



Family & Community Health Newsletter



DINNER TONIGHT HEALTHY COOKING SCHOOL OFFERS RECIPES, PROMOTES MEDITERRANEAN CUISINE

Texas A&M AgriLife Extension offices in Erath and surrounding counties are hosting a Dinner Tonight Healthy Cooking School on April 26th at 5:30pm at the Cowboy Church of Erath County in Stephenville.

Area County Extension Agents Keely McCrady, Kathy Smith, and Andrea Brooks will demonstrate and prepare menu ideas featuring savory main dishes, tasty sides, and sweet treats. They'll share the recipes with attendees and provide samples of all the dishes.

Upcoming Events

April 15th- Extension
Office Closed

April 23rd- Master
Gardeners Plant Sale

April 26th- Dinner
Tonight! Healthy Cooking
School

April 28th- Freezer Club:
Cooking Well with Friends

April 30th- 4-H District
Roundup

May 26th- Freezer Club:
Cooking Well with Friends

May 30th- Extension
Office Closed

June 6-10- Texas 4-H
Roundup

June 16- Freezer Club:
Cooking Well with Friends

"Attendees can enjoy shopping amongst local vendors and have the opportunity to win fun and exciting door prizes, and will take home goodie bags and their very own Dinner Tonight recipe books."

The theme of this year's Healthy Cooking School is "Trip to the Mediterranean," with a recipe collection that reflects the healthy approach and flavors of the Mediterranean diet. The award-winning program has been recognized by the National Extension Association of Family and Consumer Sciences for the work they do in supporting Texas communities.

In addition to cooking demonstrations, attendees can enjoy shopping amongst local vendors and have the opportunity to win fun and exciting door prizes, and will take home goodie bags and their very own Dinner Tonight recipe books! Children are also welcome to attend, and Junior Dinner Tonight tickets are available for youth ages 8-12 years of age. They will enjoy fun activities centered around the MyPlate food guide and making healthy snacks.

Chris Coon, the Dinner Tonight Chairman and Bosque County Family and Community Health Agent, says the Dinner Tonight program was developed to provide busy families with quick, healthy, cost effective recipes that taste great. "The Dinner Tonight website provides recipes, menu planning basics, education on nutrition and healthy living, and weekly video demonstrations on cooking tips and techniques," he said. "Our goal is to improve the health and wellness of our community."

Dinner Tonight's Healthy Cooking School is being sponsored by H.E.B. in partnership with Tarleton State University and Texas Health Resources.

Doors open at 5:30pm with vendor tables available until the program begins at 6:15pm. Registration is \$25 per adult and \$15 per child. Easily register online for Dinner Tonight at www.tinyurl.com/mcdinnertonight and for Junior Dinner Tonight at www.tinyurl.com/juniormcdinnertonight.



Scan here to register
for Dinner Tonight!



Scan here to register
for Junior Dinner
Tonight!



It's Spring! Break out the Grill!

Cajun Grilled Fish Tacos

Ingredients:

- 4-4 ounce tilapia filets, thawed
- 2 Tablespoons Cajun Seasoning
- 8 Corn Tortillas
- 2 Cups shredded cole slaw mix
- 1/4 cup fresh cilantro, chopped
- 1/2 cup mayonnaise, fat free
- 1 chipotle pepper in Adobo sauce
- 1/2 Tablespoon Lime juice

Instructions:

1. Preheat grill, indoor grill, or heavy non-stick skillet to medium high heat.
2. Pat tilapia fillets dry with a paper towel and sprinkle each fillet with approximately 1/2 teaspoon of Cajun seasoning.
3. Spray grill or skillet with cooking spray. Cook fish for approximately 4 minutes on each side or until fish flakes easily with a fork and has reached 145 degrees F.
4. While fish is cooking, place mayonnaise, chipotle pepper in Adobo sauce and lime juice in a food processor or blender and process until smooth.
5. To assemble tacos, spread the spicy mayonnaise on a corn tortilla, top with cole slaw, 1/2 fish fillet, cilantro and lime juice.



Managing Stress during Stress Awareness Month

April is Stress Awareness Month. Everyone from young children to older adults experiences stress at some point. Stress can result from issues with work, school, family, or finances. Stress not only affects our mood, but our health as well.

Muscle or body aches, inadequate sleep, and unintended changes in how much we eat can be caused by stress.

"The good news is that once you identify signs of stress, you can learn coping skills, and in time strengthen your resiliency to stress", says Julie Tijerina, Extension Program Specialist with Texas A&M AgriLife Extension. "Teens and young children do not yet have the coping skills needed to help them ease their stressors, but we know that children will often react to stress in the same manner as the adults around them", Tijerina continues.



Follow these simple tips to reduce stress.

- Breathing exercises: Hold your breath for 4 seconds and release for 4 seconds. Do this for 5 minutes.
- Sitting meditation: Sit comfortably in chair, back straight, feet flat on the floor, and hands in your lap. Breathe through nose focusing on movement of breath in and out of your body
- Walking meditation: Find a quiet place 10-20 feet in length. Walk slowly. Pay attention to the movements needed to keep balance. Walk a length, turn around and repeat.
- Before a test or other stressful event: Do neck and shoulder rolls, squeeze and relax hands and fingers, or do some simple stretches.

Additionally, other steps that can be taken to help cope with stress include:

- Eating Healthy
- Exercising
- Taking time to relax
- Practicing Mindfulness
- Getting restful sleep

As the weather gets nicer, take advantage and get outdoors!



Program Spotlights



Do you know of any local kids interested in cooking or sewing? Hood County 4-H will be hosting two camps this summer, open to all youth in grades 3 through 8.

Registration will open on May 16th -- keep an eye on our Facebook page (@hoodtxext) for more information!

Freezer Club is back in Hood County!!

This program is scheduled monthly through June, on April 28th, May 26th and June 16th.

Join us as we bring together our friends, learn a little, and prepare some meals that you can put away for those busy nights!

The cost of this program is \$40/session. Call the Extension office to reserve your spot!



If you are interested in these or any other program from Texas A&M Agrilife Extension, contact us!

Hannah Hoffman
Hood County Extension Agent
Family & Community Health

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