watermelon-Berry Ice Pops

#### Ingredients

3 cups watermelon, washed, chopped, seeds removed  
 Juice of one lime  
 1-2 Tablespoons sugar  
 1 cup fresh blueberries, washed  
 Freezer Pop Molds  
 Steps  
 Blend watermelon, lime juice and sugar in a blender until smooth.  
 Divide blueberries among freezer pop molds.  
 Pour watermelon mixture in each pop

mold. Leave a little room at the top. Insert the sticks and freeze until firm, about 6 hours. Dip the molds briefly in warm water to unmold for serving.

*Serves 6.*

*Nutrition Facts Per Serving: 50 calories; 0g fat; 1g protein; 14g carbohydrates; Fiber 1g; Cholesterol 0mg, Sodium 0mg*

*Source: <https://eatSMART.umd.edu/recipe/watermelon-pops>*



## Children's Wellness

## July Themes

### Juvenile Arthritis Awareness Month

July is Juvenile Arthritis Awareness Month. It is a common misconception that only “old” people are afflicted with arthritis, but nearly 300,000 children in America have been diagnosed with juvenile arthritis. For more information and resources visit [arthritis.org/juvenile-arthritis](http://arthritis.org/juvenile-arthritis)



### Children's Eye Health & Safety Month

Children are susceptible to a host of vision and eye problems such as injury, infection and increased nearsightedness. In support of Children's Eye Health and Safety Month, the American Academy of Ophthalmology provides information to the public that can help protect and preserve a child's eye health for life. Protect their eyes with hats and sunglasses. In addition, try to keep children out of the sun between 10 a.m. and 2 p.m., when the



### Global Hug Your Kids Day

The third Monday in July is “Hug Your Kids” day. The day reminds mom and dads to show affection to their kids by hugging them every day.

Hugging has been around for millennia and is practiced by almost all cultures as a way to connect to others without using language.

Hugs may release a hormone called oxytocin into the bloodstream. This hormone, produced in the pituitary gland, helps lower blood pressure, heart rate, and the stress hormone cortisol. It also reduces anxiety, improves mood and memory, and increase bonding and closeness.

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



# July Themes

## National Grilling Month

Grilling season is here. Keep it safe! When you fire up the grill at home, use a food thermometer to make sure meat is cooked to a safe internal temperature.



**GRILLING ESSENTIAL:  
FOOD THERMOMETER**

You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a **food thermometer**.

### Tips for Using a Food Thermometer

- To ensure safety and prevent overcooking, check the internal temperature of the food toward the end of the cooking time.
- The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated.
- Clean your food thermometer with hot water and soap before and after each use!

### Safe Minimum Internal Temps

- Beef, veal, lamb, steaks and roasts: **145 °F** with a three-minute "rest time" after removal from the heat source
- Ground meats: **160 °F**
- Poultry (whole, parts or ground): **165 °F**

Get more safe grilling tips at [www.fightbac.org](http://www.fightbac.org).



Summer  
Food Safety



## August Themes

### National Immunization Awareness Month



August is National Immunization Awareness Month (NIAM). This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases [like whooping cough, cancers caused by HPV, and pneumonia] through on-time vaccination.

Adult vaccination rates are low in the United States. Most adults are not aware that they need vaccines.

Adults with chronic conditions like diabetes or heart disease are at greater risk for severe complications from certain vaccine-preventable diseases. Every year, thousands of adults in the United States become seriously ill and are hospitalized because of diseases vaccines can help prevent. Many adults even die from

these diseases.

Some vaccine-preventable diseases, like flu, can make glucose control more difficult for diabetics or increase the risk of another heart attack for those with heart disease. Because diabetes can make it harder for your immune system to fight some infections, you may be at higher risk of getting certain diseases if you are living with diabetes.

Talk to your doctor, nurse, or other healthcare professional to ensure you and your family are up to date on recommended vaccines. For those that taking exemptions because of allergies or religious reason please update records before students return to school.

*Source: <https://www.cdc.gov/vaccines/events/niam/index.html>*

Check with your health care provider to decide what is best for your family !



As your children head back to school this fall, make sure vaccination is at the top of your checklist. **August is also a key time to make sure YOU are up to date on all the vaccines you need to stay healthy.**

Use CDC's [adult vaccine assessment tool](#) to see which vaccines might be right for you.

## August Themes

### Summer Sun Safety Month

Skin is the body's largest organ, so it's not a surprise that skin cancer is the most common kind of cancer. Each year, about 3.5 million cases of basal and squamous cell skin cancer are diagnosed in the United States. These cancers in the outer layer of the skin, occur most where skin is exposed to the sun, such as the face, ears, neck, lips and the backs of the hands.

Summer Sun Safety Month, observed in August, encourages you to enjoy your summer, but take precautions to avoid overexposure to the sun's ultraviolet rays. And if you notice anything unusual on your skin, see your healthcare provider.

#### How to Protect Your Skin From the Sun

##### Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

##### Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

##### Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen, or staying in the shade.

##### Sunglasses

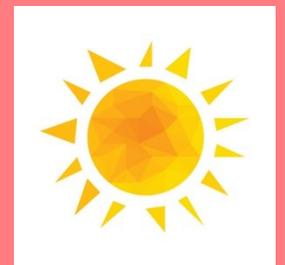
Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard. Wrap-around sunglasses work best because they block UV rays from sneaking in from the side.

##### Sunscreen

Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options.

Sources: [cancerhealth.org](http://cancerhealth.org) and [cdc.gov](http://cdc.gov)



## August Recipes

### Dilly Deviled Eggs



- Ingredients**  
 6 large hard-cooked eggs, peeled and sliced in half lengthwise  
 1 T. reduced fat sour cream  
 1 T. reduced fat mayonnaise  
 1 T. 1% cottage cheese  
 1 T. minced fresh dill or 1 t. dried dill  
 1 T. minced dill pickle  
 1 t. Dijon mustard  
 1/8 t. salt  
 1/8 t. white pepper  
 Paprika, for garnish (optional)

Remove yolks from egg halves. Mash yolks with sour cream, mayonnaise, cottage

cheese, dill, dill pickle, mustard, salt and pepper in small bowl.

Fill egg halves with mixture, using teaspoon or piping bag fitted with large, plain tip. Garnish filled egg halves with paprika, if desired. Makes 6 servings of 2 egg halves.

*Nutrition Facts Per Serving:*  
 93 calories; 6g fat; 7g protein; 1g carbohydrates; Fiber <1g; Cholesterol 214mg, Sodium 177mg

Source: Taste of Home Diabetic Cookbook

### Speedy Pineapple-Lime Sorbet



- Ingredients**  
 1 ripe pineapple, cut into cubes (about 4 cups)  
 1/3 cup frozen limeade concentrate, thawed  
 1 to 2 T. fresh lime juice  
 1 t. fresh grated lime peel (zest)

Arrange pineapple in single layer on large baking pan; freeze at least 1 hour or until very firm. Use metal spatula to transfer pineapple to resealable plastic freezer food storage bags; freeze up to 1 month.

Place frozen pineapple, limeade, lime juice and lime peel in food processor or blender. Cover, process until smooth and fluffy. If pineapple doesn't become smooth and fluffy, let stand 30 minutes to soften slightly, then repeat processing.

Garnish as desired. Serve immediately.

Note: This dessert is best if served immediately, but it can be made ahead, stored in the freezer and then softened several minutes before being served.

Makes 8 servings.

*Nutrition Facts Per Serving:*  
 56 calories; <1g fat; <1g protein; 15g carbohydrates; Fiber 1g; Cholesterol 0mg, Sodium 1mg

Source: Taste of Home Diabetic Cookbook

**Tip:** Choose a pineapple that is plump and has a fresh, bright green crown and a strong

sweet aroma at the stem end. Avoid pineapples that are green or have soft spots, dry looking leaves or a fermented aroma.



## August Recipes

### Mediterranean Pita Pizzas

#### Ingredients

1 cup rinsed and drained canned cannellini beans  
 2 t. fresh lemon juice  
 2 medium cloves garlic, minced  
 2 (8-inch) pita bread rounds  
 1 t. olive oil  
 1/2 thinly sliced radicchio or escarole lettuce (optional)  
 1/2 cup chopped seeded tomato  
 1/2 cup finely chopped red onion  
 1/4 cup crumbled feta cheese  
 2 T. thinly sliced pitted ripe olives

#### Steps

Preheat oven to 450°

Place beans in small bowl; mash lightly with fork. Stir in lemon juice and garlic.

Arrange pita rounds on baking sheet; brush tops with oil. Bake 6 minutes. Spread bean mixture evenly onto pita rounds to within 1/2 inch of edges. Arrange remaining ingredients evenly on pitas. Bake 5 minutes or until topping is thoroughly heated and crust is crisp. Cut each pizza into 4 wedges. Serve hot.

*Nutrition Facts per slice: 98 calories; fat 3g; protein 4g; carbohydrates 14g; sodium 282mg.*

*Reference: Taste of Home Diabetic Cookbook 2008*

### Apple lettuce salad

#### Ingredients

1/4 cup unsweetened apple juice  
 2 tablespoon lemon juice  
 1 tablespoon canola oil  
 2 1/4 teaspoon brown sugar  
 1/2 teaspoon Dijon mustard  
 1/4 teaspoon apple pie spice  
 1 medium red apple, chopped  
 6 cups spring mix salad greens

Mix the apple juice, lemon juice, oil, brown sugar, mustard and apple pie spice in a large salad bowl. Add the apple and toss to coat.

Add the salad greens and toss to mix just before serving. **Add chicken for a more filling meal.** Serves 6.

#### *Nutrition Facts Per Serving:*

*80 calories; 4g fat; 1g protein; 13g carbohydrates; Fiber 3g; Cholesterol 0mg, Sodium 20mg*

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



## September Themes

### National Childhood Obesity Awareness Month



About 1 in 5 (19%) children in the United States has obesity. Certain groups of children are more affected than others. National Childhood Obesity Awareness Month provides a chance for all of us to learn more about this serious health condition. While there is no simple solution, there are many ways communities can support children with their journey to good health.

Children with obesity are at higher risk for having other chronic health conditions and diseases, such as asthma, sleep apnea, bone and joint problems, and type 2 diabetes. They also have more risk factors for heart disease like high blood pressure and high cholesterol than their normal weight peers. Children with obesity can be bullied and teased more than their normal weight peers. They are also more likely to suffer from social isolation, depression, and lower self-esteem.

Children with obesity are more likely to have obesity as adults. This can lead to life-long physical and mental health problems. Adult obesity is associated with a higher risk of type 2 diabetes, heart disease, and many types of cancers.

Many factors can have an impact on childhood obesity, including eating and physical activity behaviors, genetics, metabolism, family and home environment, and community and social factors.

For some children and families, obesity may be influenced by the following:

- too much time spent being inactive
- lack of sleep
- lack of places to go in the community to get physical activity

- easy access to inexpensive, high calorie foods and sugary beverages
- lack of access to affordable, healthier foods

**Provide nutritious, lower-calorie foods** such as fruits and vegetables in place of foods high in added sugars and solid fats. Try serving more fruit and vegetables at meals and as snacks.

**Make sure drinking water is always available** as a no-calorie alternative to sugary drinks and limit juice intake.



**Help children get the recommended 60 minutes of physical activity** each day. Regular physical

activity can have immediate health benefits like better sleep, better academic achievement, and reduced feelings of anxiety and stress.

**Make sure your child has healthy sleep habits.** Sleep helps improve attention and reduces the risk of developing type 2 diabetes, and even obesity later in life. Get your child to bed at the same time each day, including the weekends; remove electronic devices from the bedroom; and keep their bedroom dark and cool. Your child needs at least 8 hours of sleep, may be more depending on age. Find out how much sleep your child needs.

**Be a role model!** Eat healthy meals and snacks, and get the right amount of physical activity every day. Working together, we all have a role in making healthier foods, beverages, and physical activity the easy choice for children and adolescents to help prevent childhood obesity.

<https://www.cdc.gov/nccdphp/dnpao/features/childhood-obesity/index.html>



## September Themes

### National Food Safety Education Month

September is National Food Safety Education Month. Learn how to be a food safety superhero! Take steps to help prevent food poisoning, and show others how to keep food safe.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. Anyone can get sick from a foodborne illness (also called food poisoning). But some groups of people are more likely to get sick and to have a more serious illness. These groups are:

- Adults aged 65 and older
- Children younger than 5
- Pregnant women
- People with health problems or who take medicines that lower the body's ability to fight germs and sickness

There are things you can do to protect yourself and your family. As you prepare and handle food, follow these four steps:

- **Clean:** Wash your hands, utensils, and surfaces often when you cook.
- **Separate:** Raw meat, poultry, seafood, and eggs can spread germs. Separate them from cooked food and fresh produce.
- **Cook:** Use a food thermometer to make sure foods are cooked to an internal temperature that kills germs.
- **Chill:** Refrigerate perishable foods and leftovers within two hours. Chill within one hour if it's above 90°F.

Source: <https://www.cdc.gov/foodsafety/education-month.html>

Stay up-to-date on [food recalls](#) and [foodborne disease outbreaks](#) with information maintained and updated by the [CDC](#).



WASH HANDS, UTENSILS, AND KITCHEN SURFACES OFTEN WHEN YOU COOK. GERMS ARE EVERYWHERE.



[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)



CLEAN



SEPARATE



COOK



CHILL

Save the Date:

Fall Food Safety +  
Healthy Living  
Webinar

September 28th

**Quick and  
Easy**



## September Recipes for Students

### Confetti Spaghetti Salad

#### Ingredients

1 box whole-wheat spaghetti pasta broken into thirds, cooked and rinsed with cold water

1 red bell pepper, washed and chopped

1 carrot, washed and shredded

½ small head cauliflower, washed and cut into small pieces

1 cup baby spinach, washed

¼ head purple cabbage, washed and shredded

3 Tablespoons reduced-fat Italian dressing (or 2 Tablespoons oil and 1 Tablespoon vinegar)

2 Tablespoons part-skim shredded mozzarella cheese (optional)

Place pasta and vegetables in a large mixing bowl. Add dressing. Mix thoroughly.

Chill for at least 30 minutes. Top with cheese (if desired).

Makes 8 servings.

#### Nutrition Facts Per Serving:

120 calories; 2g fat; 5g protein; 23g carbohydrates; Fiber 4g; Cholesterol 0mg, Sodium 90mg

Source: <https://eatsmart.umd.edu/recipe/confetti-spaghetti>



#### Ingredients

2 cups shredded cooked or rotisserie chicken, divided

2 cups finely diced bell peppers, divided

8 slices pepper Jack cheese, divided

8 (6-inch) small flour tortillas

¾ cup prepared salsa

¾ cup prepared guacamole

and cheese.

Grill quesadillas 2–3 min. per side, until cheese melts and grill marks appear. Transfer to serving platter. Serve with the salsa and guacamole. For an extra pop of fresh flavor, garnish with some cilantro.

#### Serves 4. Nutrition Facts Per Serving:

534 Calories; 34g fat; 30g protein; 40g carbohydrates; Fiber 4.3g; Cholesterol 85mg, Sodium 1175mg

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

#### Steps

Set grill or grill pan to medium. Layer ¼ cup chicken, ¼ cup bell peppers, and 1 slice pepper Jack cheese on 1 tortilla half. Fold tortilla over to make a half-moon. Repeat with remaining tortillas, chicken, bell peppers,



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### Italian Omelet

#### Ingredients

1/4 cup chopped tomato  
 1/4 cup (1 ounce) shredded part-skim mozzarella cheese  
 1/4 t. dried basil leaves  
 1/4 t. dried oregano leaves  
 1 t. butter, margarine or nonstick cooking spray  
 1 cup egg substitute or 5 egg whites  
 Chopped fresh parsley (optional)

#### Steps

In small bowl, combine tomato, cheese, basil and oregano; set aside.

In 8-inch nonstick skillet, over medium heat, spray with nonstick cooking spray or melt butter or margarine, if using. Pour

beaten eggs into skillet. Cook, lifting edges to allow uncooked portion to flow underneath. When almost set, spoon tomato mixture over half of omelet. Fold other half over tomato mixture; cover and continue to cook for 1 to 2 minutes. Slide onto serving plate. Garnish with parsley and additional chopped tomato. Serve immediately. Add rolls and a salad for a quick dinner. Makes 2 servings.

#### Nutrition Facts Per Serving:

116 calories; 4g fat; 16g protein; 4g carbohydrates; Fiber <1g; Sodium 303mg

Source: Taste of Home Diabetic Cookbook



### Avocado Dip

#### ingredients:

1 ripe avocado, peeled, pitted and mashed (about 1/2 cup)  
 2 teaspoons chopped onion  
 1/8 teaspoon hot sauce  
 1/2 cup fat-free sour cream

#### Directions

In a small bowl, combine sour cream, on-

ion, hot sauce and avocado. Mix to blend the ingredients evenly. Serve with baked tortilla chips or sliced vegetables.

Nutrition Facts Per Serving: 85 calories; 5g fat; 2g protein; 8g carbohydrates; Fiber 2.5g; Cholesterol 3mg, Sodium 57mg

Source: mayoclinic.org



### Turkey Burger

#### Ingredients

1 lb. ground turkey breast  
 1 large egg, beaten  
 2 cloves garlic, minced  
 1 tbsp. Worcestershire sauce  
 2 tbsp. chopped parsley  
 Kosher salt  
 Ground black pepper  
 1 tbsp. extra-virgin olive oil  
 4 Hamburger buns  
 Lettuce, washed  
 Tomato, washed and sliced  
 Onion, sliced

Directions: In a large bowl, mix together turkey, egg, garlic, Worcestershire sauce, and parsley, then season with salt and pepper. Form mixture into four flat patties. In a medium skillet over medium heat, heat oil. Add patties and cook until golden and cooked through, 5 minutes per side. Serve on a bun with desired toppings.

Serves 4. Nutrition Facts: 183 calories, protein 20g, Carbohydrates, 2.6g fat, sodium 212mg..

Source: delish.com



# Save The Dates! Upcoming Virtual Classes



Date	Class Description	Cost
Jun. 9	Healthy Literacy: <b>Healthy Homes—Green Cleaning</b>	\$5.00
Jun. 15	Healthy Communication & Literacy: <b>How to Talk to the Doctor</b>	Free
Jul. 28	Food Safety: <b>Capture the Flavor with Herbs and Spices</b>	FREE
Aug. 11	Nutrition, Health & Wellness: <b>Nutrition 101– The MED (Mediterranean) Diet</b>	FREE
Aug. 18	Nutrition, Health & Wellness <b>Nutrition 101– The Mind Diet for Brain Health</b>	FREE
Sep. 1	Food Safety: <b>Capture the Flavor with Herbs and Spices</b>	FREE
Sep. 9, 16, 23, 30	Nutrition, Health, & Wellness— <b>DASH Plus Hypertension Prevention (4 Class series)</b>	FREE
Sep. 28	Food Safety: <b>Fall Food Safety &amp; Healthy Living Webinar</b>	FREE

Register at  
[Agnr.umd.edu/events](http://Agnr.umd.edu/events)  
 or  
[www.eventbrite.com/o/jennifer-dixon-cravens-university-of-md-extension-17356163605](http://www.eventbrite.com/o/jennifer-dixon-cravens-university-of-md-extension-17356163605)

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