

Treasure Valley FCS Newsletter Food, Fitness, & Finances

Issue: January/February 2020

Set an Intention vs. Resolution

The new year has begun with January behind us and now we are in the middle of the month February. You like many other people, may have had a lot of energy and momentum in January to make a resolution or set goals for 2020. The new year brings an opportunity to start with a clean slate, let go of the past and focus on something new. Lose a specific amount of weight or save money, whatever the resolution, it was something you were excited about and wanted to accomplish in 2020.

Now it's mid-February and you may find the motivation of the New Year wearing off. You might be re-evaluating your resolutions, making some adjustments and determining what's doable. This can be challenging, some people can do this, while many others abandon their resolutions altogether. I found myself usually to be one of those who abandon their resolutions, until I found a better way.

I recently discovered a new approach to accomplishing my goals, setting intentions versus resolutions. In the past, I used to start each year with a very specific goal, such as, lost 15 pounds by March. Now, instead of getting a specific goal or resolution, I think about what I really want and need more or less of in my life. I still set goals, but in a very different way.

The first step in setting an intention is to really think about what you want in your life. Once you have determined what your intention is, make a statement that relates to your purpose and how it can bring change to your life. For example, instead of saying "I want to lose weight", you might say "I want to be healthy and take care of my body, because I am worth it." This critical first step can be hard as we often set goals, but don't identify the purpose of our goals and the change we want.

After you have your intention statement, you will also need to make some actionable steps. For an example, steps for the above intention could include "I plan to exercise 2-3 times a week and will increase to 3-4 times next month" and "I will pack and eat nutritious lunches every workday."

If your intention is more objective like finding more peace and less stress, then think about how you can integrate these into your life every day. Then take steps to do something each day, for example, you could take a 15-minute walk when stressed at work or do deep breathing for 5-minutes. Using this purposeful approach may give you a sustained energy to continue to work towards the changes you want. For more information and resources on setting your intentions, please visit www.psychologytoday.com/us/blog/the-empowerment-diary/201501/ditch-resolutions-make-intentions-instead



Bridget Morrisroe-Aman

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Extension Educator

Instant Pot Balsamic Pork Tenderloin

Ingredients

- 1-2 pork tenderloins (see note)
- 2 tablespoons olive
- Salt and pepper to taste
- 1 teaspoon garlic powder
- 2 teaspoons dried Italian herb blend (see note)
- 4 tablespoons soy sauce
- 1 cup brown sugar
- ½ cup balsamic vinegar
- 1 cup water
- 2 tablespoons + 4 tablespoons cold water



Instructions

1. Set pressure cooker to SAUTE. Rub tenderloins all over with oil. Season generously on all sides with salt and pepper to taste, then dried herbs and garlic powder.
2. Use tongs to place tenderloins in the pot, turning over every 1-2 minutes until browned on all sides.
3. Whisk together soy sauce, brown sugar, balsamic vinegar, and water and add to the pot. Put the lid on in the locked position with the steam valve closed. Set to PRESSURE COOKER or MANUAL for 15 minutes.
4. When cook time is up, allow to natural release for five minutes, then turn the steam valve to the venting position and remove lid once float valve drops down. Use tongs to transfer pork loin to a cutting board and set aside.
5. Switch pressure cooker to SOUP setting. Once boiling, stir corn starch into the 4 tablespoons cold water until dissolved, then pour into instant pot and stir until thickened to a glaze.
6. Slice tenderloins, then serve with balsamic glaze on top. Extra glaze can be stored in a jar in the fridge up to 2 weeks.

Notes

One large or two small-medium pork tenderloins (1-1 ½ pounds each) work perfectly. You can also do one small-medium tenderloin but will have extra balsamic glaze leftover – you can keep it in a jar in the fridge for up to 2 weeks and reheat in the microwave or on the stove.

In place of the dried herb you can substitute 1 teaspoon dried thyme + 1 teaspoon dried basil + ¼ teaspoon dried rosemary.

Upcoming Classes & Programs

Online Diabetes Prevention Program – Feb. 24
(Please see attached flyer for more details)

For more information about upcoming classes and programs, please contact the UI Extension, Ada County Office at 208-287-5900.


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