



January 2024  
FCS Newsletter

## Cooperative Extension Service

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*“January brings the snow, makes our feet and fingers glow.” ~ Sara Coleridge*

### 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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



# Nutrition Notes.....

(Alta) Gaye Hutchison,  
NEP Assistant  
( Nutrition Education Program)

Recipe from the  
January 2024  
Food and Nutrition  
Calendar

## Savory Winter Pork Stew

- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon granulated garlic
- 1/2 cup all-purpose flour
- 2 pounds boneless pork loin chops, 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 carton (32 ounces) low-sodium chicken broth
- 3 large carrots, sliced in 1/4-inch rounds
- 2 celery stalks, diced
- 1 medium onion, diced
- 3 medium potatoes, diced
- 1 can (10 ounces) diced tomatoes with green chilies

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. In a plastic gallon bag, add salt, pepper, garlic, and flour. Set aside.
4. On a meat cutting surface, trim fat and cut pork loin chops into cubes using a serrated knife or kitchen shears.
5. Place pork pieces inside a gallon bag with flour and seasonings and seal. Shake bag until all pork pieces are dredged in flour.
6. Wash hands and surfaces after handling uncooked meat.
7. In a large nonstick skillet, heat 1 tablespoon of olive oil over medium heat. Brown half of the pork pieces in the skillet, flip over pieces until all sides are browned. Remove pork and place in a large soup pot. Add



- another 1 tablespoon of olive oil to the skillet and brown the remaining pork pieces; then add remaining pork to the soup pot. Note: An extra-large skillet can brown all the pork pieces at one time.
8. Add 3 cups of chicken broth, carrots, celery, and onion to the pork in the soup pot. Bring to a boil over high heat. Reduce heat to medium-low, stir occasionally to avoid ingredients sticking to the bottom of the pot. Cook 20 to 30 minutes, or until vegetables are tender.
  9. Add the remaining chicken broth, potatoes, and diced tomatoes with chilies. Bring to a boil. Simmer on low heat for 10 to 15 minutes until potatoes are tender, but not mushy.
  10. Refrigerate leftovers within 2 hours.

**Makes 12 servings**  
**Serving size: 1 cup**  
**Cost per recipe: \$19.19**  
**Cost per serving: \$1.60**



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

**Nutrition facts per serving:**  
190 calories; 5g total fat; 1g saturated fat; 0g trans fat; 40mg cholesterol; 380mg sodium; 17g total carbohydrate; 2g dietary fiber; 3g total sugars; 0g added sugars; 21g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 10% Daily Value of potassium

**Source:**  
Stephanie Derifield, former Area Nutrition Agent; Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior; and Danielle Fairchild, Lawrence County SNAP-Ed Program Assistant Senior, University of Kentucky Cooperative Extension Service

# CITRUS CHICKEN STIR FRY



- 2 tablespoons olive oil
  - 1 pound boneless, skinless chicken thighs
  - 2 teaspoons garlic powder
  - 2 tablespoons low-sodium soy sauce
  - ¼ cup orange juice
  - 1 teaspoon honey
  - ½ teaspoon black pepper
  - 8 ounces sugar snap peas, wash and string, if needed
  - 1 red or orange bell pepper, sliced
1. Heat oil in a large skillet over medium-high heat.
  2. Add chicken and sprinkle garlic powder over the pieces. Brown each side for about 2 minutes, flipping chicken occasionally.

3. In a small bowl, stir together soy sauce, orange juice, honey and black pepper. Pour over chicken. Add sugar snap peas and bell pepper slices to the pan. Stir to combine.
4. Cook for an additional 3-4 minutes, until peas and bell pepper slices soften and chicken has reached 165 degrees F. Serve over rice.

**Makes 4 servings**  
**Serving size:** 1 cup  
**Cost per recipe:** \$6.42  
**Cost per serving:** \$1.61



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

## Nutrition facts

### per serving:

320 calories; 16g total fat; 3.5g saturated fat; 0g trans fat; 150mg cholesterol; 410mg sodium; 12g carbohydrate; 2g fiber; 5g sugar; 1g added sugar; 31g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

**Source:** Adapted from USDA What's Cooking?

**Taken from: January 2020 Food and Nutrition Recipe Calendar**

# new year

## Extension Homemaker Club Meetings

- Sunnybrook** - January 4th @ 6:30 p.m. - Small Downstairs Meeting Room  
**Country Charmers** - January 4th @ 5:30 p.m. - Downstairs Meeting Room  
**Charity** - January 9th @ 5:00 p.m. - New Charity Baptist Church  
**Crafter's Anonymous** - January 10th @ 1:30 p.m. - Downstairs Meeting Room  
**Odds 'N Ends** - January 11th @ 12 noon - Downstairs Meeting Room  
**Creative Characters** - January 16th @ 12:30 p.m. - Downstairs Meeting Room  
**Happy Chippers** - January 18th @ 12:30 p.m. - Downstairs Meeting Room  
**Pots & Pans** - January 22nd @ 6:00 p.m. - Upstairs Meeting Room  
**Mudslingers** - January 22nd - Assigned Appointments Only-Contact Seth Hart  
**Mudslingers** - January 23rd @ 12:30 p.m. - Downstairs Meeting Room

**Reminder: PLEASE turn in your monthly reports!**



**Roll Call and  
Thought of the Day  
for KEHA Monthly  
Club Meetings  
January 2024**



Thought for the Day: "The journey of a thousand miles begins with a single step." ~ Lao Tzu

Roll Call: January rings in the new year. Share one goal you have for your new year's "journey."

### **Blood Drive!**

Tuesday, January 23, 2024

Aspire Center

Crafter's Anonymous - 12:30 p.m.-3:00 p.m.

Country Charmers - 3:00 p.m.-5:30 p.m.



## 501c3 Committee

The Wayne County Extension Homemaker Executive Council has appointed the following people to serve on the 501c3 Committee:

- Chair: Linda Darnell
- Members: Cindy Sloan, Polly Sartin, Margo Couch, Karen Abner, and Jerrena Chaplin, Advisor

We would like to include representation from each club to join this committee with special emphasis on people with this special knowledge. Weather permitting, this committee plus club representatives will meet January 26th, February 23rd, and March 22nd from 1 p.m.-3 p.m. in the small upstairs meeting room. If weather does not permit, that meeting will be cancelled and we plan to meet the next scheduled date. If you would like to represent your club on this committee, please plan on attending the meetings.



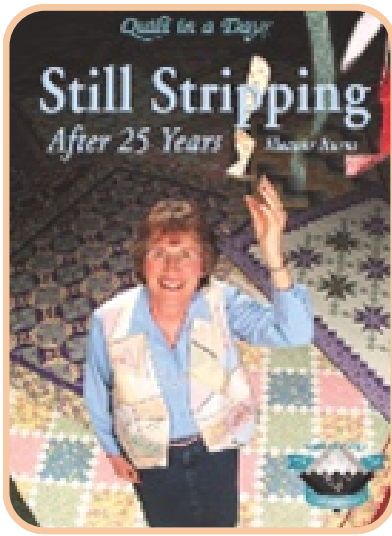
### Homemaker Cookbook

The Homemaker Cookbook needs to be completed by February 1st. If you have recipes in your possession (typed or untyped), please return them to the Extension Office as soon as possible. Volunteers are needed to proofread the typed recipes. If you are interested, please call the Extension Office and leave your name and phone number.

### Weather Policy

In general, it is our policy to keep our office open and classes and meetings as scheduled except under extraordinary weather conditions. On rare occasions, it may be necessary to alter our schedule. If our office is closed due to bad weather, we will announce it on our Facebook page and our local radio station.





**In-Stitches Quilt Class**  
**Still Stripping - Love the Log Cabin**  
**Wednesday, January 24, 2024 @ 10:00 a.m.**  
**Downstairs Meeting Room**

Over the next few months, we will be doing various quilt projects from “Still Stripping” book by Eleanor Burns, Quilt in a Day. Call the Extension Office for class prep information.

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**Cultural Arts & Heritage**  
**Creative Writing Contest**

State Homemakers have a creative writing contest each year. If you write memoirs, short stories, or audio of an original music competition, please submit those to the Extension Office no later than February 26, 2024. Entries are open only to members of KEHA. Pick up a copy of the guidelines from the Extension Office.



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**KEHA Mini-Grants**

KEHA Mini-Grants up to \$500 are awarded annually. KEHA members are eligible for the mini-grants. Recipients are announced and awards made at the KEHA Annual Meeting. For more detailed information concerning the mini-grants, please stop by the Extension Office. Applications are available at the Extension Office and are due by March 1st.



Lots of talent in Wayne County!! Please bring your items to the Cultural Arts Event at the Wayne County Extension Office on February 14th. Each article must be the work of an Extension Homemaker member who have paid their dues by the December 2023 deadline date and must have been completed during the past 2 years.

## 2023-2024 Cultural Arts Exhibit Categories

Each article must be the work of an Extension Homemaker member and must have been completed during the past 2 years. For 2023-2024 county, area, and state exhibits, items completed during the past 2 years will be eligible.

**Entry Day - Wednesday, February 14, 2024 - 9 a.m.-1 p.m. - Upstairs Meeting Room**

### *Categories and Subcategories*

#### **1. APPAREL**

- a. Accessory
- b. Appliqued
- c. Basic Sewing
- d. Quilted
- e. Specialty

#### **2. ART, 3-Dimensional**

- a. Carving
- b. Sculpture

#### **3. ART, NATURAL**

- a. Wood
- b. Other

#### **4. ART, RECYCLED (Include a before picture)**

- a. Clothing
- b. Household
- c. Other

#### **5. BASKETRY**

- a. Cane
- b. Dyed Material
- c. Miniature (under 4 inch)
- d. Novelty
- e. Plain

#### **6. BEADING**

- a. Bead Weaving
- b. Non-jewelry Item/Wearable
- c. Miscellaneous

#### **7. CERAMICS**

- a. Hand-formed
- b. Molded
- c. Pre-made

#### **8. COUNTED CROSS STITCH**

- a. 14 Count & Under
- b. 16-22 Count
- c. Specialty Cloth (linens, etc.)

#### **9. CROCHET**

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans
- d. Thread

#### **10. DOLL/TOY MAKING**

- a. Cloth
- b. Handmade Toy other than Porcelain/China or Cloth
- c. Porcelain/China

#### **11. DRAWING**

- a. Pastels
- b. Pen and Ink
- c. Pen and Ink with Oil Roughing
- d. Pencil or Charcoal-Black
- e. Pencil-Color

#### **12. EMBROIDERY**

- a. Basic
- b. Candle Wicking
- c. Crewel
- d. Machine
- e. Ribbon
- f. Smocking
- g. Swedish
- h. Tatting/Lace Making
- i. Miscellaneous

#### **13. FELTING\***

- a. Needle Method
- b. Wet Method

#### **14. HOLIDAY DECORATIONS**

- a. Autumn
- b. Spring
- c. Summer
- d. Winter

## 2023-2024 CULTURAL ARTS EXHIBIT CATEGORIES (continued)

### 15. JEWELRY

- a. Beaded
- b. Mixed Media (wire, chain maille, mixed with beads)
- c. Original Design

### 16. KNITTING (HAND – with knitting needles)

- a. Accessories
- b. Fashion
- c. Home Décor and Afghans

### 17. KNITTING (OTHER – machine / loom)

### 18. NEEDLEPOINT

- a. Cloth Canvas
- b. Plastic

### 19. PAINTING, ART

- a. Acrylic
- b. Oil
- c. Watercolor

### 20. PAINTING, DECORATIVE

- a. Metal
- b. Wood
- c. Other

### 21. PHOTOGRAPHY (mounted or framed) \*\*

- a. Black & White
- b. Color

### 22. QUILTS\*\*\*

- a. Baby-size or Lap-size (hand quilted)
- b. Baby-size or Lap-size (machine quilted)
- c. Hand Appliqué (hand quilted)
- d. Hand Pieced (hand quilted)

### 22. QUILTS\*\*\* (continued)

- e. Machine Appliqué (machine quilted)
- f. Machine Pieced (hand quilted)
- g. Machine Pieced (machine quilted)
- h. Novelty (stenciled, embroidered, miniature, etc.) (hand quilted)
- i. Novelty (stenciled, embroidered, miniature, etc.) (machine quilted)
- j. Technology Based (hand or machine quilted)
- k. Miscellaneous (hand or machine quilted)

### 23. PAPER CRAFTING

- a. Card Making
- b. Origami
- c. Quilling
- d. Scrapbooking\*\*\*\*

### 24. RUG MAKING

- a. Braided
- b. Hooked
- c. Punch Needle
- d. Woven

### 25. WALL or DOOR HANGING

- a. Fabric
- b. Other

### 26. WEAVING

- a. Hand (macrame, caning)
- b. Loom (includes pin weaving)

### 27. MISCELLANEOUS (Items not included in other categories listed, otherwise they will be disqualified.)

\* All felted items should be entered in the Felting category under one of the subcategories. Items that have been knitted or crocheted and wet felted should not be entered in Knitting or Crochet.

\*\* Photographs should be either mounted and/or in a frame – MATTING and/or GLASS is OPTIONAL

\*\*\*Quilts must be completely done by the KEHA member exhibitor. This includes quilting.

\*\*\*\* Scrapbooking entries are limited to 1 or 2 pages. If the entire scrapbook is sent, please designate pages to be judged.

More information can be found on the KEHA website:  
<https://keha.ca.uky.edu>

Handbook 41  
June 2023





**Cooking with the Calendar**  
**Tuesday, January 23, 2024 @ 10:00 a.m.**

**Upstairs Meeting Room**

We will be sampling recipes from the new Recipe Calendar. Everyone will receive a FREE calendar with 12 months full of recipes and helpful hints. Must register so we can be prepared for you. Please call the Extension Office at 606-348-8453 to register.

**County & Club Officers' Event**  
**Movie Night**

**Featured Movie - Fried Green Tomatoes**

**Thursday, February 29, 2024**

**5:30 p.m. - Downstairs Meeting Room**


**Snacks, Movie, Fun, & Fellowship**

**Please register so we can be prepared for you.**




# PAINTING CLASS

WITH SUZANNE POGUE



**KENTUCKY COOPERATIVE EXTENSION**  
16 MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT AND COLLEGE OF AGRICULTURAL, COMMUNITY AND THE SCIENCES




**Monday, January 22, 2024**  
**5:00 p.m.-7:00 p.m. ET**  
**Wayne County Extension Office**  
**Downstairs Meeting Room**  
**Cost - \$30.00 Prepaid**  
**All paint supplies provided.**  
**Please bring an apron or wear old clothes.**

**Deadline to register:**  
**Wednesday, January 17th**  
**606-348-8453**

**Cooperative Extension Service**  
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 University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties Cooperating.  
 Lexington, KY 40506



Disabilities accommodated with prior notification.

# UPCOMING EVENTS

## Wayne County Extension Homemakers! Dates to Book in Your Calendar

### JANUARY 2024

January 15th - Extension Office Closed for Martin Luther King, Jr. Day

January 16th-20th - Jabez Quilt Seminar at Cave City

January 22nd - Painting Class with Suzanne Pogue-5:00 p.m. - Downstairs Mtg. Room

January 23rd - Cooking Calendar @ 10:00 a.m. - Upstairs Meeting Room

January 24th - In-Stitches Class @ 10:00 a.m. - Downstairs Meeting Room

### FEBRUARY 2024

February 8th - Christmas Village Planning Meeting @ 5:00 p.m. - Small Upstairs Room

February 14th-16th- Wayne County Cultural Arts Contest - Upstairs Meeting Room

- February 14 - Entry Day from 9:00 a.m.-1:00 p.m.
- February 15 - Viewing Day from 8:00 a.m.-4:30 p.m.
- February 16 - Pick-up Day from 8:00 a.m.-12 noon.

February 21st - In-Stitches Class @ 10:00 a.m. - Downstairs Meeting Room

February 29th - County & Club Officer Movie Night-5:30 p.m.- Downstairs Mtg. Room

### HOMEMAKER LEADER LESSONS

January - Mail Out Lesson - Everyone will receive their lesson in the mail.

February - Club Choice

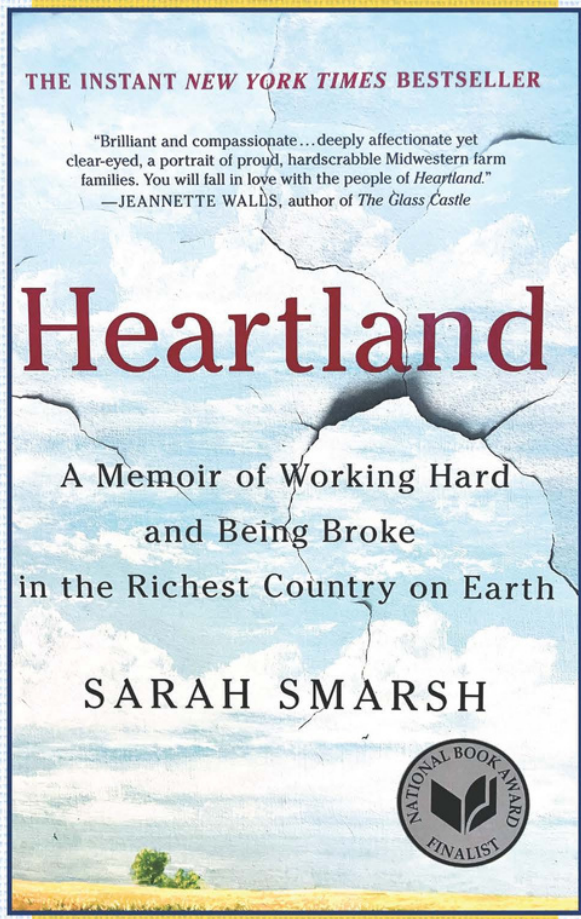
March 26th - Spring Cleaning Your Home & Finances

April 23rd - Entertaining Little Ones

May 28th - Healthy Food Choices



The Wayne County Extension Office will be closed on Monday, January 15th in observance of Martin Luther King Jr. Day. We will reopen on Tuesday, January 16th.



WE ARE EXCITED TO  
READ WITH  
**YOU**  
THIS YEAR!

# BIG BLUE BOOK CLUB

**Big Blue Book Club** is back with **Heartland: A Memoir of Working Hard and Being Broke in the Richest Country** on Earth by Sarah Smarsh. This book is an eye-opening memoir about working-class poverty in America. Our discussions will help participants understand the impact that economic hardship and inequality have on our communities. Heartland is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

The first Big Blue Book Club series for **2024 will be April 11, 18, and 25**. Each Thursday morning session will be presented via Zoom at 11 a.m. EDT. We will record the sessions, so if you aren't available during the day, you are welcome to participate via the recording.

**Registration will open at 9 a.m. EST on Feb. 1 at <https://ukfcs.net/BBBC24book1>**. The link will not be active until registration opens. The first 200 registered participants will receive a free copy of the book. Pick up your free book at your local Extension office after you receive notification that you are one of the book recipients.

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# MENTAL HEALTH FIRST AID

## LEARN HOW TO SUPPORT YOUR FRIENDS, FAMILY AND NEIGHBORS

Mental Health First Aid (MHFA) teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adults.

You'll build skills and confidence you need to reach out and provide initial support to those who are struggling. You'll also learn how to help connect them to appropriate support.

### AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of mental health challenges.
- Recognize common signs and symptoms of substance use challenges.
- Understand how to interact with a person in crisis.
- Know how to connect a person with help.
- Use self-care tools and techniques.

Join the more than

**2.6** MILLION

*First Aiders who have chosen to be the difference in their community.*

## REGISTER TODAY!

### Delivery Format:

In-person instruction delivered in two parts over the course of two evenings.

### Date and Time:

March 4th & 5th , 2024 - 5:00PM - 8:30PM

### Location:

Wayne County Extension - 255 Rolling Hills Blvd. Monticello, KY

### Where to Register:

Use the QR code to the right, or call: (606) 348-8453

Learn how to respond with the Mental Health First Aid Action Plan (**ALGEE**):

- A**ssess for risk of suicide or harm.
- L**isten nonjudgmentally.
- G**ive reassurance and information.
- E**ncourage appropriate professional help.
- E**ncourage self-help and other support strategies.





# Seth Hart

Program Assistant  
for Community Arts

# Restoration of Barn Quilt

## “Celebrating 100 Years of Extension”

Medium: Acrylic Paint on Wood

Created By:

*Gaye Hutchison, EFNEP Assistant*

*Seth Hart, Community Arts Assistant*



Our barn quilt, entitled “Celebrating 100 Years of Extension” has been restored and remounted at the Wayne County Extension Office. It was originally created in 2014 for Extension’s Centennial Anniversary and commemorates the Smith - Lever Act, which established the Cooperative Extension Service in 1914.



Over the past decade, this quilt block had been removed for several years with damage due to weathering. Fortunately, the centerpiece only needed minor repairs and it now has fresh improvements. The border was replaced, redesigned with new patterns and reduced in size to enhance the logo. It’s displayed by the lower level parking lot on the concrete wall, alongside our other recently mounted block, “Extension for All Seasons, for All Ages.”

## ORIGINAL

*Created in 2014*



## CURRENT

*Redesigned and Restored in 2023*

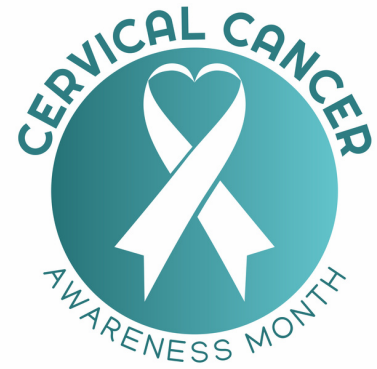




**Joy McGinnis**

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**FCS Program Assistant**



## **January is Cervical Health Awareness Month!**

This cancer, which forms in the lower part of the uterus, can prove fatal if undiagnosed. That's why early detection through routine screenings and prompt treatment can save lives. Get screened, get vaccinated!

Screening tests can find abnormal cells so they can be treated before they turn to cancer. The Pap test looks for changes in cells on the cervix that could turn to cancer if left untreated. The human papillomavirus (HPV) test looks for the virus that causes these cell changes. The only cancer the Pap test screens for is cervical cancer.

HPV is the main cause of cervical cancer. HPV is a very common virus, passed from one person to another during sex. Most HPV infections (9 out of 10) go away by themselves within 2 years. If HPV doesn't go away, it can cause cancer.

Most women do not need a pap test every year. Have your first Pap test when you're 21. If your test is normal, you can wait 3 years for your next pap test. HPV tests are not recommended for screening women under 30.

When you turn 30 you have a choice: If your test results are normal, get your pap test every three years OR get both a pap test and an HPV test every five years. You can stop getting screened if you are older than 65 and have had a normal pap test for many years, OR if your cervix was removed during surgery for a non-cancerous condition like fibroids.

Source: CDC



**Joy McGinnis**

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**FCS Program Assistant**



## **REVVING UP FOR GOOD HEALTH IN THE NEW YEAR**

For many men, their most prized possession is their automobile. A lot of consideration is given to the make, model, and reliability of the vehicle. If you buy a used automobile, you expect a full report of its maintenance history. Once the purchase has been made, you want to do everything possible to maximize the performance of the vehicle. You make sure the tire pressure is correct. You use the recommended motor oil and fuel. You take the car to the garage for routine maintenance checks. Occasionally, you have to fix minor problems such as flat tires or broken windshield wipers. Sometimes there are problems that you can't diagnose or repair by yourself, so you work with a mechanic. Every once in a while, the car may need emergency service.

The same prevention concepts that keep your automobile in top condition can be applied to your personal health, and the beginning of the year is a great time to make this positive change. According to a survey commissioned by The Commonwealth Fund, men were less likely than women to get routine checkups or preventative care and often ignore symptoms and delay seeking medical help. One in four men reported that they would wait as long as possible before seeing a doctor if they were in pain or feeling sick.

Over half of all male deaths in Kentucky each year are caused by either heart disease or cancer. Men need to take the driver's seat in addressing these health issues. The first step is to practice healthy behaviors and lifestyles that can help prevent heart disease and some types of cancer. This includes not smoking; being physically active; eating a healthy diet rich in fruits, vegetables, and whole grains; eating less saturated fat and cholesterol; limiting alcohol consumption; using sunscreen; and controlling your weight.



**Joy McGinnis**

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**FCS Program Assistant**



## **REVVING UP FOR GOOD HEALTH IN THE NEW YEAR (Continued)**

Routine maintenance is necessary to prevent illness or catch it in its earliest stages. In addition to annual vision, dental and hearing checkups, men should make sure their healthcare provider is monitoring their blood pressure, cholesterol, and blood sugar levels.

During the annual health exam, men need to ask about specific screenings such as colorectal, prostate, testicular, and skin cancer exams. Knowing your family's health history will help the doctor decide at what age these exams need to be done. Don't be afraid to receive medical tests. The earlier a problem is detected, the greater your chance for recovery.

According to the Centers for Disease Control, over 1,200 Kentucky men died from unintentional injuries in the year 2000. This is the third-leading cause of death for Kentucky men. The biggest culprit in these deaths was motor vehicle accidents. To reduce your chances for a fatal car crash this year, use your seat belt, keep your speed down, and don't drive while sleepy or under the influence of drugs or alcohol.

### **Resources:**

National Network for Health

Centers for Disease Control and Prevention; Mayo Clinic's Men's Health Center; FN-SSB.086 – The Thrill of the Grill, Sandra Bastin, Ph.D., R.D., L.D. Food & Nutrition Specialist

Self-Care for You and Your Family, Kathleen S. Tajeu, Alabama Cooperative Extension System, CRD-64

Prepared by Denise Rennekamp, Extension Health Associate, HEEL Program





## January is Soup Month Try some of these delicious recipes!

### 10-Minute Bean Soup



**Servings:** 4 **Serving Size:** 1/4 of recipe

**Recipe Cost:** \$6.52 **Cost per Serving:** \$1.63

**Nutrition facts per serving:** 400 calories; 8g total fat; 2.5g saturated fat; 0g trans-fat; 10mg cholesterol; 500mg sodium; 62g carbohydrate; 15g fiber; 4g sugar; 24g protein; 140% Daily Value of vitamin A; 160% Daily Value of vitamin C; 40% Daily Value of calcium; 30% Daily Value of iron

#### Ingredients:

- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- ¼ cup onion, finely chopped
- 2 (15.8 ounce) cans of great northern beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes with basil, garlic, and oregano
- 1 (14 ounce) can low-sodium vegetable or chicken broth
- 4 cups kale, torn into small pieces
- 1 tablespoon lemon juice
- ½ cup grated Parmesan cheese

#### Directions:

1. In a medium saucepan, heat oil over medium heat and sauté garlic and onion for 3 minutes or until onion is tender.
2. Add beans, tomatoes, and broth to saucepan. Stir and simmer for 5 minutes. Add kale and cook until tender, for about 2 minutes.
3. Mix in lemon juice and Parmesan cheese just before serving. Optional, garnish with finely chopped fresh basil or dried basil.

#### Notes:

Cooked, dried beans may be substituted for canned beans. Using prepared dry beans in place of canned will reduce sodium in this dish. If you can't find diced tomatoes with basil, garlic, and oregano, use regular diced tomatoes and add dried versions of these seasonings.

## Broccoli Potato Soup

**Servings:** 4 **Serving Size:** 1/4 of recipe

**Recipe Cost:** \$4.34 **Cost per Serving:** \$1.09

**Nutrition facts per serving:** 200 calories; 6 g total fat; 2 g saturated fat; 0 g trans-fat; 10 mg cholesterol; 350 mg sodium; 25 g total carbohydrate; 2 g fiber; 15 g protein; 15% Daily Value of vitamin A; 110% Daily Value of vitamin C; 30% Daily Value of calcium; 8% Daily Value of iron



### Ingredients:

- 4 cups chopped broccoli, may use frozen
- 1 small, chopped onion
- 4 cups low sodium chicken or vegetable broth
- 1 cup evaporated nonfat milk
- 1 ½ cups instant mashed potatoes, prepared with water
- Salt and pepper to taste
- ¼ cup cheese, shredded cheddar or American

### Directions:

1. Mix broccoli, onion, and broth in large saucepan.
2. Bring to a boil.
3. Lower heat. Cover and simmer for about 10 minutes or until vegetables are tender.
4. Add milk to soup. Slowly stir in potatoes.
5. Cook and stir until bubbly and thickened.

### Make it a Meal:

- Broccoli Potato Soup
- Grilled cheese sandwich
- Grapes
- Low-fat milk

Source: USDA Recipe Finder

### Tips:

1. Can make ahead and freeze into single servings.
2. Broccoli makes this dish a great source of vitamins A and C.
3. Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Make them the basis for meals and snacks.



## Chicken and Dumpling Soup

**Servings:** 10 **Serving Size:** 1 cup **Recipe Cost:** \$9.63

**Cost per Serving:** \$.96

**Nutrition facts per serving:** 220 calories; 5 g total fat; 1 g saturated fat; 0 g trans-fat; 35 mg cholesterol; 200 mg sodium; 23 g carbohydrate; 4 g fiber; 19 g protein; 50% Daily Value of vitamin A; 24% Daily Value of vitamin C; 8% Daily Value of calcium; 10% Daily Value of iron

### Ingredients:

- 2/3 cups cooked chicken, cubed
- 4 carrots
- 3 stalks of celery
- 3 medium potatoes
- ½ yellow onion
- 1 clove garlic
- 2 tablespoons olive oil
- 2 (32-ounce) boxes of low sodium chicken broth
- 2 cups frozen peas
- 1 (12-ounce) package frozen dumplings
- Salt and pepper, optional

### Directions:

1. Chop vegetables into bite sized cubes; chop onion and garlic finely.
2. In a large soup pot, heat olive oil over medium-high heat and sauté the onion and garlic until tender.
3. Add the carrots, celery and potatoes and stir for a few minutes, being careful not to burn them.
4. Pour in the broth and bring to a boil. Add dumplings, a few at a time.
5. Turn down heat and simmer for about 15 minutes, stirring often, until the vegetables have softened.
6. Add chicken and raise heat to medium-low for 10 minutes.
7. Add frozen peas during the last five minutes. Add salt and pepper to taste.

### Make it a Meal:

- Chicken and Dumpling Soup
- Apple wedges
- Milk

### Tips:

1. Save money by cooking the chicken at home and making your own broth.
2. Pay attention to hunger and fullness cues before, during, and after meals. Use them to know when to eat and when you have had enough.



We would like to extend our best wishes to Teresa Slagle, Staff Assistant at the Wayne County Extension Office, on her retirement on January 2nd. We thank her for her hard work, commitment, and dedication to the company. We wish Teresa the best of luck as she starts a new chapter in her life.



*Debbie Shepherd*

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DS/vm

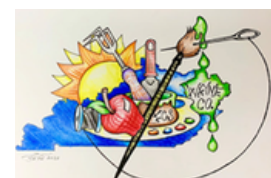


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