

**Woodruff County Cooperative
Extension Service**

Leigh Ann Bullington - County
Extension Agent Staff Chair / Family
and Consumer Sciences
503 North 3rd St.
Augusta AR 72006

Phone: 870-347-2556
E-mail: lbullington@uaex.edu

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623 N. 9th Street
Augusta, AR 72006
Phone: 870.347.3467



Healthy Recipe Makeover

A traditional recipe can usually be changed to reduce calories, fat, cholesterol and sodium without sacrificing taste. Don't give up your favorite recipes to cut calories, try making a few changes to make them healthier instead!

WHEN should you make changes to a recipe? Not all recipes need to be changed. Think about these questions.

Is the recipe already relatively low in calories?

If so, only minor changes may be needed. For example, if a recipe calls for an egg, and the dish serves eight people, the amount of cholesterol per serving from a single egg is already fairly low.

How often do you eat the food?

If you make a certain dish only once or twice a year for special occasions, it isn't as important to change that recipe as it is for foods you eat more often. For example, it's more important to cut down on the fat in your weekly tuna salad sandwich than it is to cut down on the fat in your birthday cake.

How much of the food do you eat?

Sometimes the best thing to do is reduce the amount you eat of certain foods. Decreasing how much you eat may be more satisfying than changing the product. For example, some people like to eat

less of real jam or jelly than to eat the regular amount of a low-sugar jam.

WHAT should you know before changing a recipe?

First, know what your dietary goal is. If you want to cut calories, you need to know what ingredients have the most calories. If you want to cut fat, sugar, or sodium, or to increase fiber, you need to know which ingredients are high in these things.

Calories: Fat is the most concentrated source of calories. Each gram of fat supplies 9 calories, compared with 4 calories per gram of protein or carbohydrate and 7 calories per gram of alcohol. Reducing the amount of fat in a recipe is the most effective way to cut calories.

Fat: Fatty acids are the basic chemical units in fat. They are either saturated, monounsaturated, or polyunsaturated. All fats in foods are mixtures of these fatty acids.

Saturated fats are found mostly in fats of animal origin such as whole milk, cream, cheese, butter, meat, and poultry. They are also in coconut oil and palm kernel oil.

Monounsaturated fats are found in large amounts in olive oil and canola oil, as well as in many margarines and solid vegetable shortenings.

Polyunsaturated fats are found in the largest amounts in fats of plant origin such as liquid vegetable oils (safflower, sunflower, corn, cottonseed, and soybean) and margarines and salad dressings made from them.

Cholesterol is a fat-like substance found only in foods coming from animals. Major sources include egg yolks, meats (like liver and kidney), butter, cream, cheese, and whole milk.

Sugar comes in many forms including white sugar, brown sugar, honey, corn syrup, molasses, and maple syrup.

Sodium is found in salt (salt is 40 percent sodium); leavening agents (baking soda and baking powder); monosodium glutamate (MSG); condiments such as soy sauce, bouillon, pickles, and olives; cured meats; many canned vegetables and frozen dinners; and most cheeses, sauces, soups, and salad dressings.

Fiber is found in whole grain breads and cereals; dry beans and peas; nuts and seeds; and fruits and vegetables, especially those with edible skins or seeds.

Healthy Holiday Cooking

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SPECIAL POINTS OF INTEREST:

- Make half your plate fruits and vegetables
- Select lean protein such as eggs and poultry
- Reduce your fat by using low fat dairy products
- Use whole grains whenever possible to increase fiber

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Keep Your Holidays Happy and Healthy

Holiday meals can be tough, but if you are ready the meal will be tasty and memorable in good ways. A safe and healthy holiday meal takes planning and is worth the effort! First decide on your menu. Choose a range of foods that include foods cooked on the stovetop, in the microwave and oven plus some foods that can be served at room temperature.

Then remember to clean, separate, cook, and chill properly. First clean your sink, counters, cutting boards, pans, knives, thermometers,

and other utensils with warm water and soap. Then separate raw meats from fruits



Make your holiday meal happy and healthy by planning ahead.

and vegetables during the preparation process. Cook foods to their appropriate

internal temperatures. That means the turkey and any stuffing packed inside the turkey to a minimum internal temperature of 165° F. Leftovers should also be reheated to 165° F and gravy brought to a boil before consumption.

Finally, chill leftovers in labeled containers in a refrigerator set at 40° or cooler within 2 hours of heating to reduce your risk of foodborne illness. Also when cooling leftovers it is a good idea to place food in shallow containers with lids.

ARcare and University of Arkansas Cooperative Extension Service Collaborate on Educational Opportunities

ARcare and the University of Arkansas Division of Agriculture Research and Extension Woodruff County Extension Service are collaborating to bring health and nutrition educational opportunities to Woodruff County citizens. According to the County Health Rankings and Roadmap study Woodruff County ranks 63

out of 75 counties in overall health factors including quality of life, health factors, health behaviors, clinical care, social and economic factors, and physical environment. Adult obesity rate is 37% compares to the state rate of 33%, physical inactivity is 34% to state rate of 31%. According to the Center for Disease Con-

trol over 10% of people living in Woodruff County have diabetes. Beginning in January 2017 monthly diabetes cooking classes are being scheduled.

Savory Brunch Rice



Savory Brunch Rice can be prepared the day before, and baked the next day-

Ingredients:

- 2 cups cooked rice
- ½ lb. turkey sausage
- ½ cup red pepper chopped
- ½ cup green pepper chopped
- ½ cup onion chopped
- 6 large eggs
- ½ cup skim milk
- Salt and pepper to taste
- 3 oz. white extra sharp cheddar cheese grated

Directions

Preheat oven to 350° prepare 11X13 in baking dish with cooking spray.
Cook rice according to package instruction.
Brown turkey sausage in a large skillet. When done remove sausage from skillet and drain.
Add peppers and onion to the skillet and sauté. When vegetables are tender crisp add sausage back and continue to cook 2 minutes.

Whisk eggs with milk, salt and pepper in a bowl.

Layer rice in the bottom of the baking dish.

Spoon sausage and vegetable mixture over rice.

Pour egg mixture over previous two layers.

Cover and refrigerate 30 minutes to allow liquid to absorb into rice.

Top with grated cheese.

Bake at 350°- 25 minutes or until done – when knife inserted into center comes out clean.

Roast Turkey Breast with Rosemary, Sage, and Thyme

Makes: 8 Servings

Ingredients

- 3 pounds turkey breast half (with skin and bones)
- 1 onion, large quartered
- 1 carrot, large quartered
- 1 teaspoon dried sage
- 1 teaspoon dried thyme
- 1 teaspoon rosemary
- 3 tablespoons olive oil
- salt and pepper (to taste, optional)
- chicken broth (or margarine, for basting, optional)

Directions

1. Preheat oven to 400°F. Place turkey breast in roasting pan along with onion and carrot.
2. Mix spices with olive oil. Rub turkey with olive oil.
3. Roast turkey at 400°F for 15 minutes. Baste with margarine and chicken broth (optional).
4. Reduce turkey temperature to 350°F and roast turkey, basting every 20 minutes with pan juices (or margarine and chicken broth), about 1 hour and 15 minutes, or until meat thermometer inserted in thick part of meat registers 165°F.

5. Remove to carving board and let rest for 10 minutes.



Spices add flavor without adding sodium.

Roasted Root Vegetables

Ingredients

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.) (medium)
- 2 carrot (chopped)
- 1 onion (medium, chopped)
- 1/4 cup vegetable oil
- 3 tablespoons Parmesan cheese

Directions

1. Preheat oven to 350 degrees.
2. Cut vegetables into large chunks.
3. Place in a medium bowl and pour oil over top. Add seasonings or Parmesan and mix well.
4. Spread an even layer on a baking sheet.
5. Bake for 1 hour or until tender. Check a few vegetables to see if they are tender.

Nutrients Amount

Calories	260
Total Fat	15 g
Saturated Fat	2 g
Cholesterol	5 mg
Sodium	150 mg
Total Carbohydrate	30 g
Dietary Fiber	6 g
Total Sugars	12 g
Protein	5 g

Holiday Fruit Salad

Ingredients

- 2 Tablespoons cornstarch
- 1 1/2 teaspoons (1/2 small package) dry sugar free flavored gelatin (any flavor/color)
- 3/4 cups water
- 3/4 cup orange juice
- 2 Tablespoon lemon or lime juice (optional)

- 1 or 2 packets noncaloric sweetener
- 4 cups cut-up fruit (apple, orange, kiwi, banana)

Directions

1. Stir cornstarch and gelatin together in a small saucepan for sauce. Add water and stir to dissolve. Add the orange

juice and if desired the lemon or lime juice.

2. Cook over medium heat until mixture begins to boil. Stir constantly to prevent sticking and burning.
3. Gently boil 1 minute. Cool completely. Stir in sweetener.
4. Arrange fruit on plate or bowl and pour sauce over the top.
5. Chill until ready to serve.

This fruit salad has only 70 calories per 1/2 cup serving



Guiltless Pumpkin Pie

Ingredients

- Nonstick Cooking Spray
- 2 large eggs
- 1/2 cup white sugar
- 1 1/2 teaspoon pumpkin pie spice or 3/4 teaspoon each ground cinnamon and ground nutmeg
- 1/4 teaspoon salt
- 1 (15 ounces) can pumpkin
- 1 (5 ounce) can fat free evaporated milk

Directions

1. Preheat oven to 350°F. Lightly spray a 9" pie plate with cooking spray and set aside.
2. Crack eggs in a large bowl and beat with a fork or whisk. Add sugar, spices, and salt. Stir well until mixed.
3. Stir in pumpkin and evaporated milk. Pour into prepared pie plate.
4. Bake for 40 - 45 minutes or until center is set.

5. Remove from oven and cool on wire rack. Serve immediately or refrigerate until serving time.

TIP:

Serve with 1 tablespoon low fat whipped topping and a sprinkle of cinnamon.

One slice (1/8th of the pie) = 180 calories.

2.5 total grams fat, 1.5 grams saturated fat, 55 mg cholesterol, 3 grams protein,

170% vitamin A

Helpful Tips for a Safe Holiday Meal

Thaw:

Thaw frozen turkey in the bottom shelf of your refrigerator in a rimmed baking sheet allowing 24 hours for every 4 lbs.

Temperature:

Refrigerator 40° F or lower, freezer 0° F or lower, cook tur-

key to 165° F minimum internal temperature and fruit/vegetable/grain dishes to 135° F.

Clean:

Wash hands with warm water and soap for 20 seconds before handling food & wash fruits and vegetables even when you plan to peel the skins.

Leftovers:

Reheat leftovers to 165° F and eat within 3 to 4 days and gravy within 2 days.

HOLIDAY FOOD SAFETY RESOURCES

www.holidayfoodsafety.org
USDA Meat & Poultry Hotline

1-888-674-6854

www.Askkaren.gov