

Mercer County Family and Consumer Sciences Newsletter JULY 2023



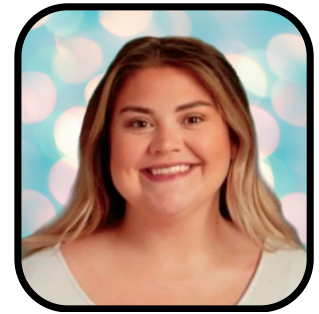
University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

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Hello there friends of FCS! June was seemgly here and then it was gone! I had a very relaxing week at the beach with my family and then headed to 4H camp for a week to teach Foods Class and now it seems like I am in a mad dash to complete a to do list that is never ending! In January, I started my Lunch N Learn program and I am so proud of it! We have so much fun critiquing the recipe and then remaking it with our ideas! Please, if you are interested at all in cooking, join us on the first friday of the month at noon to taste the monthly recipe and give your opinion on how to make it better! I have also been very busy teaching canning classes and getting ready for fair. Crafternoon is a program on the last friday of the month where you leave with something you made that is elligible for fair entry! This program has been very successful and I am extremely proud of it. I have been focusing on things we dont see entered in fair often in hopes someone will take my basic information and expand their knowledge and creativity. If this is something that interests you please call the extension office or email me for more information. This summer has been a whirlwind so far, but I am excited to introduce my fall programming over the next few months so be on the look out for new stuff coming from me!

**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.



Tuscan Chicken and Pasta

- 1 pound boneless and skinless chicken breasts
- 2 pints cherry tomatoes, halved
- 3 tablespoons olive oil
- 1/4 cup balsamic vinaigrette or Italian dressing
- 1 tablespoon dried basil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 bag (6 ounces) spinach, chopped coarsely
- 8 ounces whole-wheat pasta or spaghetti
- Parmesan cheese (optional)

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash produce under cool running water and dry before preparing for the recipe.
3. Preheat the oven to 400 degrees F. Line a large baking sheet with parchment paper or aluminum foil.
4. If using thick chicken breasts, slice crosswise into thinner cutlets. Place the chicken breast and halved tomatoes on the baking sheet. Drizzle with the olive oil and balsamic vinaigrette (or Italian dressing). Sprinkle with basil, garlic powder, onion powder, salt, and black pepper.
5. Wash hands after handling raw chicken.
6. Place baking sheet in the preheated oven and cook for about 30 to 40 minutes or until the chicken reaches an internal temperature of 165 degrees F using a meat thermometer. Note: The thickness of the chicken will impact the cooking time; always use a meat thermometer to check for doneness.



7. While the chicken and tomatoes cook, prepare the pasta according to package directions.
8. Once done, remove chicken and tomatoes from the oven. Add chopped spinach to the baking sheet. Cover and allow the spinach to steam and the chicken to rest for about 10 minutes or until the spinach wilts.
9. Cut the chicken into thin strips or bite-sized pieces. Combine cooked pasta with the chicken, tomatoes, and juices from the baking pan. Sprinkle with parmesan cheese, if desired.
10. Refrigerate leftovers within 2 hours.

Note: If you have the time and want more flavor, marinate the chicken in an additional 1/4 cup balsamic vinaigrette or Italian dressing in the refrigerator for up to 12 hours before cooking it.

Makes 6 servings
Serving size: 2 cups
Cost per recipe: \$11.52
Cost per serving: \$1.92



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

Nutrition facts per serving:
350 calories;
13g total fat; 2g saturated fat; 0g trans fat; 55mg cholesterol; 350mg sodium; 35g total carbohydrate; 3g dietary fiber; 4g total sugars; 0g added sugars; 24g protein; 0% Daily Value of vitamin D; 6% 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





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College of Agriculture,
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Cooperative Extension Service

JULY 2023



Creating Healthy & Sustainable Families



SUN	MON	TUE	WED	THU	FRI	SAT
30	31					1
<ul style="list-style-type: none"> Homemaker Ice Cream Social 6:30PM 						
2	3	4	5	6	7	8
		<ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2P< 		<ul style="list-style-type: none"> Canning Apple Butter 10AM 	<ul style="list-style-type: none"> Lunch N Learn 12 PM 	
9	10	11	12	13	14	15
<ul style="list-style-type: none"> Fair Entry Help 10AM 	<ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2PM Wilderness Trace Quilt Guild 1 PM 			<ul style="list-style-type: none"> Homemakers Day Out 	<ul style="list-style-type: none"> Fair Entry Help 10AM 	
16	17	18	19	20	21	22
<ul style="list-style-type: none"> Backporch Gatherings 6PM 	<ul style="list-style-type: none"> Knit 1, Crochet 2 @ 2PM 				<ul style="list-style-type: none"> Floral Hall Volunteer Orientation 	
23	24	25	26	27	28	29
<ul style="list-style-type: none"> Fair 	<ul style="list-style-type: none"> Fair 	<ul style="list-style-type: none"> Fair 	<ul style="list-style-type: none"> Fair 	<ul style="list-style-type: none"> Fair 		<ul style="list-style-type: none"> Fair Entry pick up



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RETURN SERVICE REQUESTED



Sautéed Asian Green Beans

- | | | |
|-------------------------------------|---|---------------------------------------|
| 1 pound fresh green beans | 1/4 cup water | 1 teaspoon dried ground ginger |
| 1 tablespoon vegetable oil | 1/2 teaspoon sesame oil (optional) | 1 tablespoon brown sugar |
| 3 cloves garlic, minced | 2 tablespoons low-sodium soy sauce | 2 tablespoons sesame seeds |
| 1 teaspoon red pepper flakes | | |

Wash green beans. **Remove** the ends and strings. **Cut** into 1-inch pieces. In a large pan or wok, **heat** oil over medium heat. **Sauté** the garlic until it is fragrant. **Add** the red pepper flakes. **Stir** for 1 minute. **Add** beans and **toss** to mix. **Add** water and sesame oil (if using). **Cover** and **steam** for 3 to 5 minutes. **Remove** the cover. **Add** the soy sauce, ground ginger, and brown sugar. **Stir** for 4 to

6 minutes until a sauce forms and the green beans soften to your liking. **Mix** in sesame seeds and serve warm over brown rice or rice noodles.

Yield: 4, 1-cup servings

Nutritional Analysis: 120 calories, 7g fat, 1g saturated fat, 0g trans fat, 0mg cholesterol, 300 mg sodium, 14g carbohydrate, 4g fiber, 7g total sugars, 3g added sugars, 4g protein.



Strawberry Green Tea

- | | |
|---|---------------------------|
| 13 cups water | 1 cup honey |
| 13 green tea bags , regular size | 1 lemon , optional |
| 1 pound fresh strawberries | |

- 1. Wash** strawberries and remove the tops.
- 2. Chop** the berries with a hand chopper in a large pot.
- 3. Add** water to the chopped berries and bring to a boil, stirring occasionally.
- 4. Remove** from heat and let mixture cool for 5 minutes.
- 5. Add** tea bags and submerge. Steep tea for 2 to 3 minutes.
- 6. Strain** the tea through a mesh

- strainer or cheesecloth lined colander into a 1 gallon pitcher.
- 7. Add** honey and stir until dissolved.
 - 8. Chill** and serve.
 - 9. Garnish** with a lemon slice or a fresh strawberry if desired.

Yield: 16, 8 ounce servings.
Nutrition Analysis: 70 calories, 0 g fat, 0 mg cholesterol, 5 mg sodium, 19 g carbohydrate, 1 g fiber, 17 g sugar, 0 g protein. 30% Daily Value for vitamin C.

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



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).