



Canadian County Extension Service
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Winter 2008

Easy Calorie Cuts Add Up to Healthy Results

Pants feeling a little snug? Zipper lost its zip? Here's a way to cut calories painlessly, while eating for lower cancer risk and enjoying your meals, too.

When last year's party dress doesn't fit, you may feel a need to take drastic steps. Instead of going on a hunger strike, The American Institute for Cancer Research (AICR) recommends eating a little less at every meal.

AICR Nutrition Advisor Karen Collins, MS, RD, CDN, offers some down-to-earth strategies for shaving 100 calories from each meal, without missing a beat on taste or satisfaction.

How many calories do you need to lose? A 150-pound woman who walks 30 minutes each day needs 2,250 calories per day to maintain her weight. Collins explains, "She could lose weight at a reasonable rate by cutting 500 calories per day, and aim for 1,750 calories instead." Or, drop just 100 calories each meal (300 calories per day), add an extra half-hour of exercise each day (burn 200 calories more) and slash 500 calories off your daily tally. That translates to one pound of weight loss per week.

Be Aware and Beware of Large Portions

Start by avoiding super-sized portions. "Penn State researchers found that people feel equally satisfied after eating either an 8-inch, 10-inch or 12-inch sub sandwich," says Collins. Yet, she says, as sandwich size increased, so did the amount they ate and, consequently, so did their calorie consumption.

Fashionably oversized plates distort our perception of portion size. Huge bowls and plates invite us to fill them with what looks like one serving but is likely to equal two, says Collins. Use small bowls and plates so you won't feel deprived, and get an idea of how your portions compare to the serving size on the label by using measuring cups.

Cut a two-cup portion of pasta in half and drop 160 calories. Opt for two, not three, slices of pizza and drop 140 to 250 calories. At breakfast, ditch the fatty,

salty bacon and dive into a fresh fruit cup to save at least 100 calories. Replace a doughnut with a piece of fruit and drop 150 calories. At lunch, cut at least 100 calories by nixing the potato chips and crunching on carrot and celery sticks or fresh fruit instead.

"Substituting fruits and vegetables for high calorie foods accomplishes two things at once," says Collins. "You add beneficial nutrients and cancer-fighting phytochemicals at the same time as you cut calories."

Opt for Less Fat and Sugar

Minimizing saturated fats and refined sugars in your diet can add up to high calorie savings. If you normally treat yourself to extra rich gourmet ice cream, choose regular ice cream instead. For every one-cup portion, you'll cut 70 to 340 calories. Better yet, choose a lower fat ice cream product or sorbet to save even more calories. (Check the Nutrition Facts panel and compare products for calorie and fat content.)

A three-ounce portion of 95 percent lean ground meat is 75 calories less than regular. Choosing leaner meats and chicken doesn't mean you'll sacrifice taste. Marinate them in herbs, balsamic vinegar or lemon juice for flavor.

Drinks and "mindless eating" are big calorie sources. Switch to water or unsweetened tea instead of sodas or sweetened teas, and drop 150 calories per 12-ounce glass. Eat one ounce of tortilla chips (the small snack bag size) in a bowl, instead of eating more right out of the bag, and drop 280 to 310 calories. Finally, Collins advises, avoid miscellaneous calories when snacking your way through dinner preparation or on the road. Your waistline will thank you and you'll be taking an important step in lowering your cancer risk.

(American Institute For Cancer Research NEWSLETTER, Fall 2007, Issue 97)



RECIPES



Sweet and White Potato Spears

Makes: 8 servings

- 1½ lb. sweet potatoes (about 3), cut into spears
- 1½ lb. russet potatoes (about 3), cut into spears
- ½ cup KRAFT Italian Dressing
- ¼ cup KRAFT 100% Grated Parmesan Cheese
- 2 Tbsp. chopped fresh parsley

PREHEAT oven to 375° F. Toss potatoes with dressing.

PLACE on lightly greased baking sheet or 15x10x1-inch baking pan.

COOK 30 min. Turn potatoes. Cook an additional 30 min., sprinkling with cheese during the last 5 min. Sprinkle with parsley.

Tip: For extra zip, sprinkle with a little garlic powder before baking.

Nutritional Analysis:

170 calories, 3 g fat, (1 g saturated fat), <5 mg cholesterol, 220 mg sodium, 31 g carbohydrates, 5 g fiber, 5 g protein.

(Food & Family, Winter 2007)

Can Size Chart

8 oz. can.....	1 cup
10½ oz. can.....	1¼ cups
12 oz. can (vacuum).....	1 ½ cups
14-16 oz. or No. 300 can.....	1 ¼ cups
16-17 oz. or No. 303 can.....	2 cups
1 lb. 4 oz. or No. 2 can.....	2½ cups
1 lb. 13 oz. or No. 2½ can.....	3½ cups
1 qt. 14 oz. or 3 lb. 3 oz. or 46 oz. can.....	5¾ cups
6½ to 7½ lb. or No. 10 can.....	12-13 cups

Oven Temperature Chart

Slow.....	250° to 325° F
Moderate.....	325° to 400° F
Hot.....	400° to 450° F
Very Hot.....	450° F and above

Mediterranean Chicken

- 6 oz. pasta of your choice
- 1 lb. skinless, boneless chicken breasts, cut into bite-size pieces
- 1 Tbs. chopped garlic
- 8 oz. fresh sliced mushrooms (about 3 cups)
- 2 red bell peppers, chopped (about 2 cups)
- 2 cups broccoli florets, cut into bite-size pieces
- ½ tsp. crushed red pepper
- ½ tsp. Italian seasoning
- ¼ tsp. salt (optional)
- ⅛ tsp. ground black pepper
- ½ cup fat-free low sodium chicken broth
- 1 can (4 oz.) sliced black olives, drained optional)
- ½ cup non-fat feta cheese (optional)

Cook pasta according to package directions. Drain.

Meanwhile, spray a large skillet with non-stick cooking spray. Add chicken to skillet and cook until chicken reaches internal temperature of 180° F. Remove from skillet and keep warm.

Add vegetables and seasonings to skillet. Stir-fry for about 4-5 minutes until crisp-tender. Add water or broth, as needed, to prevent sticking.

Add chicken, broth and hot noodles to vegetables. Toss well. Cover and let sit a couple of minutes before serving.

If desired, top with feta cheese.

Serves 6

Nutrition information (1½ cup serving size):

213 calories; 2g total fat, 0g saturated fat; 25g total carbohydrates, 3g fiber, 3g sugars; 43mg cholesterol; 24g protein; 89mg sodium.

Dietary Exchanges: 1½ starch, 1 vegetable, 2½ very lean meat

Black Bean and Cilantro Spread

One 15- or 16-ounce can black beans, rinsed and drained, saving the liquid
1 to 2 teaspoons black bean liquid
2 teaspoons fresh lime juice or bottled lime juice
1 teaspoon olive oil
¼ to ½ teaspoon hot pepper sauce
¼ cup fresh cilantro leaves
2 tablespoons finely diced red onion

Assemble and measure all the ingredients. Drain the black beans and save the liquid.

Puree the beans, lime juice, oil, and pepper sauce in a food processor or blender, scraping down the sides once or twice. If the mixture seems too dry for the blender to process, then you can add 1 to 2 teaspoons of black bean liquid to the mixture.

Add the cilantro. Process it just until the leaves are coarsely chopped and well mixed. Stir in the red onion.

Serve the spread at room temperature with crackers, pita bread and baked tortilla chips, or spread it on roasted vegetables or grilled meat sandwiches. (If chilled, the mixture is difficult to spread).

Menu suggestion: Serve Black Bean and Cilantro Spread with an open-faced grilled beef sandwich on whole-wheat bread with stir-fried vegetables and pineapple sherbet.

Makes 10 servings (¼ cup each)

Nutrients per serving:

Calories: 44; fat: 1 gram; carbohydrate: 7 grams; protein: 3 grams; cholesterol: 0 grams; sodium: 53 milligrams
Exchanges: ½ starch

Adapted from Texas Cooperative Extension, The Texas A&M University System

Chocolate Angel Food Cake

1½ cups egg whites (about 10)
1 cup cake flour (or 7/8 cup all purpose flour)
2 cups sugar, divided
½ cup baking cocoa
1 teaspoon cream of tartar
1 teaspoon vanilla extract
¼ teaspoon salt

Glaze:
½ cup semisweet chocolate chips
3 tablespoons half-and-half cream

Place egg whites in a large mixing bowl; let stand at room temperature for 30 minutes. Sift together the flour, 1 cup sugar and cocoa twice; set aside.

Add the cream of tartar, vanilla and salt to the egg whites. Beat on medium speed until soft peaks form. Gradually beat in remaining sugar, about 2 tablespoons at a time, on high until stiff glossy peaks form and sugar is dissolved.

Gradually fold in flour mixture, about ½ cup at a time.

Gently spoon into an ungreased 10-inch tube pan. Cut through the batter with a knife to remove air pockets. Bake on the lowest oven rack at 350 F for 40-50 minutes or until lightly browned and entire top appears dry. Immediately invert pan; cool completely, about 1 hour.

Run a knife around side and center tube of pan. Remove cake to a serving plate. For glaze, in a microwave-safe bowl, melt chocolate chips and cream. Stir until smooth. Drizzle over cake.

Yield: 12 servings

Nutrition Facts: 1 slice

235 calories, 3 g fat (2 g saturated fat), 2 mg cholesterol, 102 mg sodium, 49 g carbohydrate, 1 g fiber, 5 g protein.

(Light and Tasty Magazine, Dec/Jan 2008)

Canadian County HCE News



Leader Lessons

Tuesday, January 29, 10 a.m.

New Sewing Techniques

Susan Moffat, FCS Extension Educator,
Cleveland County



Tuesday, February 26, 11 a.m.

Are You Techno Savvy?

Nancy Michaels, OSU Technical Support

Please have a representative from your group present to receive the information. The lesson will be held at the Extension Office. Remember, the lessons are open to the public, so bring along a friend.

Executive Officer Meeting

The next Executive Officer Meeting will be held on Tuesday, February 26, at 9 a.m. at the Extension Office. Please note, this is the same day as the leader lesson.

Membership Challenge Report

During 2007, a contest was held to encourage you to gain new members in your group. During the past year:

Lamplighters gained three new members. They will receive \$25 plus the traveling plaque for their accomplishments in the past year. Friendly Circle, Katies and Sunshine each gained one new member. Canadian County OHCE gained two new members.

The new challenge begins now. The group gaining the most new members between 1/1/08-12/31/08 will win this year's competition. Good luck!

It is great seeing new members. Keep up the good work!

Preparing for Spring Council...

Spring Council will be held on Monday, April 14, 2008. Please submit names of group members who had perfect attendance during the 2007 year.

In addition, at the Spring Council, we want to remember members that have passed away since 2007 Spring Council held last April. Please contact the office, as we may not always see notification in the newspaper.

Your assistance will be greatly appreciated.

Suggestions Needed



- ☺ Ideas for the county cultural trip? We are trying to plan a trip for this year and would like some destination suggestions (past trips: Guthrie, Omniplex).

Please give me a call at 262-0155 if you have any ideas or suggestions. I really appreciate your input.

Thanks,
Donna

Scholarship Applications Available

Do you know someone that is a high school senior this year and lives in Canadian County? Applications for the HCE Scholarship will be available in February at the extension office. Please call if you need an application.

Due date is April 14.

Reminders



Please turn the items below into the Extension Office by the due date listed.

- ✓ 2008 Hostesses & Leaders List—**February 15**
- ✓ 50, 60, 70 Year Member List—**February 15**
- ✓ Local Group Secretary Books—**February 15**
- ✓ Memorial List—**February 15**
- ✓ HCE Group Participants Score Sheets—**March 3**

Southwest District HCE Meeting

March 28, 2008—Simmons Center, Duncan
Theme: "Along the Chisholm Trail"

Registration (includes lunch) is \$15.00 and is due by March 10.

More information will be available in the state OHCE newsletter soon.

Dates to Add to Calendar

February 12

HCE Sewing Day at Education Building
(make lap quilts)

February 26

Executive meeting—9 a.m.
Leader lesson—11 a.m.

March 14

RADA orders due to the extension office

April 7

HCE Sewing Day at Education Building
(make lap quilts)

April 14

Spring Council at Canadian Valley Technology Center

May 6

Tea Party-celebrating OHCE Week

July 7*

Executive Meeting 10 a.m.

July 13-15*

OHCE State Meeting

October 20

Fall Council at Canadian Valley Technology Center

December 1

HCE Holiday luncheon at Education Building

***Please note date changes**

Birthdays

January

2	Nancy Roberts (Frisco)
4	Freddie Price (Frisco)
8	Margaret Zweiacher (Lamplighters)
8	JoAnn Hickman (Sunshine)
15	Kay Turner (Sunshine)
20	Janet Ward (Sunshine)
26	Ann Bargman (Frisco)
28	Fern Girard (Lamplighters)
29	Betty Reiter (Lamplighters)
20	Martha Canary (Sunshine)

February

9	Barbara Crookshank (Sunshine)
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March

2	Lillie Benson (Katies)
25	Doyce Lunsford

If your birthday is not listed, please call the Extension Office with the date.

Membership Drive Tea Party

On Tuesday, May 6 Canadian County OHCE will host a tea party.

Do you know of a friend or neighbor who is a former HCE (extension homemaker) member?

Do you have a friend or neighbor who has never been an HCE member?

We want to invite former members and potential new members to our tea party. If you know of someone, please call the Extension Office by April 14 with their name and address so we can send out invitations.

Please call Donna with any questions or comments. Thanks!



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Got Horticulture?

Oklahoma
Home & Community Education



Family & Consumer Sciences

Newsline

Is published quarterly at a cost of \$84.00 for 400 copies by the Canadian County OSU Extension Center—FCS/4-H Youth Development Programs, 218 N. Country Club Road, P.O. Box 519, El Reno, OK 73036
Phone 262-0155 FAX 262-2267

Donna R. Stangl-Jung

Donna R. Stangl-Jung RD/LD
Extension Educator, FC S/4H Youth Dev.

1/16/08

Canadian County Extension is pleased to announce that we will now be offering horticulture education to people of all ages. Casey Sharber, of Sapulpa, OK, was recently hired specifically for this purpose. Over the next year, she will be developing both Master Gardener and Junior Master Gardener Programs.

The Master Gardener Program is a volunteer program for adults. It is designed so participants are first trained in horticulture and then in return volunteer in various ways to help educate others about horticulture.

The Junior Master Gardeners is a youth program designed to help kids have a better understanding of plants and why they are important through various lessons and activities.

Casey was first introduced to horticulture when she was young. She participated in horticulture judging and entered several horticulture projects in the fair. In addition to developing the educational programs, Casey is happy to help 4-H'ers who may be interested in developing a horticulture project.

Casey is excited about making horticulture a strong component of Canadian County Extension and looks forward to all the possibilities. If you are interested in receiving more information about horticulture activities, please contact the Canadian County Extension office and ask to be put on the Horticulture newsletter mailing list.