

# Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

Volume 4, Issue 6

## HOME SAFETY MONTH

### OATMEAL-APPLE COOKIE RECIPE:

—submitted by Linda Robertson, Tellico Plains GWI Participant

#### INGREDIENTS:

- 2 cups white flour (or 1 cup white flour & 1 cup whole wheat
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 2 cups packed dark brown sugar
- 1 cup butter (softened)
- 2 eggs
- 1 tsp. vanilla
- 3 cups oats
- 1 large tart apple (peeled and finely chopped)

#### DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. In small bowl mix flour, baking powder, salt and cinnamon.
3. In large bowl mix in order:
  - \* brown sugar and butter—beat until light and fluffy
  - \* beat in eggs and vanilla
4. Add—alternating and blending as you go:
  - dry mix and oatmeal
5. Then stir in apple chips.
6. Drop by teaspoonfuls onto greased cookie sheet.
7. Bake 10—12 minutes.



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#### \* *Special points of interest:*

- \* **Summer Shape-up** will begin June 14 for 3 weeks meeting at 7:30 a.m. at Kefauver Park. All fitness levels welcome to participate. Show up at Kefauver Park by 7:30 a.m. Tuesday, June 14 for first session. Health Education handouts to be included. Free.
- \* Aqua Zumba begins May 31 at Lenoir City Public Pool on Tues. and Thurs. at 8:30 and on Sat. at 10 a.m. Also at Tellico Village Wellness Center Tues. and Fri. at 4 p.m. Cost is \$4 per class. Jodi Mitchell Smith is the instructor (Loudon Co. Zumba instructor).



### CAULIFLOWER HASH BROWNS RECIPE:

- 12 ounces fresh cauliflower, grated, about 1/2 medium head
- 4 slices bacon, chopped
- 3 ounces onion, chopped, about 1/2 cup
- 1—2 Tablespoons butter, optional
- Salt and pepper, to taste

In a medium-large nonstick skillet cook the bacon and onion until they just start to brown. Add the cauliflower; cook and stir until the cauliflower is tender and nicely browned all over. You can add a couple tablespoons of butter during cooking. This will speed up the browning and add nice flavor. Season to taste with salt and pepper. Do not freeze.

Makes 4 servings.

**Per serving:** 116 calories; 9 g Fat; 4 g Protein; 6 g Carbohydrate; 2 g Dietary Fiber; 4 g Net Carbs



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### FOOD SAFETY TIPS:

Eating spoiled food can make you sick. Food can be spoiled even if it looks and smells all right. Germs cause food to go bad. You can't see, smell, or feel germs. It takes one to three days to get sick from eating spoiled food. If you get sick, get help. Call your doctor or your local health department.

There are four easy ways to keep food from going bad:

**1) Clean 2) Cook 3) Keep apart 4) Chill**

**Clean:** Wash hands and counters often.

Wash your hands with hot, soapy water.

Wash your cutting boards, counters, dishes, forks, spoons, and knives.

Use plastic cutting boards.

Use paper towels to clean up kitchen counters and tables.

**Cook:** Make sure food is very hot. Foods need to get hot and stay hot when you cook them. Heat kills germs.

**Keep apart:** Keep raw foods to themselves.

Keep a special cutting board for raw meat only.

Keep raw meat, poultry, seafood, and their juices away from other foods in your shopping cart and in your fridge.

**Chill:** Put food in the fridge right away.

Never thaw food by simply taking it out of the fridge! There are three safe ways to thaw food:

- \* In the fridge
- \* Under cold running water
- \* In the microwave

### COFFEE FILTERS...better than paper towels and less expensive....

Coffee filters. Who knew! And you can buy 1,000 at the Dollar Stores cheaper than paper towels. Use the same as you would paper towels but in some cases the extra strength of a filter is beneficial and the fact they are lint free is even better!!

1. Cover bowls or dishes when cooking in the microwave.
2. Clean windows, mirrors, and chrome. Coffee filters are lint-free so they'll leave windows sparkling.
3. Protect a cast-iron skillet. Place a coffee filter in the skillet to absorb moisture and prevent rust.
4. Apply shoe polish. Ball up a lint-free coffee filter.
5. Recycle frying oil. After frying, strain oil through a sieve lined with a coffee filter.
6. Weigh chopped foods. Place chopped ingredients in a coffee filter on a kitchen scale.
7. Hold tacos or other messy foods—coffee filters make convenient wrappers.
8. Stop the soil from leaking out of a plant pot. Line a plant pot to prevent the soil from going through the drainage holes.
9. Prevent a popsicle from dripping. Poke one or two holes as needed in a coffee filter.
10. Put a few on a plate and put your fried bacon, French fries, chicken fingers, etc on them to soak out all the grease.
11. Keep in the bathroom. They make great “razor nick fixers”.
12. Use them as a spoon rest while cooking and to clean up small counter spills.
13. Can use to hold dry ingredients when baking or when cutting a piece of fruit or veggies. Saves on having extra bowls to wash.
14. Use them to wrap Christmas ornaments for storage.
15. Use them to remove fingernail polish when out of cotton balls.
16. Use them to strain soup stock and to tie fresh herbs in to put in soups and stews.



