

# TEXAS A&M AGRI LIFE EXTENSION

## County Extension Agents

Fallon Foster, M.P.H.  
Family & Community Health  
County Coordinator

Office 409-882-7010



## County Judge

Dean Crooks

## Commissioner Precinct 1

Johnny Trahan

## Commissioner Precinct 2

Theresa Beauchamp

## Commissioner Precinct 3

John Gothia

## Commissioner Precinct 4

Robert Viator



Scan and go directly to  
our AgriLife website  
[orange.agrilife.org](http://orange.agrilife.org)

# Orange County AgriLife Newsletter February 2019



## Presidents Day

Story by Andrew Frinkle



Presidents Day is on the third Monday in February. This day celebrates the great leaders of our country.

George Washington and Abraham Lincoln are two of our most popular presidents. They were both born in February. Their birthdays are right around this holiday. You might recognize their faces from money or from monuments in Washington D.C.

Presidents Day celebrates not just these presidents, but all of them. They have a difficult job! They have to make very hard choices for our country. On this day, we honor them and the work they do for us.

Office closed Monday, February 18th

Holiday Reading Comprehension Stories

www.HaveFunTeaching.com

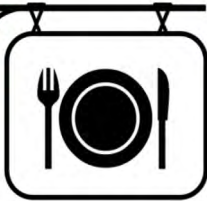


Orange County  
Texas A&M AgriLife Extension

Scan and go directly to  
our Facebook page

## Family & Community Health

Texas Department of State Health Services accredited food handlers program



### FOOD HANDLER'S Training Class

February 19th  
May 21st  
August 20th  
November 19th  
6 pm to 8 pm

\$20 per person paid  
day of class  
Make check or money  
order  
payable to  
FPM Account 230202  
No cash accepted



To PRE-REGISTER Call  
409-882-7010  
Class will be held at  
AgriLife Extension Office  
11475 FM 1442 Orange



This class is recommended for all food service employees to  
help promote the service of safe food.



Class taught by  
Fallon Foster, M.P.H.  
Family & Community Health Agent



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.



### Fresh Start to a Healthier You



Come join us and learn about  
tips on:  
saving money at the grocery  
store, food safety, & meal  
planning



Location:

Raymond Gould Community Center  
385 Claiborne St, Vidor, TX 77662

Dates: Tuesday, February 5th, 12th, 19th,  
& 26th

Time: 6PM-7PM

To register for the class contact  
Tommy Byers at 409-882-7010



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. The Better Living for Texans and Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, national origin, age, disability, genetic information, or veteran status.



### Certified Food Managers Two Day Course with Test



February 27th—28th Registration Deadline: February 15th  
May 29th—30th; Registration Deadline: May 17th  
August 28th—29th; Registration Deadline: August 16th  
November 20th—21st; Registration Deadline: November 8th

Classes are held 9 am to 5 pm each day

Fallon Foster, M.P.H.  
County Extension Agent  
Family & Community Health  
will conduct the course and  
exam at the Extension office  
11475 FM 1442 Orange,  
409-882-7010.



Must pre register by obtaining the  
registration form from  
<http://foodsafety.tamu.edu>

Must submit payment of \$125 per person  
payable to FPM Account 230202 along with  
registration form to FPM prior to deadline  
dates.



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## Family & Community Health

**COOKING  
CLASS  
FOR ADULTS**

**WITH ROCKY**

SATURDAY, FEBRUARY 23 @ 10 AM  
\$25  
(DUE BY FEBRUARY 15th)

TEXAS A&M AGRILIFE EXTENSION  
11475 FM 1442, ORANGE, TX

3 COURSE MEAL  
DOOR PRIZES!  
HAVING FUN WHILE COOKING HEALTHY RECIPES  
MYSTERY BOX INGREDIENTS

*Make your reservation today!*  
409-882-7010  
CLASS LIMITED

TEXAS A&M  
AGRILIFE  
EXTENSION

## ORANGE COUNTY MASTER GARDENERS



### Plant Sale

**Saturday, March 23**

**8 a.m. – 1 p.m.**

*Gates open at 7 a.m.*

*Annuals, perennials, fruit trees,  
natives, bulbs, lilies  
Texas SuperStars, succulents,  
Vegetable and Herb plants  
Tropicals, houseplants,  
Hard to find and unique plants*

*Vendors offering gardening  
and other craft items*

**Jewel Cormier Park**



**8235 FM 1442**

**Orangefield**

*(Between RR tracks and St. Helen  
Catholic Church)*

**Rain or Shine – Covered Pavilion**

**HAPPY  
Valentine's  
DAY**

  **Facts About  
George Washington**

1. He was the first president.
2. He was born in 1732.
3. He was called "The Father of our Country".
4. He was commander of the army.
5. His face is on the quarter & one dollar bill.
6. He never lived in the White House.
7. The Washington Memorial was built in his honor.

**DID YOU KNOW?**  
WHEN YOU PUT A SNAKE PLANT IN YOUR ROOM...

**Holistic Ali**

YOU HAVE A NATURAL AIR PURIFIER. THESE PLANTS EMIT OXYGEN AT NIGHT, IMPROVING THE AIR AROUND YOU SO THAT YOU SLEEP BETTER.



## Family & Community Health



### Be Well, Live Well: A Program on Healthy Aging

#### Learn How To:

- Reduce your risk for disease
- Engage in a healthy lifestyle

#### **Be Independent, Eat Well**

Learn which nutrients you need more of as you age, how to support cognition through food, and more!

#### **Be Able, Read the Label**

Find out how to use the nutrition facts label as tool to help you maintain a healthy eating pattern.

#### **Be Safe, Eat Safe**

Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!

#### **Be Creative, Plan Meals**

Find solutions to eating alone and learn how to plan meals for small households.

#### **Be Fit, Move More**

Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.

#### Sessions Start:

| March 4, 2019 | 6PM | Orange County Event and Expo center Orange, TX 77630 |

#### For more information contact:

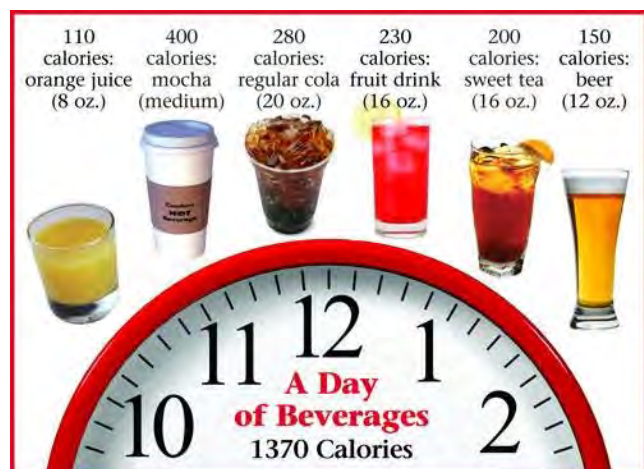
Tommy Byers

409-882-7010

Tommy.Byers@ag.tamu.edu

TEXAS A&M  
AGRI LIFE  
EXTENSION

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### MAKE THE SWITCH!

Find a healthy eating style that works for you by making small changes to your snack choices.

The #MyPlateMyWins for Snacks video features small changes you can make to the foods you typically snack on.

USDA TEXAS A&M AGRILIFE EXTENSION



#### Discussion Topics:

- Exercise Tips
- Beneficial Food
- A Healthier Body & Much More

Join us Wednesday in March  
and April

(March 6, 13, 20, 27 April 3, 10, 17, 24)

Beginning at 9 AM

Raymond Gould Community  
Center Gazebo  
385 Claiborne St. Vidor, TX

For Questions or to R.S.V.P  
Call: 409-882-7010



TEXAS A&M  
AGRI LIFE  
EXTENSION

BETTER LIVING  
FOR TEXANS  
TEXAS A&M AGRILIFE EXTENSION



## Family & Community Health

### FREE 5 Class Series Do Well, Be Well with Diabetes



**6 pm to 8 pm**  
**March 14th, 21st, 28th,**  
**April 4th, & 11th**



Join us in learning  
 how to prevent and  
 control your type 2  
 diabetes, eat  
 healthy and much  
 more to control your  
 diabetes.

Texas A&M AgriLife  
 Extension  
 Orange County  
 11475 FM 1442, Orange, TX 77632

Call the AgriLife Office for  
 your reservations.  
**409-882-7010**

TEXAS A&M  
**AGRI LIFE**  
 EXTENSION



### MYTH

Because fruit has sugar, people with diabetes can't eat it.

### FACT

People with diabetes can eat fruit as one of their carbohydrate choices. Try a cup of berries loaded with vitamins and fiber for dessert.



### MYTH

"You're too young or skinny to have diabetes."

### FACT

Diabetes can affect a person of **any** age or weight.



## Seed Saving with Claire Smith

Tuesday  
 March 26th, 2019

6:00 p.m.

Orange County  
 Convention And  
 Expo Center  
 Orange, TX  
 11475 FM 1442  
 Orange, Texas 77632



**Hands-on  
 Demonstration!**

Learn  
 Why to save seeds?  
 What seeds can I save?  
 How to store the seeds?

Call 409-882-7010 to  
 save your spot!

TEXAS A&M  
**AGRI LIFE**  
 EXTENSION

## Agriculture/Natural Resources

### Myrtle Murder DON'T DO THIS!!!



I know you see it done all over town, but **DON'T DO IT!!!!**

I am talking about trimming Crepe Myrtles all at the same level, leaving years of “nubs” that distract from the beauty of the tree. The tree sprouts at this level of pruning year after year leaving multiple “nubs” from repeated trimming. This type of pruning is called **“Myrtle Murder”** or **“Crepe Rape”** which indicates that it is bad.

Myrtle Murder is bad for several reasons:

1. Beautiful trees become ugly with unattractive “fists” where branches sprout.
2. It prevents the pretty mottled bark on maturing trunks.
3. Skinny branches sprout from the cut ends that are too weak to hold up flowers.
4. Crepe Myrtles are trees, not shrubs!

#### When and how to trim correctly

1. Late winter is the ideal time to prune.
2. Trim suckers coming up from the base.
3. Trim all higher branches growing toward the center of the tree.
4. Trim all crossing, rubbing and dead branches.
5. Trim branches growing at awkward angles that detract from the tree's beauty.
6. Always cut back to a larger branch of the trunk. Don't leave stubs.

Do this and you will have a beautiful Crepe Myrtle for years to come.

Sandra Hoke, Certified Texas Master Gardener



*Texas is home to more  
species of birds and  
reptiles than any  
other state*

*THE EARTH HAS  
Music  
FOR THOSE WHO  
listen.*  
—WILLIAM  
SHAKESPEARE





## Agriculture/Natural Resources

### ORANGE COUNTY MASTER GARDENERS MONTHLY MEETING Public Welcome

Monthly Meeting is held on the 2nd Thursdays of each month. Starting at 6 pm with a meal social till 6:30 followed by their business meeting and monthly presentation. The public is welcome to visit any of the meeting. The meeting is held at the Orange County Convention and Expo Center, 11475 FM 1442 Orange. If you have further questions about the Orange County Master Gardens contact the Texas A&M AgriLife Extension Office at 409-882-7010.

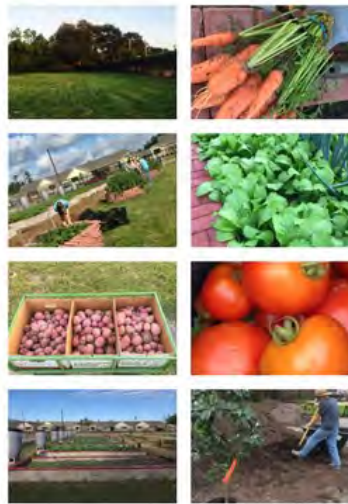


**Call or stop by the AgriLife Extension Office**

**Tuesdays & Thursdays 10am-2pm**

**Or call and talk with our Master Gardener on the MG Hotline, 409-745-9708,**

**You can also call the office Monday-Friday 882-7010 and leave a message for the Master Gardener .**



W I S H  
Y O U  
W E R E  
H E R E

**Volunteer**  
@

**The Field of Plenty**

2120 Wickard  
thefieldofplenty@gmail.com  
Email Us Today!

Saturday January 19th , 5 of the Orange County Master Gardeners, worked at the EX-PO Center pulling weeds on the south side of the front of the building. Hopefully you will notice a difference. AgriLife appreciates our Orange County Master Gardeners for all they do to keep Orange County Beautiful.



## 4-H/Youth Development



### **Dusty Trails 4-H & Clover Kids Club**

1st Tuesday

6pm @ 4-H Office

Chesley Walters 409-781-0946

Tommy Byers 409-216-9865

### **Adult Leaders Association**

2nd Monday @ 7 pm

4-H Office

### **Mighty Pirates 4-H**

2nd Tuesday @ 7 pm,

Vidor Junior High Cafeteria

Tammy Glawson 409-474-2811

Franny Woods 409-330-7024

### **Boots & Bridles 4-H Horse Club**

3rd Monday

6 pm @ T2 Arena

Nicole Kepley 409-779-5521

### **All Hearts 4-H Homeschool Club**

3rd Monday

1 pm @ 4-H Office

Tammy Swindell 409-239-6026

### **Clay Busters Shooting Sport**

Meetings—3rd Tuesday

6 pm 4-H Office

Tuesdays Shooting practice 6 pm

Orange County Gun Club

Robert Caffey 409-767-6222

robert.caffey@kodiakgas.com

### **County Council**

4th Monday @ 4-H Office

6:30 pm

## My 4H project

### **Dog Project**

2nd Monday @ 6pm

4-H parking lot—bring dogs along with a water bowl

2nd Thursday @ 6 pm

Classroom - no dogs

4-H Office

### **Food & Nutrition**

3rd Tuesday

6 pm @ 4-H Office

### **Clothing & Textiles**

4th Tuesday

6 pm @ 4-H Office

### **Livestock Judging**

Every Thursdays

(March will depend on the Fair)

6:30 pm @ 4-H Office

**(Do not have to own an animal to participate)**

## 4-H FAMILIES

Please be sure to check your email and or the AgriLife Facebook page daily. If there is a change to a meeting or project it will be sent out through email and facebook.

Thank you!



## 4-H/Youth Development



**IMPORTANT**

**NOTICE**

**.....PLEASE READ**

### 4-H Eligibility for Major Shows and South Texas State Fair

It is **YOUR** responsibility to make sure your school has your eligibility a week in advance of the event. You need to contact the 4-H office if you are needing an eligibility form.

### South Texas State Fair- Beaumont

March 21st—March 31st

**RABBIT ENTRY  
DEADLINE FEB 4th**

### SHOW DATES

Lamb & Goat Show—  
March 21st

Poultry Show—March  
22nd

Rabbit Show—March 23

Swine Show & F-1- March  
24th

Steer Show—March 26th

### AUCTION

Poultry & Rabbits—March  
27th

Lambs, Goats, F-1 &  
Steers-March 28th



**South Texas State Fair**

**Photography Contest Deadline**

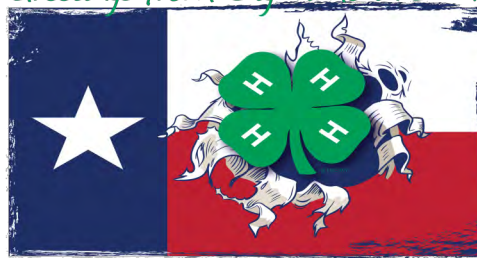
**At the YMBL Office is**

**Monday, March 11th**

**Contest is opened to Youth & Adults.**



*Greetings from Big Time in D-9*



*Southeast District 9 4-H Roundup*



**Big Time in D9 Roundup**

**May 2nd, 3rd and 4th**



**Conroe Texas**

## 4-H/Youth Development

### February 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Office Deadline for YMBL Rabbit Entries	5 Dusty Trails 6pm	6	7 San Antonio Livestock Show Begins Livestock Judging 6:30 pm	8 Roaster Pickup at YMBL Ofc 4pm–6 pm bring a box for birds 	9 Sabine River Ford Rodeo & Livestock Show
10	11 Dog Project 6pm ALA 7 pm Adult Leaders 7 pm	12 Mighty Pirates 7pm	13	14 Dog Project 6 pm–Livestock Judging 6:30 pm <i>Valentine's Day</i>	15	16 Deweyville Prospect show
17	18  Office Closed	19 Clay Busters 6 pm Food & Nutrition 6pm	20	21 Livestock Judg- ing 6:30 pm	22	23
24 San Anto- nio Livestock Show ends	25 Houston Livestock Show Begins County Council 6:30pm	26 Clothing & Textiles 6pm	27	28 Livestock Judg- ing 6:30 pm		

### March 2019 4-H Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Closed	2
3	4	5 Dusty Trails 6pm	6	7	8	9
10 	11 YMBL Photog- raphy Contest Dead- line Dog Project 6 pm	12 Mighty Pirates 7 pm	13	14 Dog Project 6 pm  Livestock Judging 6:30 pm	15	16
17 	18 All HEART 1 pm Boots & Bridle 6pm	19 Clay Busters 6 pm Food & Nutrition 6 pm	20	21 South TX State Fair Begins Lamb & Goat Show	22 STSF–Poultry Show	23 STST Rabbit Show
24 STSF Swine & F- 1 Show	25 County Council 6:30 pm	26 STSF Steer Show Clothing & Textiles 6pm	27 STSF Auction Poultry & Rabbits Houston Ends	28 STSF Auction Lamb, Goat, Swine, F-1 & Steers	29	30
31						



## Family & Community Health



Failing to plan is planning to fail, and New Year's resolutions are no exception, according to a Texas A&M AgriLife Extension Service expert.

"Three reasons people don't keep their New Year's resolutions are that the resolution isn't realistic, a person expects an unrealistic benefit from the desired resolution or the person wasn't prepared to make the change," said Dr. Jenna Anding, AgriLife Extension nutrition specialist, College Station.

"Statistics also suggest that those who do make a resolution are not very successful at keeping them," she noted. "But that's not to say resolutions don't work. In fact, those who make resolutions do tend to have more success at changing behaviors compared to those who don't make resolutions."

Anding said the best way to approach successful resolution-making is for people to first list the three behaviors they most want to change, such as eating better, saving money or exercising more.

The next step is to make a plan and come up with a series of smaller, attainable goals to work toward the final goal, she said.

Anding said improving eating habits is usually one of the top New Year's resolutions, but that resolution should also be taken in smaller bites. "It's best to break this into mini-goals such as committing to eating one more vegetable or fruit each day," she said. "Other mini-goals might include eating out no more than two times a week, bringing a healthy lunch to work at least three days a week, drinking water instead of soda and eating no more than two fried foods per week."

"Make a contingency plan for obstacles such as bad weather when you aren't able to exercise outdoors — or if you find yourself in a restaurant that has limited healthy food choices," she said.

Anding said it is important to choose and write down a specific date on which to begin the desired behavior change. Finally, Anding said, those who meet their goals should plan a way to reward themselves along the way.

AgriLife Today



sugar  
Green, gold, and purple colored granular sugar

### Ingredients:

1/2 cup sour cream  
1/3 cup water  
1 tablespoon vanilla extract  
2 eggs  
1 egg yolk  
3 tbsp. butter  
3 1/4 cups almond flour  
1/3 cup granular sugar  
1 tsp. baking powder  
1/4 tsp. salt  
1 8 oz. pkg light cream cheese  
1/2 cup confectioners sugar  
1 tsp. vanilla extract  
1/3 cup 2% milk  
1/2 cup confectioners

### Directions:

1. Preheat oven to 325 degrees.
2. Line an 8 x 8 pan with non-stick aluminum foil.
3. In a large mixing bowl, combine sour cream, water, vanilla extract, eggs, egg yolk, and butter. Beat with hand mixer on low for 2 minutes.
4. Turn off mixer and slowly add dry ingredients – almond flour, granular sugar, baking powder and salt. Combine with spatula. Beat for 2 minutes on low or until all ingredients are combined. Place aside.
5. In a small bowl, combine light cream cheese, 1/2 cup of confectioners sugar, and vanilla extract. Beat on low speed for 2 minutes.
6. Layer 1/2 flour mixture, cream cheese mixture, and 1/2 flour mixture in pan.
7. Place in oven and bake for 35-45 minutes OR until set.
8. While cooling, mix milk and confectioners sugar in a small bowl. Pour glaze on cheesecake.
9. Sprinkle with colored sugars.
10. Serve!

YIELD: 24 bars

### Nutrition Facts per Serving:

Calories: 160. Fat: 14g. Saturated fat: 14g. Cholesterol: 30mg. Sodium: 25mg. Carbohydrate: 5g. Fiber: 2 g. Sugar: 1g. Protein: 6g. Carb count exclude sugar alcohols. New carb count is determined with the equation total carbohydrate – total fiber – sugar alcohol.

## Agriculture/Natural Resources



### Winter Gardening Tips



While winter might not seem like a natural time for gardening, there are plenty of things you can do to prepare for spring. In some parts of Texas you can even start planting soon, and you'll have your next harvest before you know it. Winter is also a great time to start seedlings, prep your soil, and plan your spring garden. Here are some tips to engage your green thumb while the temperatures are still cold.

#### Plant What You Can Now



Timing is everything when it comes to gardening. For maximum success, carefully choose your plants with the calendar and your geographical region in mind. In some areas of Texas, plants such as asparagus, broccoli, potatoes, sugar snap peas, beans, corn, and watermelons can be started mid-winter, after the chance of hard frosts have passed. Some resources to help you get started are:

The Texas A&M AgriLife Extension's Easy Vegetables to Grow guide can help you pick some crops if you're new gardening.

Texas is a large state with a widely varied climate, so not all planting seasons happen at the same time. To know what grows best near you, contact the AgriLife office for a planting guide, which details the dates and regions that vegetables and fruits can be planted.

#### Prepare the Soil



Getting to know your soil will help you choose plants that will do well in your yard and improve the quality of your soil to accommodate different varieties. Winter is an ideal time to fine-tune the shape, texture, density, water capacity, and nutrient content of your soil. Learn more about what your soil needs in this AgriLife Soil Preparation guide.

If you're feeling handy, you can construct raised garden beds. These allow you to control your soil's mineral makeup, drainage, acidity, and aeration, all of which make for healthier plants.

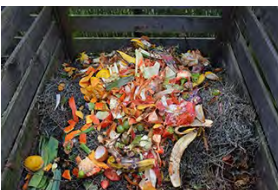
AgriLife has a guide to Raised Garden Beds to help you get started.

#### Speed Things Up with Seedlings



Starting seeds to transplant into the garden is a great way to get a jump on the season. Start with a rich, loose, sanitary planting medium—any small container with some drain holes punched in the bottom will work. Or even better, repurpose old containers destined for the trash or recycling. Plant your seeds and pay attention to their watering, temperature, and sunlight needs. Your seedlings will be ready to take root in the garden by the time warmer temperatures arrive. See the Earth-Kind Guide Timely Tips on Starting Seedlings at Home for detailed instructions to give your garden a head start.

#### Compost for Nutritious Soil



You can create a nutritious supplement to mix into your plants' soil by composting your food scraps. Additionally, you'll send less waste into landfills. You can compost outdoors with a simple bin made from repurposed materials, or with a sophisticated barrel unit. If you don't have the outdoor space for composting, consider an indoor system, which can be clean and odorless if done correctly. Look up the AgriLife guide to composting with worms (called vermicomposting) to get started.

Additional gardening information can be found at: [aggie-horticultural.tamu.edu](http://aggie-horticultural.tamu.edu)



## Family & Community Health

### Sheet Pan Smoked Sausage, Apple, and Root Veggie Dinner

- 1 (12-ounce) package Smoked Sausage, cut in 1/2" bias-cut slices
- 8 ounces baby carrots
- 8 ounce brussels Sprouts, halved
- 1 small red onion, peeled and cut into 8 wedges
- 2 teaspoons chopped rosemary
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 1 medium Honeycrisp apple, cut into 12 wedges
- 1 lemon, halved
- 2 tablespoons chopped parsley



1. Place a large baking pan in oven. Preheat oven to 450°F.
2. Toss carrots, Brussels sprouts, onion with oil, rosemary, salt, and pepper in a large bowl. Arrange vegetable mixture and sausage on preheated pan in a single layer. Bake in preheated oven until just tender, about 20 minutes.
3. Preheat broiler to high. Add apple to pan; broil until apple is tender and vegetables are slightly caramelized, 5 to 6 minutes. Remove pan from oven. Squeeze lemon over pan and sprinkle with parsley.

Serves 4

#### Nutrition Facts

Per Serving; 435 calories, 34.6g fat; 23.8g Carbohydrates; 13.5 g protein; 52 mg cholesterol; 1306 mg sodium.

Allrecipes.com

### Tamale Pie—Serves 8-10

- 1 pkg yellow cornbread mix
- 1 14-oz can cream corn
- 1 lb. lean ground beef
- 1 pkg. taco seasoning
- 1 yellow onion, chopped
- 1 4-oz. can diced green chilies
- 1 15-oz. can enchilada sauce
- 2 cups sharp cheddar, shredded



for 20 minutes.

5. Combine beef, taco seasoning, onion and green chilies in a large skillet to brown.

6. Switch oven temp to 350 degrees after cornbread is finished baking.

7. Stir enchilada sauce into meat mixture.

8. Once cool to touch, crumble cornbread and press it to bottom of the baking dish.

9. Pour meat over cornbread.

10. Sprinkle with shredded cheese.

11. Bake for 20 minutes

12. Serve warm

1. Preheat oven to 400° F.
2. Mix cornbread per package directions.
3. Add cream corn and stir well.
4. Pour into a prepared 9x13 baking dish and bake

Tabletop.texasfarmbureau.org

## Black Bean Salsa with Pineapple

Serves 6 (about 6.5 ounces)

- 1 (15 oz) can low sodium black beans, drained and rinsed
- 1 (15 oz) can pineapple tidbits in natural juice, drained but reserve juice
- 1 cup diced bell pepper
- 6 green onions, thinly sliced
- 1/4 cup cilantro leaves, chopped
- 1/4 cup canola oil
- 1 seeded jalapeno pepper, minced

Combine all ingredients in a bowl. Toss and serve

Calories 140, Total fat 2.5g, Cholesterol 0mg, Sodium 100mg, Carbohydrates 24g,  
Dietary Fiber 8g, Sugar 10g, Protein 5g.

