

Mercer County Family and Consumer Sciences Newsletter

DECEMBER 2023

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Happy December friends of FCS! We have reached the end of 2023, it feels like this year just started! I have had an incredible year of programming, with over 100 meetings and classes and over 1100 program participants! I had the opportunity to partner with our local Senior Citizen Center to offer Bingocize, which was a great success. I am going back for another round in January! I offered 12 Food Preservation classes, teaching both water-bath and pressure canning methods. Additionally, I offered Heritage Skills craft classes to increase our community participation in county fair. Coming up in 2024, I am looking forward to partnering with the Mercer County Public Library and local child care centers to expand my reach in the community. On January 15th the Mercer County Dr. Martin Luther King Jr. Committee will host the 18th annual celebration, and we hope to have you in attendance!

Family and Consumer Sciences Agent,
Tara Duty

Tara Duty

SAVE THE DATE

1.15.24

HARRODSBURG'S 18TH ANNUAL DR. MARTIN LUTHER KING JR. DAY CELEBRATION

AT HARRODSBURG BAPTIST CHURCH
312 S. MAIN STREET, HARRODSBURG

"Love Defines Us. The Dream Reminds Us"

- Breakfast at 8AM
- Commemorative March at 9AM
- Keynote Speaker following march





Loaded Beef Stroganoff



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

- 12 ounces egg noodles (choose whole-wheat if available)
 - 1 pound lean ground beef
 - 1 large onion, chopped
 - 2 tablespoons garlic powder
 - 8 ounces sliced white mushrooms
 - 1/4 cup all-purpose flour
 - 32 ounces (or 4 cups) low-sodium beef broth
 - 1 can (14.5 ounces) no-salt-added peas, drained
 - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
 - 1 1/2 cups plain nonfat Greek yogurt or light sour cream
 - 1 1/2 teaspoons salt
 - 1 teaspoon black pepper
 - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
 3. Cook egg noodles according to package directions while preparing the other steps. Drain.
 4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
 5. Wash hands after handling raw meat.

6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To reheat leftovers, add a little beef broth or milk before warming.

Makes: 10 servings
Serving size: 2 cups
Cost per recipe: \$13.87
Cost per serving: \$1.39

Nutrition facts per serving:
270 calories;
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

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





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

DECEMBER 2023



SUN	MON	TUE	WED	THU	FRI	SAT
31					1 • Lunch N Learn at Noon	2
3	4 • Bingocize at Senior Center. • District Board Meeting at 5PM	5 • Knit one, Crochet too at 2PM	6 • Bingocize at Senior Center.	7 • Holiday Open House 4-7 PM	8 • Holiday Day of Fun.	9
10	11 • Bingocize at Senior Center. • Creative Cooking 12PM. MLK Committee 5:30PM	12 • Knit one, Crochet too at 2PM	13 • Tara out of office.	14	15 • Bingocize	16
17	18 • Bingocize at Senior Center.	19 • Knit one, Crochet too at 2PM	20 • Bingocize at Senior Center.	21	22	23
24	25	26	27	28	29	30

OFFICE CLOSED FOR HOLIDAYS



NON PROFIT ORG
US POSTAGE PAID
HARRODSBURG, KY
PERMIT #72

Mercer County
1007 Lexington RD
Harrodsburg, KY 40330-9203

RETURN SERVICE REQUESTED



Tex Mex Spaghetti Squash Casserole

- | | | |
|---|----------------------------------|---|
| 1 small (about 2 pounds) spaghetti squash | 2 teaspoons dried cumin | 1 (4 to 5 ounce) can chopped mild green chilies |
| 1 pound lean ground beef | ¼ teaspoon ground cayenne pepper | 1½ cups low fat cheddar cheese |
| ½ cup chopped onion | ½ teaspoon salt | 1 tablespoon chopped cilantro |
| ½ cup chopped red bell pepper | 1 cup chopped fresh tomatoes | |
| 1 teaspoon minced garlic | | |

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 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. 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. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

combine the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

Yield: 9 servings.
Nutritional Analysis: 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.



Greek Style Spaghetti Squash

- | | | |
|---------------------------------|--|------------------------------------|
| 1 spaghetti squash (2-3 pounds) | 2 cloves garlic, minced | ¼ teaspoon salt |
| 2 tablespoons olive oil | 1 cup fresh spinach leaves | 2 tablespoons chopped fresh basil |
| 1 cup chopped onion | 1½ cups chopped tomatoes | ¼ cup crumbled low-fat feta cheese |
| ¼ cup chopped green bell pepper | 1 teaspoon dried oregano | |
| | 1 teaspoon lemon no-salt seasoning blend | |

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, ½ 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.

NOTICE

Public Notification of Procedure for Filing a Complaint
The Cooperative Extension Service prohibits discrimination in its programs and employment on the basis of race, color, age, religion, gender, disability, or national origin. To initiate a complaint at the college level, contact Tim West in the Business Office at 859-257-3879. At the University level, Terry Allen and Patty Bender in the UK Office of Institutional Equity and Equal Opportunity (859-257-8927) may be contacted. Additionally, employee or clientele complaints involving any research or extension sponsored program or activity may be directed to the USDA, Director Office of Civil Rights, Room 326-W Whitten Bldg., 14th & Independence Ave. SW, Washington DC 20250-9410 (202-720-5964).



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

Mercer County Extension Council invites you to our

BIG BLUE OPEN HOUSE

December 7

4:00-7:00pm

See how Extension can be a benefit for you and your family!
Meet your county agents and learn more about the programs we have to offer. We will have appetizers, refreshments, holiday crafts, and door prizes. Family-friendly event, all ages welcome. Freebies include: calendars, jar openers, pizza cutters, and more.

Take your picture with Santa!

(5:00-7:00pm)

Children's hats, gloves, socks, and scarves, along with non-perishable food items, will be accepted for Burgin and Mercer Schools Backpack Program. Donations only accepted during Open House.

Mercer County Extension Office
1007 Lexington Road—Harrodsburg, KY 40330
859-734-4378

DR. MARTIN LUTHER KING JR. DAY JANUARY 15TH, 2024

LOVE DEFINES US, THE DREAM REMINDS US.

Mercer County's 18th Annual Dr. MLK Jr. Day Celebration



Join us in honoring his legacy and promoting equality and justice for all.

Let us strive to continue his work and create a more just and inclusive society.

Breakfast at 8:00AM

March at 9:00AM

Keynote Speaker at 9:30AM

We are collecting non-perishable food items to stock the Mercer County Blessing Boxes. Please bring donations to help our community!

at Harrodsburg Baptist Church- 312 South Main Street

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

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.