



# F.A.C.T.S. Newsletter

Fighting Against Cardiovascular diseases Through food Security

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## Pancetta-and-Fig Pasta

Servings: 6

Hands-On Time: 25 minutes

Total Time: 35 minutes



### Ingredients

- 1 (16-oz.) package fettuccini pasta
- 5 ounces thinly sliced Canadian bacon, chopped (about 1 cup)
- 2 shallots, minced
- 1 garlic clove, minced
- ¾ cup heavy cream
- ½ cup freshly grated parmesan cheese
- 12 fresh figs, quartered
- 1/3 cup torn basil leaves

### How to Make It

1. Cook pasta in boiling salted water according to package directions; drain, reserving 1 cup hot pasta water.
2. Sauté' Canadian bacon, shallots and garlic in a large skillet over medium heat 6 to 7 minutes or until bacon is golden and shallots are tender.
3. Add cream, cheese and hot cooked pasta; cook, stirring constantly, 2 to 3 minutes or until cheese is melted. Stir in ¾ to 1 cup reserved pasta water until creamy.
4. Season with salt and pepper to taste. Transfer to a serving dish. Sprinkle with figs and basil. Serve immediately.

Source: <http://www.myrecipes.com/recipe/pancetta-fig-pasta>

*“Exercise is a celebration of what your can do. Not a punishment for what you ate.”*

*-Unknown*

### Three Foods to Help Reduce Belly Fat

1. **Almonds:** Rich in Vitamin E and has high fiber content that will make you feel full and reduce your hunger.
2. **Green Leafy Vegetables:** They are rich in fiber and very low in calories. They will help in preventing water retention.
3. **Avocado:** They are rich in high fiber and have high monounsaturated fatty acids that help in reducing belly fat.

Eat your way to  
5 A Day



## WHAT WE'VE BEEN UP TO!

Bertie County citizens recently participated in a Home Food Preservation class hosted by Bertie County Family & Consumer Sciences Agent, Whitney Watson. The participants made Strawberry Jam from fresh, local strawberries that were purchased from Bertie County 4-H. Participants also learned the importance behind processing canned foods and following the recipes exactly to avoid the risk of foodborne illness.



## Get "Figgy" With it!

Fresh, ripe figs are full of flavor and as tender as the day is long, and thus require very little gussying up. Try these ten quick and easy "recipes"— some sweet for dessert and some savory for appetizers — to make the most of fresh figs when they're in season.

### Easy Fig Recipes:

#### Bacon-Wrapped Figs



Wrap each fig with a piece of bacon (I like to use a slice of bacon halved lengthwise and wrap it around the fig in a spiral - pancetta works nicely here too as long as it is very thinly sliced). Place figs on a baking sheet and broil, turning as needed, until bacon is crisped and browned. Serve hot.

#### Blue Cheese-Stuffed Figs



Make a slit in the side of each fig. Stuff a bit of your favorite blue cheese into the fig - I find softer, creamier blues like gorgonzola dolce work best. Serve as-is, or brush figs with canola or vegetable oil and set in a hot pan or on a hot grill, turning once, cooking until the figs are hot and cheese is melted, about 8 minutes total.

#### Broiled Figs



Lay halved figs on a baking sheet. Brush with a bit of canola or vegetable oil or melted butter. Broil until the fig tops bubble and start to brown on the edges. Serve with sweet or savory dishes. For a super-simple dessert, drizzle figs with honey before broiling and serve with mascarpone, crème fraiche, or ice cream.

Source: <https://www.thespruce.com/quick-fig-recipes-2217623>

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