

Homemakers F&CS



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

Cooperative Extension Service
Owen County
265 Ellis Highway
Owenton, KY 40359
(502) 484-5703
Fax: (502) 484-5704

FAMILY & CONSUMER SCIENCES - EXTENSION HOMEMAKER NEWSLETTER

MARCH 2023



Dear Owen County Extension Homemakers,

How is it March already? I feel like the past month flew by. With March brings Spring, so I am very excited for a couple important dates! The first is Sunday, March 12th for Daylight Savings when we get to SPRING forward and begin to have more daylight in our days! The second important date I look forward to in March is the first day of Spring, March 20th. I am looking forward to Spring as well as our Spring Gardening Program by our guest speaker from our Annual Meeting, the one and only David Hull (or as many call him, Dr. Dirt). I am looking forward to learning some tips to get my garden started as it is right around the corner, so I hope you can join us on March 30th at 1pm. (Flyer is on page #10). Please register for this program so we can have a head count for Dr. Dirt! Invite a friend, even if they are not a homemaker, we still would love to include them and get them involved!

On another note, I would really like to ask for help with **Recipes for Life** coming this month. The dates are *Monday, March 20th—Friday, March 24th 9:30am-2:00pm*. If you can only help one day, that is fine and I understand and am grateful for any help I can have! I appreciate each and every one of you!

Happy Spring!

Chelsea Young
Owen Co.

Chelsea R. Young



Extension Agent For Family & Consumer Sciences

Try Salad in a Canning Jar!

It's time to get healthy! Meal planning is made easy with salads in a canning jar! Simply layer your salads with your favorite ingredients in your wide-mouth jars to create delicious meals all week long.

Instructions:

Step 1: Get dressed! Start with the dressing as the bottom layer. We recommend anywhere from 1-4 Tbsp. but experiment to find your perfect amount.

Step 2: Add your extras! Start with non-absorbent veggies that won't soak up your dressing—think carrots, tomatoes, chickpeas, edamame, snap peas. Then layer your more absorbent veggies—like cucumber, corn, mushroom, avocado. Add any additional flavors from dried fruit and nuts to quinoa.

Step 3: Protein Pack!
Add your protein—anything from steak to chicken or even tofu!

Step 4: The Salad Part.
Lastly, top with seasonal leafy greens—from a spring mix to spinach or arugula, the options are endless!



When you're finished, you can dump your ingredients into a bowl to eat or shake up to eat in your jar!

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

DEEP THOUGHTS WITH DENISE

Hello March! March is what I call the wonky month. It's either too cold, snowy or warm (which is wonderful) and rainy, it is the unstable month between winter and spring. It is the time when we get our garden planning started, seeds ordered and get a plan together. We have a program scheduled with "Dr. Dirt" March 30th at 1:00 to talk about garden preparation call the extension office to register.

Chelsea is planning to have recipes for life with the fifth graders near the end of the month. She is in need of some help if you would like to volunteer please let her know.

We need to form a bylaws committee to review and make some changes to our bylaws. If you are interested please call the office and give them your name and contact information (phone and email if you have one). Thank you for volunteering.



Denise Perkins

Homemaker Book List

Women of No Importance: by Sonia Purnell. The never-before-told story of Virginia Hall, the American spy who changed the course of World War II. Hall, "The Madonna of the Resistance" operates at a time in which Female spies behind enemy lines were practically unheard of. With a novelistic style, Purnell paints a vivid image of Hall's fierce persistence.

The Taking of Jemima Boone: Colonial Settlers, Tribal Nations, and the Kidnap That Shaped America: By Matthew Pearl. On a quiet midsummer day in 1776, thirteen-year-old Jemima Boone and her friends Betsy and Fanny Callaway disappear near the Kentucky settlement of Boonesboro, the echoes of their faraway screams lingering on the air. The author explores the Little-known story of the kidnapping of legendary pioneer Daniel Boone's daughter and the dramatic aftermath that rippled across the nation.



Homemaker Happenings



A Message from the Memory Makers



The Memory Makers took group photo at their meeting last month at Perry Park! All had a wonderful time with a great group at their weekend retreat!

Not pictured, but in attendance: Kelsey Davis

I have been contacted by Lyndsi McNally who is the coordinator through Three Rivers Health Department for the HANDS program. If you are not familiar, this program is NOT income based but rather a program to help new moms (grandmothers and other family members) who are raising newborns and toddlers. They help provide lessons on food, nutrition, homemade crafts and games, and the importance of socialization for the child and the parents. She is planning to hold a meeting at the end of March (date and time to be confirmed but trying to get it coordinated for March 22 or 29) to teach them how to scrapbook as a "self-care" activity. She is planning to purchase the small brag style books and printing some of their pictures with HANDS money but was hoping to get some scrapbooking paper and embellishments donated. I know that I have a lot of paper and stickers left over and I am sure you do too! Solid papers are also needed even if they are scraps! The books are not that big anyway.

I will be taking my ABC and shapes/color scrapbook to show them another option to do with the kids and making up a sample of a paper bag scrapbook that is easy and inexpensive to do as well.

If you wish to come help teach scrapbooking or have supplies that you are willing to donate, please let me know. We need the supplies in early March because they want to fix "supply baggies" for each person so the materials are evenly distributed and not a "come early you get it all" type of thing. I know we are meeting on March 17-18 at Extension so if you could even bring supplies then - that would be great!

Thank you for your continued support of so many community events and this is certainly a way that we can share our love of photo preservation and help other folks in our community!

Dawn Davis

Memory Makers

2023 NKY Area Meeting Dates

April 26th

Owen County Extension Office- 1pm

July 26th

Gallatin County Extension Office-1pm

September 27th

Kenton County Extension Office- 1pm



DATES TO Remember!!!

2023 KEHA State Meeting – May 9-11, 2023

Crowne Plaza

Louisville, KY

Theme: **Let's Take a Hike with KEHA**

*** More information about**

registration is on pages 4 & 5 *

**2023 KEHA STATE MEETING
CONFERENCE AGENDA
Crowne Plaza, Louisville, Ky**
(Times listed are Eastern Time)



TUESDAY, MAY 9

8:00 a.m. - 10:30 a.m.	Trade Show Set-Up KEHA Showcase, Silent Auction, and Basket Raffle Check-In	Exhibit Hall Crowne B & C
8:30 a.m. - 11:00 a.m.	Cultural Arts Check-In <i>[Times assigned for each area]</i>	Coronet Ballroom
8:30 a.m. - 11:30 a.m.	Quilt Square Auction - Check-In	Crowne B & C
9:00 a.m. - 5:00 p.m.	Registration & Voting Delegate Sign-In	Crowne Registration
10:30 a.m. - 5:30 p.m.	Trade Show & KEHA Merchandise Store Basket Raffle, Silent Auction, and KEHA Showcase	Exhibit Hall Crowne B & C Crowne A
11:45 a.m. - 1:45 p.m.	OPENING BANQUET LUNCHEON	
2:00 p.m. - 3:15 p.m.	Seminars - Session 1	
2:00 p.m. - 5:30 p.m.	Quilt Square Auction - Viewing and Bidding	Crowne B & C
3:45 p.m. - 5:00 p.m.	Seminars - Session 2	
5:15 p.m. - 6:15 p.m.	Hands-On Creative Classes - Session 1	
	DINNER ON YOUR OWN	

WEDNESDAY, MAY 10

8:00 a.m. - 9:45 a.m.	Registration & Voting Delegate Sign-In	Crowne Registration
8:15 a.m. - 9:30 a.m.	Seminars - Session 3	
8:00 a.m. - 10:00 a.m.	Quilt Square Auction - Viewing and Bidding Basket Raffle, Silent Auction, and KEHA Showcase	Crowne B & C Crowne B & C
8:00 a.m. - 2:30 p.m.	Cultural Arts Viewing	Coronet Ballroom
8:00 a.m. - 5:00 p.m.	Trade Show & KEHA Merchandise Store	Exhibit Hall
10:00 a.m. - 11:30 a.m.	Business Meeting	Crowne A
11:30 a.m. - 3:00 p.m.	Quilt Square & Auction - Viewing and Bidding Basket Raffle, Silent Auction, and KEHA Showcase	Crown B & C Crowne B & C
11:30 a.m. - 4:00 p.m.	Registration	Crowne Registration
11:45 a.m. - 1:30 p.m.	Master Farm Homemaker Guild Luncheon	Whitley
	LUNCH ON YOUR OWN	
1:30 p.m. - 2:45 p.m.	Seminars - Session 4	
2:00 p.m. - 3:30 p.m.	Master Farm Homemaker Guild Business Meeting	Whitley
3:30 p.m. - 4:30 p.m.	Hands-On Creative Classes - Session 2	
4:00 p.m. - 5:00 p.m.	Quilt Square Auction - Pick-Up and Pay Silent Auction Pick-Up and Pay Pick Up KEHA Showcase Displays	Crowne B & C Crowne B & C Crowne B & C
4:00 p.m. - 5:00 p.m.	Cultural Arts Check-Out <i>[Times assigned for each area]</i>	Coronet Ballroom
5:00 p.m. - 6:00 p.m.	General Session with KEHA Choir Performance	Crowne A
	DINNER ON YOUR OWN	

THURSDAY, MAY 11

7:30 a.m. - 8:30 a.m.	Registration	Crowne Registration
8:00 a.m. - 9:15 a.m.	Officer Training Workshops	
9:45 a.m. - 11:00 a.m.	Educational Chairman Training Workshops	
11:30 a.m.	AWARDS LUNCHEON	Crowne A

	Early-Bird Rate (By 4/10/23)	Late Registration (By 4/24/23)
Full Conference Registration	\$140	\$175
2-Day Conference Registration	\$120	\$140
2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below		

KEHA Hands-On Activities

Tuesday, May 9 - 5:15 p.m. - 6:15 p.m. and Wednesday, May 10 - 3:30 p.m. - 4:30 p.m.

(View color photos at www.keha.org)

Let's Make Soap

Cost: \$10.00 Class Limit: 25

During this soap making demonstration, you will get the chance to see lye soap made with accessible oils that you can get at your local grocery store! During the demo, the instructor will detail the "How?" and "Why?" of the soap making process, will answer any questions, and will provide further materials and resources you can use as you dive into soap making. All registrants will receive soap to take home!



English Paper Piecing

Cost: FREE Class Limit: 20

Learn how to hand piece fabric scraps into garment embellishments, beautiful quilts, or home furnishings. During this workshop you will learn the basics of this early precise method of hand piecing. Participants will practice the technique using a furnished pincushion kit. All materials for the pincushion are provided with the exception of the fiberfill (stuffing) that can be added at home.



Swedish Weaving Embroidery

Cost: \$10.00 Class Limit: 15

Swedish Weaving Embroidery will be worked on huck fabric. Participants must be able to thread a needle. **Additional kits will be available for \$8.00.**



Snackle Box

Cost: \$5 Class Limit: 15

Learn how to make a quick, easy, and convenient snack solution! Perfect for the car, boat, hike, or even at home.



Wilderness Flowers in a Mason Jar

Cost: FREE Class Limit: 20

Create a nail art mason jar on rustic wood with fresh wilderness flowers. (Wilderness flowers not pictured here.)



Flower Pounding Craft

Cost: FREE Class Limit: 20

Participants will pick flowers of their choice to put on watercolor paper and then place wax paper over them. Then using a hammer, pound away to make a cute print to frame.



Daisy Painting

Cost: FREE Class Limit: 20

Paint a daisy flower on a flat panel canvas.



Egg Substitutes when Baking and Cooking

With egg prices on the rise, many of us are looking for substitutes. But it's not as easy as you think. There is no one substitution that works for all recipes. Egg substitution will depend on the recipe and the egg's function in that recipe. Eggs serve many purposes when baking: structure, consistency, color, and flavor. You can use them to leaven, which allows the food to expand and rise when heated giving the food volume. Or they can be binders, helping to combine other ingredients and hold the food together. They can also keep food moist.

Egg whites provide leavening and moisture while the yolks help with binding. As a rule, the smaller number of eggs a recipe calls for, the easier the substitution. When using a substitution for eggs, determine the function of the egg first.

- If the recipe doesn't contain baking powder or baking soda, the eggs are used for leavening.
- If the recipe calls for only egg whites, they are providing leavening and moisture.
- If the recipe calls for only yolks, they are for binding.
- If the recipe calls for three or more eggs, assume they act in all three roles.
- If you are unsure, assume the eggs act in all three functions. More than one substitution can be used at a time.

Substitutions for leavening (Each substitution counts as one egg.)

¼ cup carbonated water

2 tablespoons water + 1 tablespoon oil + 2 teaspoons baking powder

1 tablespoon vinegar + 1 teaspoon baking soda

2 tablespoons lemon juice + 1 teaspoon baking soda

Substitutions for binding (Each substitution counts as one egg.)

1 tablespoon gelatin + 1 tablespoon water, let sit 15 minutes (for gelatin-based desserts)

1 tablespoon soy lecithin

2 tablespoons mashed potato or sweet potato

2 tablespoons tomato paste

2 tablespoons starch + 3 tablespoons water

3 tablespoons nut or seed butter

¼ cup puréed soft tofu or full fat yogurt

Substitutions for moisture (Each substitution counts as one egg.)

¼ cup unsweetened applesauce or fruit puree

¼ cup mashed banana or avocado

2 tablespoons dried fruit + 2 tablespoons water, puréed

¼ cup buttermilk or milk

¼ cup sweetened condensed milk

¼ cup yogurt

Eggs are a good source of many nutrients. Please be aware that when making substitutions, the nutrient profile of recipes will be altered.



WISELY USE YOUR TAX REFUND

It's that time of the year when we get excited about our tax refunds. By responsibly using this one-time infusion of cash, you can improve your financial standing.

You could wisely use your tax refund to add to your emergency savings account. Most of us do not have enough money saved in the event of job loss, illness or another unexpected event that prevents us from working. Most financial experts

recommend having at least six months of income saved to help you work through financial hardship. This fund can also help cover unexpected or emergency household repairs.

You could also choose to reduce your debt with your tax refund. Paying off high interest debt as quickly as possible is a financial win-win because it reduces the principal on your loan and lowers future interest payments.

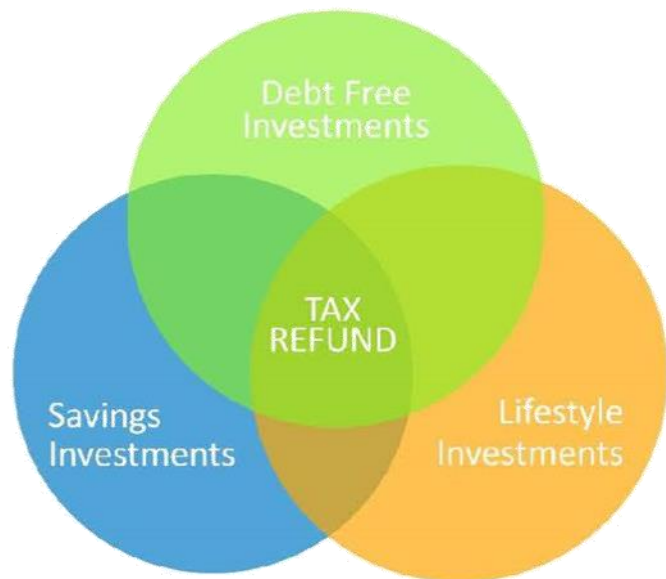
Make an extra mortgage payment toward the principal. Much of a mortgage loan goes toward interest and not the principal itself.

Investing in your family's future is always a wise move as it will continue to guarantee future financial stability. You could use your return to start or add a college savings fund for your children or to start or add to your retirement account.

If you must spend your tax refund, make wise spending choices. Consider purchases that allow you to make improvements that add resale value to your vehicle or home or to make home improvements that lower energy costs.

You never get too old to learn a new skill. Use some of the refund to take classes or learn new skills or hobbies.

More information on family financial education is available by contacting Owen County Extension Office.



Source: Kelly May, senior extension associate for family finance and resource management



THE 2023 CHRISTMAS PROJECT COMMITTEE INVITES YOU TO HELP STOCK THE

Christmas SHOPPE

***PLEASE REMEMBER
THIS SHOPPE IS FOR
CHILDREN
AGES:
NEWBORN-
HIGH SCHOOL**

Each month the committee will be requesting different items. The Christmas Shoppe will allow families that receive Christmas assistance in December to shop for gifts for their own families.

**** ALL ITEMS MUST BE NEW ****

DROP OFF LOCATION

OWEN COUNTY
EXTENSION OFFICE
265 ELLIS HIGHWAY
OWENTON, KY 40359

March~ Coats & Hoodies

(ALL SIZES FOR MALE & FEMALE)

April~ Sweat pants & Leggings

(ALL SIZES FOR MALE & FEMALE)

May~ Tennis shoes & Boots

(Male Sizes: Toddler - Adult Men 13

Female Sizes: Toddler - Women Size 11)

June~ Socks & Underwear

(ALL SIZES FOR MALE & FEMALE)

July~ Towels & Washcloths

August~ Blankets & Pillows

September~ Hygiene Products: shampoo,

conditioner, soap, hair brushes,

toothpaste, deodorant

October~ Gift wrapping paper, Gift bags,

Tissue paper & tape





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



CRAFTING FOR SELF CARE SERIES 2:



STRING ART



DO IT YOURSELF
String Art Kit

**SPACE IS
LIMITED**

TUESDAY, MARCH 7
5:00 PM
OWEN COUNTY
EXTENSION OFFICE

NO COST



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



SPRING INTO GARDENING

with David Hull
"Dr. Dirt"

Owen County Extension
Thursday, March 30, 2023
1PM

Must Register by Tuesday, March 28th
502-484-5703

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



LAUGHTER YOGA CLASS

- Wear comfortable clothing
- Yoga mat not needed

Laughter Yoga is a combination of breathing (yoga), stretching, and simulated laughter. The benefits of laughter are experienced through eye contact, interaction, and movements that simulate laughter—which becomes real and contagious!

April 14
10:00am

Laughter is the best medicine!

Registration is limited!

Register at

**<https://campbell.ca.uky.edu/> or
859-572-2600**

at the Campbell County
Cooperative Extension Office

*Presented by: Suzanne Piper, Certified
Senior Advisor and Certified Laughter Yoga
Instructor*

*Sponsored by: The Northern Kentucky
Homemakers*



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating. LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Homebased Microprocessing Workshop



April 18th 2023

9:30am - 2:30pm

Grant County Extension Office

105 Baton Rouge Road

Williamstown, KY 41097



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

For more information & to register:

ukfcs.net/HBM

or call (859)824-3355

Join our workshop!
Homebased
microprocessors are
farmers who grow and
harvest produce to use in
their value-added products.

Homebased
microprocessors are
required to grow a
predominant ingredient in
the products they make.
The first step to becoming
certified as a homebased
microprocessor is to attend
a Homebased
Microprocessor (HBM)
workshop presented by the
University of Kentucky.

The cost of the workshop is
\$50.00.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.



SPRING PRESCHOOL DAY



AGES 3-5

SPACE IS LIMITED!

**FRIDAY,
APRIL 28TH
10 AM- NOON**

**MUST REGISTER BY
APRIL 24TH**

CLOUD DOUGH

STORYTIME & CRAFT

PLANTING SEEDS

RAINBOW SENSORY BIN

FORK FLOWER PAINTING

NAME TRACING AND LETTER RECOGNITION

**OWEN COUNTY EXTENSION
265 ELLIS ROAD**

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities accommodated with prior notification



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

CRAFTING FOR SELF CARE SERIES 3: CANDLEMAKING

with Liz Evans

SPACE
IS LIMITED

Wednesday, April 26

5:00 PM

Owen County
Extension Office

NO COST

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



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

FIRING SQUAD CERAMICS

SPACE IS LIMITED

\$15 PER CERAMIC

3 OPTIONS
~GNOME
~MUSHROOM
~FROG

MONDAY, MAY 1
5:00 - 7:00 PM
OWEN COUNTY EXTENSION OFFICE

MUST REGISTER BY THURSDAY, APRIL 27TH
PLEASE CALL (502) 484-5703

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Spinach Pasta Bake

2 cups whole wheat penne pasta	1½ teaspoons dry basil	1 can (14 ounces) Italian diced tomatoes, drained
1 pound lean ground beef	1 teaspoon garlic powder	10 ounces fresh spinach, chopped
1 large onion, chopped	1 teaspoon dried oregano	1 cup low-fat shredded Mozzarella cheese
1 large carrot, shredded		
1 teaspoon black pepper		

Preheat oven to 350 degrees F. **Cook** pasta according to package directions. **Drain** and **cover** to keep warm. In a large skillet over medium heat, **cook** the beef and onions until beef is no longer pink. **Drain.** **Return** beef to skillet. **Add** carrots and spices and **cook** an additional two minutes. **Stir** in tomatoes. **Reduce** heat to low. **Cover** and **simmer** 10 minutes. **Add** pasta and

spinach and mix well. **Cover** and **cook** an additional 3 minutes or until spinach is wilted. **Pour** into greased 3-quart baking dish. **Sprinkle** with Mozzarella cheese. **Bake**, uncovered for 10 minutes. **Yield:** 9, 1 cup servings
Nutritional Analysis: 200 calories, 4.5 g fat, 2 g saturated fat, 35 mg cholesterol, 270 mg sodium, 25 g carbohydrate, 4 g fiber, 4 g sugars, 18 g protein.



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

<http://plateitup.ca.uky.edu>

