

KITCHEN QUICKIE

Peer Health Educators: Alyssa, Brittany, Lauren B, Lauren S, Kelly, Laura, Caitlin, Annie & Kevin



Forget the Wisconsin cold and warm up with these winter dishes!

Candy Cane Cocoa

Ingredients:

- 4 cups milk
- 3 (1 ounce) squares semisweet chocolate, chopped
- 4 peppermint candy canes, crushed
- 1 cup whipped cream
- 4 small peppermint candy canes

Directions:

1. In a saucepan, heat milk until hot, but not boiling.
2. Whisk in the chocolate and the crushed peppermint candies until melted and smooth.
3. Pour hot cocoa into four mugs and garnish with whipped cream. Serve each with a candy cane stirring stick.

Nutritional Facts: Per serving (makes 4)

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|-----------------------|----------------|
| - 486 calories | -10.1g protein |
| - 14.9g fat | -1.5g fiber |
| - 80.5g carbohydrates | -163 sodium |

allrecipes.com



Old-Fashioned Beef Stew

Ingredients:

- 2 Tbsp. vegetable oil
- 1/4 cup all-purpose flour
- 1/2 Tbsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 pound beef stew meat
- 6 small onions
- 3 large potatoes, peeled and diced
- 3 carrots, sliced
- 3 stalks celery, sliced
- 1 1/2 (10.5 ounce) cans low sodium beef broth

Directions:

1. In a large pot, heat oil over medium high heat. In a resealable plastic bag mix together the flour, garlic powder, salt and pepper. Add small handfuls of meat at a time to bag and shake until well coated; brown in hot oil about 1 minute per side. Remove the browned meat and continue until all the meat is browned.
2. Lower heat to medium and add onions. Brown onions on both sides about 3 minutes per side, then remove from pot and set aside. Drain excess fat from pot.
3. Add potatoes, carrots, celery, browned onions, browned meat and broth to pot. Stir all together and bring to a boil. Reduce heat to low, cover and simmer for 2 hours, stirring occasionally.

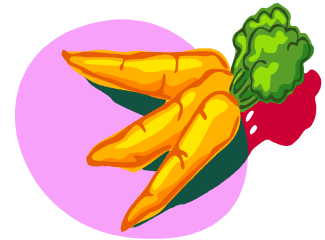
TIP: For a thicker broth: 1/2 hour before stew is done, combine 3 Tbsp. flour and 1/2 Tbsp. water in a small bowl and mix well. Slowly stir mixture into stew.

For a Healthier Option: Choose leaner cuts of beef, whole wheat or whole grain flour, exclude salt and replace vegetable oil with canola oil.

Nutritional Facts: Per serving (makes 6)

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|-----------------------|-----------------|
| - 353 calories | - 17.1g protein |
| - 19.6g fat | - 2.9 g fiber |
| - 26.9g carbohydrates | - 300mg sodium |

cooks.com



A: Because pepper water makes them sneeze!

Best Ever Maple Cinnamon Oatmeal

mrbreakfast.com

Ingredients:

- 1/2 cup oatmeal
- 1 cup water
- 1/4 cup maple syrup
- 1 Tbsp. butter or margarine
- 1 tsp. cinnamon, plus extra for dashing

Directions:

1. Cook oatmeal on stove or in microwave following directions on container.
2. Add butter, cinnamon and half of the maple syrup and stir well.
3. Add the rest of the maple syrup and a dash of cinnamon and enjoy!

For a Healthier Option:

Skip the butter to remove nearly all fat and sodium!

Nutritional Facts: Per serving (makes 1)

- | | |
|---------------------|----------------|
| - 425 calories | - 5g protein |
| - 13g fat | - 4g fiber |
| - 81g carbohydrates | - 105mg sodium |



Stay Healthy This Winter Season:

1. Wash your hands often!
2. Stay warm!
3. Manage stress— do holiday shopping early!
4. Eat fruits and veggies!
5. Travel safely!
6. Get check-ups and vaccinations!

Q: Why do seals swim in salt water?

