

Mercer County

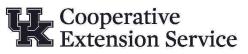
Family and Consumer Sciences **4-H Youth Development Community and Economic Development**

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Martin-Gatton College of Agriculture, Food and Environment





Veggie Egg Rings



- 1 large bell pepper of any color, tomato, or onion
- Nonstick cooking spray
- 2 eggs (1/2 egg per ring)
- Pinch of salt
- Pinch of pepper
- 4 tablespoons grated cheese of your choice (1 tablespoon for each ring)
- Optional ingredients: tomato, chopped spinach, herbs such as parsley, chives or dill, red pepper flakes, hot sauce, chopped onion, salsa, mushrooms, leftover chopped bell pepper
- 1. Wash hands with warm water and soap, scrubbing for at least 20 seconds. Rewash hands after handling eggs.
- 2. Gently scrub vegetables under cool running water and dry. Slice into 1/2-inch rings trying to make straight cuts to better hold the egg. Be sure to remove seeds and centers of peppers and tomatoes. If using onions, separate rings and use the larger ones.
- 3. Preheat a large skillet over medium-high heat and spray

with nonstick cooking spray.

- Sauté the vegetable rings until the rings are slightly soft. Bell pepper may take longer (5 to 10 minutes) than other veggies.
- 5. While the vegetables soften, crack eggs in a small bowl and lightly beat with a fork until well mixed.
- 6. Spoon or slowly pour a small amount of egg mixture into veggie ring, allowing a seal to form. A small amount may leak out of the sides. Continue adding the mixture to the other vegetable rings.
- 7. Sprinkle with salt and pepper and cover.
- Cook covered for about 2 to 3 minutes, flipping the ring to finish cooking if needed.
- **9.** Top with optional ingredients of your choice, add cheese, and let melt.
- **10.** Serve while hot and enjoy!
- **11.** Refrigerate leftovers within 2 hours.

Makes 4 servings Serving size: 1 Veggie Egg Ring Cost per recipe: \$1.94 Cost per serving: \$0.49



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

Nutrition facts per serving:

serving: 60 calories; 3.5g total fat; 1.5g saturated fat; 0g trans fat; 85mg cholesterol; 115mg sodium; 4g total carbohydrate; 0g dietary fiber; 0g total sugars; 0g added sugars; 5g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium

Source:

Benita Wade, Christian County SNAP-Ed Program Assistant

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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Disabilities accommodated with prior notification.

Lexington, KY 40506





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

Mercer County 1007 Lexington RD Harrodsburg, KY 40330-9203

RETURN SERVICE REQUESTED



Berry and Basil Pizza Crisp with Honey Balsamic

Flatbread: Balsamic Honey Glaze: 6 flatbreads 1/2 cup balsamic vinegar 3 tablespoons honey

To make the glaze:

Add balsamic vinegar and honey

1 ½ cups strawberries, chopped 12 pieces of cheese, such 15 basil leaves as Havarti (2 per flatbread) chopped and divided 1 cup blackberries, halved

Preheat oven to 400°F. Place to a small sauce pan and simmer flatbreads on a baking sheet and until reduced by half (10-15 minutes). add two slices Havarti cheese, Remove from heat and set aside. blackberries, and strawberries. Bake Serves: 6 Flatbreads for 5-7 minutes, or until cheese is **Nutritional Analysis:** melted. After flatbreads are removed from oven, add chopped basil and honey balsamic glaze. Serve warm.

340 calories, 16 g fat, 9 g saturated fat, 40 mg cholesterol, 520 mg sodium, 34 g carbohydrate, 11 g fiber, 16 g sugar, 20 g protein



1 tablespoon olive 2 cups, coarsely chopped fresh strawberries 2 tablespoons white 8 green onions, chopped

Strawberry Salsa

2 cups chopped cherry or grape tomatoes

1. Whisk olive oil, vinegar, and salt in large bowl.

- 2. Add strawberries, green onions, tomatoes, and cilantro. Toss to coat.
- 3. Cover and chill for 1 hour.
- 4. Serve with tortilla or pita chips.

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

1/2 cup chopped fresh cilantro

Nutrition Analysis: 40 calories; 2 g fat;

0 g saturated fat; 0 mg cholesterol; 170 mg sodium; 6 g carbohydrate; 1 g fiber; 4 g sugar; 1 g protein; 60% of vitamin C. Source: www.fruitsandveggiesmatter.gov

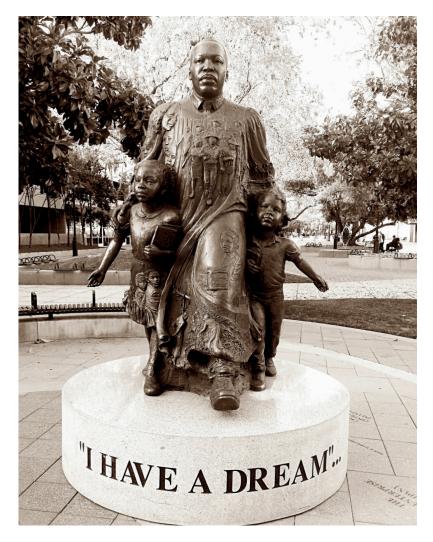
Yield: 7, 1/2 cup servings.



DR. MARTIN LUTHER KING JR. DAY MARCH 23RD, 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 Commemorative 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

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