

Table with columns for Wednesday Evening, December 19, 2007. Lists various TV channels and their programming.

Table with columns for Thursday Evening, December 20, 2007. Lists various TV channels and their programming.

Table with columns for Friday Evening, December 21, 2007. Lists various TV channels and their programming.

Table with columns for Saturday Evening, December 22, 2007. Lists various TV channels and their programming.

Table with columns for Sunday Evening, December 23, 2007. Lists various TV channels and their programming.

Table with columns for Monday Evening, December 24, 2007. Lists various TV channels and their programming.

Table with columns for Tuesday Evening, December 25, 2007. Lists various TV channels and their programming.

Table with columns for Wednesday Evening, December 26, 2007. Lists various TV channels and their programming.

GENERAL NEWS
A Pinch of This and a Dash of That

By Jill Hutton
EPNEP Program Assistant
Nicholas County Extension Office
As I write this article it occurs to me that this is the final article I have for Christmas. In my mind I was thinking that there were two more articles to go, to show you how fast life happens. In a blink of an eye it is here. So for my article this week we will still focus on the holidays and all of the gathering everyone has between now and the New Year. Last week I shared some budget recipes with you, but this week I will share with you one of my favorite things to prepare - appetizers. I love to make them. I recently purchased a new cookbook (as if I needed another one) and it is all about appetizers. I like to make them and see if there is a way to make them low fat and see if there is a big taste difference. Generally there is not a huge taste difference if you are preparing food for people who traditionally do not like to eat low fat foods. Keep your recipe hints to yourself. There will be satisfaction knowing that they liked your recipe, you made it healthier, and everyone liked it. Enjoy and have a very Merry Christmas.

Vegetable Medley with Salsa Dip
2 carrots - cut into 3 inch sticks
2 celery stalks - cut into 3 inch sticks
1/2 pecans - peeled and cut into 1/2 inch sticks (this is a vegetable that many people use for the same functions as a potato. Pecans has less carbohydrates than potatoes.)
1 bunch radishes (trimmed)
1 green onions (trimmed)
1 cup fat free sour cream
1 cup Fresh Salsa (recipe below)
Fresh Salsa
2 chopped tomatoes
3 finely chopped jalapeno chiles (seeded if desired)

12 small flour or corn tortillas
1 can (16 ounce) oil or margarine
1 can (16 ounce) refried beans
1/2 cup chopped onion
1/2 cup diced tomatoes
6 tablespoons red taco sauce
3 cups chopped vegetables such as broccoli, mushrooms, spinach, and red bell pepper
1/2 cup cheese, shredded part-skim mozzarella
1/2 cup chopped fresh cilantro
1) Brush one side of each of two tortillas with water. Press the wet sides of the tortillas together to form a thick crust for the pizza.
2) Brush the outside of the tortillas with a small amount of oil or margarine. Evenly brown both sides in a heated frying pan. Repeat with the rest of the tortillas. Set aside.
3) Heat refried beans, onions, and half of the chili peppers together in a medium saucepan, stirring occasionally. Remove from heat.
4) Spread about 1/3 cup of the bean mixture on each tortilla pizza. Sprinkle with...

1 tablespoon taco sauce, and then top with 1/2 cup of the chopped vegetables, 1 teaspoon chili peppers, and 1 tablespoon cheese for each pizza.
5) Return to frying pan and heat until cheese melts. Top with cilantro, if desired. Serve immediately.
Nutritional information: Serving Size: 1 prepared pizza (1/6 of recipe). Calories: 370. Total fat: 9g. Total carbohydrates: 63 grams; Dietary Fiber: 9 grams; Protein: 15 grams. Source: Adapted from Healthy Latino Recipes Made with Love, California Latino 5-a-Day Campaign, California Department of Health Services. http://recipefinder.nal.usda.gov/index.php?mode=print&mode2=print&rec_id=290

1) In a medium bowl, mix all ingredients.
2) Serve or store salt in a refrigerator for up to three days in a covered plastic or glass container.
Nutritional information: This entire recipe contains 150 calories; 0.5 g. fat; dietary fiber: 5 g.; Protein: 5 g.; Sodium: 290 mg.

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Thank You Carlisle! Truly the Little Town with the Big Heart. Only in Carlisle would you see such an outpouring of sympathy, compassion, and love. THANK ALL OF YOU SO MUCH! Bob Garvin and Family

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