



2025

# Healthy Choices

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**KANSAS STATE**  
UNIVERSITY

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Wildcat District

## Chicken and Dumpling Soup

### Ingredients:

Serves 8

- 2 tablespoons vegetable oil
- 2 cups carrot, chopped
- 1 cup onion, chopped
- 1 cup celery, chopped, including some leaves
- 8 cups chicken broth, fat free, reduced sodium
- 2 cups chicken breast, shredded
- 1/2 teaspoon black pepper
- 1 teaspoon dried thyme
- 2 bay leaves
- 2 cup fresh spinach leaves, coarsely chopped



### For the Dumplings:

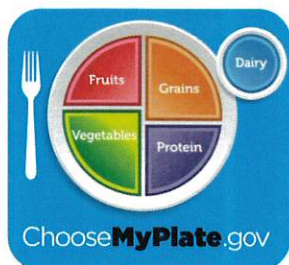
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 3/4 cup skim milk
- 1 egg, large

### Directions:

1. Heat oil in Dutch oven or soup kettle over medium-high heat.
2. Sauté carrot, onion and celery for 5 minutes; stir in broth, chicken, black pepper, thyme and bay leaves.
3. Reduce heat to low; simmer partially covered for 20 minutes.
4. Meanwhile, in small bowl, mix dumpling ingredients until well blended.
5. Drop small spoonfuls of dumpling dough into simmering soup.
6. Cover soup and allow dumplings to cook for about 20 minutes (they will rise to the top of the soup as they cook)
7. Stir in spinach.
8. Remove bay leaves before serving soup.

**Nutrition Information:** Serving size: 1, Calories 243, Total Fat 6g, Cholesterol 54mg, Sodium 534mg, Carbohydrates 30g, Fiber 4g, Sugars 4g, Protein 18g

Source: USDA MyPlate



The holidays are a great time to honor traditions and enjoy some of our favorite meals and foods. As we enjoy and celebrate, it's important to be mindful of the small actions we can take to create a healthier tomorrow! Try adding more vegetables to your holiday plate or going for a walk after a filling meal!



# Healthy Choices-December 2025

## Pasta Frittata with Peas

### Ingredients:

Serves 5

- 4 ounces spaghetti (whole grain, regular or thin)
- 4 eggs (lightly beaten)
- 1/8 teaspoon black pepper and salt
- 2/3 cup cheese (shredded)
- 1 cup peas (frozen, thawed)

### Directions:

1. Preheat oven to 350 degrees F.
2. Cook pasta according to package directions. Drain and place in a 9-inch pie plate that has been sprayed with nonstick cooking spray.
3. Combine eggs, seasonings, cheese and peas. Spread the egg mixture over the top of the spaghetti so the mixture covers the frittata and some of it sinks between the spaghetti strands.
4. Bake for 20 minutes or until a knife inserted near the center comes out clean. Let frittata stand 5 minutes before serving.

**Tomato Variation:** Instead of mixing 1 cup peas with the egg, seasonings, cheese mixture, sprinkle 1 cup of tomatoes evenly over the top of the frittata before putting it in the oven.

**Nutrition Information:** Serving size 1/5, Calories 160, Total Fat 6g, Cholesterol 140mg, Sodium 190mg, Carbohydrates 13g, Fiber 1g, Sugar 2g, Protein 11g



Source: Tefap deliveries publication, MyPlate



## Dates

Dates are a small, highly sweet fruit with a hard pit inside. They grow on trees. They can be eaten raw as a snack or added to other dishes as a sweetener.

Store on the counter in a closed container for several months. Dates can also be stored in the fridge for up to a year.

Remove the pit by cutting the date in half and scooping it out. Enjoy as is or chop and add to salads and other dishes.

Dates are fat free, saturated free, sodium free, and a good source of fiber (1/4 cup provides 12% of the daily value for fiber) Dates also provide 8% of your daily potassium recommendation and 6% of your daily manganese recommendation.

