



December 2023

News

Sharing is caring with TEEA

Upcoming Events

December 5, 2023

**Diabetes Support Group
Holiday Program**

December 7, 2023

**Free Diabetes Self
Management Education
Class**

December 25-26, 2023

Extension Office closed



January 1, 2024

Extension Office closed



Kathy Farrow
County Extension Agent
Family and Community Health
219 N. Vineyard
Sinton, TX 78387
361/587-3400 • office
361/364-6237 • fax
katherine.farrow@ag.tamu.edu
<https://sanpatricio.agrilife.org>



SAN PATRICIO COUNTY DIABETES SUPPORT GROUP HOLIDAY PROGRAM

Tuesday, December 5, 2023
10:00am to 11:00am
Texas A&M AgriLife Extension Service
San Patricio County
219 N. Vineyard, Sinton, Texas

SPEAKERS:

Kathy Farrow
Family and Community Health Agent, and

Felecia Espinoza
BLT Nutrition Education Associate



FREE DIABETES SELF MANAGEMENT EDUCATION CLASS

Thursday, December 7, 2023
9:00am to 3:00pm
Texas A&M AgriLife Extension Service
San Patricio County
219 N. Vineyard, Sinton, Texas

Participant will also receive a FREE health
screenings for A1c, Cholesterol, Weight, BMI,
and Body composition.

**Must attend Tuesday, December 5, 2023 at
10:00am for pre-screenings.**

Pre-registration is required, please call
361-587-3400 to get scheduled.

Kitchen Gift Ideas

This Hot Chocolate recipe has a little extra protein to keep you full. This big batch of hot chocolate is perfect for your family or to give as gifts to friends and family this holiday season.

Protein Hot Chocolate

Servings 14 4.5 tablespoon servings

Ingredients

- 2 cups instant nonfat dry milk
- 1 cup unsweetened cocoa powder
- 2 scoops of vanilla protein powder, no sugar added (approx. 6 tbsp)
- 1/2 cup powdered sugar
- 1/4 teaspoon salt

Instructions

1. Place all ingredients in a large bowl and stir until well combined.
2. Store in air tight containers.
3. Combine 4.5 tablespoons of cocoa mix with 8 – 10 ounces of hot water, stir until dissolved. Enjoy!

These Candied Pecans are the perfect appetizer or snack for any gathering. Makes enough to share!

Candied Pecans

Servings 16 1/4 cup servings

Ingredients

- 1 pound pecan halves
- 1/2 cup white granulated sugar
- 1/4 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 large egg white
- 1 Tablespoon vanilla extract

Instructions

1. Preheat the oven to 300 Degrees F.
2. Line a baking sheet with either parchment paper or a silicone baking mat.
3. In a bowl, combine the sugar, salt and cinnamon.
4. In a large bowl combine the egg white, and the vanilla extract. Add the pecan halves and toss to coat the pecans in the egg white mixture.
5. Sprinkle the sugar mixture overtop the pecans and toss again to coat.
6. Spread pecans in a single layer on the lined

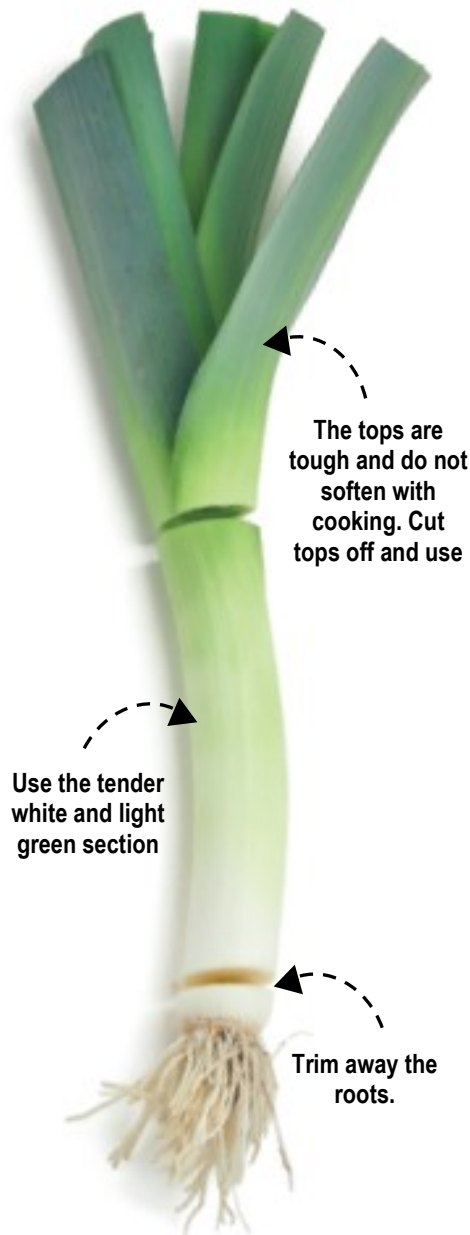
Leeks provide antioxidants and nutrients for good health, including vitamins A, and K

Shop and Save

- ✿ Choose leeks with firm, crisp stalks and as much white and light green as possible. Avoid leeks with cuts or bruises.
- ✿ The dark green tops of leeks should look fresh. Avoid leeks with yellowing or wilting tops.
- ✿ Choose smaller, younger leeks when you want to eat them uncooked.
- ✿ Fresh leeks are usually available year round.

Quick Fix

- ✿ Leeks are sweeter and milder than onions and can be eaten raw or cooked. Any recipe that calls for onions can use leeks.
- ✿ Use sliced leeks in any type of salad or grain bowl.
- ✿ Add leeks to casseroles, soups or stews.
- ✿ Roast leeks in the oven along with your favorite vegetables.
- ✿ Serve cooked leeks with a vinaigrette dressing.
- ✿ Use raw chopped leeks as a garnish like green onions.



Store Well Waste Less



- ✿ Refrigerate leeks in a container with airflow for up to two weeks.
- ✿ Rinse leeks just before using. Trim away the roots and dark green tops. Cut the middle section in half lengthwise. Rinse under cool running water. Allow water to reach between all the layers.
- ✿ Freeze extra leeks for cooked recipes. Cut into pieces and freeze on a baking sheet until firm. Store in labeled airtight containers. For best quality, use within a few months.

NUTRIENTS FOUND IN LEEKS



- Leeks belong to the allium family with onions, scallions, chives and garlic.
- Leeks are an excellent source of vitamin K, which is important for maintaining healthy blood and keeping your bones strong.



Sauteed Leeks and Apples

Makes: 4 cups

Prep time: 10 minutes

Cooking time: 10 minutes

Ingredients:

- 1 medium leek, chopped (about 3 cups)
- 2 teaspoons vegetable oil
- 2 medium apples, cored and chopped
- 1 Tablespoon honey (see Notes)
- 1 teaspoon vinegar (any type)
- ¼ teaspoon each salt and pepper



Directions:

1. Wash hands with soap and water.
2. In a medium skillet over medium heat, sauté leeks in oil until soft, about 5 minutes.
3. Add apples and cook while stirring for about 3 minutes, or until apples begin to soften.
4. Remove from heat. Add honey, vinegar, salt and pepper. Stir gently to combine all ingredients. Serve warm.
5. Refrigerate leftovers within 2 hours.

Notes

- Create a wrap by rolling in a whole wheat tortilla with grated cheese.
- Honey is not recommended for children under 1 year old.

Leek and Mushroom Orzo

Makes: 4 cups

Prep time: 15 minutes

Cook time: 30 minutes

Ingredients:

- 2 cups chopped leeks
- 1 Tablespoon vegetable oil
- 2 cups sliced mushrooms
- 1 cup dry orzo (rice-shaped pasta) or bulgur
- 2 cups low-sodium broth (any type)
- 1 ½ cups chopped tomato
- 3 Tablespoons cream cheese
- 1 teaspoon garlic powder
- ¼ teaspoon each salt and pepper



Directions:

1. Wash hands with soap and water.
2. Sauté leeks in oil in a medium skillet over medium heat until the leeks are soft, about 5 minutes.
3. Add mushrooms and cook until soft, about 5 minutes.
4. Stir in the orzo and toast lightly, stirring frequently, for about 3 minutes.
5. Add broth and bring to a boil. Reduce heat to simmer, stirring occasionally, until the orzo is almost tender, about 8 minutes.
6. Add the tomatoes and simmer until orzo is tender, about 2 minutes.
7. Remove from heat and stir in cream cheese, garlic powder, salt and pepper. Serve warm.
8. Refrigerate leftovers within 2 hours.

Notes:

- No fresh tomatoes? Use 1 can (15 ounces) drained diced tomatoes instead.

Creamy Potato Leek Soup

Makes: 8 cups

Prep time: 30 minutes

Cooking time: 30 minutes

Ingredients:

- 3 leeks (about 3 cups diced)
- 3 potatoes (about 3 cups cubed)
- 2 Tablespoons margarine or butter
- 4 ½ cups low-sodium broth (any type)
- ¼ cup 1% milk
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- ½ teaspoon pepper



Directions:

Directions– Continue:

3. Scrub potatoes well; cut into small cubes.
4. Melt margarine or butter in a 2-quart saucepan over medium heat.
5. Add garlic and leeks. Cook until softened.
6. Add potatoes and enough broth to cover. Cover pan and simmer until potatoes are soft. Mash with a potato masher or fork until potatoes are fairly smooth.
7. Add remaining broth, milk and pepper. Simmer for about 5 minutes.

7 AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

Return Service Requested

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

Articles and recipes from Foodhero.org, cdc.gov, Learning Zone University of Nebraska-Lincoln Extension, fruitsandveglesmorematter.org, Produceforkids.com and Eatright.org. The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional. References to commercial product or trade name are made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

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San Patricio County
Family & Community
Health & Ag/Natural
Resources

Kathy Farrow
County Extension Agent
Family and Community Health
San Patricio County
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361-587-3400 ★ 361/364-6234-fax
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