



Extension  
Utah State University



# The Sampler

1181 North Fairgrounds Drive  
Ogden, UT 84404-3100  
801-399-8200

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**Staff:**

Naomi Brower  
FCS/4-H Faculty

Stephanie Carlson  
FCS Faculty

## Foodie Date Night Ideas

Going out with a significant other when you first meet is often exciting and a big part of your time together. As time passes, life gets busy and money gets tight, couples sometimes get out of the habit of going on regular date nights. While it can be hard to justify spending money on date nights, one thing we all need to do is eat. Consider the following ideas to combine nourishing your body and your relationship at the same time.

- Favorite Things Dinner: Can't agree on one place to eat dinner? Pick multiple! Go to a few different restaurants close by and order take-out of your favorite dish, gather it all together and enjoy your favorite things! This works particularly well if you or your significant other are indecisive or picky.



- Food Truck Rally: It is no secret that food trucks are very popular these days. Often food trucks gather

together in parks or at events and have a "rally" where you can try multiple places at once. Try some for yourself to see which ones are worth the hype.

- Taste Testing: Have you ever wanted to be one of the judges on a cooking show? Have your own taste testing party. The stakes aren't as high but you get to control what you taste test. Buy different brands of the same food or cook up a few different recipes of the same thing. Do a blind taste-test and discover which one is your favorite.

- Cooking Competition: Is there an ongoing debate on who makes the best (fill in the blank) in your house? Make it a competition! Choose the ingredients, gather your judges and set your timer. Now is your chance to have some fun and get competitive, all

while making dinner.

- Charcuterie Board: Have you ever seen a fancy spread of cheese, meats and grapes on a wooden board? That's a charcuterie

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board! It's fun and it can consist of anything you like. To make your own, pick a theme and run with it. Some examples could be, assorted cheese and crackers, fruits and cake with dip, or chicken nuggets with various dipping sauces. The options are limitless; it doesn't need to be fancy. Just pick your favorite snacks and display them on a large platter, get creative with your presentation, and eat! For bonus points, make it a picnic.

- **Food Critic:** Try out a new place and write about it online. Many people go to the internet to find reviews of restaurants, but now you can be the one writing the review. If it's good, offer praise, give meal recommendations and highlight your server by name—that would really make their day! If it's not so good, be honest and save someone else the mistake of going there. Nowadays everyone can be a food critic!
- **Knock-off Recipes:** Ever eaten at a restaurant and thought to yourself, "I could probably make this at home?" Well, now is your chance! There

is a plethora of "knock-off" recipes online for famous restaurant dishes or create your own. You might find a new favorite family recipe or learn that it's best to stick with the real thing.

- **Catering Swap:** Swap having another couple create and serve a meal to you in your home. They cook a meal at their home, then plate and serve the food to you as if you are at a restaurant in your home. Then, you return the favor for them at their home another night.

While it can be challenging to find time and money to go on a date, consider how to transform a necessary meal into a unique foodie date night. If you can't get a babysitter, bring the kids along and make it a family foodie adventure. No matter the circumstance, there is fun to be had and memories to be made. ☞

~Courtney Adamson & Naomi Brower

## Valentine Gifts

This is **not** the occasion for a new drill or lawnmower or a vacuum or toaster! Valentine's Day gifts should be an expression of your love and affection. There's a good reason that Valentine's cards are covered with flowers and hearts and verses of love and passion. This is a special day to express heartfelt emotions and gratitude for companionship, friendship, and love.

Consider some of these Valentine's day ideas:

- ♥ Candlelight dinner
- ♥ Cut-out cookies
- ♥ Attach notes to the wall or bathroom mirror
- ♥ Hide love notes in car or lunch box
- ♥ Heart-shaped cake
- ♥ Set up a romantic picnic
- ♥ Breakfast in bed
- ♥ Send anonymous valentines, balloons, or flowers

- ♥ Pink pancakes with berries and cream
- ♥ Flowers
- ♥ Give each other massages
- ♥ Pack a special lunch for him/her to take to work, packed with favorite foods.
- ♥ Fill up a large jar with little slips of paper noting reasons why you love him or her. Leave it on the desk at work, bedroom dresser or even the kitchen counter.

## Fudge Kiss

2 oz. cream cheese  
1/2 cup margarine  
1/3 cup cocoa  
1/2 teaspoon vanilla  
4 cups powdered sugar

Mix cream cheese and margarine; mix well. Add cocoa, vanilla and powdered sugar to cream cheese mixture and combine well. Hand mold into a kiss shape and wrap in foil.

## Family and Consumer Science Events

### ***Electric Pressure Cooking (InstaPot)***

Tuesday, January 24, 2023

6:30 p.m. - 8:00 p.m.

USU Extension Classroom, Ogden

\$7

Come and learn how to cook in your electric pressure cooker. We will have samples for you to try and recipes to take home so you can finally take it out of the box and use it. Call 801-399-8207 to sign up for the class.



### ***Tai Chi for Health***

Starting January 18 through May 3

11:30 a.m. - 12:30 p.m.

Pleasant Valley Library - So Ogden

**Free**

Tai Chi uses slow, controlled movements to regulate breathing and build stamina. By focusing the mind on moving through a series of poses, a state of mental calm and clarity can help improve coordination, relaxation, and general health. Call Pleasant Valley Library at 801-337-2691 to sign up.

### ***Self Defense Class for Teenagers***

Thursday, January 19, 2023

4:00 p.m. - 5:30 p.m.

Pleasant Valley Library - So. Ogden

**Free**

Come and learn how self-defense training can help you protect yourself and others. Learn how to analyze your surroundings, de-escalate a conflict, recognize and avoid a risky situation, and learn some techniques to escape an attack. Call Pleasant Valley Library at 801-337-2691 to sign up.

### ***Self Defense Class for Adults***

Monday, January 23, 2023

6:00 p.m. - 7:30 p.m.

Pleasant Valley Library - So Ogden

**Free**

Come and learn how self-defense training can help protect yourself and others. Learn how to analyze your surroundings, de-escalate a conflict, recognize and avoid a risky situation, and learn some techniques to escape an attack. Call Pleasant Valley Library at 801-337-2691 to sign up.

### ***Finance Class Series***

Tuesdays, January 24, 31, February 7, 21

1:00 p.m. - 3:00 p.m.

Golden Hours Senior Center - Ogden

**Free**

Come to this finance series and learn how to take control of your finances. You will learn about budgeting, financial organization, credit, eliminating debt, and estate planning. To register call 801-629-8864.

Tuesday, January 24 from 1:00 p.m.-3:00 p.m.

- **Money personalities** - Money personality types, directly and indirectly impact money decision-making. Learn about your money personality and what impact it has on you.

Tuesday, January 31 from 1:00 p.m.-3:00 p.m.

- **Money Management** - Money management helps you know where your money is coming from and where it is going. Learn how to take control of your finances.

Tuesday, February 7 from 1:00 p.m.-3:00 p.m.

- **Wise Use of Credit** - Good credit management is key to building a solid financial foundation. Learn responsible ways to manage your credit.

Tuesday, February 21 from 1:00 p.m.-3:00 p.m.

- **Estate Planning** - An estate plan gives clear instructions on how to handle your estate in the event of your death or if you become incapacitated. Learn how to develop a plan that will give peace of mind to you and your beneficiaries.

# Set Goals - Enjoy the Journey!

The beginning of a new year is a great time to think about what you want to accomplish over the next 12 months. Making short-term and long-term goals has many benefits. Goals help give you direction, stay motivated and focused, and help you identify what is important to you. Goals help you determine where you started, where you are now, where you want to go, and what you need to do to meet your goal.

Making **SMART** goals helps you in achieving them. Make your goals:

**Specific** - detailed, clear. When making specific goals, identify what is to be accomplished, why the goal is important, who will be involved, and the resources needed to accomplish the goal.

**Measurable** - calculated. It is important to track your progress. By doing so, you can determine how you are doing in your effort to achieve your goal recognize and when you have accomplished it.

**Achievable** - possible, obtainable. Make goals that are realistic. Ask yourself, can I accomplish my goal? Is my goal feasible?

**Relevant** - significant, meaningful. Every goal should be worthwhile and the outcome should be valued.

**Timely** - time-limited, time-sensitive. Identify when the goal should be achieved. Determine if the goal needs to be accomplished within days, weeks, months, or a year. Knowing when the goal needs to be completed helps you have a deadline to work towards.



Once you have identified your goals, write them down, make a plan for how to accomplish them, and enjoy the journey.

Even with the best of intentions, many people who make New Year's Resolutions do not achieve their goals. Why? Many people make unrealistic goals, some people do not keep track of their progress, and a few forget them altogether.

If you did not meet your goal entirely, rather than focus on the negative, celebrate what was learned and achieved. Think back to where you started, recognize what you achieved, and delight in the progress made. If your goal was not achieved, reflect on why you made the goal in the first place. If achieving the goal is still important, determine what derailed your plan, identify any roadblocks, determine what needs to be changed to make success possible, and ask for support from others when needed.

Whatever your goals are, make them meaningful, purposeful, and a positive part of your life. Happy New Year! 🍷

*~Stephanie Carlson, Extension Assistant Professor*

*Wishing you a Happy New Year from all of us at USU Extension!*





# TAI CHI FOR HEALTH

**START DATE: JANUARY 18 - May 3**  
**Wednesdays**  
**11:30am-12:30pm**

**WHERE:**  
**Pleasant Valley Branch Library**  
5568 S Adams Ave Parkway  
Washington Terrace, UT 84405

**MORE INFORMATION:**  
**801-399-8203 - STEPHANIE**



## BENEFITS:

- **Increase strength, balance and posture**
- **Prevent falls**
- **Improve mind, body, & spirit**
- **Reduce stress and increase relaxation**

**Tai Chi is an ancient exercise that combines slow moving with deep breathing**



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## Fabulous Facts about Fiber

As we enter the New Year, many people set goals to live a healthier lifestyle—maybe you are one of them! Did you know that fiber is an important part of a healthy diet? Fiber comes mainly from whole fruits, vegetables, whole grains, and legumes and is very beneficial for the digestive system as well as overall health. If you are 50 years old or younger, the recommended intake for fiber is 38 g/day for men and 25 g/day for women. If you are over 51 years old, the recommended intake is 30 g/day for men and 21 g/day for women. You can see the amount of fiber in different foods by looking on the nutrition facts label under total carbohydrates.

Here are some reasons to include more fiber in your everyday mealtimes:

Foods high in fiber can be beneficial for those looking to lose or maintain weight. This is because foods high in fiber are often lower in calories and tend to be more "filling" for longer periods of time. You can eat less of these more nutritious foods and still feel satisfied.

The combination of increased fiber and increased water intake has been shown to be beneficial for healthy bowel movements and keeping us regular.

Fiber is the ultimate all-natural detox. Fiber helps absorb harmful toxins and byproducts of food and carries them away so the body doesn't get a chance to absorb them. Fiber also helps decrease the amount of time food spends in the GI tract and aids in the absorption of essential nutrients from food.

Soluble fiber is especially beneficial for those with diabetes by slowing the rate of sugar absorption in the body. Foods with fiber provide sustained energy for longer periods of time instead of causing dramatic spikes in blood sugar levels.

Easy ways to increase the amount of fiber in your

diet include:

- ✓ Add chia seeds to oatmeal, smoothies, yogurt, and baked goods. 2 teaspoon of chia seeds contributes 5 g of fiber.
- ✓ Add beans to casseroles, soups, tacos, enchiladas, or salads. 1/3 cup of beans has 5 g of fiber.
- ✓ Add oats to breakfast, baked goods, and smoothies. ½ cup raw oats contains 5 g of fiber.
- ✓ Choose whole fruits and vegetables instead of fruit juices since the process of juicing removes the beneficial fiber. 1 apple with the skin contains 4.5 g fiber.

Good luck on your quest to increase your fiber intake! 🌀

Here are some tasty high fiber recipes for you to try:

### Spinach Bowtie Salad

1 bunch/bag fresh spinach  
16 oz. shelled edamame  
½ red onion, chopped  
3 tablespoons fresh basil, shredded  
1 lb. whole wheat bow tie pasta, cooked  
½ cup parmesan, shaved  
1 avocado, peeled and sliced  
Balsamic vinegar – to taste  
Extra virgin olive oil –to taste

Combine ingredients in a bowl and serve immediately. Leftovers may be refrigerated.

*Recipes continued on page 7*

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

## Cheesy Lentil and Bean Casserole

- 1 cup cooked or canned lentils, drained
- 1 tablespoon olive oil
- ½ cup each chopped celery and onion (or other veggies of choice)
- 1 (12-14 oz.) can diced tomatoes
- 1 can kidney beans or pinto beans, drained (low-sodium preferred)
- 1 teaspoon each rosemary and thyme
- ½ teaspoon each sugar, garlic powder, and black pepper
- 1 ½ cups shredded cheddar cheese (or another flavor of cheese)

Cook lentils according to package directions (1/2-1 cup dry lentils will make plenty). Heat olive oil and sauté onion and celery in a pan on medium-high heat until tender. Stir in remaining ingredients except for the cheese. Allow to simmer uncovered on low for 20 minutes until most of the liquid is absorbed. Spray small casserole dish with cooking spray and pour mixture in. Spread out and top with shredded cheese. Broil for three minutes only! Note: If you don't have rosemary or thyme, substitute with seasonings of choice. You could use oregano, basil, Italian seasoning, etc. For more veggies, add frozen mixed veggies, peas, carrots, green beans, or mushrooms if desired. Make it your own!

## Sweet Potato Pancakes

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 4 teaspoons baking powder
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- Pinch nutmeg
- 2 cups milk (low-fat or non-fat preferred)
- 4 teaspoons melted butter (unsalted preferred) or canola oil
- 2 whole eggs
- 1 sweet potato, cooked until tender, peeled and pureed
- Applesauce for topping (unsweetened preferred)

Combine all-purpose flour, whole wheat flour, baking powder, brown sugar, cinnamon and nutmeg; mix. Add milk, butter, eggs, sweet potato and applesauce: fold together gently. **DO NOT OVERMIX.** Bake at 350° for 40 to 50 minutes.

## Zesty Quinoa Salad

- 1 cup quinoa
- 2 cups water
- ¼ cup extra-virgin olive oil
- 2 limes, juiced
- 2 teaspoons ground cumin
- ½-1 teaspoon red pepper flakes
- 1 ½ cups halved cherry tomatoes
- 1 (15 oz.) can black beans, drained and rinsed (low sodium preferred)
- 1 (15 oz.) can corn (low sodium preferred)
- 5 green onions, finely chopped
- ¼ cup fresh cilantro, chopped
- Salt and ground pepper to taste

Bring quinoa and water to boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool. Whisk olive oil, lime juice, cumin, 1 tsp. salt, and red pepper flakes together in a bowl. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

## Overnight Oatmeal with Berries

- ½ cup low-fat milk, or less for thicker oatmeal
- ¼ cup Greek yogurt, fat-free
- 2 teaspoons honey
- ¼ teaspoon cinnamon
- ¼ teaspoon vanilla extract, optional
- ½ cup uncooked rolled oats
- ½ cup berries, fresh or frozen

Combine milk, Greek yogurt, honey, cinnamon and vanilla extract in a container or jar with a lid. Add oats and mix well. Gently fold in raspberries or what ever berries you want to use. Cover and refrigerate 8 hours to overnight. Enjoy cold or heat as desired.



~Alayna Johnson, CBH ambassador