

From the Agent's Desk

Spring 2017



From Sherrie

As always you, ladies amaze me with the crafts you create. This years Cultural Arts Contest was up to par with twelve entries receiving First Place and going onto the District level for judging. Deb Hussey receives blue for her knitting; Elaine Haskett receives four blue ribbons for a craft, Christmas decoration, photography, and a wood craft; Ernie Plemmons receives blue for her crocheted owl; Diane Herring receives three blues for jewelry, watercolor painting, and an acrylic painting; Debbie Douglas takes a blue ribbon for her baskets; and Doris Mackey receives blue for her wood painting. Congratulations ladies on your beautiful creations.

Our Jackson County Steering Committee meeting was well attended on February 28, 2017. Dinner consisted of a Pasta Salad from our new "Med Instead of Meds" program that Dr. Carolyn Dunn has developed. As you FCS Agent I have been presenting "Med Instead of Meds" on the radio and at various sites throughout Jackson County since January 2017. Included in this newsletter you will find three of the delicious nutritious recipes and I will be visiting your clubs later this year with the cookbook for this exciting program.

It is so exciting for Jackson County to be hosting the WDECA meeting at the FUMC on March 28, 2017. Registration and refreshments begin at 9:30AM, the Opening Session begins at 10:30 AM, and lunch will be served at noon. Our day will conclude with a business session following lunch.

Respectfully,

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Med Instead of Meds

Save the Date



~ Food Preservation 101, April 4, 2017 9AM-Noon, Swain Extension Center,
Please call 828-488-3848 to register

~ NVON/NCECA in Raleigh July 17-20, 2017

~ WDECA Picnic - TBA

~ Thursday, April 20 - **Craft Class** - Spring Door Hanging, 10am - Noon,
Call the Jackson Extension Office at 828-586-4009 to register. Cost is \$6

Upcoming April ECA Club Meetings

Tuesday, April 4, Wind Chime craft, Kountry Krafters ECA, Tuesday 6:00 p.m.

Thursday, April 6, Poopourri - or Caring for your Septic Tank, Potpourri ECA, 9:30 a.m.,
Conference Room of Community Service Center, Sylva.

Thursday, April 13, Program on Essential Oil, Lunch and Learn ECA, Noon- 1:00p.m., Conference
Room of Community Service Center in Sylva.

Tuesday, April 18, Craft TBA, Cane Creek ECA, 6:00p.m., TBA

Sew Easy Girls ECA-TBA

Each Monday, 9:30—11:30 a.m., the Thread Ladies (crochet/knitting) group meets in the Conference
Room of the Community Service Center in Sylva. Beginners, intermediate, and advance knitters and
crocheters are all welcome!



New Recipes

Mango, Black Bean, Quinoa Salad

This is a perfect dish for a summer picnic or potluck. Super easy, quick, and delicious.

Serves 6 Serving Size: $\frac{3}{4}$ cup Prep Time: 20 minutes Total Time: 20 minutes

Ingredients:

1½ cups chopped, peeled ripe mango
1 (15-ounce) can no-salt added black beans, rinsed and drained
½ cup cooked quinoa
1 cup thinly sliced red onions
2 tablespoons extra-virgin olive oil
2 tablespoons fresh salsa
2 tablespoons lime juice (approximately 1 lime)
¼ teaspoon salt
¼ teaspoon black pepper



Directions:

Combine all ingredients in a large bowl and toss gently. Serve immediately, or chill until serving.

Nutrition Information per Serving:

Serving Size: $\frac{3}{4}$ cup	Vegetables: $\frac{1}{3}$ cup	Fruits: $\frac{1}{4}$ cup	Calories: 168 calories
Carbohydrates: 25 grams	Fiber: 7 grams	Protein: 6 grams	Fat: 6 grams Sodium: 200 mg

Simple Stir Fry

This one-pot meal is a great way to use leftover rice and/or chicken. You can use egg or shrimp instead of the chicken. The type of vegetables can vary depending on what you have on hand. You just need 2 cups of vegetables in total. A good combination is mushroom, peas, carrots, cabbage, and green onion.

Serves 2 Serving Size: 2 1/2 cups Prep Time: 15 minutes Cook Time: 10 minutes Total Time: 25 minutes

Ingredients:

2 tablespoons olive oil, divided
1 cup boneless, skinless chicken breast, diced
2 teaspoons freshly chopped garlic
2 teaspoons freshly chopped ginger
2 cups of chopped vegetables (example: 1/2 cup chopped or shredded cabbage, 1/4 cup chopped carrots, and 1/4 cup peas)
3-5 chopped green onions
2 cups cooked brown rice
2 teaspoons low sodium soy sauce

Directions:

In a wok add ½ tablespoon of olive oil over medium-high heat. Once the oil is hot, add the chicken pieces and let it cook, approximately 5-6 minutes. Once cooked, remove the chicken and set aside. (If using leftover cooked chicken, just heat slightly). In the same wok add the remaining olive oil and heat over medium-high heat. Add the garlic and ginger and cook for 2-3 minutes. Add the chopped green onions and other vegetables. Cook on high heat for approximately 5 minutes. Once the vegetables are tender, add the cooked rice and chicken and toss again on medium heat for 2 minutes. Add the soy sauce and toss to combine.

Nutrition Information per Serving:

Serving Size: 2 1/2 cups	Vegetables: 1 cup	Fruits: 0 cups	Calories: 512 calories (with chicken)
Carbohydrates: 58 grams	Fiber: 8 gram	Protein: 29 grams	Fat: 18 grams Sodium: 617 mg

Whole Wheat Couscous Salad

This dish is a real crowd pleaser. The nutty couscous pairs well with the sweet dried fruits. It makes a great side dish. You can also add chicken or garbanzo beans to up the protein and make it a main dish.

Serves 8 Serving Size: ½ cup as side dish, ¾ cup as main dish Prep Time: 15 minutes Total Time: 15 minutes

Ingredients:

1 cup whole-wheat couscous, cooked to package directions
6 dried dates, 6 dried figs, 6 dried apricot halves, all chopped

¼ cup pistachios
1 orange, cut into segments
1 cup chopped herbs, any combination (basil, parsley, mint, cilantro)
¼ cup balsamic vinegar
1-2 tablespoons olive oil



Directions:

Mix all ingredients in a large bowl. Serve chilled or at room temperature.

Nutrition Information per Serving: (Based on 1½ tablespoons olive oil and 1 cup chopped basil)

Serving Size: ½ cup, side dish	Vegetables: 0 cups	Fruits: ¼ cup
Calories: 127 calories	Carbohydrates: 23 grams	Fiber: 3 grams
Protein: 2 grams	Fat: 4 grams	Sodium: 5 mg

NC STATE

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