

# Eastland County

Family & Community Health  
Newsletter

February 2021



TEXAS A&M  
**AGRILIFE**  
EXTENSION

## Chipotle Chicken Taco Salad

### Dressing

- 1/3 cup chopped fresh cilantro
- 2/3 cup fat-free sour cream
- 1 tablespoon minced chipotle chile canned in adobo

### Sauce

- 1 teaspoon cumin ground
- 1 teaspoon chili powder
- 5 teaspoons fresh lime juice
- 1/4 teaspoon salt

### Salad

- 4 cups shredded romaine lettuce
- 2 cups roasted boneless, skinless chicken breast chopped
- 1 cup cherry tomatoes halved
- 1/2 cup diced peeled avocado
- 1/3 cup thinly vertically sliced red onion
- 1 (15- ounce) can low sodium black beans, rinsed and drained
- 1 (8 3/4-ounce) can no-salt-added whole-kernel corn, rinsed and drained

To prepare dressing, combine first 7 ingredients, stirring well.

To prepare salad, combine lettuce and remaining ingredients.

Drizzle dressing over salad; toss gently to coat. Serve.



**PRESSURE CANNER TESTING AVAILABLE**

**CALL 254-629-2222**



## A Healthy Heart in the Time of COVID-19

For those with heart conditions or other medical conditions that may weaken your heart, keeping your heart healthy and protected during a pandemic is important. Cholesterol and blood pressure issues, as well as arrhythmias or cardiomyopathy, are heart conditions that can make contracting COVID-19 more serious.

Your heart is the most "essential" worker you have. It beats more than 110,000 beats a day and pumps about 2,000 gallons of blood throughout your body. This fist size muscle is so important, it only makes sense to keep it healthy and happy. To help support and improve your heart, try some simple changes that everyone can make.

### Variety and Veggies

Eating balanced and nutritious meals daily can help you reduce sodium and sugar intake, helping to maintain or lose excess weight, manage your blood pressure, control cholesterol. The nutrient dense foods that we consume help in providing those vitamins that support our bodies. Eating a colorful variety of fresh fruits and vegetables helps to support our health and our immune systems. Try new recipes throughout the week to add variety and enhance enjoyment. Visit [www.dinnertonight.org](http://www.dinnertonight.org) for delicious and healthy recipes that are lower in calories, saturated fat, and sodium.

### Keep Moving

Staying physically active can also improve and support your heart. It strengthens your heart so that it can efficiently pump blood throughout the body. A stronger heart also helps to keep your blood pressure under control. Try to take a brisk walk outdoors daily or keep active around the house; not only are you keeping social distance, but improving circulation to help reduce stress.

### Mask, Hands, & Distance

Always remember to follow the CDC guidelines for COVID-19. Wash your hands frequently, continue to wear a mask, stay six feet apart from others, and avoid large crowds. For more information contact your local Texas A&M AgriLife Extension Office at 254-629-2222 and check out our COVID-19 hub of Extension resources at <https://agrilifeextension.tamu.edu/coronavirus>.



To receive newsletter call (254) 629-2222

email [amy.obrien-glenn@ag.tamu.edu](mailto:amy.obrien-glenn@ag.tamu.edu)

**Choose the one date and time that works best for you!**

Hear from cardiology specialists, testimonies from real Texans, and the latest heart health information to stay healthy, brought to you by Texas A & M AgriLife Extension.

**TEXAS A&M AGRILIFE EXTENSION** **Seton Medical Center Harker Heights**  
**Living Heart Healthy**  
February 4 6:00 p.m. - 7:20 p.m.  
Celebrate a Heart Healthy Month with Texas A&M AgriLife Extension Service and Seton Medical Center Harker Heights  
Join us online for an informative program beginning with a heart to heart testimonial. Featured speakers include Michael Moore, RN and Cindy Romero, RN with SMCHH Cath Lab.  
AgriLife Educators will provide health and wellness information  
Registration fee \$10 - Virtual online via Zoom  
<https://www.eventbrite.com/e/heart-strong-tickets-135768552395>  
Call Amy O'Brien-Glenn at 254-629-2222 or Jackie McLaughlin at 254-933-5305

**Be Active Eat Healthy Stress Less Don't Smoke**

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.

**TEXAS A&M AGRILIFE EXTENSION** **Seton Medical Center Harker Heights**  
**Living Heart Healthy**  
February 16 12:00 p.m. - 1:20 p.m.  
Celebrate a Heart Healthy Month with Texas A&M AgriLife Extension Service and Seton Medical Center Harker Heights  
Join us online for an informative program beginning with a heart to heart testimonial. Featured speakers include Michael Moore, RN and Cindy Romero, RN with SMCHH Cath Lab.  
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Registration fee \$10 - Virtual online via Zoom  
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