

Dear Readers,

*Tis the season! To be thankful and to gather with family & friends for holiday meals. I, for one, look forward to old family recipes and traditions making memories with loved one. In this first addition, I have included a few tips for enjoying the holiday menus without overindulging. Turkey, cranberries, and sweet potatoes are not only tasty, they are good for you too!  
Happy Thanksgiving!!*

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### **Fall Fashion Tips**

Time to layer up...

We all panic and think we've got nothing to wear when the Season changes but there are easy ways to go forward. Make a gentle transition and get ready to layer up for Autumn. You don't have to completely change what you wear every day, but you do need to cozy up! Being warm and comfortable will allow you to feel more at ease and look **STYLISH!**

The cardigan is back in fashion...

When you start to layer up for Autumn you need flexibility so you can look good and stay comfortable. So, don't pack away that summer dress just yet - there are lots of ways to warm it up. Whether your cardigan is ladylike neat to throw around your shoulders or a longer version that resembles a jacket, it's your first port of call. If it doesn't match what's underneath accessories can pull the look together. Pull your summer separates together with a cardigan, warm tights and ankle boots. If you've got sunglasses and an umbrella in your bag you can cope with a change of weather with just a few essentials to hand. So, take it easy and do it in stages.

**On the Web @  
[ward.agrilife.org](http://ward.agrilife.org)**



**Inside Food & Nutrition**



Food and Nutrition Project members have been meeting throughout the month working on their knowledge of Myplate and learning about the basics of the kitchen. Throughout the project youth have the opportunity to learn about the world of Food and Nutrition through hands on activities and working along side county Extension agent and parent volunteers. On November 4, members gathered at the Ward County Extension Office to compete in the County Food Show in preparation for the District 6 Food Spectacular which will be hosted here in Ward County at the Ward County Event Center on November 20. This year's theme is Foods Around the world and five of our youth will be competing at the district level with the following dishes Pancit, Shrimp Fried Rice, Chicken Creole, Cajun Lasagna, and Catfish Courtbouillon. Good Luck to our youth that will be participating.



**Be Youtiful Preteen Girls Workshop**

The Be Youtiful Preteen Girls Clinic was held on November 2 at the Ward County Event Center. This event put on by the Family and Community Health Committee and Facilitated by the Monahans Chamber of Commerce Women's Division. We had forty-two girls in attendance for a fun filled day being greeted by a coffee and hot chocolate bar provided by Complex Community Federal Credit Union. Participant had six thirty minute break out sessions that included the following topics Beauty presented by Ruby Woo Hairstylist/Salon Owner Victoria Venegas, Fashion presented by Fashion & Lifestyle Blogger Gladys Warden, Finance Security presented by Tejas Bank Senior Vice President Faith Wilson, Fitness presented by Admiration CrossFit owner Janessa Arroyo, Pre-teen Health presented by Nurse Practitioner Krista Powell , and Spiritual presented by local Shetribе member, Sunday school & small group leader Savannah Hernandez. Keeping in mind the mission of the event to empower and inspire the girls for a positive self-image. We had three motivational speakers: CBS7 News co-anchor Shelby Landgraf, Shetribе Ministry West Texas member Jessica Phillips, and Zig Ziglar Speaker, Trainer, Coach, and Amazon Best Seller Heather Prichard. Each one giving their back story and how to be the best in ones ability overcoming the obstacles that was standing their way. They also inspired the girls to hold a positive self-image no matter what anyone tells you.



## Savory Baked Apples with Sausage Stuffing



### *Ingredients*

1 Tablespoon oil or butter

1 celery stalk, diced

1/4 cup finely diced onion

1/2 package sausage

1 box stuffing mix

1 1/4 cup Swanson's UNSALTED Chicken Broth (or the same amount of water called for on the instructions for the stuffing)

6-12 apples such as Granny Smith, Golden Delicious and Red Delicious

### *Instructions*

1. Heat the oil in a medium or large skillet over medium heat. Add the onion and the onion and the celery and cook until softened, about 2-3 minutes.
2. Add the sausage to the skillet and cook thoroughly making sure to break it up into crumbles. Remove from heat.
3. In a large bowl, stir together stuffing mix and sausage mixture. Add Swanson's chicken broth in the same amount as water is called for on the stuffing mix instructions. Mine called for 1 1/4 cups of water and I used 1 1/4 cups of chicken broth.
4. Stir the mixture together so that the stuffing is soft and moist. Feel free to add a little more broth if needed. Set the mix aside.
5. Prepare the apples: Slice the very top of the apples off.
6. Use a spoon or a melon baller to carefully scoop out the entire core of the apple.
7. Repeat this for every apple.
8. Spoon stuffing into the apples and place in a high sided baking dish.
9. Once all the apples are stuffed and, in the dish, carefully pour an additional 1/4-1/2 cup of broth over the apples. Add another 1/4 cup to the bottom of the dish.
10. Bake uncovered at 350 degrees for about 30 minutes or until the apples are softened but not falling apart. If you don't want the stuffing to brown, cover the dish while baking.

### *Nutrition Information*

YIELD: 12 SERVING SIZE: 1

CALORIES: 166

TOTAL FAT: 4g

SATURATED FAT: 1g

TRANS FAT: 0g

UNSATURATED FAT: 3g

CHOLESTEROL: 5mg

SODIUM: 82mg

CARBOHYDRATES: 33g

FIBER: 6g

SUGAR: 24g

PROTEIN: 1g