

Cory's Corner

Pumpkin Nut Muffins

Ingredients

13.5 oz French Vanilla cake mix
2 ½ cups Pumpkin Puree
2 tsp Pumpkin Pie Spice
1 tsp Cinnamon
1 tsp Vanilla extract
4 tbsp Chia Seeds
1 ½ cups Pecan pieces

Instructions

1. Preheat oven to 350 degrees.
2. In a large bowl, combine the vanilla cake mix, pumpkin puree, pumpkin pie spice, cinnamon, and vanilla extract until thoroughly combined.
3. Stir in chia seeds and pecan pieces.
4. Line a muffin tin with liners and distribute evenly across 22 muffin wells.
5. Bake for 15-18 minutes.

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Prediabetes

What is Prediabetes?

Prediabetes is a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Approximately 96 million American adults- more than 1 in 3- have prediabetes. Of those with prediabetes, more than 80% don't know they have it. Prediabetes puts you at increased risk of developing type 2 diabetes, heart disease, and stroke.

What Causes Prediabetes?

Insulin is a hormone made by your pancreas that acts like a key to let blood sugar into cells for use as energy. If you have prediabetes, the cells in your blood don't respond normally to insulin. Your pancreas makes more insulin to try to get calls to respond. Eventually your pancreas can't keep up, and your blood sugar rises, setting the stage for prediabetes- and type 2 diabetes down the road.

Signs and Symptoms

You can have prediabetes for years but have no clear symptoms, so it often goes undetected until serious health problems such as type 2 diabetes show up. It's important to talk to your doctor about getting your blood sugar tested if you have any of the risk factors for prediabetes, which include:

- Being overweight
- Being 45 years or older
- Having a parent, brother, or sister with type 2 diabetes
- Being physically active less than 3 times a week
- Ever having gestational diabetes or giving birth to a baby who weighted more than 9 pounds.

You can get a simple blood sugar test to find out if you have prediabetes.

5 Healthy Eating Tips for the Holidays

Holiday Hacks

- Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.
- Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.
- Schedule some "me" time every day- a nap, dog walk, or hot bath to get your energy back for the next celebration.

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1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan.

- Eat close to your usual times to keep blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be hungry and more likely to overeat.
- If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year. Slow down and savor a small serving, and make sure to count it in your meal plan.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived, you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating. Most of all remember what the season is about- celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

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Storing Leftovers Safely

Often times you may have leftovers from large dishes such as casseroles, but ask yourself ... are you storing your leftovers safely? Check out our tips below from the USDA on properly handling leftovers.

Keep Food out of the “Danger Zone”

Bacteria grow rapidly between the temperatures of 40° F and 140° F. After food is safely cooked, hot food must be kept hot at 140° F or warmer to prevent bacterial growth. Within 2 hours of cooking food or after it is removed from an appliance keeping it warm, leftovers must be refrigerated. Throw away all perishable foods that have been left at room temperature for more than 2 hours (1 hour if the temperature is over 90° F, such as at an outdoor picnic during summer).

Cold perishable food, such as chicken salad or a platter of deli meats, should be kept at 40° F or below. When serving food at a buffet, keep food hot in chafing dishes, slow cookers, or warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often. Discard any cold leftovers that have been left out for more than 2 hours at room temperature (1 hour when the temperature is above 90° F).

Cool Food Rapidly

To prevent bacterial growth, it's important to cool food rapidly so it reaches as fast as possible the safe refrigerator-storage temperature of 40° F or below. To do this, divide large amounts of food into shallow containers. A big pot of soup, for example, will take a long time to cool, inviting bacteria to multiply and increasing the danger of foodborne illness. Instead, divide the pot of soup into smaller containers so it will cool quickly.

Cut large items of food into smaller portions to cool. For whole roasts or hams, slice or cut them into smaller parts. Cut turkey into smaller pieces and refrigerate. Slice breast meat; legs and wings may be left whole.

Hot food can be placed directly in the refrigerator or be rapidly chilled in an ice or cold water bath before refrigerating.

Wrap Leftovers Well

Cover leftovers, wrap them in airtight packaging or seal them in storage containers. These practices help keep bacteria out, retain moisture, and prevent leftovers from picking up odors from other food in the refrigerator. Immediately refrigerate or freeze the wrapped leftovers for rapid cooling.

Store Leftovers Safely

Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.

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Turkey Chili

Ingredients:

- 1 tbsp canola oil
- 1 lb ground turkey breast
- 1/2 medium onion chopped
- 1 tbsp minced garlic
- 1 package low sodium taco seasoning
- 1/2 cup water
- 1 (10 ounce) can tomato and green chilies
- 1 (8 ounce) can unsalted tomato sauce
- 1 (15 ounce) can unsalted kernel corn
- 1 (15 ounce) can unsalted kidney beans
- 1 (15 ounce) can unsalted black beans
- 1 tsp chili powder

Instructions:

Heat canola oil in a large heavy-based pot over medium heat. Cook turkey, onion, and minced garlic for 5 - 10 minutes or until browned. Sprinkle taco mix over turkey mixture. Stir in water to combine well. Add remaining ingredients. Simmer for 5 - 10 minutes.

Top Tips for Reheating Leftovers:

As a reminder, how you cooked your food is going to always be the best option for reheating. However, sometimes smaller amounts of leftovers and the amount of time you have to reheat can change things up. Always take the time to use a food thermometer to safely reheat your leftovers to 165 degrees F.

Oven— low temperatures, slow, and even heat circulation give the best quality food when reheating.

Stovetop— Lower temperatures heat thoroughly, reheating foods with moisture, such as soups and stews, reheat well.

Microwave— High heating temperatures along with faster reheating times can cause the textures of foods to change. Covering foods with a damp towel will create moisture to prevent food from drying out.

Let's take a look at some of the most popular leftovers:

Pizza- if reheating a large whole or half pizza, it is best to reheat in an oven. For 1-2 slices, reheat on the stovetop in a pan with a lid. The crust will toast and the cheese will melt perfectly.

Bread, Pastries, Breaded Foods, Grilled Sandwiches— the best reheating option is in the oven. Keeping a crisp crust will heat perfectly with the circulating dry air and a constant temperature.

Soups, Stews, Chilis— Both the microwave and stovetop will reheat these foods well. Since these foods have more moisture, they would heat evenly on the stovetop with consistent stirring.

Casseroles— Reheat in individual servings in the microwave. Smaller amounts to reheat warm faster and evenly when stirring often.

BBQ— reheat in the oven to prevent overcooking or meat drying. <https://dinnertonight.tamu.edu>



MAINTAIN NO GAIN
TEXAS A&M AGRILIFE EXTENSION

ENJOY YOUR HOLIDAYS THE HEALTHY WAY

Maintain No Gain provides motivational tools, healthy recipes, and fitness tips to help you control your weight over the holiday season, a 6-week period when the average American gains extra pounds. Anyone can participate!

WHEN:
Kicks Off 11/17 and 11/20
Come & Go Weekly Weigh Ins 12-1 pm - 11/27, 12/4, 12/11, 12/18, 12/27, and 1/2

WHERE:
Lubbock County Extension Office Meeting Room
916 Main, Suite 401 Lubbock, TX 79401

HOW TO REGISTER:
Sign up here: <https://forms.gle/1dLmG3D5XcF19vUGG> COST \$20
Initial Weigh In and Registration 11/17, 12 pm - 1 pm & 11/20, 12 pm - 1 pm

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