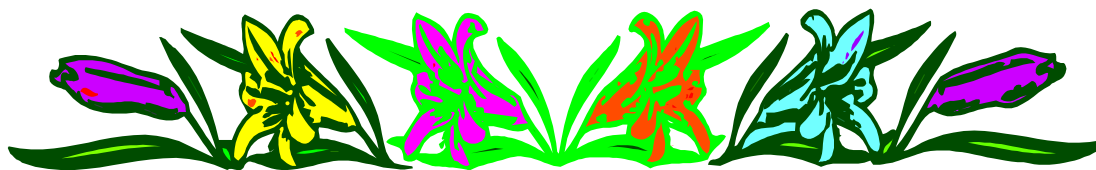
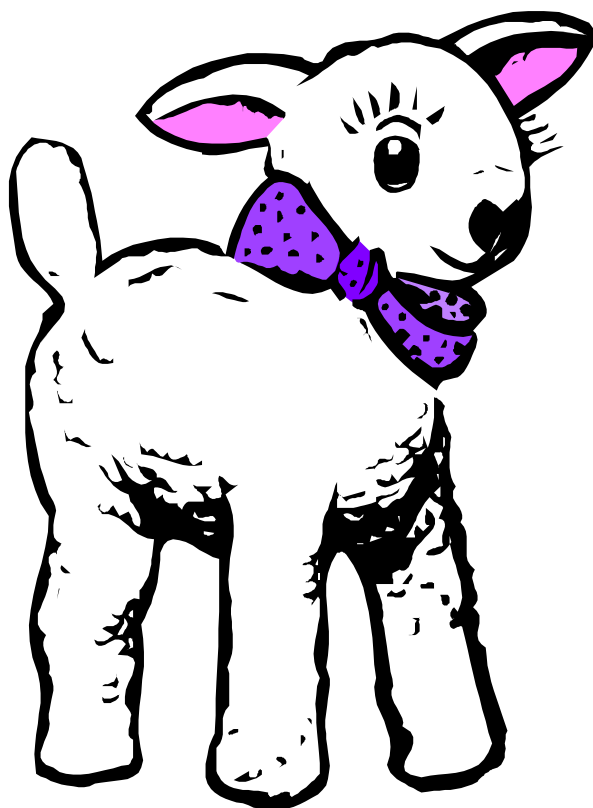


Nutrition Place

March 2007
Roane County
(865) 376-5558



Melanie Duff
Family and Consumer Science
Extension Agent

Megan Alden
TNCEP
Program Assistant

Hello,

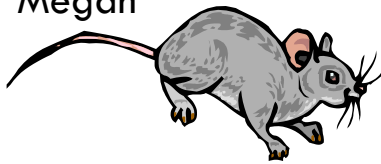
My name is Megan Alden and I'm the UT Extension TNCEP (Tennessee Nutrition and Consumer Education Program) Program Assistant for Roane County. I would like to take this opportunity to thank the staff at Mideast for inviting me to participate in the commodities distributions. I look forward to meeting as many participants as possible and teaching them the value of good nutrition. If you have any questions about the TNCEP Program, please don't hesitate to call or e-mail me, at any time, at the UT Extension office.

Phone: 376-5558

Fax: 717-4175

E-mail: malden@tennessee.edu

Megan

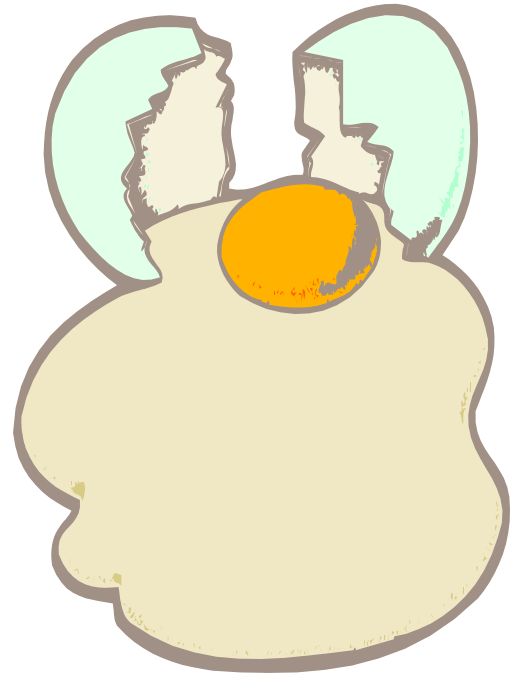


Easy Breakfast Foods to Create!

Omelet in a Bag

- 1/4 cup egg substitute
- 1 tsp. bacon bits
- 1/8 cup peppers, sweet, green, raw
- 1/8 cup peppers, sweet, red, raw
- 1/8 cup mushrooms, canned, drained
- 1 tsp. onions, raw
- 1/8 tsp. black pepper
- 1/2 tsp. butter, with salt
- 1 oz. reduced fat cheddar cheese

Cut the cheddar cheese into small cubes for best results. Mix all ingredients into a snack size zipper plastic bag. Knead gently to completely mix and distribute all ingredients. Place in a pan of gently boiling water and cook for 7 minutes. Using a pair of tongs, turn the bag over and cook an additional 3 minutes. Remove from water and let stand for 2 minutes to cool and finish any cooking. Open the bag and slide onto a plate for serving.

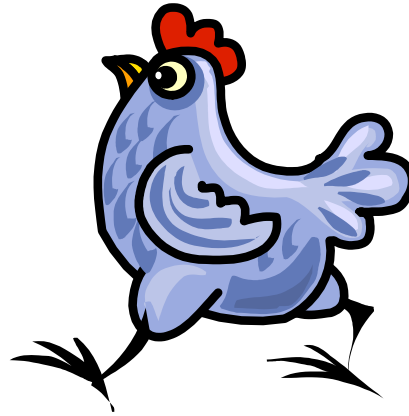


Oatmeal Pancakes

- 1/2 cup uncooked oats
- 1 cup flour
- 2 tsp. baking powder
- 2 tsp. sugar
- 1/2 tsp. salt
- 2 egg whites, lightly beaten
- 1-1/2 cups skim milk
- 1 tbsp. olive oil

Put the oats in the blender and whip them until they form a powder. Pour them into a bowl, then add the white flour, baking powder, salt and sugar. In a second bowl, beat the egg whites. Add the milk and oil. Pour into the flour mixture and combine, but don't over mix. Let the batter sit 5 minutes while you spray griddle or skillet and heat it over medium heat. Measure out about 1/4 cup of batter and drop onto griddle. When the edges look dry and there are bubbles on top, turn and cook the other side. Serve with maple syrup.

Diabetic Recipes



Crunchy No-Fry Chicken

- 3/4 cup finely crushed corn flakes
- 1/2 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/8 teaspoon ground red pepper
- 4 skinless, boneless chicken breast halves
- 1/4 cup chicken broth

Mix corn flakes, garlic powder, black pepper and red pepper. Set aside. Dip chicken in broth. Coat with corn flake mixture. Place chicken on baking sheet. Bake at 400° F for 20 minutes or until chicken is no longer pink.

Green Bean and Yellow Pepper Salad

- 1/2 pound fresh green beans, ends snipped
- 1/2 yellow pepper, cored and seeded, then cut into julienne strips
- 1 Tablespoon chopped fresh basil
- 1 Tablespoon olive oil
- 1 Tablespoon balsamic vinegar
- 1 Tablespoon water
- Fresh pepper, to taste

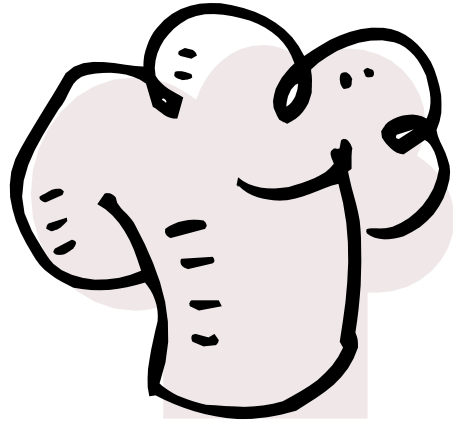
Bring a pot of water to a boil and cook the beans until crisp-tender, about 4-5 minutes. Drain and refresh in cold water; drain again. Place beans in a large bowl. Add the bell pepper and basil. Combine the oil, vinegar and water. Drizzle over the vegetables and toss. Allow to marinate for 15-20 minutes.

When you serve, drizzle each serving with 1 teaspoon of the dressing from the bottom of the marinade bowl.

5 Ingredients or Less

Goulash

- 1 lb. lean ground beef
- 1 can dark red kidney beans
- 1 can tomato sauce
- ½ cup shredded low-fat cheddar cheese
- 1 ½ cup whole wheat elbow macaroni noodles



Place a pot of boiling water on for the pasta. Follow package directions to cook pasta and drain. Brown hamburger in a skillet and then drain. Add hamburger back to skillet and add tomato sauce and kidney beans. Add the cooked pasta and the cheese and simmer for 15-20 minutes on low heat. Place leftovers in a sealed container in the refrigerator.

Chicken Casserole Delight

- 1 cup uncooked rice
- 1 roasting chicken, cut up
- 1 (10 ounce) can cream of chicken soup
- 1/4 cup melted margarine
- 1 (10 ounce) can water, use soup can

Put rice in bottom of large baking dish. Roll chicken in melted margarine, place on rice. Place chicken on top of rice. Mix chicken soup, water, salt and pepper and pour over chicken. Bake on 350°F for about 1 hour.

Information on High Blood Pressure

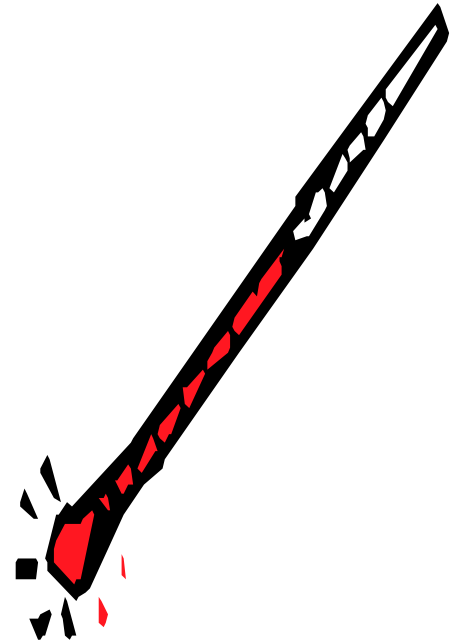
Know your level of risk:

Do any of these apply to you?

A family history	African-American
Male	Sensitive to sodium
Overweight	A smoker
A postmenopausal woman	Stressed
Pregnant	Inactive
35 or older	

Know Your Numbers:

Normal Blood Pressure is less than 120/80 mm Hg.
Pre-hypertension is from 120/80 to 139/89 mm Hg.
Hypertension is 140/90 mm Hg and above.



What can you do to help prevent hypertension:

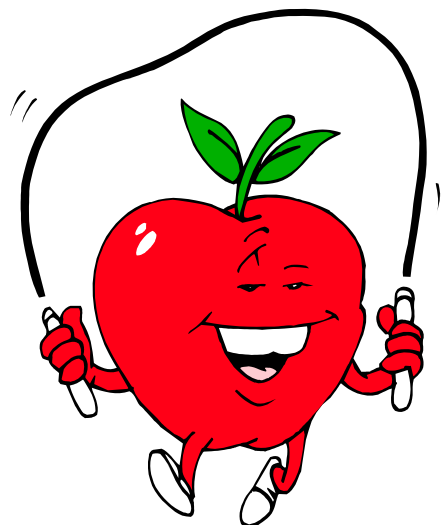
Activate your lifestyle-EXERCISE!

Trim the extra weight; cut down on portion sizes and eat more low-fat foods.

Watch what you eat and drink-eat the My Pyramid way.

Break the smoking habit, find a way to quit!

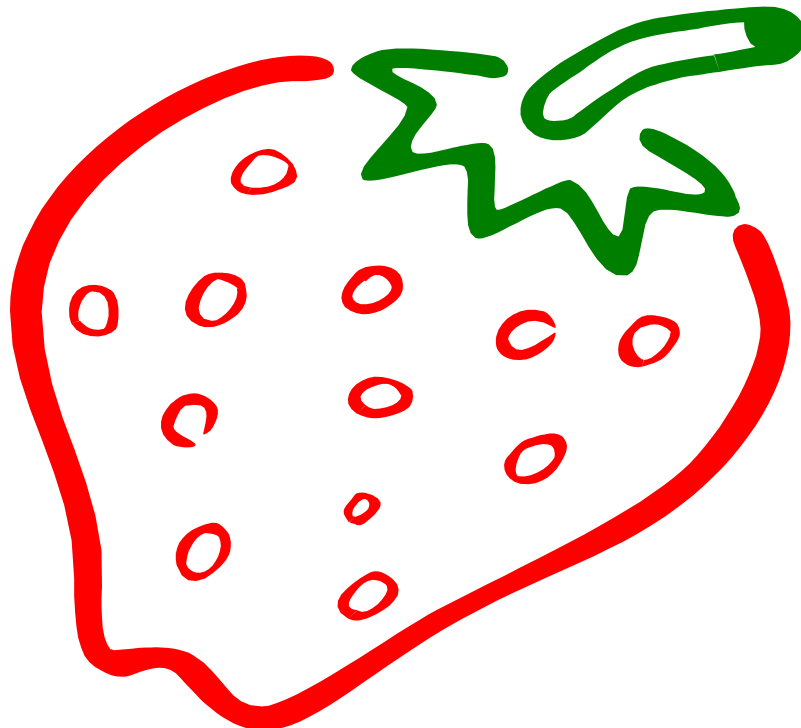
Break the tension cycle by keeping a positive attitude and breathe deeply.



Strawberry (or Raspberry) Fluff

- 1 0.3 ounce package sugar-free strawberry or raspberry Jell-O
- 1 cup boiling water
- 1 cup orange juice
- 2 cups sliced fresh strawberries or raspberries

Dissolve Jell-O in boiling water, following package directions. Stir in orange juice. Chill until the Jell-O has the consistency of unbeaten egg whites, about 20 minutes. Using an electric mixer on medium-high speed, beat Jell-O mixture until it triples in bulk, about 5 minutes. Fold in strawberries/raspberries. Transfer to a covered container and chill until ready to serve.
To serve, spoon into individual dishes.



Chili Burgers

1 pound ground beef
1/2 green bell pepper, chopped
1 onion, chopped
1 tablespoon chili powder
1 tablespoon chili sauce
1/4 teaspoon black pepper
3/4 teaspoon salt
4 hamburger buns
1 tomato, sliced

Tips to Having a Healthy Body

Eat small amounts, and balance them with foods low in saturated fats, trans fat, cholesterol and sodium, such as fruits, vegetables and fat-free milk products. And don't forget to exercise!

In a large bowl, combine ground beef, green pepper, onion, chili powder, chili sauce, black pepper and salt. Shape into 4 patties. Cook your favorite way, either grill or pan fry. Add favorite condiments like tomato and enjoy.

Veggie Skillet

6 ounces (2 cups) of uncooked bow tie pasta
2 tablespoons margarine
1 teaspoon minced garlic
2 medium yellow squash, cut into 1/2-inch pieces
1 medium onion, cut into thin wedges
1 teaspoon dried basil leaves
4 ounces (1 cup) cheddar cheese, cubed 1/2-inch

Cook pasta according to package directions. Drain. Meanwhile, melt margarine in 10-inch skillet until sizzling; stir in garlic. Stir in all remaining ingredients except cheese. Cook over medium heat, stirring occasionally, until vegetables are crisply tender (4-6 minutes). Stir in pasta. Continue cooking, stirring occasionally, until heated through (2-3 minutes). Stir in cheese. Salt and pepper to taste.

