



Kay County

Health News

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Did you know one of the potential benefits of a Certified Healthy business is better employee retention?

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Roasted Pear and Clementine Salad

(Makes 8 servings)

3 TBSP white balsamic or white wine vinegar
2 TBSP olive oil
1/4 tsp salt
1/4 tsp freshly ground black pepper
3 large firm, ripe Anjou or Bosc pears, peeled, cored and cut into 8 wedges each (about 1.5 pounds total)
3 medium Clementine's, seedless tangerines or oranges, peeled and separated into segments
Butterhead (Boston or Bibb) lettuce
1/2 C coarsely chopped pistachio nuts or slivered almonds, toasted
3 oz Gorgonzola or other blue cheese, soft goat cheese or feta cheese, crumbled

Clementine-Balsamic Salad Dressing:

1/3 C white balsamic or white wine vinegar
1 tsp finely shredded Clementine, tangerine, or orange peel
1/4 C Clementine, tangerine, or orange juice
2 tsp sugar
1 tsp honey Dijon-style mustard or 1/4 teaspoon dry mustard
1/2 tsp dried thyme, oregano or basil
1/4 tsp salt
Dash cayenne pepper
1 clove garlic, minced
3/4 C olive oil

In a small bowl, combine vinegar, oil, salt and pepper. Gently toss pear wedges with vinegar mixture and spread them out in a shallow roasting pan. Roast, uncovered, in a 425 F oven for 25 - 30 minutes or until pears are tender (time depends on ripeness of pears) and beginning to brown, turning pears twice. Remove pan from oven and set on a cooling rack. When cooled, lift pears from pan; discard any liquid.

For dressing, gently stir Clementine segments into dressing. Cover and chill in the refrigerator for at least 30 minutes.



Dressing: Combine vinegar, fruit peel; fruit juice, sugar, mustard; dried thyme, oregano, or basil, salt, cayenne pepper and garlic. Cover and blend until smooth. With blender or food processor running, slowly add olive oil in a thin, steady stream. (This should take 2 to 3 minutes.) Continue blending until mixture reaches desired consistency.

To serve, remove 16 outer leaves of lettuce and set aside. Shred remaining lettuce into 1/4-inch strips. Arrange reserved lettuce leaves on eight chilled salad plates. Top each with a tall mound of shredded lettuce. Divide dressing mixture evenly among the salads. Top salads with pear wedges and nuts. Sprinkle with Gorgonzola.

Nutrition information: Per Serving: cal. (kcal) 382, Fat, total (g) 30, chol. (mg) 8, sat. fat (g) 6, carb. (g) 25, Monosaturated fat (g) 20, Polyunsaturated fat (g) 4, fiber (g) 5, sugar (g) 16, pro. (g) 5, vit. A (IU) 1944, vit. C (mg) 24, Thiamin (mg) 0, Riboflavin (mg) 0, Niacin (mg) 1, Pyridoxine (Vit. B6) (mg) 0, Folate (µg) 65, Cobalamin (Vit. B12) (µg) 0, sodium (mg) 307, Potassium (mg) 423, calcium (mg) 111, iron (mg) 2. Percent Daily Values are based on a 2,000 calorie diet

Source: Recipe.com

What to Eat Now

Oranges, tangerines and clementines are in season now. These juicy, tasty fruits are a good choice for anyone looking for a snack free of fats, cholesterol and sodium. With less than 50 calories, these fruits provide an abundance of Vitamin C. They are a very good source of fiber and contain photochemicals to help fight disease.

Selection

Whatever the variety, look for fruit that is shiny and *heavy for its size*. It's a primary rule for a number of fruits, but it's especially important for citrus. Check the scent - the fruit should smell good. There should be no spotting, no signs of shriveling, no white patches on the rind, and no fermented smell. Skin should not feel loose.

Storage

Tangerines are the most perishable. They will keep a day or two at room temperature and up to a week in the crisper drawer of the refrigerator. Other oranges can be kept out at room temperature for three or four days with little problem. Refrigerate them in a plastic bag or in the crisper drawer, and they'll keep well for one to two weeks.



Brussels Sprouts

Brussels sprouts are small leafy green buds resemble like miniature cabbages. A renewed interest is growing about health benefits these sprouts have to offer. Brussels sprouts are loaded with vitamins A, C and K, protein, folacin, potassium, fiber and calcium. They contain cancer fighting phytochemicals, and at 25 calories per 1/2 cup cooked, they give us a reason to eat them often. Although the protein is incomplete it can be made complete with whole grains.

Before cooking, remove discolored and loose outer leaves and trim the stems. Wash in clean water and then, soak for few minutes in salt water to remove any dust particles and insect's eggs.

Fresh sprouts are delicate in flavor, but overcooking results in the release of *allyl isothiocyanates* imparting sulfurous odor (pungent smell) to cooked recipes. To preserve nutrients, do not boil Brussels sprouts.

Brussels Sprouts and Carrots

Whisk 2 TBPS vegetable oil, juice from 1/2 lime, 2 teaspoons sugar, 1 minced garlic, 1 teaspoon salt and a pinch of red pepper flakes. Toss with 1 pound brussels sprouts and 1/2 pounds sliced carrots. Place in non-stick skillet, covered, over low heat. Cook until just tender. Toss with juice of 1/2 lime and salt to taste.

- Food Network Magazine

Reducing Recipe Size

Reading Grows Strong Minds!

Some families find that allowing children to open a small gift each week during December makes the days a little easier. Why not strengthen little minds at the same time? Buy and wrap a few books. Allow children to select one to open each week. Make a little time to read that new book to your child.

Reading about vegetables can motivate your child to eat healthfully *and* be a strong reader.

Bumpety, Bump by Pat Hutchins
Tops & Bottoms by Janet Stevens
The Carrot Seed by Ruth Krauss
The Trouble with Cauliflower by Jane Sutton

Do you have that favorite recipe that you just can't resist during the holidays even when you know it isn't a healthy choice? Try preparing a smaller amount of the recipe will reduce the amount you are tempted to eat. Most recipes can be cut in half or in thirds. For easy references see the tables below. Some ingredients are difficult to divide, such as eggs. If the recipe you want to cut in half calls for a large egg, try using a small egg or just the egg white. In some cases, it may be easier to make the entire recipe and freeze the rest for later. In that case, be sure to freeze the excess as soon as possible after preparation so you are not tempted to indulge.

Half of a recipe	
<i>When the recipe calls for</i>	<i>Use</i>
1/4 cup	2 tablespoons
1/3 cup	2 tablespoons + 2 teaspoons
1/2 cup	1/4 cup
2/3 cup	1/3 cup
3/4 cup	1/4 cup + 2 tablespoons or 6 table- spoons
1 tablespoon	1-1/2 teaspoons
1 teaspoon	1/2 teaspoon
1/2 teaspoon	1/4 teaspoon
Third of a recipe	
<i>When the recipe calls for</i>	<i>Use</i>
1/4 cup	1 tablespoon + 1 teaspoon
1/3 cup	1 tablespoon + 2 1/3 teaspoons
1/2 cup	2 tablespoons + 2 teaspoons

Lighten Up Gravy

No holiday meal would be complete without the finishing touch of gravy. This holiday season, lighten up your gravy, soups and pan juices by removing the fat.

Pour juices into a bowl or fat-separating pitcher. After setting a few minutes the fat will rise to the top. Remove fat from the top with a wide-mouthed spoon or a fat-separating pitcher.

Refrigerate soups, chili, canned broth and stew before they are served. Fat will harden and be easy to remove with a spoon.

When time is short, add a few ice cubes to the broth. Fat will rise and solidify around the ice.

Every tablespoon of fat you remove from gravy or pan juice subtracts about 120 calories and 13 grams of fat.



Holiday Cooking With Children

The holiday season can be difficult for children. The change in routine, anticipation of Santa's arrival, relatives and friends visiting can sometimes be too much for children. Often the best answer is to keep them occupied and involved in activities with those around them. Helping with food preparation can be fun for them and can create more willingness to try the foods they prepare with parents or grandparents. In the beginning it may be more fun choosing foods that don't have to be ready by the pressures of a specific mealtime.

It is important that you assign kitchen tasks appropriate for the child's age. Be patient as your child gains new skills at different ages. Children have to be shown and taught how to do these activities and each child has his or her own pace for learning. Expect a few spills. Check the list below to discover how your child can help in the kitchen.

2-year-olds:

- Bring ingredients from one place to another
- Wipe table tops
- Tear lettuce or greens
- Break cauliflower
- Snap green beans

4-year olds can do what younger ones can do, plus:

- Move hands to form round shapes
- Cut parsley or green onions with dull scissors
- Mash bananas or avocados with a fork
- Set the table

3-year-olds can do what 2-year-olds can do, plus:

- Wrap potatoes in foil for baking
- Knead and shape yeast dough
- Pour liquids from measuring cups
- Mix ingredients
- Shake liquids in covered containers
- Spread soft spreads
- Place things in the trash

5-to 6-year-olds can do what younger ones can do plus:

- Measure ingredients
- Cut with a blunt knife
- Use an egg beater

Source: Food, Family & Fun, USDA Food & Consumer Service Department.