



VOL. 2025-03

Cooperative Extension Service

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Cooperative Extension Service

Agriculture and Natural Resources
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Disabilities accommodated with prior notification.



Nutrition Notes.....

(Alta) Gaye Hutchison

Nutrition Education Program Assistant

March 2025

Nutrition

Education

Program

Calendar Recipe

Crunchy Air Fryer Fish

Prep time: 10 minutes

Rest 10 minutes

Cook time: 10-15 minutes

- 1 pound of white fish fillets (tilapia, catfish, perch, etc.)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon paprika
- 1/4 teaspoon chili powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt
- 1 egg
- 1 tablespoon olive oil
- 1 cup panko crumbs
- Nonstick cooking spray

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Place fish between clean paper towels to allow any water to drain. Rewash hands after handling raw fish.
3. Create an assembly for coating the fish. First, in a small bowl, combine the garlic powder, paprika, chili powder, onion powder, black pepper, and salt; set aside. Then, in a shallow pan or plate, whisk the egg; set aside. Rewash hands after handling the raw egg. Place panko crumbs into another shallow pan or plate; set aside.
4. Coat fish on both sides with olive oil and sprinkle both sides with the seasoning mixture. Dip fish into the egg and coat both sides. Then dredge the fillets through the panko coating both sides thoroughly. Allow the coated fillets to rest about 10 minutes before cooking. Rewash hands after handling the raw fish.
5. Preheat the air fryer to 390 degrees F while the fish rests. Coat the



- preheated air fryer basket or pan with cooking spray. Add the fish, taking care not to overfill the basket or pan (you may need to work in batches). Cook for 10 to 13 minutes or until it reaches an internal temperature of 145 degrees F as measured on a meat thermometer.
6. Refrigerate leftovers within 2 hours. Reheat leftovers in the air fryer for a few minutes to revive the crunchy coating.

No air fryer? No problem. Simply bake these in the oven at 400 degrees F for 12 to 15 minutes or until they reach an internal temperature of 145 degrees F as measured on a meat thermometer.

Makes 4 servings
Serving size: 4 ounces
Cost per recipe: \$7.72
Cost per serving: \$1.93



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

Nutrition facts per serving:

230 calories; 7g total fat; 1.5g saturated fat; 0g trans fat; 105mg cholesterol; 260mg sodium; 16g total carbohydrate; 0g dietary fiber; 1g total sugars; 0g added sugars; 26g protein; 20% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 8% Daily Value of potassium

Source:

Brooke Jenkins, Extension Specialist for Curriculum, University of Kentucky Cooperative Extension Service

Incredible Hulk Muffins

Servings: 18

Serving Size: 1 muffin



Ingredients:

- 2 cups whole-wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 tablespoon cinnamon
- 3/4 cup skim milk
- 3/4 cup honey
- 1 large ripe banana
- 6 ounces fresh spinach
- 4 tablespoons unsalted butter, melted
- 1/4 cup canola oil
- 1 egg
- 1 teaspoon vanilla



Directions:

1. Preheat oven to 350° F and line muffin pans with 18 paper liners.
2. Combine flour and cinnamon in a large mixing bowl.
3. In a blender or food processor, add milk, honey, banana, spinach, melted butter, egg and vanilla and blend until completely pureed.
4. Pour the puree into the dry ingredients and fold together gently until just combined.
5. Divide batter evenly into the muffin cups and bake 18 to 22 minutes or until the center of the muffins spring back when touched lightly in the center.
7. Cool before serving.

Source: Eat Smart to Play Hard: Katie Shultz, Extension Specialist, University of Kentucky Cooperative Extension Service

Nutrition Facts: 160 calories; 6g total fat; 2g saturated fat; 0g trans fat; 15mg cholesterol; 140mg sodium; 24g carbohydrate; 2g dietary fiber; 13g total sugars; 12g added sugars; 3g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium



Extension Homemaker Club Meetings 2025



Busy Bees - March 6th @ 1:00 p.m. - Downstairs Meeting Room
 Country Charmers - March 6th @ 5:30 p.m. - Downstairs Meeting Room
 Sunnybrook - March 6th @ 6:30 p.m. - Downstairs Meeting Room
 Pots & Pans - March 10th @ 6:00 p.m. - Downstairs Meeting Room
 Charity - March 11th @ 5:00 p.m. - New Charity Baptist Church
 Crafter's Anonymous - March 12th @ 1:00 p.m. - Downstairs Meeting Room
 Odds 'N Ends - March 13th @ 12 noon - Downstairs Meeting Room
 Creative Characters - March 18th @ 12:30 p.m. - Downstairs Meeting Room
 Happy Chippers - March 20th @ 12:30 p.m. - Downstairs Meeting Room
 Mudslingers - March 24th - Assigned Appointments Only-Contact Seth Hart
 Mudslingers - March 25th @ 12:30 p.m. - Downstairs Meeting Room

Reminder: PLEASE turn in your monthly reports!

KEHA ~ Roll Call & Thought for the Day

March 2025

Thought for the Day:

**“But you can come along with me
‘Cause we gotta a lot of things to do now”**

Fun, Fun, Fun

The Beach Boys - 1964

Roll Call: What do you like to do for fun in the spring?



NOTE: Following this year's Blazing the Way theme, the suggested thoughts for the day come from lyrics to songs about transportation or travel from the 1960s to the 2000s.

Blood Drive!

March 25, 2025

Aspire Center

Sunnybrook ~ 12:30-3:00 p.m.

Pots & Pans ~ 3:00-5:30 p.m.



MARCH EVENTS

- 4** Wayne County Homemaker Cultural Arts Contest
Entry Day from 9:00 a.m. to 1:00 p.m. - Upstairs
-
- 5** Wayne County Homemaker Cultural Arts Contest
Viewing from 8 a.m.-12 noon
Pick-up 12:00 noon-4:00 p.m. - Upstairs
-
- 11** Lake Cumberland Area Homemaker Cultural Arts
Contest @ Green County
-
- 18** Pressure Canning Class @ 9 a.m. - Upstairs
-
- 21** In-Stitches Sit & Sew Class @ 10 a.m. - Downstairs
-
- 24** CEC/District Board Mtg. @ 5:30 p.m. - Upstairs
-
- 25** Lake Cumberland Area Homemaker Spring
Council Mtg. @ 10:30 a.m. EST - Adair County
-
- 26** Indoor Air Quality Class @ 10 a.m. - Downstairs

UPCOMING EVENT

APRIL EVENTS

- April 4 - Set up for Breakfast with Easter Bunny - Downstairs Meeting Room
- April 5 - Breakfast with Easter Bunny - Downstairs Meeting Room
- April 7 - HM Spring Council Meeting @ 6 p.m. - Downstairs Meeting Room
- April 23 - Gardening Safely & Other Fun Garden Stuff @ 10 a.m. - Downstairs
- April 25 - In-Stitches Class @ 10 a.m. - Downstairs Meeting Room
- April 28-May 1 - Jabez Quilt Seminar - Cave City

MAY EVENTS

- May 5-8 - KEHA State Meeting - Hyatt Regency in Lexington
- May 15 - LCA HM Annual Meeting - Clinton Co.
- May 16 - In-Stitches Class @ 10 a.m. - Downstairs Meeting Room
- May 19-20 - Feather Weight Class @ 10 a.m. or 6 p.m. - Downstairs Meeting Room
- May 26 - Office Closed for Memorial Day
- May 28 - Using Your Air Fryer - Downstairs Meeting Room

UPCOMING CLASSES - 10:00 A.M. - Downstairs Meeting Room - These classes are open to the public.

- March 26 - Indoor Air Quality
- April 23 - Gardening Safely
- May 28 - Using Your Air Fryer

Extension Homemakers: Please have one representative from your homemaker club to attend these classes.

**“Discover KEHA – A Hidden Treasure”
Make plans to attend the 2025 State Meeting
at Hyatt Regency Lexington ~ 401 West High Street, Lexington
May 6-8, 2025**

The lodging room blocks are now open for reservations!

Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>

Phone Reservations: 800-233-1234 (group code G-KEHA for conference rate).

Make your reservations by April 7, 2025, to secure the conference rate.

We hope you will join us in Lexington!

<https://keha.ca.uky.edu/content/state-meeting-information>



To Register:

https://uky.az1.qualtrics.com/jfe/form/SV_0MqjLIJQAb8cgaa

After so many sessions and reading so many books together, we have reached our tenth book. We are pleased to announce that in 2025 we will read together, *My Old Kentucky Road Trip - Historic Destinations and Natural Wonders* by Cameron M. Ludwick and Blair Thomas Hess.

This delightful book is filled with locations throughout our great state that may be familiar to you and many that you will learn about for the first time.

In the spirit of the book, we will be taking Big Blue Book Club “on the road.” Our kick-off session will be offered in our traditional format via zoom, but also LIVE from the Thomas D. Clark History Center in Frankfort. The book’s authors will join us there for an informative session about some of their favorite Kentucky destinations and we will also hear from Dr. Jim Seaver about the Historical Marker Program. This session will be on March 13 at 11 am Eastern. During the next few months we will travel to destinations across the state where you might choose to join us LIVE as we share this book and our great state.

So put on your reading glasses, buckle up, and let's go on an "Old Kentucky Road Trip" together!



Bee Confident Bags

The Busy Bees Homemaker Club is collecting hygiene items for “Bee Confident Bags” for the Wayne County Middle School.

They need travel size donations of deodorant, body wash, lotion, hand sanitizers, chap stick, shampoo, and conditioner.

Drop-off Location: Wayne County Extension Office, 255 Rolling Hills Blvd., Monticello, KY 42633



Thank you
for your donation



Pressure Canning Class

Wayne County Extension Office

Upstairs Meeting Room

Tuesday, March 18, 2025

9:00 a.m.

Registration Fee: \$20.00 (Prepaid)

Spots are limited.
Please call
606-348-8453 to RSVP
by March 12th.

An Equal Opportunity Organization.

In-Stitches Quilt Class



The next class has been scheduled for Friday, March 21, 2025, at 10:00 a.m. ET. This will be a "Sit & Sew" class. Please bring any unfinished projects or any other project you would like to work on. Please bring your lunch. Drinks will be provided.



Wednesday, March 26, 2025

10:00 a.m. ET

Wayne County Extension Office

RSVP: Friday, March 21, 2025

Learn the main reasons of indoor air quality problems and how to improve your indoor home environment. Free class & open to the public.



Gardening Safely
April 23, 2025 @ 10 a.m.
Wayne County Extension Office
Downstairs Meeting Room
RSVP by: April 18, 2025
Free Class & Open to the Public

Join us as we learn to keep the FUN in gardening!

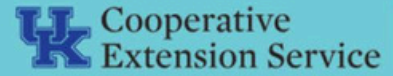
We will also look at how to reduce injuries that can sideline our gardening fun. Gardening as an activity has many potential health benefits, from the physical activity component to the exposure of fresh air and sunlight, as well as the satisfaction of growing food and plants. However, more than 400,000 people visit emergency rooms each year for injuries related to outdoor garden tools, according to the Consumer Product Safety Commission (CPSC). There are steps a person can take to get the benefits of gardening, while also staying safe.

Feather Weight Workshop!
Monday, May 19, 2025
10 a.m. or 6 p.m. (Choose one.)
Registration Fee: \$25.00
Your spot is held when
payment is received.



Dave & Sue Kinnaird of Dave's Feather Weights will be our instructors for this informative workshop! Participants will learn all about the workings of their Feather Weight machine. This is a hands-on learning skills class set at the pace of the individual participant. Dave & Sue will have available for sale LED light bulbs, bets. etc., for those who need items for their Feather Weight machines. In addition, if there is a particular Feather Weight year or style you are looking for, please let us know and we will share it forward.

There are still spots available for this retreat. If you are interested in going, the 1st and 2nd deposit (\$600) will be due by March 15th. Travel insurance is available, but optional. Contact the Extension Office for travel insurance contact information.



JOIN OUR MISSOURI STAR QUILT RETREAT September 8-12, 2025



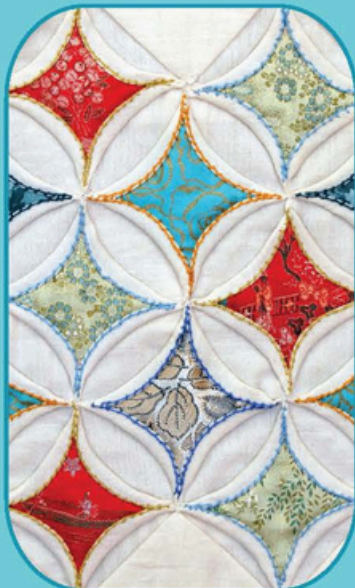
COST: \$1,075.00 Per Person

This includes:

- 4 nights lodging at the retreat center.
- Use of the retreat center for sewing.
- Motor coach travel.
- All meals ~ except the days of traveling to and from the retreat center.

Any fabric purchases or other personal expenses are on your own.

RETURN DATE: Friday, September 12, 2025



- **\$300 Deposit due NO LATER THAN January 31st.**
- **These are non-refundable as they must be sent to the retreat center, and it is non-refundable to us.**
- **Another \$300 will be due March 15th.**
- **Balance is due July 1st.**

You can rent a sewing machine there, but it is an extra \$75.00 or you can take your own.

Spaces are limited, so register soon!
Your spot will not be reserved until your deposit has been made.

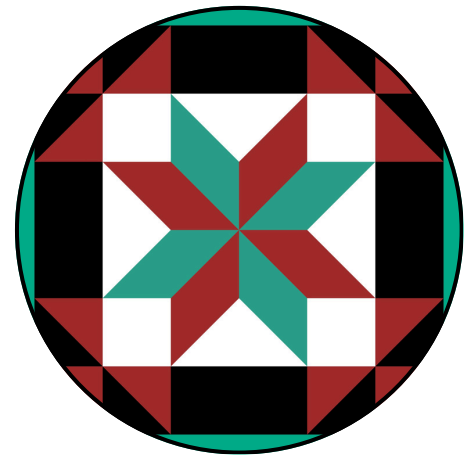
Please make checks payable to: Wayne County Extension Office
Memo: Missouri Star Retreat
For more information, please call 606-348-8453.

An Equal Opportunity Organization.



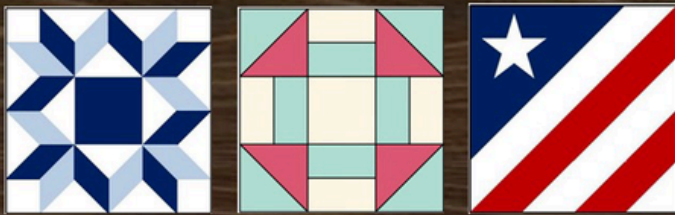
Seth Hart

**Program Assistant
for Community Arts**



BARN QUILT PAINTING WORKSHOP

Instructor: Seth Hart



Monday,

March 31

5:00 - 9:00 pm EST

SIZE OPTIONS

2 ft x 2 ft ... \$40.00

4 ft x 4 ft ... \$75.00

NO SKILLS REQUIRED - ALL SKILL LEVELS WELCOMED

*ALL MATERIALS AND SUPPLIES
WILL BE PROVIDED*

\$5.00 DISCOUNT TO WAYNE COUNTY HOMEMAKER MEMBERS

CLASS SIZE LIMIT: 15 SPACES



Deadline to Register:

Friday, March 14

PRE-PAYMENT REQUIRED

**Due to limited spacing,
our waiting list fills
quickly. If you cancel, it
must be one week prior
to class in order to
receive a refund. This
will allow us adequate
time to notify someone
else who wants to join
the workshop.**

For more information, contact

Seth Hart

Extension Program Assistant for Community Arts

Wayne County Cooperative Extension Service

255 Rolling Hills Blvd.

Monticello, KY 42633

606-348-8453

seth.hart@uky.edu





Joy McGinnis

FCS Program Assistant



Healthy tips:

- ***Make half your plate fruits and vegetables.*** Fruits and veggies add color, fiber, flavor, vitamins and minerals to your plate. Experiment with fresh, frozen, and canned.
 - ***Watch portion sizes.*** Get out those measuring cups and see how close your portions are to the recommended servings!
 - ***Prepare healthy snacks.*** Healthy snacks can sustain your energy levels between meals. Choose from 2 or more food groups such as peanut butter with apple or raw vegetables with cottage cheese.
 - ***Follow food safety guidelines.*** Wash your hands, separate raw protein foods from ready to eat foods, and cook foods to proper temperature are some ways to ensure your food is safe to eat!
 - ***Get cooking.*** Preparing food at home can be healthier since you are in control of how it is prepared. Learn how to dice an onion or cook dried beans.
 - ***Experiment with more plant based meals.*** Vegetables, beans, whole grains, and lentils are all great substitutes instead of meat and can be cost effective and better for your overall health. Try one meatless meal per week to start!
 - ***Drink more water.*** Hydration is important for your body and skin! If your urine is not light or clear, you're not properly hydrated!
 - ***Be active.*** Physical activity has many health benefits. Start with 10 minutes at a time and build yourself up to 2 hours and 30 minutes a week (for adults). Try a walk after dinner or play a game of catch if you're not a fan of going to a gym!
- Explore new foods and flavors.*** To keep from getting bored, try different grains, vegetables or fruits that you're not used to. This helps add more nutrition and eating pleasure by varying your choices.

Healthy tips (continued):

- **Get to know food labels.** Reading the nutrition facts label can help you shop, eat and drink smarter.

Don't overwhelm yourself with too many goals at one time. Everyone has to start somewhere! Try to set SMART goals (specific, measurable, achievable, realistic, and time oriented) and work one day and meal at a time to achieve your goals! Consult a Registered Dietitian in your area if you are seeking additional help in learning how to better manage your health.

Written by Ina Miller, Registered Dietitian and Clinical Nutrition Manager



Baked Broccoli Frittata

1 cup broccoli florets
½ cup tomato, diced
1 small red bell pepper, sliced
2 green onions, sliced into 1 inch pieces

1 tablespoon olive oil
6 whole eggs
¼ cup Dijon mustard
2 tablespoons water
¼ cup 2% milk
¼ teaspoon salt

¼ teaspoon black pepper
½ teaspoon Italian seasoning
1 cup low fat mozzarella cheese, divided

Preheat oven to 375 degrees F. **Place** broccoli florets, diced tomato, bell pepper and green onions in a 9 x 13 inch baking dish. **Spoon** olive oil evenly over vegetables. **Roast** the vegetables in the oven until crisp-tender, approximately 10 minutes. In a bowl, **combine** eggs, Dijon mustard, water, milk, salt, black pepper and Italian seasoning. **Whisk** mixture until frothy. **Stir** in ¾ cup of shredded low fat mozzarella cheese. **Pour** the egg

mixture over the roasted vegetables. **Stir** gently with a fork to combine. **Sprinkle** the remaining ¼ cup of mozzarella cheese over the top. **Return** to oven and **bake** 20-25 minutes or until set and cheese is browned on top. **Serve** immediately.

Yield: 8 servings.

Nutritional Analysis: 130 calories, 8 g fat, 3 g saturated fat, 170 mg cholesterol, 400 mg sodium, 5 g carbohydrate, 1 g fiber, 2 g sugar, 9 g protein.



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

NUTRITION FACT: Broccoli is a good source of vitamin A, vitamin C, and phytochemicals, all of which have health benefits.

Source: www.fruitsandveggiesmatter.gov

Spring Harvest Salad



- | | | |
|---|--|--------------------------------------|
| 5 cups torn spring leaf lettuce | Dressing: 4 teaspoons lemon juice | 2 teaspoons Kentucky honey |
| 2½ cups spinach leaves | 2½ tablespoons olive oil | ½ teaspoon salt |
| 1½ cups sliced strawberries | 1 tablespoon balsamic vinegar | ¼ cup feta cheese crumbles |
| 1 cup fresh blueberries | 1½ teaspoons Dijon mustard | ½ cup unsalted sliced almonds |
| ½ cup thinly sliced green onions | | |

- Combine** leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
- Prepare** dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; **pour** over lettuce mixture and toss to coat.
- Sprinkle** salad with feta cheese and sliced almonds.
- Serve** immediately.

Yield: 8, 1 cup servings.
Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.



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

NUTRITION FACT: Lettuces have 5-15 calories per cup depending on variety. Lettuce provides vitamins A and C, calcium, and iron.

Source: www.fruitsandveggiesmatter.gov

Asian Asparagus Salad

- | | | |
|--|--|---------------------------------|
| 1 pound fresh asparagus | 2 teaspoons sugar or artificial sweetener | 2 teaspoons sesame seeds |
| 1½ tablespoons low sodium soy sauce | 1 tablespoon olive oil | |
- Snap** off and discard the root ends of the asparagus.
 - Wash** remaining stalks thoroughly.
 - Slice** stalks into ½ inch lengths on the diagonal.
 - Blanch** asparagus for 1-3 minutes in boiling water, until bright green in color.
 - Cool** immediately under cold water and drain.
 - Combine** soy sauce, sugar, olive oil, and sesame seeds in a small glass bowl. **Mix** dressing until sugar is dissolved.
 - In a gallon zip-seal bag, add asparagus and dressing. **Turn** bag to coat asparagus with dressing and chill in the refrigerator for 15 minutes. **Turn** bag again and chill for an additional 15 minutes before serving.
- Yield:** 4, ½ cup servings.
Nutrition Analysis: 70 calories, 4.5 g fat, .5 g sat. fat, 0 mg cholesterol, 250 mg sodium, 7 g carbohydrate, 2 g fiber, 3 g protein.

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



NUTRITION FACT: Asparagus is a good source of vitamin A and folate. One-half cup of fresh, steamed asparagus has 22 calories, 2 grams of protein, and 4 grams of carbohydrate.



Blueberry French Toast Bake



| | | |
|--------------------------------|---|--------------------------------|
| ¼ cup whole wheat flour | 3 eggs | 1 cup fresh blueberries |
| ¼ cup all-purpose flour | 6 egg whites | ½ cup chopped almonds |
| 1½ cups skim milk | 1 loaf (12 ounces) French bread, cut into 1 inch cubes | Honey, if desired |
| 1 tablespoon sugar | 3 ounces fat free cream cheese, cut into ½ inch cubes | |
| ½ teaspoon vanilla | | |
| ¼ teaspoon salt | | |

Generously **grease** a 13x9x2-inch baking dish. **Beat** flours, milk, sugar, vanilla, salt, eggs and egg whites in a large mixing bowl with a hand mixer until smooth. **Stir** in bread cubes until they are coated. **Pour** bread mixture into baking dish. **Top** evenly with cream cheese, blueberries and almonds. **Cover** and **refrigerate** for at least 1 hour, but no longer than 24

hours. **Heat** oven to 400 degrees F. **Uncover** and **bake** 20-25 minutes or until golden brown. **Sprinkle** with honey, if desired.

Yield: 8, 1 cup servings

Nutritional Analysis: 420 calories, 6 g fat, 1 g saturated fat, 70 mg cholesterol, 860 mg sodium, 69 g carbohydrate, 4 g fiber, 9 g sugar.



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

NUTRITION FACT: One half cup of blueberries has 40 calories and provides 22% of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

Debbie Shepherd

Debbie Shepherd, CEA FCS
Wayne County Extension Agent
for Family & Consumer Sciences
debbie.shepherd@uky.edu
DS/vm



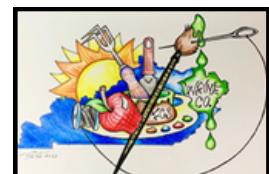
**Wayne County Cooperative
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**Cooperative
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Lexington, KY 40506



Disabilities
accommodated
with prior notification.