

# Mercer County Family and Consumer Sciences Newsletter

## AUGUST/SEPTEMBER/OCTOBER 2024

### IN THIS ISSUE:

**Monthly Recap.....pg 1**  
**August Information.....pg 2-4**  
**September Information.....pg 5-7**  
**October Information.....pg 8-10**  
**SNAP Ed Recipes.....pg 11**  
**Upcoming Dates.....pg 12**



Hello FCS friends! I bet you noticed this newsletter looks a little different! I am going to try something new and do a newsletter every three months. I hope this gives you more heads up on what programs I am offering and more opportunity to get involved at Mercer County Extension. I may like this change and I may not, so I hope you bare with me while I learn and adapt. I want to make my programming accessible for everyone and that means providing plenty of time for you to plan to attend programs. This will also alleviate the stress of rushing to get a newsletter done every four weeks. (As long as I don't forget anything important!) Sometimes it seems as if four weeks goes by in the blink of an eye and I just can't keep up! I hope this change is impactful and helps with class attendance! With all of that being said, right below this blurb please see the QR code/Link that will allow you to complete a survey on what type of programming you are most interested in! I want to bring you the classes you want to take so give me your honest feedback! I appreciate each of you more than you know.

Family and Consumer Sciences Agent,  
Tara Duty

*Tara Duty*

### UPCOMING DATES TO REMEMBER

- November 15th @ 1PM: Fat Quarter Friday
- December 12th: Holiday Day of Fun
- December 20th @ 1PM: Fat Quarter Friday



## Give your opinion!

Scan the QR Code and tell me what programs you would like to see in 2025! Or follow the link provided from your computer or smart phone.

[https://uky.az1.qualtrics.com/jfe/form/SV\\_b9i3Wu6pwJFXiXY](https://uky.az1.qualtrics.com/jfe/form/SV_b9i3Wu6pwJFXiXY)





# Peanut Butter Oatmeal Bites



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

**Nutrition facts per serving:**  
110 calories; 6g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 40mg sodium; 13g total carbohydrate; 2g dietary fiber; 7g total sugars; 2g added sugars; 3g protein; 0% Daily Value of vitamin D; 0% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

**Source:**  
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

- Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
- Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
- Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
- Store in an airtight container. Use within four days or freeze.

**Makes 30 bites**  
**Serving size: 1 bite**  
**Cost per recipe: \$4.44**  
**Cost per serving: \$0.15**

- 1 cup creamy peanut butter
  - 2/3 cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
  - 1/3 cup brown sugar
  - 2 teaspoons vanilla
  - 2 teaspoons cinnamon
  - 2 cups quick oats
  - 3/4 cup dried fruit (cranberries, raisins, apples, dates, etc., or a mixture)
  - 1/2 cup chopped nuts, pepitas (pumpkin seeds), or sunflower seeds (or a mixture)
1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
  2. Preheat the oven to 350 degrees F.
  3. Line two large baking sheets with parchment paper and set aside.
  4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla, and cinnamon until smooth. Add the oats, dried fruit, and nuts, stirring until combined.

## Cooperative Extension Service

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

## MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities accommodated with prior notification.



## Corn and Sweet Potato Confetti Salad

- 3 cups sweet potato, peeled and diced
- 2 green bell peppers, diced
- 1 tablespoon olive oil
- 3 1/2 cups cut fresh corn kernels (7 ears) or frozen corn kernels
- 1 red bell pepper, diced
- 1/2 cup cider vinegar
- 1 small red onion, diced
- 1/2 teaspoon salt

Bring one cup of water to boil in a 2 quart saucepan; add diced sweet potatoes. Cook sweet potatoes 10 minutes or until slightly tender. Drain and set aside. Remove shuck and silk from fresh corn ears; cut kernels from cob. Dice peppers and red onion. Heat olive oil in a large skillet on medium setting; add sweet potatoes and cook until slightly browned. Add peppers; cook 5 minutes; add corn kernels, cooking until tender. Combine red onion and cider vinegar in large bowl; add skillet vegetables; toss and salt to taste. Serve warm or refrigerate for chilled version.

**Yield:** 16, 1/2 cup servings

**Nutritional Analysis:** 70 calories, 1.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 13 g carbohydrate, 2 g fiber, 4 g sugars, 2 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Beefy Stuffed Peppers

- 1 cup uncooked, whole wheat couscous
- 1 small tomato, diced
- 1/2 cup garbanzo beans
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon ground black pepper
- 1 teaspoon salt
- 1/2 cup low fat shredded mozzarella cheese
- 4 large bell peppers
- 1/2 pound lean ground beef
- 1 tablespoon chopped green onion
- 1 tablespoon minced garlic

Cook couscous according to package directions. Preheat oven to 350 degrees F. Combine cooked couscous, tomato, beans, Italian seasoning, pepper, salt and mozzarella cheese in large bowl; set aside. Remove the tops, seeds and membranes from peppers. Cook peppers in boiling water for 5 minutes; drain upside down on paper towels. Cook beef until lightly browned in skillet. Add minced garlic and green onions to beef and sauté until soft. Drain fat. Toss beef mixture into the couscous mixture. Stuff bell peppers evenly with mixture. Place in a lightly greased 9 x 9 inch baking dish. Bake for 15-20 minutes or until peppers are tender and cheese is melted.

**Yield:** 4 servings

**Nutritional Analysis:** 280 calories, 6 g fat, 2.5 g saturated fat, 35 mg cholesterol, 790 mg sodium, 36 g carbohydrate, 7 g fiber, 6 g sugar, 21 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

## Tex-Mex Quinoa Salad

- 2-3 ears shucked corn
- 1 cup quinoa, uncooked (1 1/2 ounce)
- 1 (15 ounce) can black beans, drained and rinsed
- 1 cup fresh spinach, chopped
- 1 cup cilantro, chopped
- 1 cup cherry tomatoes, halved
- 8-10 green onions, thinly sliced
- 1/2 cup feta cheese crumbles
- 1 small jalapeno, seeded, deveined, minced
- 1/2 cup lime juice
- 1 1/2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon honey
- Dressing: Salt and pepper to taste

Fill a large saucepan with water and bring to boil, add corn and cook for 5 minutes or until tender. Cool. Cut corn from cob using a sharp knife. Cook quinoa according to package directions. Whisk together dressing ingredients in a small bowl. Set aside. When quinoa has cooled, add dressing and stir to coat. In a large bowl combine remaining ingredients and add to the quinoa mixture. Cool in refrigerator and serve.

**Yield:** 8, 1 cup servings

**Nutritional Analysis:** 220 calories, 7 g fat, 1.5 g saturated fat, 5 mg cholesterol, 250 mg sodium, 32 g carbohydrate, 5 g fiber, 4 g sugars, 9 g protein.



## Red Potato Salad with Creamy Pesto Dressing

- 2 pounds new potatoes
- 2 large eggs
- 3/4 cup nonfat Greek yogurt, plain
- 1/2 cup prepared pesto
- 1/2 lemon, juice and zest
- Salt and pepper to taste
- 1 medium tomato, diced
- 1 medium red onion, diced

Wash potatoes, chop into 1 inch cubes. In a saucepan, boil potatoes in salted water until just tender, about 10-15 minutes. Drain and cool. Place eggs in a small saucepan. Cover eggs by 1 inch cold water. Bring eggs to boil over high heat. Remove saucepan from burner and cover. Let eggs stand in the water for 12 minutes. Drain, run under cool water and peel. Slice eggs and set aside. In a small bowl, whisk yogurt, pesto, lemon juice and zest. Season with salt and pepper. In a large bowl, combine potatoes, eggs, diced tomato and onion. Gently stir in yogurt mixture. Chill several hours and serve.

**Yield:** 6, 1/2 cup servings

**Nutritional Analysis:** 210 calories, 8 g fat, 1.5 g saturated fat, 0 g trans fat, 60 mg cholesterol, 290 mg sodium, 29 g carbohydrate, 3 g dietary fiber, 5 g sugars, 10 g protein.



## Confetti Chicken Quesadillas

- 1 small green bell pepper, seeded and diced
- 1 small red bell pepper, seeded and diced
- 1 tablespoon hot pepper, minced (optional)
- 1 pound skinless, boneless chicken breast, diced
- 1 (1 ounce) packet fajita seasoning mix
- 1 tablespoon olive oil
- 10 (10 inch) whole-wheat tortillas
- 1 (8 ounce) package reduced fat cheddar cheese, shredded

Preheat the broiler and prepare baking sheet with non-stick spray. Toss the diced chicken with the fajita seasoning and place on the baking sheet. Spread chopped peppers on baking sheet. Place under the broiler and broil until the chicken pieces are thoroughly cooked and no longer pink in the center, about 10 minutes. Brush skillet with oil and heat to medium. Place one tortilla in skillet. Layer half of tortilla with approximately one-third cup chicken and pepper mixture. Sprinkle with 3 tablespoons cheddar cheese. Fold over and flip tortilla to crisp other side. Repeat until all quesadillas have been prepared. Cut each quesadilla into wedges and serve with salsa, if desired.

**Yield:** 10 servings

**Nutritional Analysis:** 270 calories, 10 g fat, 3 g saturated fat, 40 mg cholesterol, 880 mg sodium, 2 g sugar, 23 g carbohydrate, 2 g fiber, 19 g protein



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

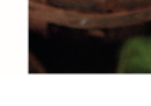
## Greek Style Spaghetti Squash

- 1 spaghetti squash (2-3 pounds)
- 2 tablespoons olive oil
- 1 cup chopped onion
- 1/4 cup chopped green bell pepper
- 2 cloves garlic, minced
- 1 cup fresh spinach leaves
- 1 1/2 cups chopped tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon lemon no-salt seasoning blend
- 1/4 teaspoon salt
- 2 tablespoons chopped fresh basil
- 1/4 cup crumbled low-fat feta cheese

Preheat oven to 350 degrees F. Prepare the squash by carefully cutting it in half lengthwise with a sharp knife and scooping out the seeds. Place on a lightly greased baking sheet, cut-side down and bake for 30 to 35 minutes, or until a sharp knife can be easily inserted into the rind. Remove the squash from the oven and allow to cool. When cooled, use a fork to scrape out the stringy flesh from the shell and place in a colander. Press out as much liquid as possible. Place squash in a medium bowl and keep warm. Heat the oil in a skillet over medium heat. Sauté the onion and bell pepper until tender. Add the garlic and continue to cook 2-3 minutes. Add the spinach; allow to wilt. Stir in tomatoes and cook until tomatoes are heated through. Toss the cooked vegetables with the warm spaghetti squash. Stir in seasonings, basil, and feta cheese. Serve warm.

**Yield:** 8, 1/2 cup servings

**Nutritional Analysis:** 120 calories, 6 g fat, 2 g saturated fat, 5 mg cholesterol, 280 mg sodium, 14 g carbohydrate, 3 g fiber, 6 g sugars, 4 g protein.



## Apple Sage Pork Chops

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion, thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)
- Wash hands with soap and warm water, scrubbing for at least 20 seconds. Gently clean all produce under cool running water. Mix flour, sage, garlic, thyme, and salt together in a small bowl. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash hands after handling raw meat. Heat oil in a large skillet over medium-high heat. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little. Remove pork chops from the pan and set aside. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft. Add apples, and continue cooking until tender, about 2 minutes. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve. Return pork chops to the skillet by nestling them in the pan. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F on a food thermometer. Refrigerate leftovers within 2 hours.

**Yield:** 4 servings. **Nutritional Analysis:** 310 calories, 10g total fat, 1.5g saturated fat, 50mg cholesterol, 660mg sodium, 35g total carbohydrate, 3g fiber, 25g total sugars, 7g added sugars, 22g protein, 6% DV vitamin D, 2% DV calcium, 6% DV iron, 15% DV potassium.

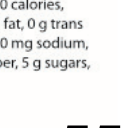
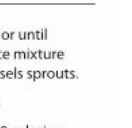
## Sweet and Spicy Brussels Sprouts

- 1 pound (2 cups) Brussels sprouts
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon fresh cracked black pepper
- 1 teaspoon red pepper flakes
- Drizzle: 1/2 teaspoon hot sauce
- 1 tablespoon honey

Preheat oven to 400 degrees F. Wash Brussels sprouts, remove outer leaves and cut each sprout in half. Mix olive oil, sea salt, garlic powder, black pepper and red pepper flakes in a medium sized bowl. Add Brussels sprouts to the mixture and stir to coat evenly. Mix the hot sauce and honey in a small bowl and set aside. Place Brussels sprouts on a greased baking sheet. Bake 30 minutes or until tender. Drizzle hot sauce mixture over top of cooked Brussels sprouts.

**Yield:** 4, 1/2 cup servings

**Nutritional Analysis:** 70 calories, 3.5 g fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 320 mg sodium, 9 g carbohydrate, 2 g fiber, 5 g sugars, 2 g protein.





# OCTOBER PROGRAMS

Lunch N Learn will take place on October 4th at Noon. The program will last around 40 minutes to an hour in length and we will be sampling the October calendar recipe, The Hearty Harvest Bowl, which is located on page 8 of this newsletter. In addition to sampling the monthly recipe I will remake the previous months recipe with your suggestions! As a group we discuss changes we would make to the recipes to encourage you to go home and make this recipe.

The Harvest, Home, and Table Fair is a new program this year! The Mercer County Agent for Horticulture, Jessica, and myself have partnered up to bring the community a fun and free fall event. We hope this event grows and gets better every year so come out and make this first year a success for us! If you have entered in Floral Hall then you are familiar with the process of showing your items and this event will be very similar with a Fall theme. Item check in will be from 1PM-3PM on Thursday, October 3rd. Exhibit viewing will take place on October 4th from 8AM-4:30PM. Item check out will be on Monday, October 7th from 9AM-3PM.

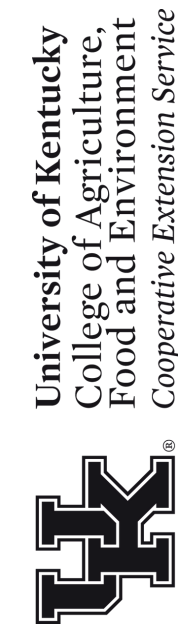
Wits Workout will take place on Friday October 11th and Wednesday, October 30th at 10AM. This program consists of puzzles, riddles, rhymes and pop culture questions to target the seven pillars of brain health. This program is great for aging adults but is equally as fun for all adult ages! Grab a friend and come out to see what this program is all about! I can't wait to challenge your mind!

**NEW PROGRAM ALERT!** A new series I am starting is called FAT QUARTER FRIDAY and this is a sewing series where I will teach simple sews made out of a fat quarter (or 2)! I am so excited for this program to take off and I hope you will join in on the fun! Please RSVP by calling the extension office EVERY MONTH that you want to participate. Our first Fat Quarter Friday will be October 18th at at 1PM. I will be showing you how to make a fabric basket. Supplies provided but you are welcome to bring your own machine if you want, and even your own fat quarters. For this project you will need two fat quarters they can be the same or coordinating.

Bingocize is in full swing at the Mercer County Public Library on Tuesdays and Thursdays from 10AM-11AM. This months dates are as followed: October 1st and 3rd, 8th and 10th, 15th and 17th, 29th and 31st. We are skipping the week of October 20th through the 26th as I will be out of town for a training but I expect to hear how to stayed active at home! If you haven't made it out to Bingocize yet, we would still love to have you! Come give it a try and see how you can get active while having fun!



## AUGUST 2024



SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
				• Interagency @ 12PM	• Lunch N Learn 12PM	
				8	9	10
				• Summer Open House 5-7PM	• Bingo @ Senior Center	
				15	16	17
					• Bingo @ Senior Center	
				22	23	24
				• Wilderness Trace Quilt Guild 10AM • Sew Simple Friends 1PM		
				29	30	
				7		
				14		
				21		
				• Plant Based and Delicious 10AM		
				28		
				6		
				13		
				• Wilderness Trace Quilt Guild 1PM		
				20		
				• Homemaker Area and Chairperson Training 10-1PM		
				27		
				5		
				• Bingo @ Senior Center		
				12		
				• Wits Workout 10AM • Creative Cooking 6PM • MLK Day Committee 5:30PM • Homemaker County Council 6PM		
				19		
				• Back Porch Gatherings 6PM		
				26		
				• FLORAL HALL RECAP MEETING @4PM		
				4		
				11		
				18		
				25		

# AUGUST PROGRAMS

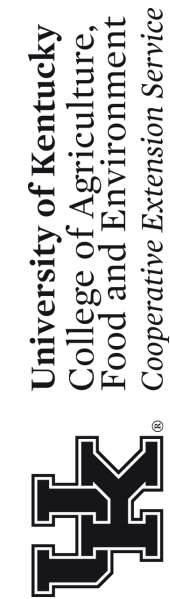
Lunch N Learn will take place on August 2nd at Noon. The program will last around 40 minutes to an hour in length and we will be sampling the August calendar recipe, The Peanut butter Oatmeal Bites, which is located on page 2 of this newsletter. In addition to sampling the monthly recipe I will remake the previous months recipe with your suggestions! As a group we discuss changes we would make to the recipes to encourage you to go home and make this recipe.

The Harvest Home and Table Fair is a new program this year! The Mercer County Agent for Horticulture, Jessica, and myself have partnered up to bring the community a fun and free fall event. We hope this event grows and gets better every year so come out and make this first year a success for us! If you have entered in Floral Hall then you are familiar with the process of showing your items and this event will be very similar with a Fall theme. Item check in will be from 1PM-3PM on Thursday, October 3rd. Exhibit viewing will take place on October 4th from 8AM-4:30PM. Item check out will be on Monday, October 7th from 9AM-3PM.

Wits Workout will take place on Monday, August 12th and Wednesday, August 28th at 10AM. This program consists of puzzles, riddles, rhymes and pop culture questions to target the seven pillars of brain health. This program is great for aging adults but is equally as fun for all adult ages! Grab a friend and come out to see what this program is all about! I can't wait to challenge your mind!

Summer Open House will be on August 8th from 5-7PM. This program will showcase all that Mercer County Extension has to offer. Come see if there is a Homemaker Club you're interested in joining, or maybe you are interested in Bee Keeping, we have a club for that, too! This is also the perfect time to bring your kids out and see all 4H has to offer and sign up for any 4H clubs, as well. In addition you can find out more about classes being taught or give us feedback on what type of classes you would be interested in taking!

Random Tidbits: Find me at the Farmers Market on Tuesday, August 27th from 4-6PM. Bring your pressure canner and I will test the gauge and give you your very own headspace tool! Catch me at the Senior Citizens Center doing chair exercises on Monday, August 5th, Friday, August 9th and Friday, August 16th! And last but certainly not least, our post floral hall meeting will take place on August 26th at 4PM. Have suggestions for next year? Come on out and give us your feedback!



## OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 • BINGOCIZE @10AM MERCER CO. LIBRARY	2 • TARA OUT OF OFFICE FOR MEETING	3 • BINGOCIZE @10AM MERCER CO. LIBRARY • HARVEST HOME AND TABLE CHECK IN 1-3PM	4 • HARVEST HOME AND TABLE VIEWING 8AM-4:30PM • LUNCH N LEARN @12PM	5 • HOMEMAKER AREA ANNUAL MEETING @ VERSAILLES BAPTIST CHURCH 10AM
6 • HARVEST HOME AND TABLE CHECK OUT 9AM-3PM	7	8 • BINGOCIZE @10AM MERCER CO. LIBRARY • WILDERNESS TRACE QUILT GUILD 1PM	9 • TARA OUT OF OFFICE FOR MEETING	10 • BINGOCIZE @10AM MERCER CO. LIBRARY	11 • WITS WORKOUT @10AM	12
13 • CREATIVE COOKING @12PM	14 • CREATIVE COOKING @12PM	15 • BINGOCIZE @10AM MERCER CO. LIBRARY	16 • HEALTHY EATING AROUND THE WORLD 11AM BOYLE COUNTY OFFICE	17 • BINGOCIZE @10AM MERCER CO. LIBRARY • FCS ADVISORY COUNCIL @6PM	18 • FAT QUARTER FRIDAY @1PM	19
20 • BACKPORCH GATHERINGS @6PM	21	22 • TARA OUT OF OFFICE FOR MEETING	23 • TARA OUT OF OFFICE FOR MEETING	24 • WILDERNESS TRACE QUILT GUILD @10AM • SEW SIMPLE FRIENDS @1PM • TARA OUT OF OFFICE	25	26
27	28 • BINGOCIZE @10AM MERCER CO. LIBRARY	29 • BINGOCIZE @10AM MERCER CO. LIBRARY	30 • WITS WORKOUT @10AM	31 • BINGOCIZE @10AM MERCER CO. LIBRARY		





# Hearty Harvest Bowl

- 2 cups brown rice, cooked
- 1 small head broccoli, cut into bite-size pieces
- 3 medium carrots, peeled and thinly sliced
- 1 medium sweet potato, peeled and diced
- 1 medium onion, diced
- 2 cans (15.5 ounces) chickpeas rinsed, drained, and patted dry
- 2 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 cup parmesan cheese, optional



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

### Dressing

- 3 tablespoons olive oil
- 1/8 teaspoon salt
- 1/8 teaspoon ground black pepper
- 2 tablespoons lemon juice
- 3/4 teaspoon dried oregano
- 1/4 teaspoon garlic powder

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 425 degrees F. Line two large baking sheets with aluminum foil or parchment paper. Set aside.
4. Cook rice according to package directions.
5. While rice is cooking, place broccoli, carrots, sweet potato, and onion on one baking sheet and drizzle with 1 tablespoon of olive oil, sprinkle with a pinch of salt and pepper. Spread out into one even layer.

6. Toss chickpeas with the remaining 1 tablespoon of oil, sprinkle with salt and pepper. Spread out into one even layer on the other prepared baking sheet.
7. Roast vegetables and chickpeas for 20 to 25 minutes, turning the pans and giving them a shake from time to time. Vegetables should be slightly browned and fork tender when done. Chickpeas will be slightly browned and toasted.
8. While vegetables are roasting, combine Dressing ingredients in a small bowl or cup. Whisk until smooth. Set aside.
9. Divide ingredients into six servings. Place rice in a bowl, top with roasted vegetables, and chickpeas. Sprinkle with parmesan cheese if using.
10. Drizzle with dressing before serving.
11. Refrigerate leftovers within 2 hours.

**Makes 6 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$7.71**  
**Cost per serving: \$1.29**

### Nutrition facts per serving:

460 calories; 17g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 570mg sodium; 62g total carbohydrate; 14g dietary fiber; 10g total sugars; 0g added sugars; 16g protein; 0% Daily Value of vitamin D; 15% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium

### Source:

Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service



# Ramen Skillet Dinner



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 2 teaspoons vegetable oil
  - 1 medium onion, chopped
  - 1 medium carrot, thinly sliced
  - 1 bag (16 ounces) frozen broccoli
  - 2 cups cooked chicken, chopped
  - 1 package (3 ounces) chicken-flavored instant ramen noodles
  - 1 cup water
  - 1/2 teaspoon garlic powder
  - 1/2 teaspoon ground ginger
  - 1/2 teaspoon red pepper flakes
1. Wash hands with warm water and soap for at least 20 seconds.
  2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
  3. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving size: 1 1/2 cups**  
**Cost per recipe: \$7.66**  
**Cost per serving: \$1.92**

### Nutrition facts per serving:

280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

### Source:

Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service





SUN	MON	TUE	WED	THU	FRI	SAT	
1	2	3	4	5	6	7	
	<ul style="list-style-type: none"> <li>BINGOCIZE @10AM MERCER CO. LIBRARY</li> </ul>	<ul style="list-style-type: none"> <li>BINGOCIZE @10AM MERCER CO. LIBRARY</li> </ul>	<ul style="list-style-type: none"> <li>WITS WORKOUT @10AM</li> </ul>	<ul style="list-style-type: none"> <li>BINGOCIZE @10AM MERCER CO. LIBRARY</li> </ul>	<ul style="list-style-type: none"> <li>LUNCH N LEARN @12PM</li> </ul>		
8	<ul style="list-style-type: none"> <li>Creative Cooking @12PM</li> </ul>	<ul style="list-style-type: none"> <li>BINGOCIZE @10AM MERCER CO. LIBRARY</li> <li>WILDERNESS TRACE QUILT GUILD 1PM</li> </ul>	<ul style="list-style-type: none"> <li>WITS WORKOUT @10AM</li> </ul>	<ul style="list-style-type: none"> <li>BINGOCIZE @10AM MERCER CO. LIBRARY</li> </ul>	<ul style="list-style-type: none"> <li>HOMEMAKER TRIP TO MAYSVILLE</li> </ul>	<ul style="list-style-type: none"> <li>CRAFT YARD SALE 9-4</li> </ul>	
15	16	17	18	19	20	21	
		<b>TARA OUT OF OFFICE</b>					
22	23	24	25	26	27	28	
	<ul style="list-style-type: none"> <li>BACKPORCH GATHERINGS 6PM</li> </ul>	<ul style="list-style-type: none"> <li>BINGOCIZE @10AM MERCER CO. LIBRARY</li> </ul>	<ul style="list-style-type: none"> <li>WITS WORKOUT @10AM</li> </ul>	<ul style="list-style-type: none"> <li>BINGOCIZE @10AM MERCER CO. LIBRARY</li> <li>WILDERNESS TRACE QUILT GUILD 1pm</li> <li>SEW SIMPLE FRIENDS 1pm</li> </ul>	<ul style="list-style-type: none"> <li>TARA OUT OF OFFICE FOR MEETING IN HARDIN CO.</li> </ul>		
29	30						
	<ul style="list-style-type: none"> <li>HOMEMAKER LEADER LESSON @10AM</li> </ul>						

# SEPTEMBER PROGRAMS

Lunch N Learn will take place on September 6th at Noon. The program will last around 40 minutes to an hour in length and we will be sampling the September calendar recipe, Ramen Skillet Dinner, which is located on page 5 of this newsletter. In addition to sampling the monthly recipe I will remake the previous months recipe with your suggestions! As a group we discuss changes we would make to the recipes to encourage you to go home and make this recipe.

On September 14th from 9-4PM the Mercer County Homemakers are hosting a Craft Supplies Yard Sale. Purchase a table space for 10 dollars and destash your craft supplies to folks who are looking for an economical way to buy craft supplies! OR come out and shop for the best buys on craft supplies! We have knitters, crocheters, sewists, quilters, scrapbookers and more ready to cut you a deal! Proceeds from purchasing table spaces goes to the Homemaker Scholarship fund.

Wits Workout will take place on Wednesday, September 11th and Wednesday September 25th at 10AM. This program consists of puzzles, riddles, rhymes and pop culture questions to target the seven pillars of brain health. This program is great for aging adults but is equally as fun for all adult ages! Grab a friend and come out to see what this program is all about! I can't wait to challenge your mind!

**NEW PROGRAM ALERT!** I am partnering with the Mercer County Public Library to bring you Bingocize! Bingocize combines the fun game of Bingo and inclusive exercise! Are you ready to start moving your body in a way that works for you? Come on our and play Bingo (and win PRIZES) while learning simple ways you can incorporate exercise into your daily life! This months Bingocize dates are September 3rd and 5th, 10th and 12th, and 24th and 26th. I hope to see you there!

**NEW PROGRAM ALERT!** A new series I am starting is called FAT QUARTER FRIDAY. This is a sewing series where I will teach simple sews made out of a fat quarter (or 2)! I am so excited for this program to take off and I hope you will join in on the fun! Please RSVP by calling the Extension office EVERY MONTH that you want to participate. Our first Fat Quarter Friday will be October 18th at at 1PM. I will be showing you how to make a fabric basket. Supplies provided but you are welcome to bring your own machine if you want, and even your own fat quarters. For this project you will need two fat quarters they can be the same print/color or a coordinating pair.