Prairie County Homemakers,

Happy New Year! I trust you all enjoyed the holiday season, enjoying time with family and friends.

The Annual Extension Winter Series is scheduled for Thursday, January 10th. Our featured presenter that Homemakers may be particularly interested in is Tara Andrews. A full schedule is included in this newsletter. I hope you will be able to come and enjoy the presentations and join us for a supper sponsored by the Prairie County Chamber of Commerce.

Wishing you a happy and prosperous 2019!!

Sincerely,

Sharla Sackman
Prairie County Extension Agent

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3:00 – 4:00 p.m.  **Making Alternative Forages Work for You**  
*Dr. Emily Glunk Meccage, MSU Extension Forage Specialist*

Dr. Meccage coordinates and conducts research on best forage management practices, from fertilizing and grazing recommendations to weed and pest management to appropriate species for producer needs. She will share production data from research at Montana Experiment Stations to compare annual forages with alfalfa in addition to discussing grazing strategies when nitrate might be an issue.

4:15 – 5:15 p.m.  **Rangeland Restoration & Management**  
*Dr. Jeff Mosley, MSU Extension Range Management Specialist*

This session will focus on understanding the impact that the Drought of 2017 had on our rangelands and how to manage these lands back to good health. The explosion of previously unknown annual plants this spring combined with crested wheatgrass dying have many ranchers (and range specialists) scratching their heads. How can these annuals be managed? What has brought this on? Should herbicides be used? If so, what herbicides should be used? Is reseeding necessary? If so, what species should be used? Seeding rates? Do grazing systems need to be changed? Jeff will help you assess these questions and develop a strategy to implement the answers.

5:30 – 6:30 p.m.  **Rancher “Rules of Thumb”**  
*Bridger Feuz, University of Wyoming Livestock Marketing Specialist*

As Feuz traveled around Wyoming and many other western states conducting workshops on economic ranch tools for producers, ranchers would share “rules of thumb” that they use to make decisions. Feuz started collecting those rules of thumb and writing them down. He says, “I received some good rules, some fun rules and some not-so-good rules.” Feuz uses the tools on the Wyoming Ranch Tools website, uwyoextension.org/ranchtools to analyze some of the rules of thumb a little more closely. His presentation is humorous and informative and a great introduction to the economic decision making tools available to producers.

6:30 – 7:30 p.m.  **Supper sponsored by the PRAIRIE COUNTY CHAMBER OF COMMERCE**
4:00 – 6:00 p.m. **Cooking for One or Two**  
*Tara Andrews, Custer County Extension Agent*  
Are you frustrated by eating the same thing day after day because you can’t seem to cut back on quantity? Come and enjoy a hands on workshop that will give you strategies and recipes for cooking for 1 or 2 people.

6:15 – 6:30 p.m. **Thrive for Montana**  
*Tara Andrews, Custer County Extension Agent*  
Thrive for Montana is a web based program that is free and confidential and will help you take charge of your emotional well-being. It teaches skills from cognitive behavior therapy (CBT) that you can apply to your everyday life. Through videos and tailored feedback, you will gain insight into how you are doing now and track your gains as you progress.

Thanks to our sponsors, the Prairie County Chamber of Commerce and Stockman Bank.
January is Oatmeal Month

Oatmeal Month occurs during January as more oatmeal is sold during January than any other month. It was originally established by Quaker's food service.

A Nutritionally Hot Recipe for Oatmeal
By Alice Henneman, MS, RDN, Nebraska Extension in Lancaster County

A steaming hot bowl of oatmeal provides a delicious - and healthy - start to a day. Eating oats may help protect against high blood cholesterol, diabetes, high blood pressure and obesity.

Here are three ideas to boost the nutrition further:

Make oatmeal with calcium-rich milk instead of water. Follow the same directions given for water, just use milk instead.

Kick the nutrition up another notch by serving oatmeal with antioxidant-rich berries, either fresh or frozen. Quickly thaw frozen berries and cool the oatmeal at same time by tossing the berries directly into each dish of hot oatmeal.

Sprinkle oatmeal with cinnamon for sweetness and possible health benefits. Cinnamon is one of the sweeter spices and adds flavor without calories. With a dusting of cinnamon, a smaller amount or perhaps none at all of caloric sweeteners may be needed.

Ever wonder about the difference between the different types of oatmeal?

"Instant" oatmeal may have salt added to it—check the "Nutrition Facts" label if reducing dietary sodium is important for you.

"Quick" or "quick-cooking" oatmeal will take slightly longer to cook than instant versions. It is usually made without added salt—check the "Nutrition Facts" label for sodium.

"Old-fashioned" oats take longer to cook than instant and quick/quick-cooking oats and also are usually made without salt.

Applesauce Oatmeal Muffins with Blueberries
From Kayla Colgrove, University of Nebraska-Lincoln Extension Educator

Makes 12 Muffins

Ingredients:

- 1/3 cup vegetable oil
- 1/2 cup brown sugar, lightly packed
- 1 egg
- 1 cup applesauce, unsweetened
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/2 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup frozen blueberries, optional
- 1 cup quick-cooking oatmeal

Directions:

Preheat oven to 350°F.
Mix together oil, brown sugar, applesauce, and egg. Combine dry ingredients (flours, oatmeal, cinnamon, baking powder, baking soda, and salt) in another bowl, mixing well. Combine dry and wet ingredients, by hand with a wooden spoon, just enough to blend. Batter should still be lumpy.
Blend in frozen blueberries.
Spoon into 12 muffin cups.
Bake at 350°F for 25-30 minutes. Muffins are done when a toothpick inserted near the center comes out clean.
Remove from oven and cool.
Store muffins in a covered container or plastic storage bag to prevent them from drying out.

Nutrition Information for 1 muffin: 159 Calories, 7g Total Fat, 1g Saturated Fat, 18mg Cholesterol, 152mg Sodium, 22g Total Carbs, 9g Sugars, 3g Protein
Winter fitness: Safety tips for exercising outdoors

By Mayo Clinic Staff

Frigid temperatures can discourage even the most motivated exercisers. Without motivation, it's easy to pack away your workout gear for the winter. But you don't have to let cold weather spell the end of your fitness routine. Try these tips for exercising during cold weather to stay fit, motivated and warm.

Stay safe during cold-weather exercise

Exercise is safe for almost everyone, even in cold weather. But if you have certain conditions, such as asthma, heart problems or Raynaud's disease, check with your doctor first to review any special precautions you need based on your condition or your medications.

The following tips can help you stay safe — and warm — while exercising in the cold.

Check weather conditions and wind chill

Check the forecast before heading outside. Temperature, wind and moisture, along with the length of time that you'll be outside, are key factors in planning a safe cold-weather workout.

Wind and cold together make up the wind chill, a common element in winter weather forecasts. Wind chill extremes can make exercising outdoors unsafe even with warm clothing.

The wind can penetrate your clothes and remove the insulating layer of warm air that surrounds your body. Any exposed skin is vulnerable to frostbite.

The risk of frostbite is less than 5 percent when the air temperature is above 5 F (minus 15 C), but the risk rises as the wind chill falls. At wind chill levels below minus 18 F (minus 28 C), frostbite can occur on exposed skin in 30 minutes or less.

If the temperature dips below 0 F (minus 18 C) or the wind chill is extreme, consider taking a break or choosing an indoor exercise instead. Consider putting off your workout if it's raining or snowing unless you have waterproof gear.

Getting wet makes you more vulnerable to the cold. And if you get soaked, you may not be able to keep your core body temperature high enough.

Know the signs of frostbite and hypothermia

Frostbite is an injury to the body that is caused by freezing. Frostbite is most common on exposed skin, such as your cheeks, nose and ears. It can also occur on hands and feet. Early warning signs include numbness, loss of feeling or a stinging sensation.

Immediately get out of the cold if you suspect frostbite. Slowly warm the affected area — but don't rub it since that can damage your skin. Seek emergency care if numbness doesn't go away.

Hypothermia is abnormally low body temperature. When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Exercising in cold, rainy weather increases the risk of hypothermia. Older adults and young children are also at greater risk.

Hypothermia signs and symptoms include intense shivering, slurred speech, loss of coordination and fatigue. Seek emergency help right away for possible hypothermia.

Dress in layers

Dressing too warmly is a big mistake when exercising in cold weather. Exercise generates a considerable amount of heat — enough to make you feel like it's much warmer than it really is. The evaporation of sweat, however, pulls heat from your body and you feel chilled. The solution?

Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. First, put on a thin layer of synthetic material, such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin.

Next, add a layer of fleece or wool for insulation. Top this with a waterproof, breathable outer layer.

You may need to experiment to find the right combination of clothing for you based on your exercise intensity. If you're lean, you may need more insulation than someone who is heavier.

Keep in mind that stop-and-go activities, such as mixing walking with running, can make you more vulnerable to the cold if you repeatedly work up a sweat and then get chilly.

Continued on next page …….
Protect your head, hands, feet and ears

When it's cold, blood flow is concentrated in your body’s core, leaving your head, hands and feet vulnerable to frostbite. Wear a thin pair of glove liners made of a wicking material (such as polypropylene) under a pair of heavier gloves or mittens lined with wool or fleece. Put on the mittens or gloves before your hands become cold and then remove the outer pair when your hands get sweaty.

Consider buying exercise shoes a half size or one size larger than usual to allow for thick thermal socks or an extra pair of regular socks. And don't forget a hat to protect your head or headband to protect your ears. If it's very cold, consider wearing a scarf or ski mask to cover your face.

Don't forget safety gear — and sunscreen

If it’s dark when you exercise outside, wear reflective clothing. And if you ride a bike, both headlights and taillights are a good idea. To stay steady on your feet, choose footwear with enough traction to prevent falls, especially if it's icy or snowy.

Wear a helmet while skiing, snowboarding and snowmobiling. Consider using chemical heat packs to warm up your hands or feet, especially if you have a tendency to have cold fingers and toes or if you have a condition such as Raynaud's disease.

It's as easy to get sunburned in winter as in summer — even more so if you're exercising in the snow or at high altitudes. Wear a sunscreen that blocks both UVA and UVB rays and a lip balm with sunscreen. Protect your eyes from snow and ice glare with dark glasses or goggles.

Drink plenty of fluids

Don't forget about hydration, as it's just as important during cold weather as it is in the heat. Drink water or sports drinks before, during and after your workout, even if you're not really thirsty.

You can become dehydrated in the cold from sweating, breathing, the drying power of the winter wind, and increased urine production, but it may be harder to notice during cold weather.

Putting it all together for cold-weather safety

These tips can help you safely — and enjoyably — exercise when temperatures drop. Closely monitor how your body feels during cold-weather exercise to help prevent injuries such as frostbite.

Consider shortening your outdoor workout or skipping it altogether during weather extremes, and know when to head home and warm up. Also, be sure to let someone know your exercise route and your expected return time, in case something does go wrong.

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Seeds of Change
Submitted by Dorothy Schroeber

2 cups Pumpkin Seeds
2 cups Sunflower Seeds
2 cups Slivered Almonds
6 Tablespoons Maple Syrup

- Stir above ingredients together - Cover 2 baking pans with parchment paper or brown paper bag. Put 1/2 of seed mixture on each of the trays.
- Bake @ 350° for 15 minutes or until lightly brown.
- Cool - Put into large bowl, add 2 cups of craisens & stir.
- Store extra in a container
**2019 Bake Sale and Luncheon**

Proceeds: Terry Pool

February 8, 2019 from 9:00 a.m. to 2:00 p.m. at the American Legion Hall in Terry

Rolls, pie and coffee will be served in the morning.

Menu: Roast beef, ham, baked beans, salads, pies, coffee, lemonade and water.

<table>
<thead>
<tr>
<th></th>
<th>AMA DE CASA</th>
<th>ASH CREEK</th>
<th>CABIN CREEK</th>
<th>FALLON</th>
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<tbody>
<tr>
<td>Price</td>
<td>$30.00</td>
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<tr>
<td>1 fruit salad</td>
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<tr>
<td>1 vegetable salad</td>
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<tr>
<td>1 large pasta salad</td>
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<tr>
<td>Baked Beans (2 gal.)</td>
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<tr>
<td>4 pies</td>
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<tr>
<td>2 vegetable salads</td>
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<tr>
<td>1 large pasta salad</td>
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</tr>
<tr>
<td>4 pies</td>
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</table>

Please make your salads large ones. Also if you sign up to bring a salad PLEASE make sure that you follow through or make arrangements so we are not short on homemade salads! It would be more convenient if all pies are in foil pans. Mark your dishes and please pick them up after 2:00 p.m. Anything left in your bowl will be sent home with you. Be sure to mark your pies that will be used during the Luncheon. Thanks!

**Bake Sale:** Every member is asked to donate baked items for the bake sale table. Be sure these are in disposable pans or plates. Please remember to mark your items. There has been a request for more cakes and for cookies and cakes for diabetics. Also, a volunteer is needed to make the decorated cake for the cake raffle. Please contact Lois Pfiefe (853-6726) or Dorcas Lee (486-5528) if you would like to do this.

**Workers will be needed from approximately 9:00 a.m. to 3:00 p.m.** Each club is asked to have **2 members there for all three shifts**. We would also like at least 2 members from each club to work at the bake sale table.

The chairpersons will not be working any of the shifts below.

**9:00 a.m. - 11:30 a.m. - First Shift - Set Up**  
2 members from each club  
1. Start making coffee and lemonade  
2. Set up tables and chairs (tablecloth, salt, pepper, and butter)  
3. Set up bake sale. Price List will be available. **2 members at the bake sale table.**  
4. Set up: Cleaning table, Pie table, Cake raffle, Treasurer and a helper for the raffle from another club.  
5. **Whole pies can be sold early. Please specify pies for the bake sale or lunch**

**11:30 a.m. - 1:00 p.m. - Second Shift - Serving**  
2 members from each club  
1. Set up food counter, Serve hot food, Replenish other dishes  
2. Be sure to check plates and silverware in case you need to wash ahead  
3. Pour coffee, water and lemonade  
4. Wash dishes, dry, put away  
4. Continue bake sale - **check with the ladies at the Pie for pies to be sold whole.**

**1:00 p.m. - 2:00 p.m. - Third Shift - Clean Up**  
At least 2 members from each club  
1. Do dishes  
2. Wash urns  
3. Take down tables and put chairs away.  
4. Empty trash  
5. Return supplies to proper boxes to be returned to Extension Office

Your generous donations of food and workers have made the sale a success in the past years and we know we can count on your continued support for the 2019 Bake Sale and Luncheon.
**Prairies County Homemakers Bake Sale Price List ~ 2019**

**Breads:**
- White Loaf  
  Small $4.00  
  Large $5.00
- Whole Wheat  
  Small $4.00  
  Large $5.00
- Rye  
  $5.00
- Fruit, Nut, Date, Banana, Pumpkin, Zucchini  
  Small $4.00  
  Large $5.00

**Rolls:**
- Tea or Dinner, white or wheat  
  $4.00 per dozen
- Cinnamon or Caramel Rolls  
  Small $6.00  
  Large $9.00
- Bismarks, raised doughnuts  
  & Maple sticks  
  $6.00 for 6
- Coffee Cake or Kuchen  
  8" $7.00  
  9" $9.00

**Cakes:**
- Chiffon  
  $7.00 (frosted)  
  $5.00 (unfrosted)
- Angel  
  Small $5.00  
  Large $8.00
- Decorated Cakes  
  $10.00 (and up)
- Other frosted cakes  
  $6.00 (9x13)  
  $7.00 (layer cake)
- Jelly Roll  
  $7.00 (depends on filling)

**Cookies:**
- Sugar, Peanut Butter, etc.  
  $5.00 per dozen  
  $6.00 (large cookies)

**Bars:**
- Brownies, frosted bars  
  $3.00 per 6
- Rice Crispy bars or balls  
  $5.00 per 12 large pieces
- Brownie Bites  
  $5.00 (30 pieces)

**Pies:**
- Fruit, Berry  
  8" $9.00  
  9" $10.00  
  10" $11.00
- Cream  
  $7.00  
  $8.00  
  $9.00

**Popcorn Balls**  
$2.00 each

**Carmel Corn**  
$4.00  
1 quart bag
$5.00  
1 gallon bag

**Eggs:**  
$2.50 dozen

**Thank you. This is a fund raiser.**

**We appreciate club members pre-pricing Bake Sale items.**
2018 Homemakers Luncheon & Bake Sale Notes

- Despite the weather and some of our country club members were snowed in we had a successful Luncheon & Bake Sale!

- Cooked 40# of roast beef & 15# of ham. Maybe 5-7# of beef left over and a few ham scraps. Members bought the left over roast beef along with the 2 dozen or so buns. Not sure if we had too much or because of the day.

- Ran low on salads, but I don’t think it would have been a problem if the country members could have made it in. Same goes with the pies. Hopefully, next year the weather will cooperate with us! Thank you for making larger salads.

- The bake sale was full of baked items. We even had a table of gluten free items, which was appreciated by those who are gluten free. Very thoughtful of our members.

- Clean up went smoothly because more stayed to help. Was nice to have it done by many hands! We do however, need to stay on top of washing silverware. We had a couple times we ran out of forks.

Thanks to Marian for making our raffle cake!

Prairie Fare: Have You Tried an Air Fryer?
By Julie Garden-Robinson, NDSU Extension Food and Nutrition Specialist

We have entered the season of gift giving and receiving. Think back to an earlier time when you were hoping for a particular gift. What was it? How did you know about it? Did you receive it?

I really, really wanted an Easy Bake Oven. I saw it in the thick catalog that arrived every fall. As I gazed at the photo, I almost could taste the tiny cake that came out of a slot on the side of the oven. The little girl on the package beamed with pride.
I showed the catalog picture to my mom. She thought that baking a two-bite cake with a light bulb was kind of silly.

“I'll show you how to use the real oven,” Mom said.

Obviously, I wasn't going to get the toy oven. By the time I was in fourth grade, I was mixing and baking piles of holiday cookies, and I was becoming fascinated by the chemistry of food. I suppose not getting the little oven helped lead me toward my career path.

Through the years, I have collected almost every kind of kitchen appliance and gadget. My available storage space in our cupboards and shelving units is growing smaller. Last year, I added an electric pressure cooker to the mix. It has been a good investment. It occupies premium kitchen counter space.

“I need to know how these appliances work in case someone asks me,” I tell my patient husband. That's my story and I'm sticking to it.

Air fryers seem to be the appliance of the year. Air fryers are among the few items that I don't have in my appliance warehouse. I don't have anything against them; I just have to guard my available storage

Continued on next page ……..
Air fryers were introduced in about 2010, and now multiple models from different companies are available. They are designed to replace deep-fat fryers to produce “fried” foods such as french fries and chicken wings that are lower in fat and calories.

Air fryers are more like convection ovens than deep-fat fryers. Instead of immersing your food in boiling oil, you toss the food in about a tablespoon of oil and place it in the appliance. The device circulates very hot air in a small space.

This heating process usually results in crunchy food with a browned exterior due to a chemical reaction called the Maillard effect. However, the food won’t have the same mouthfeel as deep-fried foods.

Many people love their air fryers and use them frequently, according to anecdotes from my colleagues. If you prepare deep-fried foods fairly often at home, an air fryer may be something for you to consider.

An air fryer could trim your fat and calorie intake, and theoretically, these appliances could help with weight management. Compared with equal weights of pure protein or carbohydrate, fat has 2 1/2 times the calories.

In a study performed in Egypt, food scientists compared traditional deep-fat frying and air frying in the creation of french fries. Their taste testers preferred the air-fried potatoes instead of the conventionally fried potatoes.

Another study showed that air frying could reduce the amount of acrylamides formed during deep-fat frying high-carbohydrate foods by 90 percent. Acrylamide compounds are considered “probable carcinogens.”

Considering these potential health-promoting effects, I contemplated buying an air fryer. I borrowed one and took it for a spin in my home.

I air fried frozen french fries and chicken nuggets. While the end product was edible, I thought the food was dry. I dunked the cardboard-like fries in a pool of ketchup. I think I overdid the cooking.

Yes, I cut down on fat, but I added extra salt and sugar from the sauces.

If you are tempted by air fryers, do your homework and read the appliance reviews from reputable sources external to the company selling the product. Check out the sometimes amusing blog posts from people who describe using their air fryers for the first time.

At any rate, keep your intake of deep-fried foods to a once-in-a-while special treat. Stick with roasting, baking, steaming, slow cooking, grilling and, potentially, air frying.

Here’s a recipe for homemade chicken nuggets that you can bake in your oven. Actually, I wonder if they still sell Easy Bake Ovens so I can make a little dessert for myself.

**Homestyle Chicken Nuggets**

1 1/2 pounds boneless, skinless chicken breast  
Water (to moisten chicken)  
1 c. cornflakes or other ready-to-eat cereal crumbs  
1 tsp. paprika  
1/2 tsp. Italian herb seasoning or seasoning of your choice  
1/4 tsp. garlic powder  
1/4 tsp. onion powder  
Honey mustard sauce (optional, as dip)  
Barbecue sauce (optional as dip)

Preheat oven to 400 F. Cut the chicken into bite-sized pieces and moisten slightly with water. Place cereal in a plastic bag and crush using a rolling pin or can. Add remaining ingredients to cereal crumbs. Close bag tightly and shake until blended. Add a few chicken pieces at a time to crumb mixture and shake to coat evenly. Discard any unused crumb mixture. Place chicken pieces on greased baking sheet so they are not touching. Bake until golden brown with an internal temperature of 165 F, or about 12 to 14 minutes.

Makes four servings. Without added sauces, each serving has 280 calories, 5 grams (g) fat, 22 g protein, 40 g carbohydrate, 1 g fiber and 220 milligrams sodium.
Cooking Basics: Equivalent Measures, Terms, and Substitutions

Equivalent Weights and Measures

<table>
<thead>
<tr>
<th>Dry Measures</th>
<th>Liquid Measures</th>
</tr>
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<tbody>
<tr>
<td>4 Tablespoons</td>
<td>¼ cup</td>
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<tr>
<td>8 Tablespoons</td>
<td>½ cup</td>
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<tr>
<td>12 Tablespoons</td>
<td>¾ cups</td>
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<tr>
<td>16 Tablespoons</td>
<td>1 cup</td>
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<tr>
<td>2 cups</td>
<td>1 pint</td>
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<tr>
<td>4 cups</td>
<td>2 pints or 1 quart</td>
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<tr>
<td>16 cups</td>
<td>4 quarts or 1 gallon</td>
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</table>

Cooking Terms

<table>
<thead>
<tr>
<th>Cooking Term</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Braise</td>
<td>To brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid.</td>
</tr>
<tr>
<td>Cream</td>
<td>To stir or mix ingredients until they are soft and creamy.</td>
</tr>
<tr>
<td>Marinate</td>
<td>To allow food to stand in an oil and acid mixture to add flavor or tenderize.</td>
</tr>
<tr>
<td>Poach</td>
<td>To cook food by slipping it into a hot liquid.</td>
</tr>
<tr>
<td>Sauté</td>
<td>To cook in a small amount of fat.</td>
</tr>
<tr>
<td>Simmer</td>
<td>To cook in liquid below the boiling point. A liquid is simmering when bubbles form slowly and break just below the surface.</td>
</tr>
<tr>
<td>Stir Fry</td>
<td>To cook and stir small pieces of food quickly in a small amount of oil until just tender.</td>
</tr>
</tbody>
</table>

Abbreviations

- c = cup
- t or tsp. = teaspoon
- T or Tbsp. or Tbs. = tablespoon
- oz. = ounces
- lb. = pound

Contact Us

Visit www.buyeatlivebetter.org for more information.
Substitutions

If you are missing an ingredient:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
<th>Substitute</th>
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<tbody>
<tr>
<td>Baking powder</td>
<td>1 teaspoon</td>
<td>¼ teaspoon baking soda + ½ teaspoon cream of tartar</td>
</tr>
<tr>
<td>Bread crumbs, dry</td>
<td>¼ cup</td>
<td>¼ cups cracker crumbs or cornmeal or 1 slice toasted bread, cubed or ½ cup quick-cooking oats</td>
</tr>
<tr>
<td>Brown sugar</td>
<td>½ cup</td>
<td>½ cup white sugar + 2 Tablespoons molasses</td>
</tr>
<tr>
<td>Chocolate, unsweetened</td>
<td>1 ounce/1 square</td>
<td>3 Tablespoons cocoa + 1 Tablespoon butter</td>
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<tr>
<td>Cornstarch</td>
<td>1 Tablespoon</td>
<td>2 Tablespoons flour</td>
</tr>
<tr>
<td>Buttermilk</td>
<td>1 cup</td>
<td>1 Tablespoon vinegar or lemon juice + enough milk to equal 1 cup. Let stand for 10-15 minutes.</td>
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<tr>
<td>Pumpkin pie spice</td>
<td>1 teaspoon</td>
<td>⅛ teaspoon cinnamon + ⅝ teaspoon ginger + ⅛ teaspoon ground allspice + ⅛ teaspoon nutmeg</td>
</tr>
<tr>
<td>Sour cream</td>
<td>1 cup</td>
<td>1 cup plain yogurt or 1 cup cottage cheese mixed in blender with 2 Tablespoons milk + 1 tablespoon lemon juice</td>
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For a healthier option:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Substitute</th>
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<tbody>
<tr>
<td>White flour</td>
<td>Whole wheat flour</td>
</tr>
<tr>
<td>Iceberg lettuce</td>
<td>Romaine, spinach, or other leafy greens</td>
</tr>
<tr>
<td>Fruit canned in syrup</td>
<td>Frozen or fresh fruit, or fruit canned in water or 100% juice</td>
</tr>
<tr>
<td>White rice</td>
<td>Brown rice</td>
</tr>
<tr>
<td>Regular pasta</td>
<td>Whole wheat pasta</td>
</tr>
<tr>
<td>Flour tortillas</td>
<td>Corn tortillas or whole wheat tortillas</td>
</tr>
<tr>
<td>Canned beans</td>
<td>Beans cooked from dried beans</td>
</tr>
<tr>
<td>Ground beef</td>
<td>Ground turkey</td>
</tr>
<tr>
<td>Flavored yogurt</td>
<td>Plain yogurt with fresh or frozen fruit added</td>
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This institution is an equal opportunity provider.

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran’s Preference Employer and Provider of Educational Outreach.
STOVETOP CREAMED CORN
6-8 SERVINGS

INGREDIENTS

½ stick unsalted butter
32 ounces frozen corn
½ cup 2-percent milk
1 teaspoon salt
1 tablespoon granulated sugar
1 tablespoon dried chives, plus additional for garnish
8 ounces whipped cream cheese
½ cup heavy cream
Cracked pepper, for topping

INSTRUCTIONS

1. Start by washing your hands with warm water and soap for at least 20 seconds before and after handling food.
2. Wash your cutting boards and countertops with hot soapy water.
3. In a large pot on medium-high heat, melt the butter.
4. Pour frozen corn kernels in the pot along with ½ cup of milk. Season with salt, sugar and dried chives and mix well.
5. Then reduce the heat to medium-low and add in the whipped cream cheese. Continue stirring until the cream cheese has melted into the corn (about 5 minutes).
6. Begin stirring in the heavy cream and reduce the heat to low. Stir for 5 minutes and then turn the burner off.
7. Place 1 cup of corn mixture in a high power blender. Blend for 30 seconds until smooth.
8. Pour the puréed corn back into the pot, mix well and top with additional salt if needed and cracked black pepper.
9. Garnish with additional dried chives if desired and serve immediately.
10. Store leftovers in shallow containers within 2 hours of serving. Leftovers will last in the refrigerator up to 3-4 days.

RECIPE COURTESY OF: Katie Jasiewicz | KatiesCucina.com

CORE FOUR RULES OF FOOD SAFETY

Clean: Wash hands and surfaces often.
Separate: Don’t cross-contaminate.
Cook: Cook to the safe internal temperature.
Chill: Refrigerate or freeze promptly.
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For more information or to register go to [www.msuextension.org/solidfinances](http://www.msuextension.org/solidfinances), Or, contact Joel Schumacher, 406-994-6637, E-mail: jschumacher@montana.edu

All sessions will broadcast from 12:05 p.m. - 12:55 p.m. Mountain Time.