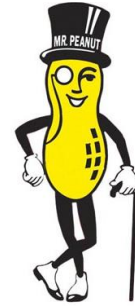


Since March is National Nutrition month and National Peanut month, I must inform you of the great Nutritional value of the Peanut. Peanuts are classified in the meat and protein group because of the fantastic protein value. Peanuts contain about 28% protein, 50% oil and 18% carbohydrates. A serving size of peanut butter is two tablespoons. Peanuts and peanut butter is very versatile in food preparation and cooking. The most popular sandwich for children is peanut butter and jelly. The number one way cooks use peanut butter is in Peanut Butter Cookies. You can use Peanuts and Peanut Butter in hundreds of ways when cooking from salads, entrees, and desserts. During this month experiment and try different ways of using peanuts and peanut butter.

In closing I want to share some facts about that famous icon MR. PEANUT. Mr. Peanut was created by 13 year-old Antonio Gentile in a logo contest held by Planters in 1916. He won the grand prize of \$5.00. His drawing of a peanut person with arms and crossed legs was refined by a professional illustrator who added the top hat, monocle, white gloves and cane.



When I taught Family and Consumer Science in school this was one of my favorite recipes to have the student prepare because of the nutritional value, it makes a good snack and is versatile.

EASY NO BAKE PEANUT BUTTER BALLS

Ingredients:

1 cup peanut butter (smooth)

1 cup graham cracker crumbs (or rice krispies, oatmeal)

1 tablespoon of powdered milk

2 tablespoon butter or margarine

1 cup powdered sugar

1/4 cup corn syrup

1/4 cup semi-sweet chocolate chips, melted (optional), sprinkles (optional)

Directions:

In a large bowl, combine the peanut butter, graham cracker crumbs, sugar powdered milk, butter and corn syrup. Mix until smooth.

Shape the dough into 1-inch balls. Place the dough balls on waxed paper-lined cookie sheets. Drizzle melted chocolate over balls and put sprinkles on top. Or, delete the chocolate and just roll the PB balls in sprinkles. Store in a covered container and refrigerate.

A reminder that the Dinner Tonight Healthy Cooking School is today March 23, 2017 at the Large Community Hall. Doors Open at 5:30 for viewing the vendors and exhibits. The program starts at 6:00-8:00 p.m. with food demonstrations. The Matthies-Bennett 4-H Scholarship Auction is on Saturday April 1, 2017 at Pecos County Coliseum, Fort Stockton, Texas. We will be receiving items at the coliseum on March 29 and 30 from 8:00-5:00, and Friday, March 31, from 8:00-12:00 noon.

If you have questions or would like to share some of your tips for working and living in Pecos County with our readers, please call me at the Pecos County AgriLife Extension Services, 432-336-2541. Make sure you check us out on the web or face book.

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