

Green County FCS Extension



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**December 2011
January 2012**

Entertaining Tips

How can you keep holiday entertaining as much fun and stress free for you as for your guests? Be prepared.

Plan your entertaining menu early. Purchase nonperishable ingredients and prepare any recipes that can be made ahead of time and then freeze.

Store bought or slice-and-bake cookies or ready-made cakes are fine to serve if you add interest with special touches, such as serving them on nice glass plates, silver trays or a with special garnish.

Add a special touch to your napkins by rubber stamping them with a special holiday greeting or pictures. Personal touches like this make your guests feel special.

Replace your spices with fresh ones for the season's cooking. This will ensure that your recipes taste fresh. The replaced spices can be used as a fragrant potpourri by keeping them warm in a potpourri pot or by simmering them in a pot on the stove.

Make individual servings of your favorite pie or cake recipe. Instead of baking a whole pie, prepare it in tart shells or make mini cakes in special molds.

Using fresh, natural greenery can add a wonderful holiday fragrance and beauty to any room. Cutting from pine, cedar, holly, and barberry are excellent choices for the holiday.

Overnight guests always feel warm when they find a small, wrapped gift placed upon their pillow. Try to make it tailored to the individuals' interests or likes. For example, a gardening friend would enjoy a few bulbs in a storage bag tied with a holiday ribbon.

Source: *Alabama Cooperative Extension Service*



Find the Green County Family and Consumer Sciences fan page, Click "like" to keep up with FCS activities and to receive timely consumer tips. You can also follow us on Twitter! Just search **greencountyfcs!**

**Lake Cumberland
Homemaker Lesson
Topics Training**

"ELF"

- Evolving Leaders Forum

Taylor County
Extension Office

Saturday
January 21, 2012

Registration begins at
9:30 A.M. C.T.

Pre-register by Jan. 13
and send \$10 to the Green
County Extension Service.

The following topics will
be taught:

- ◆ *Gluten Free*
- ◆ *Social Networking*
- ◆ *Breath, Stretch, Meditate*
- ◆ *Women of the World*
- ◆ *Green Cleaning in Spring*
- ◆ *Preserving Photographs*
- ◆ *Truth & Consequences*
- ◆ *Omega 3's*

Dear Extension Homemakers,

Happy Holidays! I would like to say how much each and every one of you mean to me and this organization. I am so extremely blessed to work with you. Thank you so much for this wonderful year and as we move on to 2012 I pray that we continue to make a difference in the lives of all the people in our community. Have a wonderful holiday and be sure to take time for yourself and enjoy being with friends and family. I look forward to seeing you next year! Happy New Year!

Joyfully,

Audrey Myers



December's Roll call:

Name your favorite Christmas Carol.

December's

Thought for the Month:

*"...And so as Tiny Tim would say,
"God Bless us all, everyone."*

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development, volunteer service, and education.

Stay off the SoFAS this Holiday

The holidays are here again! While being active is important in maintaining a healthy weight, staying off the SoFAS has a different meaning and focus, in terms of weight management.

SoFAS are calories from solid fat and added sugars. It is a new term used in the 2010 Dietary Guidelines for Americans. Solid fats are found in fatty animal-based foods such as fatty meat, poultry skin, bacon, sausage, butter and whole milk products. They are also found in foods made with vegetable oils such as cookies, donuts, pastries and crackers. These products are normally high in trans fats and saturated fats. Solid fats should be replaced with polyunsaturated or monounsaturated fats, such as liquid vegetable oils, like canola, olive, peanut and soybean and high-fat plant-based foods like nuts, seeds, olives and avocados.

Added sugars are added to foods during processing, preparation or are consumed separately. Names for added sugars include: brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt syrup, molasses, raw sugar, turbinado sugar, trehalose, and sucrose. Reading the food label can let you know if a food product is high in added sugar. Added sugars do not include naturally occurring sugars such as those in fruit or milk.

So what does staying off the SoFAS mean for holiday eating and cooking?

Choose foods prepared with little or no added sugars or solid fats. Identify the amount of calories from added sugars and solid fats contained in foods and drinks at <http://www.myfoodapedia.gov>. When you have foods and drinks with added sugars and solid fats, choose a small portion.

Eat fewer refined grains products such as cakes, cookies, other desserts and pizza as these are generally high in calories from solid fats and/or added sugars. When you have these products have smaller portions.

Drink few or no regular sodas, sports drinks, energy drinks and fruit drinks. These drinks and foods are the major sources of added sugars for Americans. Replace these drinks with water, fat-free milk, 100 percent fruit juice or unsweetened tea or coffee.

Save those high-calorie desserts for special occasions for example, the Thanksgiving or Christmas dinner. And again, choose smaller portion sizes.

Make recipes healthier:

- Reduce sugar in recipes. The amount of sugar in recipes can often be reduced by 25 to 30 percent without much change in flavor. This reduction will result in significant calorie savings. Adding cinnamon and vanilla can give the impression of sweetness.
- Use low-fat or fat-free milk and cheese for holiday recipes.
- Substitute one-third to one-half of the butter or oil with unsweetened applesauce.

Use oils to replace solid fats where possible.

Source: Ingrid Adams, Extension Specialist in Nutrition and Food Science, University of Kentucky College of Agriculture.

Dried Citrus Wreath

A traditional holiday wreath that features sunshine-citrus fruits

What you'll need:

Green Spanish moss
Sheet moss
12 branches (approximately) of lemon leaves
12 dried apple slices
9 dried miniature pomegranates (approx. 2 in diameter)
12 dried rosebuds
12 dried sprigs of thyme blossoms
9 dried orange slices ¼ thick
12l-diameter wire boxed wreath form
Floral wire
Floral tape
Wire cutters
Low-temperature glue gun and glue stick
Pruning shears or scissors



What you do:

Fill in the concave surface of the wreath form with Spanish moss. Wrap it with wire to secure.

Soak sheet moss in water to make it flexible. Wrap the wet moss around the entire form and secure it with wire. Let dry thoroughly.

From the branches, cut sprigs of lemon leaves with about 3-4 leaves per sprig. Wrap 3-4 sprigs together with floral tape. Using the glue gun, attach bunches of leaves to the wreath form.

Alternate bunches of leaves with cluster of fruit. Arrange the dried citrus slices into 3 circular cluster of 6 overlapping slices. Add 3 cluster of 3 pomegranates. Still using the glue gun, fill in around the citrus and pomegranate clusters with apple slices, bits of Spanish moss, rosebuds and thyme blossoms. Fill in any empty spaces with lemon leaves.

Source: Alabama Cooperative Extension Service



Congratulations to the Young Homemakers Club for raising over \$1400 for our community project ***Happy Feet!*** Thanks to everyone who helped deliver, package and/or cook!

Feasting on a Budget Learn to Love Leftovers

Most of us can't stand the idea of facing an exact replica of our holiday dinner the next day. However, with a little imagination and planning, those leftovers can be transformed into something new and tasty.

Here are a few tips for making those leftovers luscious.

If you have leftover bread, you can make:

- **French toast.** Yeast breads and quick breads like banana and pumpkin make excellent French toast the next day. If you have any leftover fruit, use it to make a tasty topping.

- **Bread pudding.** Stale crusty bread and rolls can be cubed and used to make a delicious bread pudding. Top with caramel and enjoy!

If you have leftover vegetables, you can make:

- **Vegetable quiche.** Fill an empty pie shell with chopped veggies, shredded cheese, and diced ham. Beat together 3 eggs, 1 cup of evaporated skim milk, and salt and pepper to taste and pour over the top. Bake at 350 degrees until filling is set, about 30 minutes.

- **“Souped Up” soup.** Open a can of your favorite vegetable soup, add some additional chopped up leftover veggies and either beef broth or tomato juice to make a hearty soup, and serve with grilled cheese sandwiches.

If you have leftover meat, you can make:

- **Barbecue turkey wraps.** Slice leftover turkey, add a little bit of warm BBQ sauce and some canned chiles, and wrap in soft tortillas.

- **Stuffed pitas.** Stuff a pita pocket with leftover ham slices and swiss cheese. Add tossed greens, sliced tomatoes, and spicy mustard for an added kick.

- **Stir fry.** Sauté leftover veggies and turkey with a little soy sauce, orange juice, and ginger. Serve with quick-cooking rice.

REMEMBER...Convenience foods may save you time, but they tend to be more expensive and less nutritious than homemade foods.

Source: University of Florida Extension

Healthy Hot Brown Casserole

2 medium zucchini, unpeeled, sliced into 1/4 inch slices
1 medium onion, thinly sliced
1 green pepper, sliced
2 tomatoes, sliced
Salt and pepper to taste
1-1/2 cups processed cheese, grated

Preheat oven to 350°. Spray 2-quart casserole dish with cooking spray. Arrange Zucchini slices in casserole.

Top with onion, green pepper, tomato, then salt and pepper to taste. Top with cheese. Bake for 50-60 minutes.

Makes 6 servings

Per serving: 80 calories; 8g protein; 7g carbohydrate; 2 g total fat; 10 mg cholesterol; 410mg sodium

Chocolate Banana Snack Cake

2 very ripe medium bananas
1 1/4 cups all-purpose flour
3/4 cup sugar
1/4 cup unsweetened baking cocoa
1/3 cup vegetable oil
1/3 cup water
1 teaspoon baking soda
1 teaspoon white vinegar
1/4 teaspoon salt
1/3 cup semisweet chocolate chips



Heat oven to 350°F. Place bananas in ungreased 8-inch square pan; mash with fork. Stir in remaining ingredients except chocolate chips. Sprinkle chocolate chips over batter. Bake 35 to 37 minutes or until toothpick inserted in the center comes out clean. Cool completely, about 45 minutes.

1 Serving: Calories 270 (Calories from Fat 100); Total Fat 11g (Saturated Fat 2 1/2g, Trans Fat 0g); Cholesterol 0mg; Sodium 210mg; Total Carbohydrate 41g (Dietary Fiber 2g, Sugars 23g); Protein 3g Percent Daily Value*: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 8%

Quick and Healthy Black-Eyed Peas

4 slices chopped turkey bacon
2 pounds black-eyed peas, frozen
2 cups water
1/4 teaspoon black pepper
1 tablespoon sugar

Place a pot over medium high heat and cook bacon for 3-4 minutes. Add the rest of the ingredients and bring to a boil. Reduce heat to simmer and cook until the peas are tender, about 30 minutes. Serve hot.

Nutrition Facts per serving: 160 calories; 5 g total fat; 1 g saturated fat; 0 g trans fat; 15 mg cholesterol; 260 mg sodium; 21 g total carbohydrate; 5 g dietary fiber; 4 g sugars, 10 g protein.

Yield: 6 servings

Source: USDA Recipe Finder

Upcoming Homemakers Lessons/Meetings

Mae's Homemakers

(Mae's Meeting Policy~ In case of cancellation, the meeting will be made up the following Thurs.)

Dec. 1 @ 5:00 **Holiday Get Together**

Jan. 12 @ 5:00 **Don't Let Falls Get You Down**

Town and Country Homemakers

Dec. 12 @ 6:00 Ext. Office; **Holiday Get Together** hostess: Cheryl Blakeman **POTLUCK MEAL**

Jan. 16 @ 6:00 Judy Simpson's home; **The New Dietary Guidelines** leader: Judy Simpson

Summersville Homemakers

Dec. 13 @ 5:30 (TBA)...**Holiday Get Together** (dessert will be at the Hobson House)

Jan. 10 @ 5:30 Ext. Office; **New Dietary Guidelines** leader: Mary Hays; hostess: Vickie Gray **POTLUCK MEAL**

Highland Homemakers

(Highland's Meeting Policy~ In case of cancellation, the meeting will be made up the following Tuesday)

Dec. 20 @ 10:30 (TBA) **Tea & Gift Exchange Holiday Party** hostess: Margaret Larimore & Maxideen Pruitt (Please bring a \$5.00 gift)

Jan. 17 @ 10:30 Ext. Office; **Crockpot Cooking** leader: Gilda Keltner; hostess: Celsie Stewart **POTLUCK MEAL**

Circle of Friends

(Circle of Friends Meeting Policy~ In case of cancellation, the meeting will be made up the following Monday.) **NOTE: Please bring a light snack every month.**

Dec. 19 @ 6:00 Ext. Office; **Goodie Exchange & Wrapping Party** (bring items to wrap)

Jan. 30 @ 6:00 Ext. Office; **Repurposing Fabric: Locker Hooking** leader: Linda Milby (Please bring \$10.00 for supplies)

Young Homemakers

NOTE: Please bring a light snack every month.

Dec. 20 5:30 Faye Hawes' home; **Holiday Get Together**

Jan. 31 5:30 Ext. Office; **Crockpot Cooking** leader: Danielle Jefferies

A HAPPY
NEW YEAR

****All Family and Consumer Sciences Classes will be cancelled if school is out for weather.**

*****Please contact your club president about cancellations for Homemaker Meetings. Each club has their own policy.**

December

1: Mae's Homemakers @ 5:00

6: Family and Consumer Sciences Advisory Council @ 11:30

7: Adult Day Care @ 9:15

7: Adanta @ 10:00

12: Town and Country @ 6:00

13: What's in a Doctor's Bag @ 8:30

13: Summersville @ 5:30

19: Delivering packages to nursing home @ 5:00 CST. Bring your children/grandchildren and/or pet.

19: Circle of Friends @ 6:00

20: Highland Homemakers @ 10:30

20: Young Homemakers @ 5:30

26-2: OFFICE CLOSED Happy Holidays!

January

4: Adult Day Care @ 9:15

4: Adanta @ 10:00

10: Summersville @ 5:30

12: Mae's @ 5:00

16: Homemaker Council Meeting @ 4:00

16: Town and Country @ 6:00

17: Highland @ 10:30

21: ELF Training@ Taylor County Office

30: Circle of Friends @ 6:00

31: What's in a Doctors Bag @ 8:30

31: Young Homemakers @ 5:30

The Homemaker's Extension Council will not meet this month due to delivering care packages to the nursing home.



January's Roll call:

Name your favorite thing to do on a snowy day.

January's Thought for the Month:

If winter comes, can spring be far behind?

—Percy Bysshe Shelley, English Poet

