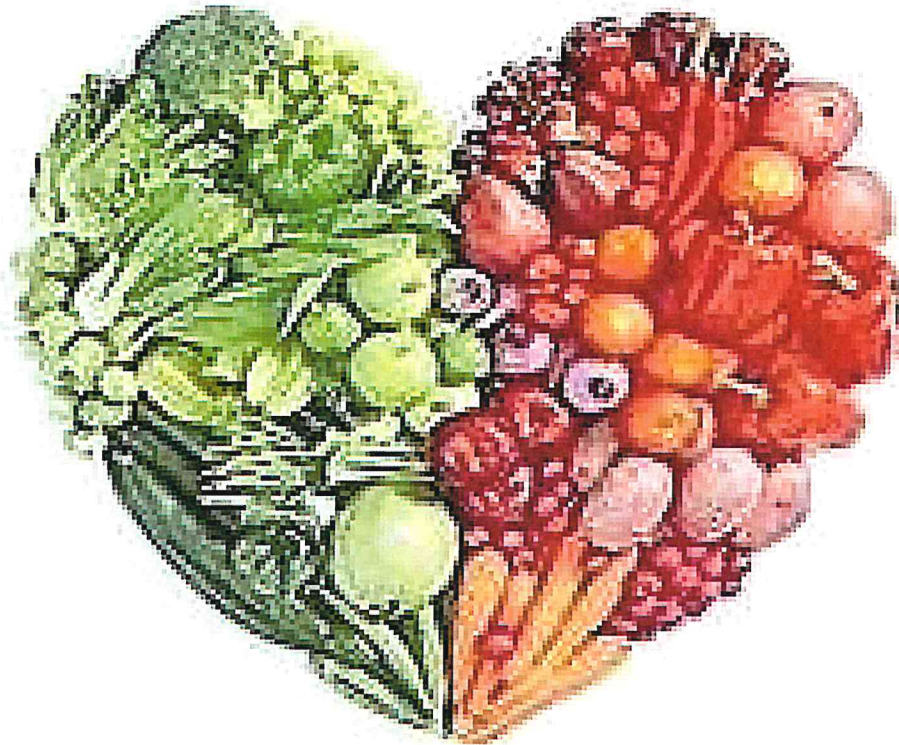


Knowledge @ Noon

Eating for your Immune System



Wednesday, February 16, 2022

12 p.m.

*913 North Pearl Street, Paola
(the old Sutherland Shopping Center)*

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The Chicken or the Egg. Which came first.

Being able to feed your family healthy food many think is not possible. Just using a "Chicken" as an example. It has so much possibility.

Thinking of looking at all of the fast food restaurants and parents driving through to give their child breakfast quickly. This has to stop in the name of good healthy children.

Growing up we had egg sandwiches. I think now about if parents would take the time to find a farmer to buy eggs from so they are free range ,chemical free how much better that would be. Egg sandwich would cost about 90 cents to make , instead of the \$3.00 at fast food restaurant. You will pay about \$4 for a dozen eggs from a farmer , about \$2 at the grocery store. That is only \$2 more for the health of your family.

You can make a egg sandwich in less than 5 minutes.

A chicken you can get maybe up to four meals out of . There are local farmers to buy free range chickens from. Get one that is between 3 to 4 pounds. You can get USDA approved ones. If you buy at grocery store read the label and look to avoid ones injected with up to 14% solution of water and salt.

Roasting a chicken is the easiest and starts the base for your meals. Have the kids involved so they learn life skills to pass on to theirs ,to break our cycle of fast food.

Pick your chicken and spices that you like. You need to start the day before, because you need to dry the chicken with paper towel and salt heavily . Then set it on large plate and put in refrigerator for 24 hours uncovered. Bring it out and rinse it off of salt after 24 hour period. Then put in roasting pan ,if possible on wire rack just to keep it off bottom of pan. peel and add carrots ,onion, potatoes and celery to pan in large chunks. Sprinkle herbs of your taste to this.

Have oven at 350 and cover pan with aluminum foil and roast about 30 minutes then uncover and cook another 15 minutes till meat thermometer reads 155. Take it out of oven and let set at least 10 to 20 minutes. The vegetables are for the this meal tonight

At this point take all of the meat off of the bones. Use what meat you want for tonight's meal, remember you will want some for next 2 meals. This is one meal, but save the broth in the pan. Enjoy this meal now and when done start making your stock.

Get large pot and put bones and broth left from roasting in pot and any bits or pieces from roasting pan. Coarsely chop about 1 large onion , 4 stalks of celery and 4 carrots and add italian herb mixture about two tablespoons. Add a gallon of water put on stove and simmer for about 6 hours. Take off stove and let cool. Strain this to remove everything, but leave the stock. This will give you stock to make chicken soup.

Chicken soup

Boil pasta of your choice till almost done.

Chop up some of the remaining chicken from the previous night.

Dice what fresh vegetables you like, carrots, onions, celery , kale, tomatoes, the choice is yours. Get adventurous.

Take the stock you made and add the vegetables. Cook till vegetables are tender. Add chicken and pasta and cook another 3 minutes. Salt and pepper to taste. Enjoy a wholesome meal.

Next meal can be chicken casserole or chicken and egg salad sandwiches.

Eggs you can get from many different farmers. If there are more out there which I am sure there are please let me know at mikehursey46@gmail.com

I believe if everyone would buy one chicken a week from a farmer we would create many jobs in Miami County.

Feeding a family healthy meals for under \$10

It can be done, believe me. It is a state of mind. If you think you can you can if you think you can't you can't and either way you will be right.

This last weekend Christine and I were up in Shawnee and I wanted a Sunday paper. I went in to get it ,When I came out Christine said don't say anything ,just watch. A young mother with two kids about 3 and 5 came out of Quick Trip with each a sugary drink, The mother did as a good mother put them in their car seats and off they went. Just thinking the mother had a choice here to purchase a healthy drink for her kids, but chose a sugary one. This is planning to save money have them at home and don't buy expensive ones at convience stores.

Christine said to me ,that is the person you are trying to reach with the way to change our broken food system. That we don't have time to cook or be informed of what options there are.

I remember doing the same when my kids were young. We ate fast food alot. Ordered pizza from Pizza Hut and got the extra large bread sticks. I at times lived on nacho chips and rotel with vellveta. So you will know,Velvetta is not a cheese and will put weight on fast as it did me.

I started out in retail with K-Mart for \$1.92 an hour. Assistant dept manager in Mens and boys. Opened the K-Mart at 78th and State in KCK. Funny Carol Goff of Circle C Cafe and George Keller of the Emporium all opened that store too. Three business owners here out of probably 50 employees in that store. But the point here is to let people know for at least 25 years of my adult life I did not have an above average income. I remember weeks we had just have \$3 to eat on for the week.

In the seventies I got into organic gardening. So then I started learn about good food verse fast food. It was time to grow it ,but well worth it.

Back to eating healty foods over fast food. It is alot about choice and change. You have to stop and slowdown and plan with your family. Talk about how you can change? Suggest that if you are not ever sitting down at the table ,that you have a family night or 2 every week and you cook a meal. Get the kids involved.

Making choices. I can make four meals out of one chicken. You can turn it into chicken soup, chicken with rice,chicken with pasta and chicken with beans like chili just for examples. Adding vegetables.lots of vegetables. Only let meat beabout 1/4 of your meal at most. I would use the

bones to make a great tasting stock or broth for flavor with foods.

Above all else don't switch from fast food to boxed prepackaged foods. These are not healthy either. Fresh vegetables are best, but frozen can sometimes be fresher than fresh. Especially in winter. Look at the items you are buying as if you read the labels 75% of foods in a grocery store have some form of corn syrup.

Buy in season is the best. Shop local grown. Check out all of the local food producers with KC Food Circle for list.

Google Food Renegade for some great advice, I really enjoy the blogs she writes. Books to read "Folks, this ain't normal" by Joel Salatin.

If you want more info go to K-State extension Masterfood volunteers.

We sometimes joke when we drop a piece of food on the ground and immediately pick it up to eat it that we're "building our immune system." While the five-second rule is mostly an old wives' tale, there's a lot of other ways we can build our immune system for it to help fight against infection or illness. And since it's cold and flu season (not to mention COVID-19), we have more than enough reasons to pump up our immune systems.

D-FENSE

Our immune systems have two lines of defense to cheer for: innate immunity and adaptive immunity. First up, innate immunity is made up of the skin and mucous membranes, as well as chemical and cellular defenses. It reacts to all foreign invaders the same way.

When our innate immune system doesn't hold the line against infections, our adaptive immune system is called in for back up.

The adaptive immune system is comprised of specialized blood cells and proteins that target the specific cause of infection. This system allows our bodies to become immune to specific illnesses once we've been exposed (like chickenpox).

We count on these two systems to keep us healthy, and reliable, peer-reviewed research tells us certain lifestyle choices can hurt or help our lines of defense. The most important ways to impact your immune system are through lifestyle choices and eating decisions.

"Our immune systems are highly complex," Karen Hanson, a registered dietitian, says. "To help keep your immune system healthy, focus on an eating plan that includes a wide variety of foods, adequate sleep and stress management."

These are important steps we all can focus on to help our bodies help themselves.

IMMUNITY-BUILDING FOOD

"Taking the best care of ourselves includes taking care to make great choices," Hanson says. "When we include fruits and vegetables, lean proteins and dairy, we're giving our immune system the micronutrients it needs."

According to the Academy of Nutrition and Dietetics, the following nutrients play a role in the immune system and can be found in a variety of foods:

BETA CAROTENE

Beta carotene has been shown to increase immune cell numbers and activity. Beta carotene is found in plant foods such as sweet potatoes, spinach, carrots, mango, broccoli and tomatoes.

VITAMIN C

Vitamin C is a powerful antioxidant that helps strengthen natural defenses. Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

VITAMIN D

Vitamin D quickly fights infections and produces antibodies. Vitamin D is found in fatty fish and eggs. Milk and 100-percent juices that are fortified with vitamin D also are sources of this important nutrient.

ZINC

Zinc is a first-responder against infection. Zinc tends to be better absorbed from animal sources like beef and seafood, but also is in vegetarian sources such as wheat germ, beans, nuts and tofu.

PROBIOTICS

Probiotics are a “good” bacteria that promote health. Probiotics can be found in cultured dairy products such as yogurt and in fermented foods like pickles, sauerkraut and kimchi.

PROTEIN

Protein plays an important role in the immune system, especially for healing and recovery. Protein can come from both animal and plant-based sources such as milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils.

OTHER KEY IMMUNITY BUILDERS

We know exercise is good for a lot of reasons for joint health and muscle strength, stress management and lowering risk of heart disease — but it's also a way to help us boost our immune system.

As little as 30 minutes of moderate to vigorous activity every day helps boost circulation, which helps boost our immunity.

It's also recommended to get adequate sleep (7-8 hours per night is best), practice good hygiene (frequent hand washing) and find ways to cope with stress (meditation or listening to music).

With a balanced approach, you can help fight away illness and infection before they happen. Even if you decide to trust the five-second rule.

WHAT TO KNOW ABOUT IMMUNITY

Your body's defenses weaken with age. TRUE

Research shows that as more candles top your birthday cake, immune function begins to decline, leaving adults over 65 more vulnerable to severe illness from viral and bacterial infections. (There's a science-y term for this process: IMMUNOSENESCENCE.) You have fewer circulating immune cells and changes to those you do have make them slower to respond to infections invaders. To bolster your defenses, EXERCISE REGULARLY, EAT A WELL-BALANCED DIET, AVOID SMOKING AND DRINKING TOO MUCH ALCOHOL, AND STAY UP TO DATE ON VACCINES.

Source: Immun Ageing. 2019 Sept 13, 16-25

Probiotics boost immune function. MOSTLY TRUE

The microbiome plays a key role in a strong, resilient immune system. A recent review found that probiotic supplements (which contain strains of "good" gut bacteria) decreased the risk of becoming sick with respiratory infection and shortened its duration among those who did come down with one. Probiotics may activate immune cells that fight viruses, reduce inflammation, and kick out "bad" bacteria in your GI system that could open the door to illness. However, this mechanism isn't fully understood and higher-quality clinical studies are needed. Plus, the benefits may only apply to specific strains of bacteria, and not all probiotics are necessarily effective.

Source: Nutrients. 2020 Oct; 12(10): 3163

A Megadose of C can quash a cold. MOSTLY FALSE

This vitamin does play an important role in immune function. But at the first sign of sniffles, don't run to the drugstore to load up on C—high-dose supplement won't prevent or shorten the duration of a cold, according to a review published in Frontiers in Immunology. (Plus, there is only so much vitamin C your body can absorb in one sitting; you'll simply urinate out any excess.) Some exceptions: Competitive Athletes (intense physical stress can lower immunity) and those with metabolic disorders or heart disease may want to take up to 1 gram vitamin C daily—these groups are more susceptible to viral infections and may benefit from an extra boost of C, the review notes. Everyone else can skip the supplement and opt for C-rich foods instead, like strawberries, bell peppers, kiwi, broccoli, citrus and potatoes.

Source: Front Immunol. 2020 Oct 28;11:574029

Sleep has little impact on immunity FALSE

Rest is one of the top recos for recovering from a cold, but it's also vital to preventing them. Immune function is closely tied to sleep and circadian rhythms (your body's internal clock), and inadequate shut-eye can leave you more susceptible to infection. In one experimental study, participants who got less than 6 hours of sleep a night for one week were four times more likely to get sick after exposure to a cold virus than those who got at least 7 hours. Other research has found that adequate rest may improve immune response following vaccinations. Just one more reason to get more zzz's.

Sources: Physiol rev 2019 Jul 1;99(3):1325-1380;sleep.2015 Sept1;38(9):1353-1359.

EatingWell.com Jan./Feb. 2022



A favorite winter activity: skiing fresh snow on the Catamount Trail, a 300+-mile Nordic ski trail running the length of Vermont.

Eat More Beets

As you pick up this issue some of you are wondering, why oh why is *EatingWell* showing raw beets on the cover? Why not show them in a delicious recipe? When we test our covers before we send them out into the world I hear this feedback. Now it's not all of you. Many love a glorious, sexy, raw-produce cover as much as I do. But for those of you questioning, here's a peek into the thought process.

Let's start with why the humble beet to begin with. After all, this vegetable, with its sweet yet distinctly earthy flavor, can be a little divisive, along the lines of Brussels sprouts. But they come in vibrant jewel tones that make them a stellar subject for one of our favorite photographers, Leigh Beisch. They grow in cool temperatures and can stay fresh if stored properly for up to 6 months, so they're seasonally appropriate for this Jan/Feb issue. They're packed with natural nitrates, which can help reduce blood pressure, probably a good thing after all the holiday stress. Also we have

vegetables (page 74), including one with wedges of beets, oranges and creamy mozzarella. And even though much of the world may not be so sure about them, we know beets have been driving some of you wild lately—our Crispy Smashed Beets with Goat Cheese recipe just about broke *eatingwell.com* last fall with all the mad clicking it elicited every time we posted it.

Now the decision to skip preparation is in part because those striking colors are even more vibrant before they're cooked, especially for those psychedelic striped Chioggias! But also, I want the credit for that moment when you see the cover, stop and go "whoa, what an awesome vegetable," to fall squarely on the beet itself, rather than a flourish of herb, a drizzle of olive oil or a sprinkle of sea salt. Then even if you're a skeptic, as you're flipping through the pages you'll be a tad more inclined to stop on that salad recipe and give it a whirl. We want you on that beet bandwagon! Of course, it's not just about beets—raw carrots

year—we really want you to be in love with all the produce. Here's why: the simplest way most of us can improve our diet is by eating more fruits and vegetables. When you get more of the good stuff there's less room to go off the rails. Incidentally, this is one of the key tips that chef Virginia Willis shares in the story "A Southern Chef's Recipe for Weight Loss" (page 58) of how she dropped 65 pounds over the last two years.

So just as Willis has become a big produce cheerleader, I consider one of my jobs to be Chief Beet Promoter. If *EatingWell* can glorify these roots and show you how to make them taste delectable, we've accomplished a big part of our mission: to inspire all of us to eat a little better every day.

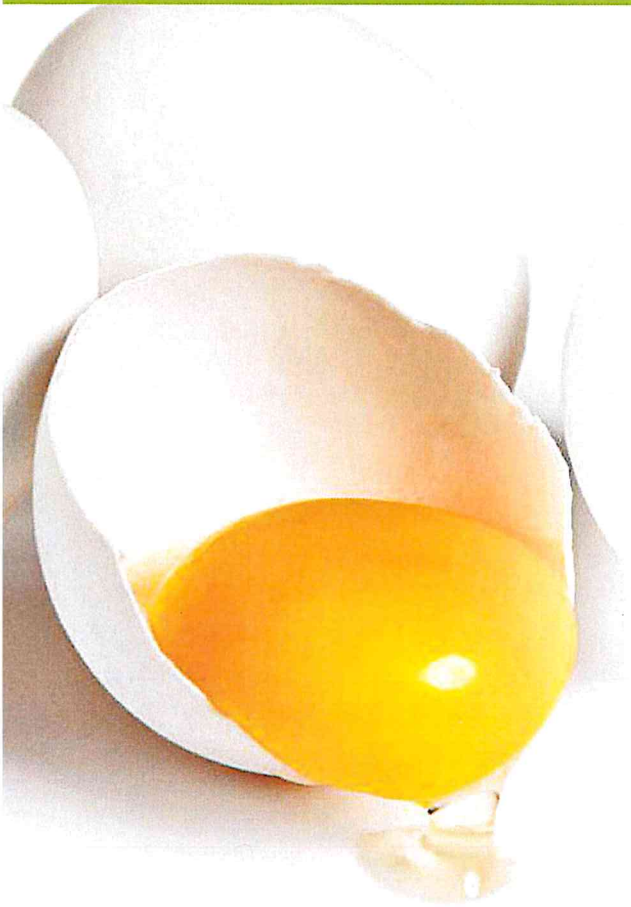
Happy New Year!

Jessie
Leigh Beisch



Follow us on

ILL INHO



PROTEIN

EGGS ARE AN *All-Natural*, HIGH-QUALITY PROTEIN POWERHOUSE

With 6 grams of high-quality protein per large egg and all nine essential amino acids, eggs are an MVP (Most Valuable Protein*).

Protein is an important part of an overall healthy diet. This macronutrient helps build and maintain muscle tissue in adults. Diets higher in protein have also been shown to help people feel full and satisfied after eating, helping to control their appetite and support a healthy body weight.

Spread the Word

NOTHING SAYS LUNCH LIKE A PROTEIN-PACKED SANDWICH!

This egg sandwich is ready in just 15 minutes and contains 21 grams of protein. Mix things up at lunch with this not-so-classic recipe: EggNutritionCenter.org/EggSandwich

EATING ON-THE-GO?

Roll your salad into a wrap and power through the day. 38 grams of protein in this recipe! EggNutritionCenter.org/OnTheGo

IS YOUR PROTEIN A MVP?

Learn the benefits of high-quality protein: EggNutritionCenter.org/ProteinMVP

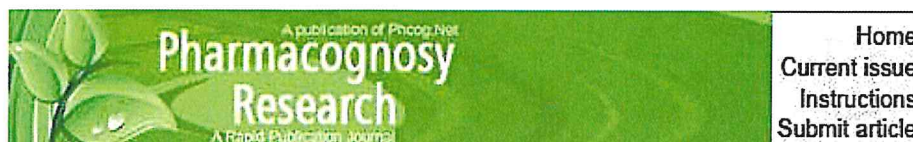
KEY MESSAGES

- Eggs contain high-quality protein with all of the essential amino acids.
- Research shows that eating meals with 20-40 grams of protein, such as egg protein, helps promote muscle protein synthesis.
- Nearly half of the egg's protein is in the yolk. So eat the whole egg for all the protein.



*Egg proteins, like milk and beef proteins, are readily digestible and contain all the essential amino acids.

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[Pharmacognosy Res.](#) 2017 Apr-Jun; 9(2): 121–127.

PMCID: PMC5424551

doi: [10.4103/0974-8490.204647](https://doi.org/10.4103/0974-8490.204647)

PMID: [28539734](https://pubmed.ncbi.nlm.nih.gov/28539734/)

Honey and Health: A Review of Recent Clinical Research

[Saeed Samarghandian](#), [Tahereh Farkhondeh](#),¹ and [Fariborz Samini](#)²

Abstract

Honey is one of the most appreciated and valued natural products introduced to humankind since ancient times. Honey is used not only as a nutritional product but also in health described in traditional medicine and as an alternative treatment for clinical conditions ranging from wound healing to cancer treatment. The aim of this review is to emphasize the ability of honey and its multitude in medicinal aspects. Traditionally, honey is used in the treatment of eye diseases, bronchial asthma, throat infections, tuberculosis, thirst, hiccups, fatigue, dizziness, hepatitis, constipation, worm infestation, piles, eczema, healing of ulcers, and wounds and used as a nutritious supplement. The ingredients of honey have been reported to exert antioxidant, antimicrobial, anti-inflammatory, antiproliferative, anticancer, and antimetastatic effects. Many evidences suggest the use of honey in the control and treatment of wounds, diabetes mellitus, cancer, asthma, and also cardiovascular, neurological, and gastrointestinal diseases. Honey has a potential therapeutic role in the treatment of disease by phytochemical, anti-inflammatory, antimicrobial, and antioxidant properties. Flavonoids and polyphenols, which act as antioxidants, are two main bioactive molecules present in honey. According to modern scientific literature, honey may be useful and has protective effects for the treatment of various disease conditions such as diabetes mellitus, respiratory, gastrointestinal, cardiovascular, and nervous systems, even it is useful in cancer treatment because many types of antioxidant are present in honey. In conclusion, honey could be considered as a natural therapeutic agent for various medicinal purposes. Sufficient evidence exists recommending the use of honey in the management of disease conditions. Based on these facts, the use of honey in clinical wards is highly recommended.

SUMMARY

There are several evidence that suggesting the usage of honey in the management of disease. Therefore, honey in clinical wards is highly recommended.



December 31, 2020 / Nutrition

6 Health Benefits of Drinking Pickle Juice

From probiotic powerhouse to hangover cure

Next time you open a jar of crunchy pickles, save the juice! Maybe you've always loved that mouth-watering pucker. Or, maybe the thought of drinking straight pickle juice sounds unappetizing. Whether you love it or hate it, pickle juice may be good for your health.

"Pickle juice does have some benefits, but it really depends. The type of pickle juice matters. So does the health benefit you're looking to gain," says functional medicine dietitian Camille Skoda, RDN, LD, IFNCP. "A jar that's full of dyes and preservatives won't give you those benefits."

Skoda gives six ways pickle juice is good for you and how to reap the benefits.

1. Pickle juice contains probiotics

Naturally fermented pickles — and their juice — contain helpful microorganisms called probiotics. Probiotics are live, microscopic bacteria and yeasts that you can also find in:

- Kimchi.
- Miso.
- Sauerkraut.

- Yogurt.

“Your gut contains many bacteria species that are beneficial for metabolism, overall health, digestion and fighting sicknesses. They’re also linked to less anxiety, depression and better mood,” explains Skoda.

Probiotics can help keep your good gut bacteria in balance. People eat probiotics for these benefits, especially to aid digestion.

Skoda says you can find probiotics in refrigerated pickles that are not vinegar-based. They should be fermented naturally in water using salt and spices.

“To get these benefits, try eating a pickle a day. But keep in mind that everybody tolerates probiotics differently. So if you’re drinking pickle juice for the probiotics, start with a small amount,” Skoda recommends. “And don’t drink so much that you overdo it on the sodium.”

2. Pickle juice can help you recover after exercise

Electrolytes help maintain the fluid balance in your body and keep all systems firing. But when you sweat, you risk losing too many. The antidote?

“Pickle juice contains electrolytes in the form of a lot of sodium and some potassium and magnesium. That’s why you can use it as a natural electrolyte,” says Skoda. “It can help to rehydrate after exercise.”

To get the most benefit, Skoda says to choose a vinegar-based pickle without yellow dye and preservatives. Using pickle juice as an electrolyte may work well for people who:

- Have a chronic condition that requires you to take in more sodium.
- Don’t get enough sodium in their diet.

But using pickle juice as your go-to recovery drink isn't for everyone. "The recommendation is to have no more than 2,300 milligrams of sodium each day. And 3 ounces of pickle juice gives you 900 mg right there, depending on the brand," she says. "You can find electrolyte supplements that only have 150 mg of sodium and more potassium and magnesium instead."

3. Pickle juice can help blood sugar regulation

Studies show that vinegar can help prevent spikes and dips in blood sugar. That's a check in the win column for vinegar-based pickle juices. "You would also see the same benefits from vinegar-based salad dressings and apple cider vinegar," adds Skoda.

4. Pickle juice may support weight loss

The research gets a little murkier when it comes to pickle juice's effects on weight loss. But it's also less about the pickles and more about vinegar.

"Pickle juice could help curb your appetite by stabilizing blood sugar. It's easier to lose weight and control appetite when your blood sugar's stable," says Skoda. "And if you're drinking pickle juice for the probiotic benefit, improving digestion and metabolism could definitely help you lose weight."

5. Drinking pickle juice for a hangover may help you feel better

Drinking too much alcohol can dehydrate you. Electrolytes can help reduce some of those effects, says Skoda. "Drinking pickle juice as a hangover cure can help if it's the electrolyte you choose."

6. Pickles contain disease-fighting antioxidants

Score one for the cucumbers! Since pickles are fermented cukes, you get to count some of that veggie goodness, including vitamins, minerals and antioxidants.

Antioxidants may protect your cells from damage caused by free radicals. Free radicals are molecules inside the body that are linked to cancer, heart disease and more. “You can get some antioxidants from pickle juice, but eating the pickle is more beneficial.”

Skoda’s bottom line: If you like the briny goodness of pickles or pickle juice, bon appetit! While pickle juice is not a cure-all, it can definitely be part of a healthy eating plan.



Health Essentials

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Ark of Taste

Lorz Italian Garlic

Allium sativum

The Lorz Italian Garlic is an heirloom from the northwestern part of the US, with a very strong flavor. The Lorz family brought this plant to Washington State's Columbia River Basin in the early 1900s from their home in Italy.

Lorz garlic thrives in hot summers as it picks up quite a bit of the heat becoming garlic with a very bold flavor. The bulb can have anywhere from two to eighteen cream-colored cloves, which are contained within its purple colored bulb and its semi thick wrappers. Generally harvested in the mid-season, the Lorz Italian garlic is stored well for six to eight months.

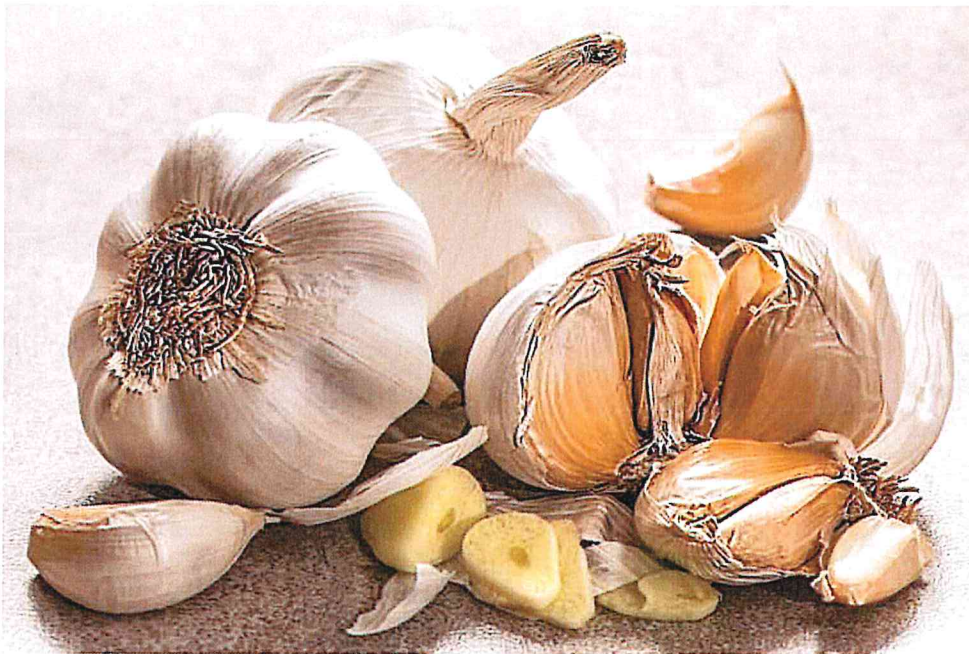
Colorado State University Extension



Garlic



Garlic packs a strong flavor and nutritional punch! It grows in underground bulbs and is in the allium family with onions, leeks, chives, and shallots. There are hundreds of varieties of garlic across the globe, but here are a few types you will likely come across most often:



Softneck — This is the most common type found in every grocery store. Its name comes from the papery layers and soft stalk. This is the type that you will sometimes see braided together and hanging at a farmers' market or in someone's kitchen. The two most common softneck varieties are Silverskin and Artichoke.

Hardneck — These varieties have very firm stalks that produce thin, green scapes when growing, which can also be used in cooking. Hardneck garlic varieties can be found at farmer's markets and some specialty grocery stores. Some examples are Rocambole, Porcelain, and Purple Stripe.

Elephant — Despite this variety's large size, its flavor is milder, similar to leeks. It also doesn't have the same level of health benefits as other varieties.

For the most health benefits, use fresh garlic, either raw or lightly sautéed. For convenience, garlic can also be found in jars or bottles, dehydrated, or powdered. These processed varieties will still give good garlic flavor, but with less beneficial nutrients.

Health Benefits

Garlic is full of sulfur-containing compounds, which act as antioxidants and can also have protective effects for our cardiovascular system. Studies demonstrate that garlic may help lower cholesterol, triglycerides, blood pressure, and inflammation. Some studies also suggest that garlic may have antibacterial and antiviral properties.

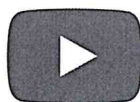


Did You Know?

A **garlic press** can be a great tool to help you use freshly **minced garlic** more often in your meals. It is easy to use, can save time, and also helps prevent stinky fingers!

Also, garlic scapes are a fun ingredient to add to recipes.

How to Mince Garlic Using a Press and a Rocker



18

French toast

Makes 8 pieces

2 cups of heavy cream

1/2 teaspoon of cinnamon

1/8 teaspoon of nutmeg, I grate it fresh.

1/8 tsp of vanilla

5 eggs, eggs from Local Farmers. important.

I put the cream in a shallow glass dish. then add all ingredients., with fork mix together.

Then I use good seeded bread,which is healthy. White bread is loaded with bad stuff.

A key is to let the bread soak for at least two m minutes in cream on each side.to really soak in cream.

Butter pan very heavily , about 1/4 stick of butter.. have burner on high. Then cook until the nice color of browning... I use real maple syrup from Wisconsin or Vermont.

Egg Sandwich

Egg from Local Farmer.

Seeded bread or other healthy bread, never white bread.

Set burner on med-Low . I use butter to cook eggs in , melt butter.

Crack egg into pan, don't break the yolk at first.. I let white set ,then flip the egg and then break the yolk. I like the strong yolk flavor. . Don't over cook the egg. Put on bread. If you want a sauce that is up to you.

French Toast

Recipe Analyzer Results

A single serving of this recipe has 214 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts	
Serving size: slices	French Toast
Servings: 8	
Amount per serving	
Calories	214
	% Daily Value*
Total Fat 15.2g	20%
Saturated Fat 8.2g	41%
Cholesterol 157mg	52%
Sodium 205mg	9%
Total Carbohydrate 13.7g	5%
Dietary Fiber 2.1g	7%
Total Sugars 2.3g	
Protein 7.6g	
Vitamin D 27mcg	135%
Calcium 213mg	16%
Iron 2mg	8%
Potassium 65mg	1%

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

Recipe analyzed by **verywell**

Nutrition Facts	
Serving size: slice	Egg Sandwich
Servings: 1	
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 6.5g	8%
Saturated Fat 1.3g	7%
Cholesterol 175mg	58%
Sodium 220mg	10%
Total Carbohydrate 15.8g	6%
Dietary Fiber 4.5g	16%
Total Sugars 1.2g	
Protein 11.9g	
Vitamin D 120mcg	600%
Calcium 2mg	0%
Iron 4mg	22%
Potassium 159mg	3%

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

Recipe analyzed by **verywell**

Mandarin Orange Spinach Salad

1 bag baby spinach
 4 Mandarin oranges (Cuties) sectioned
 1 red bell pepper diced
 1 ½ cups slivered almonds

Dressing

¼ cup vegetable oil
 ¼ cup red wine vinegar

Toss spinach, orange sections, red bell pepper and almonds in a large salad bowl. Whisk together the vegetable oil and red wine vinegar and pour over the salad, toss again and serve.

Serves four

Nutrition Facts

Serving size: servings

Servings: 4

Amount per serving

Calories **351**

% Daily Value*

Total Fat 31.6g 41%

Saturated Fat 4g 20%

Cholesterol 0mg 0%

Sodium 3mg 0%

Total Carbohydrate 12.9g 5%

Dietary Fiber 5.2g 19%

Total Sugars 5.3g

Protein 8g

Vitamin D 0mcg 0%

Calcium 107mg 8%

Iron 2mg 9%

Potassium 363mg 8%

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

Recipe analyzed by **verywell**

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Cheesy Cauliflower & Sweet Potato Chowder

ACTIVE: 25 min TOTAL: 35 min

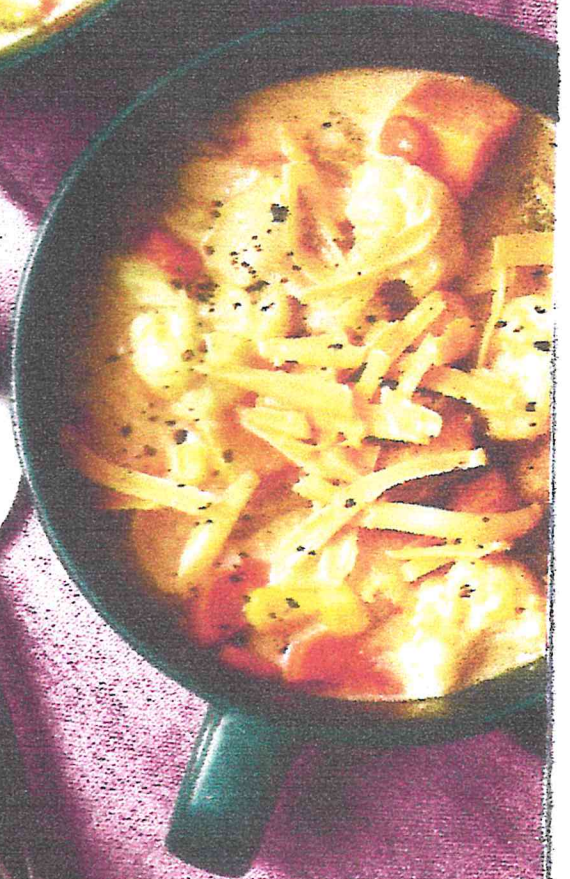
A touch of vinegar stirred in at the end of cooking adds just enough acidity to cut through the rich broth in this creamy soup.

- 2 tablespoons extra-virgin olive oil
- 1 cup chopped onion
- ½ cup chopped carrot
- ½ cup chopped celery
- 2 cups cauliflower florets
- 1 cup diced sweet potato
- 2 teaspoons chopped fresh thyme
- 1 bay leaf
- ½ teaspoon salt
- ¾ teaspoon ground pepper
- ¾ cup whole-wheat flour
- 2 cups low-sodium no-chicken broth or vegetable broth
- 2 cups reduced-fat milk
- 1 cup shredded Cheddar cheese, plus more for garnish
- ¾ cup frozen corn kernels
- 1 teaspoon white-wine vinegar

1. Heat oil in a large pot over medium heat. Add onion, carrot and celery; cook, stirring, until soft, about 5 minutes. Add cauliflower, sweet potato, thyme, bay leaf, salt and pepper. Cook, stirring occasionally, for 3 minutes. Sprinkle flour over the vegetables and cook, stirring, for 1 minute. Add broth and milk and bring to a simmer. Adjust heat to maintain a simmer, cover and cook until the vegetables are soft, about 10 minutes.

2. Stir in cheese, corn and vinegar. Cook, stirring, until the cheese is melted and the corn is hot, about 3 minutes more. Discard the bay leaf. Serve sprinkled with more cheese, if desired.

SERVES 5: generous 1 cup each
Cal 293 Fat 16g (sat: 6g) Chol 39mg Carbs 28g
Total sugars 10g (added 0g) Protein 12g Fiber 4g
Sodium 529mg Potassium 584mg



A BOWL WITH BENEFITS
 Warm and comforting, this soup boasts a bunch of nutritious ingredients that are also linked to cancer prevention, including onion, corn and cauliflower.

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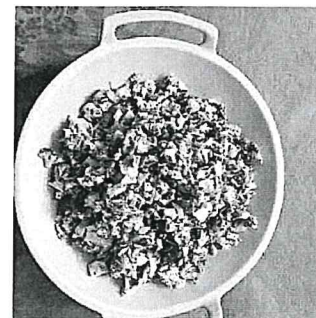
allrecipes

Bacon Broccoli Salad with Raisins and Sunflower Seeds

★★★★★

This salad is sweet and crunchy. Broccoli, crumbled bacon, raisins and sunflower seeds, with a smattering of onion tossed in a mayonnaise-based dressing. Delicious!

By Dawn

Prep: 20 mins**Cook:** 10 mins**Total:** 30 mins**Servings:** 12**Yield:** 12 servings

Ingredients

½ pound bacon

4 heads broccoli, cut into bite-size pieces

1 ½ cups raisins

1 ½ cups unsalted sunflower seeds

½ cup chopped onion

1 cup mayonnaise

¼ cup white sugar

¼ cup granular sucralose sweetener (such as Splenda®)

2 tablespoons white wine vinegar

Directions

Step 1

Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels and crumble.

Step 2

Toss bacon, broccoli, raisins, sunflower seeds, and onion together in a large bowl.

Step 3

Whisk mayonnaise, sugar, sweetener, and vinegar in another bowl until smooth. Pour over broccoli mixture and toss to coat. Refrigerate until ready to serve.

Nutrition Facts

Per Serving: 385 calories; protein 9.7g; carbohydrates 32g; fat 26.9g; cholesterol 13.8mg; sodium 284mg.

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Creamy White Bean & Vegetable Mash

1 TBL Extra-virgin olive oil, plus
 More for drizzling
 Onion, chopped with
 Stalk celery, thinly sliced
 Carrot, peeled & thinly
 sliced
 2 LB Yukon gold potatoes,
 peeled & cut into 1 inch chunks
 2 C Cooked white beans,
 drained (equivalent to 1 16-oz. can)
 Coarse salt & fresh ground
 pepper
 . Heat oil in medium saucepan over
 medium heat. Cook onion, celery &
 carrot until translucent, 6 to 8 min.
 Add potatoes, & white beans &

cover with water by 2 inches.
 Season generously with salt.
 Bring to a boil, then reduce heat &
 simmer until potatoes are tender,
 about 8 min. Drain, reserving 1 cup
 cooking water.
 2. Mash vegetables, adding reserved
 water to adjust consistency. Season
 With salt & pepper & drizzle with
 oil before serving.
 Serves 6
 Per serving: 206 Cal, 5g Fat (1g sat
 fat), 0mg Chol, 41g Carb, 316mg
 Sodium, 9g Protein, 8g Fiber

Maple – Ginger Root Vegetables

- 5 Med Parsnips, peeled & sliced
- 5 Small Carrots, sliced
- 3 Med Turnips, peeled & cubed
- 2 Small Sweet Potatoes, peeled &
 cubed
- 1 Small Rutabaga, peeled & cubed
- 1 Large Sweet Onion, cut into
 wedges
- 1 Small Red Onion, cut into
 wedges
- 2 Tbs Olive Oil
- 1 Tbs Minced Fresh Gingerroot
- 1 Tsp Salt
- ½ Tsp Pepper
- 1 C Maple Syrup

Place first seven vegetables in large
 resealable plastic bag; add oil,
 ginger, salt & pepper. Seal bag &
 shake to coat vegetables. Arrange
 vegetables in single layer on two 15
 X 10 X 1 inch baking pans coated
 with nonstick cooking spray.
 Bake, uncovered, at 425°F for 25
 minutes, stirring once. Drizzle with
 syrup. Bake 20 – 25 minutes longer
 or until vegetables tender, stirring
 once.
Yield: 24 servings. Per serving: 92
 cal., 1 g fat, 0 chol., 1129 mg
 sodium, 20 g carb., 2 g fiber, 1 g
 pro.

Cheesy Cauliflower & Sweet Potato Chowder

- 2 TBS Extra-virgin olive oil
 - 1 Cup Chopped onion
 - ½ Cup Chopped carrot
 - ½ Cup Chopped celery
 - 2 Cups Cauliflower florets
 - 1 Cup Diced sweet potato
 - 2 Tsp Chopped fresh thyme
 - 1 Bay leaf
 - ½ Tsp salt
 - ½ Tsp ground pepper
 - ¼ Cup whole wheat flour
 - 2 Cups low-sodium no-chicken broth or vegetable broth
 - 2 Cups reduced-fat milk
 - 1 Cup shredded Cheddar cheese
 - Plus more for garnish
 - ¾ Cup frozen corn kernels
 - 1 Tsp white-wine vinegar
 - 1. Heat oil in a large pot over medium heat. Add onion, carrot,
- celery; cook, stirring until soft, about 5 min. Add cauliflower, sweet potato, thyme, bay leaf, salt, pepper.
- Cook stirring occasionally, for 3 min. Sprinkle flour over vegetables and cook, stirring for 1 min. Add broth and milk and bring to simmer. Adjust heat to maintain a simmer, cover and cook until vegetables are soft, about 10 min.
2. Stir in cheese, corn, vinegar. Cook stirring until the cheese is melted and corn is hot, about 3 min. more.
- Discard bay leaf. Sprinkle with more cheese, if desired.
- Serves 5; generous 1 cup each.
- CAL 293; Fat 16g (sat 6g), Chol 30mg, Carbs 28g, Total sugars 10g (added 0), Protein 12g, Fiber 4g, Sodium 529mg, Potassium 584mg

Eatingwell.com, Jan/Feb2022