



ANNE ARUNDEL ASSOCIATION  
FOR FAMILY & COMMUNITY EDUCATION

## Newsletter

MAY - JUNE 2015

Hello friends,

This lovely spring weather (rain and all) has given me new inspiration! Now all I need is the follow through.

We had a lovely April meeting with our own Carolyn Council, member of the Baltimore Water Color Society, teaching us to paint a beautiful seascape or sky scene of our choosing. Masterpieces? not necessarily, but we had lots of fun and we learned a lot about color and new techniques.

On May 11 we will listen to Mike Ensor, an Anne Arundel Extension Educator and originator of the Master Gardener Program in Maryland. Mike always has great information and suggestions for lawn, garden, and house plants, urging us to put our hands in the soil. We look forward to his presentation.

June 8 will be our thank you luncheon for the staff at the Extension Office. It would be difficult to find a staff so willing to see to all of our needs. They are always so welcoming to us.

Please bring a sandwich to enjoy at the May meeting. Dessert will be provided. We will discuss the June menu at our May meeting. Please bring some delicious ideas!

Looking forward to seeing you.

Gini

Virginia McKenzie  
Vice President for Programs  
AAAFCE



# Mayo

**1**  
**Soften cuticles**  
 No time for a full manicure? Soak your fingertips in a bowl of mayo for 5 to 10 minutes, then rinse with warm water to hydrate and smooth the nail and cuticle.

**2**  
**Remove paint splatters**  
 Get rid of accidental drips on like light switches or doorknobs by adding a touch of mayo to the spots before they harden completely. The oil in mayo helps break down the oils in paint. Since oil attracts oil, making it easier to wipe away and less harsh on surfaces than paint thinner.

**3**  
**Erase water stains**  
 Don't let wet marks and rings ruin wood furniture. Put two spoons of mayo on the spot, cover with a paper towel and press down. Leave for a few hours, then buff with a clean cloth and the mark will fade away.

**4**  
**Dust houseplants**  
 Take a tip from professional florists: Clean your potted plants with some mild soap and water, then use a paper towel to rub a drop of mayo into the tops of leaves. They'll look healthy and vibrant for weeks!

**DID YOU KNOW?**  
 It's not mayo that's making your chicken salad go bad. The acid may help slow down or reduce the growth of bacteria.

**5**  
**Rescue dinner**  
 When you're fresh out of eggs but breaded cutlets are on the menu, spread a thin layer of mayo on the meat (it won't affect the flavor). Use, add bread crumbs and fry.

STYLING: Cheryl Cappello. GUY: A. R. P. GUY. MAKEUP: JENNIFER WILSON. HAIR: JENNIFER WILSON. STYLING: JENNIFER WILSON. HAIR: JENNIFER WILSON. STYLING: JENNIFER WILSON. HAIR: JENNIFER WILSON.

EDITOR  
 Ann R. Fishell  
 410.766.5037  
 Phacke@aol.com

Suggestions for cooking for 1 or 2

Modify the measurements on some of your favorite recipes. (table follows)  
Write your changes in pencil on your recipe card.

Take advantage of your freezer. Buy items in bulk, but package and freeze in individual servings. Stock up on single serving foods on sale. Buy vegetables in bags and use portions as needed.

Cook a full recipe, but freeze serving size portions. Meatballs and sauce, a large batch of soup, some casseroles for example. Make a meatloaf, bake half, freeze remainder. Freeze portions of stuffing, twice baked potatoes, rice to make an easy addition to a meal.

Plan 2 to 4 meals from one entrée. Purchase a rotisserie chicken, have the meat and vegetables the first night, use some of the chicken in an Italian dish the 2<sup>nd</sup> night, any left overs work well for soup, ala king or with noodles.

Leftover portions of broth, tomato sauce, paste etc. place in small containers or bags or freeze in ice cube trays, put in bag and freeze for future use.

Small meals - can use left over meats in tortillas with shredded cheese. Fold over and heat in fry pan or bake until cheese is melted. Serve with salsa. Use sautéed or left over vegetables in a fritata.

Make mini pizzas with English muffins

Salads with slices of chicken, ham or steak with some good bread. I like melted brie with almonds and slices of a baguette with fresh fruit.

Buy low sodium products, read the labels. 1 tsp. salt has 2325 mg sodium. A 1" cut brao bagel has 451 mg. of sodium. The body needs 1500 to 2400 mg. of salt a day. It helps to maintain the right balance of fluids in your body. Always remember to drink water.

Shop around the perimeter of your grocery. You will notice that is where you will find the fresh fruits and vegetables, dairy products and meats. More fresh foods you cook yourself and less processed items.

**Onion and Bacon Baked Chicken**  
**Adapted from Guy Fierri by Bill McKenzie**  
**Serves 3**

One large onion sliced  
1/4 lb bacon  
sugar to taste  
5 boneless chicken thighs  
1 clove grated garlic  
Poultry seasoning to taste  
Salt and pepper to taste

Cook bacon till crisp, remove from pan  
Saute onion in oil, cook until well caramelized  
Process onion and bacon in food processor  
Add 1/4 cup water and 1 Tablespoon sugar to taste  
Mix together in processor.

Spray pan with non-stick spray. Place Chicken in pan, Sprinkle with poultry seasoning, salt and pepper to taste. Top with onion, bacon, water, sugar mixture. Cover with foil. Bake at 350° F until chicken is cooked throughout. 30 - 45 minutes.

Note: Since I did not have any bacon, I used a bit of rendered bacon fat I had in the freezer.

You could use chicken breast rather than thighs, just alter the cooking time.