

Family and Community Health “Connections” in Lampasas County

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The holiday season is upon us. It's the time of the year to enjoy celebrating and spending time with family and friends.

For many people, it's also the time of the year that disrupts schedules and interrupts progress toward health goals. This year, make a change by following these seven simple habits for healthy holidays.

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HABIT 1 - Create a Plan This year, rather than allowing the season to disrupt goals, be proactive, identify challenges in advance, and create a plan, preferably a written one, to ensure success

HABIT 2 - Eat Better, Not More. Eat only when physically hungry, and choose smaller portions of the special holiday favorites. The goal is to stop at satisfied, not stuffed.

HABIT 3 - Indulge Yourself. Deprivation never works, so plan for indulgences. Perhaps, give up something that is less enjoyable to allow for the most enjoyable treats.

HABIT 4 - Challenge Yourself. Setting a goal to eat at least five servings of vegetables and fruit each day can ensure healthier food choices throughout the season.

HABIT 5 - Create Something New. Make one small change this year. All traditions were the new kid on the block at one time. Perhaps, add a tag football game to the itinerary or add one healthy recipe this year. It's an excellent opportunity to lead by example.

HABIT 6 - Reinvent Something Old. Modifying old traditions can be a way to stay on track with health goals during the holiday season. ie. Trekking into the forest to chop down a tree rather than purchasing from a lot.

HABIT 7 - Keep First Things First. One of the biggest disruptors to health goals during the holiday season is stress. Once the plan is in place, focus on the celebration with family and friends. That's what is truly important. And, always remember the goal is better, not perfect.

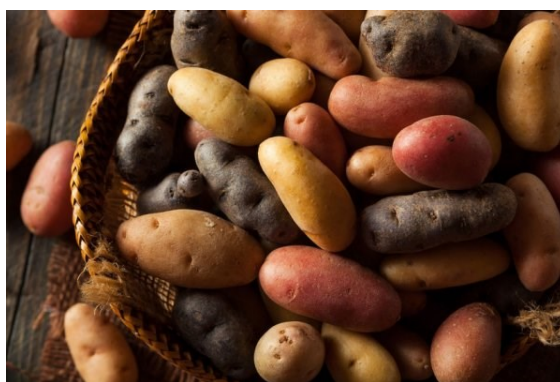
For the entire article go to

<https://www.orthocarolina.com/media/seven-habits-for-highly-healthy-holidays>



Smart Starch Food Safety

Potatoes are among some of the most common left over food items, especially during the holiday season. Be sure you're storing and reheating all of your leftovers safely before reserving them to friends and family. For more information on why potatoes pose a food safety concern and how to properly handle them, visit: <https://dinnertonight.tamu.edu/potatoes>



The Difference Between Starchy vs. Waxy Potatoes

Russet potatoes are called starchy because they contain more of a certain kind of starch that makes them cook up drier and fluffier. That's why they're ideal for soaking up butter and gravy when they're baked or mashed. But that same fluffy texture makes them fall apart in stews.

Boiling potatoes and fingerlings are called waxy because they hold their shape when they're cooked. Firm rather than fluffy, their texture can stand up to the moisture in soups and casseroles without disintegrating.

All-purpose potatoes are like the Goldilocks of the potato world. Their balance of starchiness and waxiness makes them just right for almost any recipe.

Source: dinnertonight.tamuedu

allrecipes!
POTATO, POTAHTO
Get the Right One for Your Recipe



Russet

BAKING



Yukon Gold

ALL-PURPOSE



Red Bliss

BOILING



Ozette

FINGERLINGS

	Russet	Yukon Gold	Red Bliss	Ozette
Baked	○			
Fluffy Mashed	○			
Creamy Mashed		○	○	
Scalloped/ Au Gratin		○	○	
Roasted		○	○	○
Boiled or Steamed		○	○	○
Fried	○	○	○	
Grilled		○	○	○
Potato Salad		○	○	○
Hash Browns or Pancakes	○	○		
Soup and Stew		○	○	
Gnocchi	○	○		

METHOD
DISH

Note: Many varieties of potatoes come in a rainbow of colors ranging from creamy yellow to deep purple.

Garlic Mashed Potatoes



Servings 6 1/2 cup servings



Ingredients

- 2 pounds Yukon Golden Potatoes peeled, cut into 1 inch rounds
- 3 cloves garlic peeled
- 1 cup low sodium chicken broth
- 1/2 cup low-fat Greek Yogurt
- 1 Tablespoon unsalted butter
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Instructions

1. Peel and rinse potatoes, cut into 1-inch size rings.
2. Arrange potato pieces at the bottom of the multi-function cooker/instant pot in an even layer. Add whole garlic and chicken broth over the potatoes.
3. Close the lid of your cooker. Set the steam release valve to a sealed position.
4. Press MANUAL or PRESSURE COOK button for 12 minutes on HIGH PRESSURE.
5. Quick-release after the alarm sounds. Carefully remove the lid.
6. Mash the potatoes and garlic together. Add yogurt, butter, salt and pepper.

Combine well

Source: dinnertonight.tamu.edu

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup (161g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 220mg	10%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 38mg	2%
Iron 1mg	6%
Potassium 490mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Lampasas County News

Texas Extension Education Association/ TEEA: Callout to begin a new evening club December 6 at 5:30 pm at the county annex, 409 S. Pecan St., Lampasas in the conference room. Old/young/ married/single. All welcome. If you miss the meeting and want to join let me know.

Square Foot Garden Series of 3 Classes , Nov. 16, Dec. 14, Jan. 11 , 3:30-4:30 Co. Annex Conf. Rm. Sign up at lampasascommunitygardens@gmail.com

Powerful Tools for Caregivers offered by the Area Agency on Aging. Series of 6 classes Mondays 1-2:30, Dec. 6, 13, 20 & Jan. 10, 24, 31 at Co. Annex Conf. Rm.

Family & Community Health "Connections" is provided by these Texas A&M AgriLife Extension Service

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