

Mercer County Family and Consumer Sciences Newsletter MAY 2023



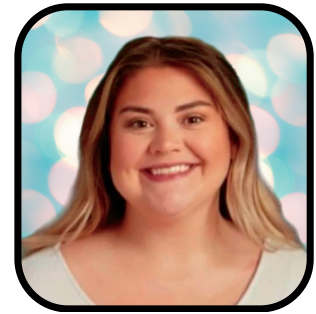
University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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Hi there, FCS friends! Lots of really exciting things happening in the FCS world, Spring and Summer are such fun times to be an agent. I am gearing up for a very busy canning season! Our first Food Preservation work shop took place on April 20th and we made Salsa, an easy introductory recipe, and we had a blast! This month we will be canning Green Beans on May the 4th and Garlic Jelly on the 18th. These workshops require an RSVP so don't forget to get your name on the list early if you're interested! A friendly reminder that I will be out of the office from May 9-11th for the Kentucky Extension Homemakers Association State Meeting. This months Crafternoon, on May 26th, will be lead by our Horticulture Agent, Jessica Bessin, who will be teaching Fresh Floral Arrangements. This program is filling up quickly so make sure you RSVP to guarantee you spot.

Family and Consumer Sciences Agent,
Tara Duty

Tara Duty

RECIPE CLUB

Do you like to cook? Or are you bored with your normal, go-to recipes? Join Recipe Club! To sign up call 859-734-4378 or email tara.duty@uky.edu and every month we will mail you 3 new recipes!



Disabilities
accommodated
with prior notification.



Easy Tortilla Breakfast Pizza



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

Nutrition facts per serving:
140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

Source:
Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

- Nonstick cooking spray
 - 1 (8 inch) whole-wheat tortilla
 - 1 cup spinach
 - 3 medium eggs
 - 1/2 medium tomato, diced
 - Dash of salt and pepper
 - 1/4 cup shredded part-skim mozzarella cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
 3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.

4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

Makes 3 servings
Serving size: 1/3 of pizza
Cost per recipe: \$3.25
Cost per serving: \$1.08





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MAY 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	1 <ul style="list-style-type: none"> Mercer Co Homemakers County Council Meeting 6PM 	2 <ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2pm 	3	4 <ul style="list-style-type: none"> Canning: Green Beans 10AM 	5 <ul style="list-style-type: none"> Lunch N Learn 12 Noon 	6 <ul style="list-style-type: none"> Mercer Co Farmers Market Opening Day!
7	8 <ul style="list-style-type: none"> Creative Cooking 12PM 	9 <ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2pm Wilderness Trace Quilt Guild 1PM KEHA STATE MEETING- Tara out of office 	10 <ul style="list-style-type: none"> KEHA STATE MEETING- Tara out of office 	11 <ul style="list-style-type: none"> KEHA STATE MEETING- Tara out of office 	12	13
14	15 <ul style="list-style-type: none"> Backporch Gatherings 6PM 	16 <ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2PM 	17 <ul style="list-style-type: none"> Plant Based and Delicious 10AM 	18 <ul style="list-style-type: none"> Canning: Garlic Jelly 10AM 	19	20
21	22 <ul style="list-style-type: none"> Mercer Co Homemakers Annual Meeting 6PM 	23 <ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2PM 	24	25	26 <ul style="list-style-type: none"> Crafternoons: Fresh Floral Arrangements 	27
28	29 <ul style="list-style-type: none"> OFFICE CLOSED FOR MEMORIAL DAY 	30 <ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2PM 	31			



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RETURN SERVICE REQUESTED



Corn and Sweet Potato Confetti Salad

- | | | |
|---|------------------------------------|-------------------------------|
| 3 cups sweet potato, peeled and diced | 2 green bell peppers, diced | 1 tablespoon olive oil |
| 3½ cups cut fresh corn kernels (7 ears) or frozen corn kernels | 1 red bell pepper, diced | ½ cup cider vinegar |
| | 1 small red onion, diced | ½ 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, ½ 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.



Creamy Cucumber and Chicken Salad

- | | |
|--|---|
| ½ pound chicken breast | ½ teaspoon sea salt |
| 1 tablespoon fresh lemon juice | 1 teaspoon ground black pepper |
| 1 cup slivered almonds | 2 tablespoons fresh chopped dill |
| ½ cup nonfat plain Greek yogurt | 2 medium cucumbers, chopped |
| 3 ounces reduced fat cream cheese | 1 cup dried cranberries |
| 2 tablespoons Dijon mustard | 8 lettuce leaves |

Marinate chicken breast in lemon juice for one hour. **Remove** chicken from marinade and **chop** into bite sized pieces. **Sauté** in preheated non-stick skillet until thoroughly cooked and no longer pink in the center. **Set aside** to cool. **Toast** slivered almonds on low heat in a non-stick skillet until fragrant. **Set aside** to cool. In a large mixing bowl **combine** yogurt, cream cheese, mustard, salt, pepper and dill. **Add** chicken and **toss**. **Add**

cucumbers, cranberries and almonds to chicken mixture. **Toss** to coat. **Cover and chill** in refrigerator for 1 hour. **Spoon** salad into washed and dried lettuce leaves. **Serve** cold.

Yield: 8 servings

Nutritional Analysis: 210 calories, 10 g fat, 2 g saturated fat, 30 mg cholesterol, 290 mg sodium, 19 g carbohydrate, 3 g fiber, 14 g sugars, 12 g protein.