



April 2018 Newsletter

Upcoming Events

55+ Health Fair

- When: Tuesday, April 3
- Where: ROC, 115 Putman Street, Sulphur Springs, TX
- Time: 9:00 a.m. to noon
- Door prizes, blood checks, health information – be sure to stop by the Extension exhibit!

Do Well, Be Well with Diabetes Series

- When: April 9, 12, 16, 19, 23
- Where: Extension Office
- Time: your choice or 1:30 or 6:00 p.m.
- Register by calling 903-885-3443
- Fee: \$25 (let us know if that is a hardship)
- Included: materials, refreshments, door prizes, great information from health experts

Twogether in Texas Marriage Education Workshop

- When: Saturday, May 12
- Where: Extension Office
- Time: 8:30 a.m. to 3:30 p.m.
- No cost
- Lunch and materials provided
- Call 903-885-3443 to sign up
- Engaged couples will receive a certificate to save \$60 upon applying for a marriage license.

Home Vegetable Gardening workshop

- When: Tuesday, April 24
- Where: Extension Office
- Time: 7:00 p.m.
- Cost: \$10
- Presented by Master Gardeners
- Call 903-885-3443 to register

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Recipe of the Month

(Source: adapted from the USDA Mixing Bowl)

This is a great option for staying within your budget while providing a nutritious meal for your family.

Broccoli Rice Casserole (Makes: 12 servings)

Ingredients:

1 ½ cups of rice
3 ½ cups of water
1 onion (medium, chopped)
1 can of cream of mushroom, or celery or cheese soup (10.75 ounces, condensed, reduced sodium)
1 ½ cups of 1% milk
7 ½ cups of broccoli or cauliflower or mixed vegetables (frozen, chopped)
½ pound of cheese (grated or sliced)
3 tablespoons of margarine or butter

Directions:

1. Preheat the oven to 350° and grease a 12x9x2 inch baking pan.
2. In a saucepan, mix the rice, salt, and 3 cups of water and bring the mixture to a boil.
3. Cover and simmer for 15 minutes. Remove the saucepan from the heat and set it aside for an additional 15 minutes.
4. Sauté the onions in margarine or butter until tender.
5. Mix the soup, milk, ½ cup of water, onions, and rice. Spoon the mixture into the baking pan.
6. Thaw and drain the vegetables and then spread them over the rice mixture.
7. Spread the cheese evenly over the top and bake the casserole at 350° for 25-30 minutes (or until the cheese is melted and the rice is bubbly).



237 Calories, 10g Total Fat, 10g Protein, 5g Saturated Fat, 27g Carbohydrates, 2g Dietary Fiber, 273 mg Sodium

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