

Mercer County

Family and Consumer Sciences

Newsletter

NOVEMBER 2023

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FCS Friends, we are entering the end of the year and I hope you have had a healthy and happy 2023. I am proud of the programming I have offered throughout this calendar year and I am excited to begin planning my programming for 2024. I would love to have your feedback on the programs you look forward to attending. This year my most popular classes were Food Preservation classes and I plan to do even more in 2024- with some evening classes thrown in to serve more of our community. If you have suggestions for programming please call the extension office at 859-734-4378 or email me at tara.duty@uky.edu. To round out this year we will be bringing back the Holiday Day of fun on December 8th. We will have different Holiday themed classes all day long. Please see the insert to see which classes you are interested in taking and remember to call the extension office to RSVP before classes fill up! Now, I have a favor to ask each and everyone of you reading this newsletter. Mercer County Cooperative Extension is seeking feedback on how we can better serve our communities and on the back of this newsletter is the opportunity to complete a short survey! I would be forever indebted to anyone who fills out this survey (can you tell I am BEGGING?!) I look forward to seeing you and spending time with you as we wrap up this year!

Family and Consumer Sciences Agent,
Tara Duty

Tara Duty



Glazed Butternut Squash with Carrots and Turnips

- | | |
|--------------------------------|---------------------------|
| 1½ cups cubed butternut squash | ½ teaspoon salt |
| 1½ cups sliced carrots | ¼ teaspoon pepper |
| 1½ cups cubed peeled turnips | Cooking spray |
| 4 teaspoons oil | 2 tablespoons maple syrup |

1. Preheat oven to 450 degrees.
 2. Cut vegetables into ½-inch pieces.
 3. Coat a 9 x 13-inch baking dish with cooking spray.
 4. Combine the first 6 ingredients.
 5. Bake for 10 minutes.
 6. Stir in syrup and bake an additional 20 minutes.
- Yield:** 8, ½ cup servings.
- Nutritional Analysis:** 60 calories, 2.5 g fat, 0g sat fat, 1 g protein, 9 g carbohydrate, 0 mg cholesterol, 170 mg sodium, 2 g fiber.

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



Grilled Sweet Potatoes

- | | | |
|-------------------------|---|------------------------|
| 6 medium sweet potatoes | Dressing: | ½ teaspoon lemon zest |
| 3 tablespoons olive oil | 1 tablespoon finely chopped fresh basil | 1 tablespoon olive oil |
| | 1 tablespoon lemon juice | ¼ teaspoon salt |

Prepare grill for hot, direct heat. **Peel** sweet potatoes and **cut** lengthwise or on a diagonal into ½-inch slices. **Coat** each slice with olive oil. **Lay** sweet potato slices on hot grill. **Cook** about 5 minutes on each side until slices are tender and crisp, being careful not to char. **Baste** sweet potato slices with dressing and **serve** hot.

Yield: 6 servings.

Nutritional Analysis: 200 calories, 9 g fat, 1.5 g saturated fat, 0 mg cholesterol, 170 mg sodium, 26 g carbohydrate, 4 g fiber, 5 g sugars, 2 g protein.



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Disabilities accommodated with prior notification.



Slow Cooker Buffalo Chicken Stuffed Sweet Potatoes

- 1 pound boneless skinless chicken breast
- 6 small sweet potatoes
- 1 bunch green onions, chopped (optional, for topping)
- Low-fat Greek yogurt, low-fat sour cream, or low-fat dressing (optional, for topping)

Buffalo sauce:

- 1 tablespoon hot pepper sauce
- 1 teaspoon paprika
- 1/4 teaspoon cayenne pepper*
- 1 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 tablespoons unsalted butter, melted
- 1 tablespoon vinegar
- 2 tablespoons water
- 1/2 tablespoon cornstarch
+ 1 tablespoon water

*For a hotter sauce add another 1/4-1/2 teaspoon cayenne

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Rinse sweet potatoes under cool running water and set aside.
3. Add raw chicken to a slow cooker.
4. In a small bowl combine all buffalo sauce ingredients, reserving cornstarch. Pour sauce over the chicken.
5. Cover slow cooker with lid and cook on high heat for 4 hours or on low for 6 to 8 hours.
6. About 45 minutes before the chicken is done, preheat the oven to 425 degrees F.
7. Place sweet potatoes on a baking sheet and bake until tender, about 40 to 50 minutes.
8. When chicken is fully cooked, remove it from the slow cooker and shred it.



9. Before returning the shredded chicken to the slow cooker, mix cornstarch and water together and add to the slow cooker. Whisk until thickened. Return chicken to the slow cooker and combine with the sauce.
10. When sweet potatoes are done cooking, split each one open and top with a portion of shredded buffalo chicken.
11. Drizzle optional topping over the finished sweet potatoes and chicken, and top with green onions, if desired.
12. Refrigerate leftovers within 2 hours.

Note: To make an optional blue cheese cream topping, mix 8-ounce nonfat plain Greek yogurt, 1/3 cup blue cheese salad dressing, 2 tablespoons low-fat milk, and 1/4 teaspoon ground black pepper in a small bowl.

Makes 6 servings
Serving size: 1 potato with chicken
Cost per recipe: \$8.82
Cost per serving: \$1.47



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

Nutrition facts per serving:

210 calories; 6g total fat; 3g saturated fat; 0g trans fat; 65mg cholesterol; 270mg sodium; 18g total carbohydrate; 3g dietary fiber; 5g total sugars; 0g added sugars; 19g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

Source:

LaToya Drake,
Program Coordinator II,
University of Kentucky
Cooperative
Extension Service





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

NOVEMBER 2023



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Bingocize @ Senior Center 11AM	2 Lunch N Learn 12PM	3	4
5	6 • Bingocize @ Senior Center 11AM • MLK Committee 5:30PM	7 • Cranberry Sauce Canning Class 10AM	8 • Tara out of office	9 • CEC Meeting @ 5PM	10	11
12	13 • Homemaker County Council 6PM • Creative Cooking 12PM	14 • Pie Garland class 1PM • Wilderness Trace Quilt Guild 1PM	15 • Tara out of office	16 • Tara out of office	17 • Tara out of office	18
19	20 • Backporch Gatherings 6PM	21 • Homemaker Leader Lesson 10AM	22 • Cornbread Cookies class 10AM	23 • Wilderness Trace Quilt Guild 10AM	24	25
26	27	28	29	30 • Homemaker Area Council Meeting in Jessamine Co.		



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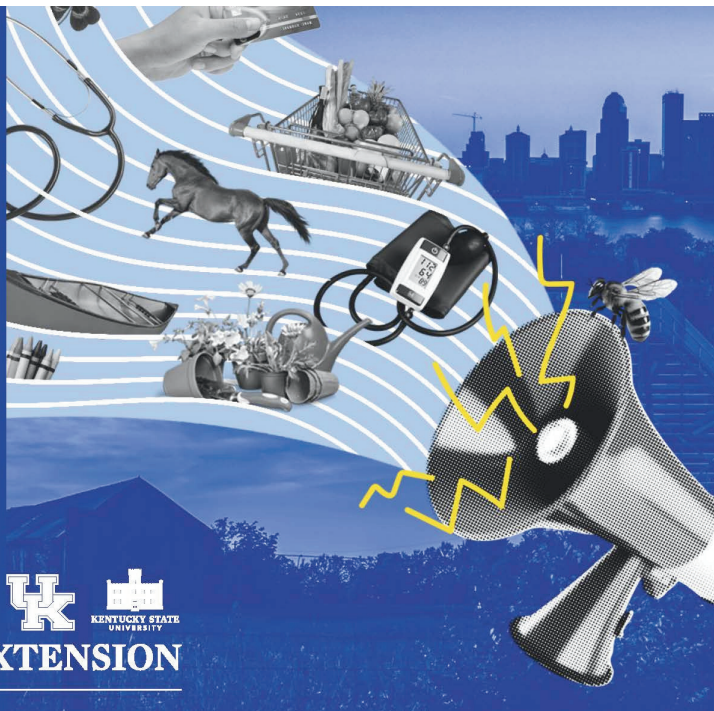
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**HOW CAN WE
 SERVE YOU?**

Take our ten-minute survey to help us develop programs addressing needs in your community.



KENTUCKY  
COOPERATIVE EXTENSION