



Blog of the month – January 2017

Can resolutions be doable and fun? Yes!

For many, making New Year's resolutions brings thoughts of deprivation and unfulfilled plans. So instead of the usual "lose 25 pounds" chatter, we've come up with a list of practical and fun ideas for 2017. Take a look:

- Put the chips away and take a walk instead.
- Treat your tootsies to a pedicure.
- Turn off the smart phone and open a book (yea, the kind with pages and a spine!)
- Volunteer at the local soup kitchen.
- Recycle, recycle, recycle.
- Put the credit card away for a month ... or maybe two.
- Take swing dance lessons.
- Be a Big Brother or Big Sister.
- Open the catchall drawer and start tossing.
- Say "thank you" at least once a day.
- Brown bag your lunches and put the savings away for a rainy day.
- Contact an old school chum (on the phone ... no texting allowed!)
- Shave a minute off your morning shower.
- Take a CPR class.
- Floss your teeth.
- Buy a set of crayons and let your inner artiste go wild.

And of course, we can't finish up this blog without a yummy recipe. Check out the following page for a hardy barley breakfast dish that'll become a family favorite for sure.

Here's to a happy, healthy and delicious 2017

(Now scroll down and get cooking!)

Cheesy Barley Frittata

1 cup pearl barley or whole grain barley
3 cups water
10 eggs
2 cups cottage cheese
1/2 cup all-purpose flour
1 teaspoon baking powder
1/2 teaspoon salt
1 pound shredded Cheddar cheese
1/4 cup shredded Parmesan cheese
1 cup chopped green onions
1/2 cup butter, melted
1 jar (4 ounces) pimento, drained and chopped
5 teaspoons Italian seasoning
Prepared/jarred Marinara sauce

In medium saucepan with lid, bring water to a boil. Add barley; return to boil. Reduce heat to low, cover and cook 45 minutes or until barley is tender and liquid is absorbed. If using whole grain barley, increase cooking time to 50-55 minutes and pour off any unabsorbed liquid after cooking. In blender, whirl together eggs, cottage cheese, flour, baking powder and salt. Pour into large bowl and add cooked barley, cheese, green onion butter, pimento and Italian seasoning. Pour mixture into buttered 13x9x2-inch baking dish. Bake in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F and continue to bake 30-35 minutes longer or until frittata is brown and puffy. Cool slightly and cut into 12 squares. Serve with warm Marinara sauce. Makes 12 servings.