

**WTNS Radio OSU Extension Update for March 11, 2019**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll continue our conversations on nutrition as March is National Nutrition Month!

The Academy of Nutrition and Dietetics has some great advice on adding flavor to food without adding a lot of unneeded calories. Cooking at home can be healthy, rewarding and cost-effective. According to research (that should come as no surprise to anyone) taste tops nutrition as the main reason why Americans buy one food over another. The foods you enjoy are likely the ones you eat the most, so make taste a kitchen priority when preparing nutritious, satisfying meals.

To maximize food's flavor and nutrition, start with high-quality ingredients. This doesn't mean they have to be the most expensive foods, just fresh or properly stored. It's important to handle and store foods properly, because poor storage destroys flavor and quality.

Overcooking can destroy flavor and nutrients. From a food safety standpoint, we often preach about cooking foods to avoid foodborne illness. But this doesn't mean you have to cook everything to death! You should cook to retain nutrients, flavor, color, texture and overall appeal. Cooking can't improve poor-quality foods, but it can definitely enhance the flavors of high-quality foods.

Try these seven simple techniques to enhance flavor and experiment with flavor combinations.

1. Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling, which help to brown meat and add flavor. Just don't overcook, burn or char meat.
2. Grill or roast veggies in a very hot (450°F) oven or grill for a sweet, smoky flavor. Before popping them into the oven, brush or spray lightly with high-heat oil (like soy oil, otherwise known as vegetable oil) and sprinkle with herbs.
3. Caramelize sliced onions to bring out their natural sugar flavor by cooking them slowly over low heat in a bit of oil. Use them to make a rich, dark sauce for meat or poultry.
4. Pep it up with peppers! Use red, green and yellow peppers of all varieties — sweet, hot and dried. Or, add a dash of hot pepper sauce.

5. Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.
6. Use small amounts of ingredients with bold flavors such as pomegranate seeds, chipotle pepper or cilantro.
7. Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, and salsas of all kinds.

Hopefully one of these tips will inspire you to add a little more flavor to one of your meals this week.

There are just three spots remaining for the OSU Extension Dining with Diabetes program, a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers. The program includes sampling healthy foods and discussion with a registered dietitian or certified diabetes educator about skills to manage diabetes.

Dining with Diabetes will be held on Monday evenings in April from 5:30-7:30 pm at Roscoe United Methodist Church. The total cost of the program is \$20 per person. To register visit [coshocton.osu.edu](http://coshocton.osu.edu) or contact OSU Extension at 740-622-2265.

I also want to make everyone aware of the upcoming 6th Annual East Ohio Women in Agriculture Conference. The conference will be Friday, March 22 from 9:00 a.m. – 3:30 p.m. at the RG Drage Career Technical Center in Massillon. All women and young women (high school age) who are involved with food, agricultural, or natural resources production or small business are encouraged to attend.

The conference program features breakout sessions focused around five themes: Business & Finance, Plants & Animals, Communication, Home & Family and Special Interest. The keynote address will focus on the effects of stress on farm families and how to best “Weather the Storm in Agriculture.”

Cost of the conference is \$55 for adult participants and \$30 for students. Deadline for registration is this Friday, March 15. For additional information contact OSU Extension.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!