



# WILSON BITS & BITES

FAMILY AND CONSUMER SCIENCES NEWSLETTER

MARCH 2022 EDITION

**NC COOPERATIVE  
EXTENSION**



WILSON COUNTY CENTER

## INTRODUCTION

Hey everyone! Welcome, I'm so glad you're here. My name is Taylor Cabaniss and I am the Family and Consumer Sciences Agent at the N.C. Cooperative Extension - Wilson County Center. I started in October 2021 and I am so ready to jump right in and serve the residents of this county.

My goal is to provide education and increase consumer's knowledge and confidence in the areas of foods, nutrition, and health. I act as a resource to community members who want to lead a healthier lifestyle through food-based programs. I want to help you make the healthy choice, the easy choice while staying within your budget. If this sounds like something you're interested in, please give me a call and I would love to tell you about my upcoming programs.

Be sure to subscribe to this newsletter to receive monthly updates about the programs and workshops that are being offered, as well as information on various health topics and delicious recipes that are sure to be a hit in your house. The link to subscribe is on the very last page. If you have any questions, feel free to contact me through email (tcdavenp@ncsu.edu) or by phone (252-237-0111).

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# NATIONAL NUTRITION MONTH

Welcome to National Nutrition Month, where you're invited to learn about making informed food decisions and developing healthy eating habits. Let's start with defining what "nutrition" is. Nutrition is the process of taking in food necessary for health and growth. Food is the basis of everything for us as humans, therefore it's important that we take nutrition seriously and make eating a healthy diet a priority.

Have you ever felt tired or sluggish after eating a meal? Have you ever felt like you have all the energy in the world? All three of these feelings and more can be a result of the things that we are eating. Having a healthy diet will make our bodies feel better and we will be able to get the nutrients that we need to function properly. As a result, we will have more energy and decrease our risks of developing certain chronic health conditions, for example type II diabetes, and suffering from other diet related health complications, such as heart disease and obesity.

In order to follow a healthy diet, we need to talk about what a healthy diet looks like. A healthy diet is one that is full of fruits, vegetables, whole grains, lean protein, and fat-free or low-fat dairy products. It's also low in saturated fat, trans fat, cholesterol, added sugars, and sodium (salt).

## Fruits and Vegetables

Fruits and vegetables should make up half of your plate. When thinking about what fruits and vegetables to eat, try to make your plate look like the rainbow. Incorporating a variety of produce in an array of colors can ensure adequate nutrient consumption. It's recommended

for adults to eat between 1.5-2.5 cups of fruit a day and 2.5-3.5 cups of vegetables a day, depending on your age and sex. To put those portions into perspective, your fist is about 1 cup.

## Whole Grains

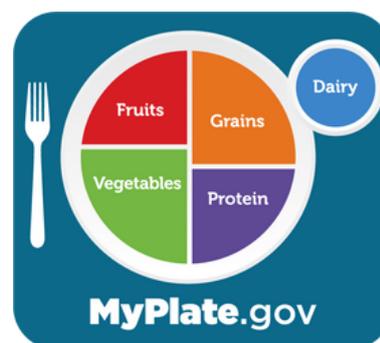
The daily grain recommendation for adults is between 6-10 ounces, depending on your age and sex. Of that, try making at least half of your grains whole grains, for example brown rice, whole grain pasta or bread. So, how do you know what is an ounce of grain? Well a slice of bread or a packet of instant oatmeal are both considered one ounce.

## Protein

Your protein can come from animal products (for example, meat) or plant-based products (such as nuts and seeds). Either way, it is recommended for adults to eat 5-7 ounces of protein a day, depending on your age and sex, which is less than one cup.

## Dairy

Try choosing dairy products that are low-fat or fat-free. An easy swap would be going from drinking whole milk to skim milk. Adults should be getting about 3 cups of dairy products a day, regardless of age and sex, in the form of milk, yogurt, or cheese.



When making your plate, consider modeling it after the [USDA MyPlate](https://www.myplate.gov).

# WHAT'S IN SEASON - ASPARAGUS

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## Vitamins

Vitamin A  
Vitamin B9  
Vitamin C  
Vitamin E  
Vitamin K  
Thiamin

## Minerals

Potassium  
Phosphorus



## Health Benefits

- Low in calories and sodium
- Contains no fat or cholesterol, which can help lower blood pressure
- Aids in digestive health
- Significant source of folate, which can help in fetal development
- High in fiber, which promotes gut health
- It is a natural diuretic, which can help rid the body of excess fluids and salt

## Fun Facts

- It takes three years from seed to harvest
- The U.S. ranks 5th in asparagus production, mainly in California, Washington, and Michigan
- There are four basic types of asparagus: green, purple, white, and wild
- Some varieties of asparagus plants can live up to 30 years
- Asparagus is genetically related to garlic, leeks, and onions
- 93% of its composition is water
- Asparagus can last in the refrigerator for up to 4 days, just trim the ends and place in a half full jar of water

Source: [Asparagus Facts](#) & [Modern Farmer](#)

# COUSCOUS, ASPARAGUS, AND CHICKPEA SALAD RECIPE

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This recipe is the perfect side dish for any occasion and is a great for meal prepping. It can also act as a main dish for vegetarians. The best part is it can be made in 30 minutes or less.

Prep Time + Cook Time = Total Time  
 15 mins + 15 mins = 30 mins

### Ingredients:

#### *For the salad*

- 1 lb. asparagus, chopped into 1" pieces
- 1 c. uncooked Israeli couscous
- 1 1/4 c. no salt-added chicken OR vegetable broth
- 2 tbsp. olive oil, divided
- 3/4 c. crumbled feta cheese
- 1 c. cooked or canned no salt-added chickpeas
- 1/3 c. finely chopped sun-dried tomatoes

#### *For the Dressing*

- Juice of 1 medium lemon, about 2 tbsp lemon juice
- 1 garlic clove, minced
- 2/3 c. olive oil
- 1 tsp. honey
- 1/2 tsp. salt
- Black pepper, to taste

### Instructions:

1. Preheat oven to 375°F. Place asparagus on a baking sheet and drizzle with 1 tbsp. olive oil, salt and pepper. Toss until evenly coated. Roast asparagus for 10-15 minutes, until tender but not crisp.
2. Combine couscous, broth and 1 tbsp. olive oil in a small sauce pan and bring to a boil. Cover, reduce heat to low and simmer for 8-10 minutes or until couscous is fluffy. Once cooked, fluff with fork and allow to cool.
3. Mix all of the ingredients for the dressing in a small bowl or jar.
4. Add the couscous, asparagus, feta cheese, chickpeas, and sun-dried tomatoes to a large bowl. Add in desired amount of dressing.
5. Place in the fridge for at least 30 minutes to allow flavors to absorb.

### Nutrition Information Per Serving:

(makes 6 servings)

Calories: 470

Total Fat: 34g	Protein: 11g
Saturated Fat: 7g	Vitamin A: 659IU
Cholesterol: 17mg	Vitamin C: 14mg
Carbohydrate: 33g	Calcium: 135mg
Dietary Fiber: 5g	Iron: 3mg
Total Sugars: 4g	Potassium: 322mg
Sodium: 499mg	



Source: [Couscous, Asparagus & Chickpea Salad](#)

# MUSCLE MADNESS

## MARCH FITNESS CHALLENGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>*Try doing as many sets as you can, but at least 2 sets</b></p>	<p><i>s. = second</i></p> <p><i>mtn climb = mountain climbers</i></p>	1 5 push-ups 10 sit-ups 10 squats 30 s. plank	2 5 tricep dips 10 crunches 10 lunges 20 s. plank	3 7 push-ups 10 sit-ups 10 mtn. climb. 5 burpees	4 8 tricep dips 10 crunches 15 lunges 5 burpees	5 8 push-ups 15 sit-ups 10 mtn. climb. 30 s. plank	
	6 REST DAY (well deserved)	7 8 push-ups 12 sit-ups 12 squats 5 burpees	8 10 tricep dips 10 crunches 15 lunges 30 s. plank	9 10 push-ups 15 sit-ups 15 squats 8 burpees	10 15 tricep dips 15 crunches 20 lunges 40 s. plank	11 15 push-ups 15 sit-ups 15 mtn. climb. 10 burpees	12 REST DAY (well deserved)
	13 12 push-ups 15 sit-ups 20 squats 40 s. plank	14 15 tricep dips 15 crunches 20 lunges 10 burpees	15 15 push-ups 15 sit-ups 20 mtn. climb. 40 s. plank	16 20 tricep dips 20 crunches 25 lunges 10 burpees	17 20 push-ups 20 sit-ups 30 squats 45 s. plank	18 REST DAY (over half way)	19 15 push-ups 15 sit-ups 20 mtn. climb. 10 burpees
	20 20 tricep dips 20 crunches 25 lunges 45 s. plank	21 20 push-ups 20 sit-ups 30 squats 10 burpees	22 25 tricep dips 25 crunches 30 lunges 50 s. plank	23 25 push-ups 25 sit-up 40 squats 12 burpees	24 REST DAY (nearly there)	25 20 push-ups 20 sit-sup 35 squats 50 s. plank	26 25 tricep dips 25 crunches 40 lunges 12 burpees
	27 25 push-ups 25 sit-ups 30 mtn. climb. 50 s. plank	28 30 tricep dips 30 crunches 50 lunges 15 burpees	29 30 push-ups 30 sit-ups 50 squats 60 s. plank	30 30 tricep dips 30 crunches 40 mt. climbers 20 burpees	31 40 push-ups 40 sit-ups 50 lunges 60 s. plank	<p><b>YOU DID IT! CONGRATS!</b></p> 	

# UPCOMING PROGRAMS, EVENTS & HIGHLIGHTS

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## It's a Busy Life Cooking Series - Instant Pot Cooking

In this workshop you will learn how to speed up your cooking time by using an electric pressure cooker. Learn how to make amazing home cooked meals in a fraction of the time. This workshop will be held Wednesday, April 6th 5:30pm-7:30pm and is just \$18. Dinner is included, along with amazing recipes, tips, and tricks to conquer electric pressure cooking. Space is limited, so reserve your seat on the [Eventbrite workshop page](#).

## It's a Busy Life Cooking Series - All About Air Fryers

We will go over air fryer basics, different models, tips and tricks, and delicious recipes. You'll also get hands-on experience in preparing and cooking air fryer meals. This workshop will be on Wednesday, May 4th 5:30pm-7:30pm and costs \$13, which includes dinner. Space is limited, so reserve your seat on the [Eventbrite workshop page](#).



## It's a Busy Life Cooking Series - One Dish Wonders

Our final class in our It's a Busy Life Cooking Series is learning how to cook meals using one dish. This way of cooking is beneficial for those who highly dislike the clean-up process of cooking. Let's face it, who does? Join us to discover one-dish recipes and hands-on cooking experience. This workshop will be held Wednesday, June 1st 5:30pm-7:30pm. The fee is \$18 and includes dinner. Space is limited, so reserve your seat on the [Eventbrite workshop page](#).



## Dial Gauge Pressure Canner Testing

A dial gauge pressure canner need to read the correct pressure to ensure that foods being processed are properly canned. There is a potential for unsafe processing if the gauge reads 2 pounds pressure high or low, jeopardizing the safety of the food in the jar. Bring your dial gauge pressure canner lid to the Extension Office anytime Monday-Friday 8:00am-5:00pm to be checked for FREE!



