HEALTHY FREDERICK WEEK TO STOP DIABETES

As the number of people affected with diabetes grows exponentially, the American Diabetes Association’s Maryland Chapter (ADA) invites all Marylanders to “Step Out” and join the fight against this epidemic.

Every 17 seconds, someone new is diagnosed with diabetes. Over 370,000 Marylanders have diabetes, including over 20,000 people in Frederick County. Last year, the cost of diabetes to Frederick was over $500,000 million.

The ADA will be holding its second annual Healthy Frederick Week September 23-29th. This is a week long community based call to action aimed at increasing awareness and providing opportunities for citizens and businesses to make critical life changes. A number of activities will be held to educate people about better lifestyle habits that can reduce their risk for diabetes or help them better manage it if they have it.

For seven days local residents can partake in over 45 activities, all free of charge. For exercise there are classes in weight training, pilates, aerobics, zumba, and martial arts. Swimmers can enjoy the YMCA indoor pools. Registered Dietitians will be on board with a Giant Eagle grocery store tour and cooking demonstration and FMH Wellness Center’s “Eating for Exercise” class. The Frederick County Diabetes Coalition will sponsor a fitness night and offer free health screenings and exercise training sessions.

Healthy Frederick Week participation will be recognized and celebrated at the American Diabetes Association’s Step Out Frederick Walk, to be held on October 14, 2012 at Baker Park.

“Diabetes is a growing epidemic and the American Diabetes Association is working hard to reverse the trend in the Frederick community. The support from our partners on this initiative has been overwhelming. In addition to the awareness created through these events, critical funding will be raised at the Frederick Step Out Walk on October 14 to help us fund future programs in Frederick, and ultimately help us find a cure for this disease,” said Kathy Rogers, executive director of the ADA, Maryland Chapter.
For a complete listing of Healthy Frederick Week activities and locations or for more information on the Step Out Frederick Walk to Stop Diabetes, please visit www.diabetes.org/stepoutfrederick or call 1-888-DIABETES, Ext. 4678.

I look forward to participating in Healthy Frederick Week. Meanwhile I plan to try these recipes generously provided by The American Diabetes Association.

**APPLE PANDOWDY**

**Apples:**
3 pounds Firm Baking Apples  
2 tablespoons Fresh Lemon Juice  
1/3 cup packed brown sugar  
1/4 cup Stevia  
1/4 cup all-purpose flour  
1 teaspoon ground cinnamon

**Biscuits:**
1 1/4 cups flour  
1 1/3 tablespoons sugar  
1 tablespoon stevia  
1 teaspoon baking powder  
1/4 teaspoon salt  
1 egg  
1 tablespoon melted butter  
1 teaspoon vanilla extract  
1/3 cup fat-free milk

Preheat the oven to 400°F. Peel and core apples, and slice into 1/4-inch thick slices. In a large bowl, combine apple slices, lemon juice, brown sugar, 1/4 cup stevia, 1/4 cup flour, and cinnamon. Toss well. Transfer to a 2 1/2-quart baking pan.

In a medium bowl, combine 1 1/4 cups flour with the sugar, stevia, baking powder, and salt. Make a well in the center and add the egg, butter, vanilla, and milk. Quickly incorporate the liquid ingredients into the dry, just until blended.

Spoon the dough into free-form biscuits over the apples. Bake for 35–40 minutes until the topping is golden and the fruit is bubbly. Makes 14 (1/2 cup) servings.

NOTE: Use a mix of different types of apples in apple desserts to get different flavor notes and different textures. Golden Delicious, Honey Crisps, Granny Smith, Pink Lady, Jonathan or Northern Spy varieties work well.

**Nutritional Information:** Calories: 130, Total Carbohydrates: 28 g, Dietary Fiber: 2 g, Sugars: 15 g, Total Fat: 1.5 g, Cholesterol: 15 mg, Sodium: 85 mg, Protein: 2 g
INDIAN-SPICED CHICKEN WITH CUMIN SCENTED RICE AND SPINACH

1 cup nonfat plain yogurt
1/4 cup loosely packed fresh mint leaves plus 2 tablespoons, chopped
1 tablespoon peeled and chopped fresh ginger, about 1/4-inch piece
1 teaspoon ground coriander
Pinch cayenne
2 teaspoons canola oil
3/4 pound boneless, skinless chicken tenderloins
1/4 cup fresh diced onion
1 teaspoon minced garlic

Mix yogurt, 1/4 cup chopped mint, ginger, coriander, and cayenne together. Heat oil in a nonstick skillet just large enough to hold chicken in one layer over medium-high heat.

Add chicken and onion to the skillet. Brown chicken 2 minutes; turn and brown 2 more minutes. Lower heat to medium. Add garlic to the skillet. Spoon yogurt sauce over chicken. Cover with a lid, and cook 3 minutes. A meat thermometer should read 165°F.

Sprinkle with remaining 2 tablespoons chopped mint, and serve. Split hamburger rolls in half, and toast in toaster oven or under broiler until golden. Set aside.

Nutritional Information: Calories 318, Total Fat 9.3 g, Cholesterol 111 mg, Sodium 295 mg, Carbohydrate 13.4 g, Dietary Fiber 0.9 g, Sugars 0.9 g, Protein 43.7 g

Exchanges: 1/2 fat-free milk, 1/2 carbohydrate, 5 lean meat

Cumin-Scented Rice and Spinach

1/2 cup basmati rice
5 cups washed ready-to-eat spinach (5 ounces)
1 tablespoon canola oil
2 tablespoons raisins
1/2 teaspoon ground cumin
Salt and freshly ground black pepper

Bring a large saucepan filled with water to a boil over high heat. Add the rice, and let roll in the boiling water 10 minutes.

Add spinach, and immediately drain the rice, leaving 2 tablespoons water in the saucepan.

Add the oil to the saucepan, and return the rice to the pan. Add the raisins and cumin. Toss well. Add salt and pepper to taste. Mix mayonnaise, vinegar, sugar, and jalapeño pepper together in a medium bowl. Add salt and pepper to taste. Makes 2 servings.

Nutritional Information: Calories 275, Total Fat 7.5 g, Cholesterol 0 mg, Sodium 64 mg, Carbohydrate 47.1 g, Dietary Fiber 2.7 g, Sugars 5.7 g, Protein 5.8 g

Exchanges: 2 1/2 starch, 1/2 fruit, 1 vegetable, 1 fat
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