

# NEWSLETTER

# March 2023

Cooperative Extension Service

LaRue County

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Hodgenville, KY 42748-0210

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## March is Living Well Month

Health is a lot more than how one looks and feels. Conversations about health should include all eight dimensions or areas of wellness—that is mental, social, emotional, spiritual, financial, occupational, environmental, and intellectual. That’s the focus of Living Well Month, a national event in March promoting overall wellness and the education provided by Family and Consumer Sciences professionals to improve the lives of people, families, and communities.



***To make every month a “Living Well Month,” consider these tips:***

1. Engage children in at least 60 minutes of physical activity on most days of the week. Adults need at least 30 minutes of physical activity. Play sports or recreational games, turn on some music and dance, hula hoop, or make an obstacle course. Take a walk or a bike ride in your neighborhood. All movement counts.
2. Start planning a garden now to work in the spring and summer. Gardening is great physical activity. This activity could also nurture your mental and environmental wellness.
3. Rethink your drink. The average adult human body is approximately 60 percent water. Water regulates every living cell’s process and chemical reactions. It transports nutrients and oxygen. Water also helps to maintain normal bowel habits and prevent constipation. Reduce the amount of soda and fruit drinks consumed daily.
4. Eat a variety of healthful foods. Eat colorful fruits and vegetables every day. Most people need to increase their fruit and vegetable intake. Have a sliced banana on cereal for breakfast. Enjoy a sandwich loaded with vegetables at lunch. At dinner, steam some vegetables and prepare a fruit parfait with yogurt for dessert. Try new fruits and vegetables. If there’s a kind you don’t like, try preparing it in a different way. See [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information about nutrition for yourself and members of your family.

5. Read, read, read. Go to the library and check out books. Keep the mental stimulation flowing throughout the year regardless of your age. This will stimulate your intellectual health.

*Marla Stillwell*

Marla Stillwell

County Extension Agent for Family & Consumer Sciences Education

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Website: <http://larue.ca.uky.edu/FamilyConsumerSciences>



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

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LEXINGTON, KY 40546



Disabilities  
accommodated  
with prior notification.

6. Talk to a friend or start a journal to get your thoughts and feelings off your chest. Staying in check with emotional health can be tough, but it's important.
7. Check out parenting, finance, nutrition and/or food preparation classes offered by your Extension office. Check out our Facebook page or website for more information about upcoming offerings.
8. Maintain a healthy home. Check that your smoke detector is working correctly and test for the presence of Radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Avoid accidental poisonings by keeping medications locked up, and cleaning agents and other poisons out of reach of children.
9. Keep your family finances in check. Track your expenses and update your budget regularly. Eat at home often because meals outside of home usually cost more. Plan your menus and use coupons as a planning tool. Creating and sticking to a budget, along with paying of debt are great first steps to financial wellness.

All eight of the dimensions or areas of wellness are connected and support each other. Evaluate your overall wellness and take small steps to improve your health during Living Well Month and all year long.

**Building strong families. Building Kentucky. It starts with us. #UKFCSExt**

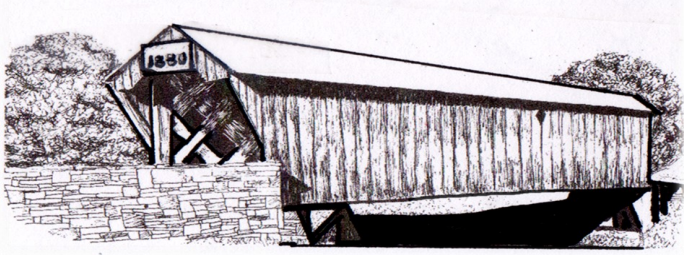
Extension Family and Consumer Science professionals are part of a nationwide educational organization funded through the Land Grant University System and United States Department of Agriculture. Local Extension Family and Consumer Sciences professionals provide practical, relevant, non-biased, research-based information.

NEAFCS is an equal opportunity/affirmative action association. NEAFCS values and seeks a diverse membership. There shall be no barriers to full participation in this organization on the basis of race, color, gender, age, religion, national origin, disability, veteran status, or sexual orientation. Membership is not by invitation.

**LIVING WELL** calendar **31 Ways to Live Well during Living Well Month** **MARCH 2023** NEAFCS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Volunteer one hour of your time to help someone else (ex. moving furniture, cooking, cleaning, etc.)	<b>2</b> Practice being still for 5 minutes today (Try out some breathing exercises)	<b>3</b> Explore ways to save for your future, whether it be a piggy bank, savings account, or other investment	<b>4</b> Have a meal that includes 3 of the 5 food groups (fruit, veggie, grain, dairy, protein)
<b>5</b> Try a new vegetable today or try a familiar vegetable in a new way	<b>6</b> Take 5 minutes to do some flexibility exercises	<b>7</b> Swap one sugar sweetened drink for water	<b>8</b> Give 3 compliments today	<b>9</b> Write down 5 blessings or things you are grateful for	<b>10</b> Do 10 body-weight squats and 10 jumping jacks	<b>11</b> Do some research to learn about a culture that is different than yours
<b>12</b> Be aware of your feelings. Express them to people you trust	<b>13</b> Reach out to someone you care about. Make a date to get together.	<b>14</b> Be well at work—Set goals for your career and start taking steps to achieve them	<b>15</b> Be a role model for those around you. Let them see you making healthy choices and encourage them to do the same	<b>16</b> Explore public events in your community and discover ways to get involved	<b>17</b> Find a book to read, and read 1 chapter today	<b>18</b> Forgive someone who has wronged you
<b>19</b> Practice and say out loud 5 positive affirmations (ex. I am strong, I am brave, I am smart, I am loved, etc.)	<b>20</b> Declutter, donate, and recycle things you don't need or use anymore	<b>21</b> Find an opportunity to appreciate nature today	<b>22</b> Nurture your spiritual wellness. Ask yourself what values, are most important to you	<b>23</b> Do 10 pushups (or modified pushups) and 10 sit-ups today	<b>24</b> Take a mental health break at work and go for a walk outside or in the hallways	<b>25</b> Instead of watching a 30 min show tonight, listen to a 30-minute educational podcast or watch a Ted Talk
<b>26</b> Get outside and soak up some vitamin D. Find a park or trail and take a walk	<b>27</b> Make a budget for April. If needed, talk to a financial advisor to get started	<b>28</b> Have a plant-based meal today	<b>29</b> Schedule any doctors visits, exams, or check ups that you have been putting off	<b>30</b> Bring a homemade lunch to work today rather than buying fast food	<b>31</b> Have dinner with your family, friend, or neighbor with no smart devices.	<b>LIVING WELL</b>

## Homemakers News & Notes



**2023-24 Homemaker Lesson Ballot** – We want to hear from you! We are already in the planning stages for the 2023-24 Homemaker year and we want to know what you want to know! Please complete the included lesson ballot by voting on your preferred lessons to be presented during the 2023-24 year. Ballots will be due back to the Extension Office NO LATER than April 18.

**2023 State Meeting** – The KEHA State Meeting will take place May 9-11, 2023, at the Crowne Plaza in Louisville. The theme is “Let’s Take a Hike with KEHA.” Wilderness Trail Area will serve as the host area. The lodging room blocks are now open for reservations at a group rate of \$124/night. **Because of rising prices, the registration pricing structure for 2023 has changed.** Details for planning can be found on the state KEHA webpage. Full details and registration forms are available at the Extension Office.



**KEHA Quilt Square Showcase & Auction** – During the state KEHA meeting, the Quilt Square Showcase and Auction will be returning. Anyone wishing to participate should make a 12-inch finished quilt square. For more details or information, please contact Marla at the Extension Office.

## Upcoming Events

- *March 8* – Quilt Club at 10am at the Extension Office
- *March 16* at 5:00pm – “Cooking for One” at the LaRue Co Public Library
- *March 17* at 12:00 noon – Cooking Through the Calendar (Vegetarian Taco Soup)
- *March 20* at 11am – Parenting a Second Time Around Group (**PASTA**)
- *March 21* at 10:30am – South Fork Homemaker Club
- *March 21* at 1:00pm – County Homemaker Council Meeting
- *March 21* at 6pm – Life Around the Table Homemakers Club
- *March 22* at 6:00pm – Cook Wild KY Turkey Demonstration at the Hardin Co Extension Office
- *March 25* from 10-2 – Extension Expo at LCHS Gym
- *March 27* at 10:00am – Open Sewing at the Extension Office
- *March 29* at 1:30pm – Move Your Way: Exercise for Everyone Lesson Leader Training at LaRue Co Extension Office (open to anyone)

Save the Date

May 22  
2023



Lincoln Trail Area

HOMEMAKER BUS TOUR



THE NATIONAL QUILT MUSEUM  
Paducah, Ky



Cooperative  
Extension Service

Join Homemakers from across our area on a bus tour to the National Quilt Museum in Paducah, KY. Cost will include transportation, museum ticket, brunch and dinner. Final cost and other details to be determined.

# International Day

Join the LaRue County Extension Homemakers as they host our first International Day on Friday, April 28 at 11am at the Extension Office. International Day is designed to help raise awareness of communities around the globe and promote cultural diversity. This year, we will be highlighting the country of Ghana which is located in Africa. The mission team from South Fork Baptist Church will be here to share about their experiences in Ghana and how we can help support their mission work.

 Cooperative Extension Service

**DON'T MISS**

*LaRue County Homemakers*

# INTERNATIONAL DAY



# DAY



# GHANA

*April 28th  
11am*

LARUE COUNTY  
EXTENSION SERVICE  
807 OLD ELIZABETHTOWN RD., HODGENVILLE  
270-358-3401



*Join LaRue County Extension  
Homemakers on Facebook!*



The LaRue County Homemakers hosted a **Basic Drawing Class** at the Extension Office in February. Thank you to Homemaker, Julia DeVore for teaching the class.



**Cooking**  
*through the calendar*

**2023 FOOD + NUTRITION**

**RECIPE CALENDAR**

Nutrition Education Program  
University of Kentucky Cooperative Extension Service

**FRIDAY, MARCH 17**  
at **Noon**

LARUE COUNTY EXTENSION SERVICE  
807 OLD ELIZABETHTOWN RD., HODGENVILLE

**THIS MONTH:  
VEGETARIAN TACO SOUP**

**JOIN US**

## Cooking through the Calendar

**NEXT → MARCH 17TH AT NOON**

Don't forget to join us for our monthly Cooking through the Calendar program on the 3<sup>rd</sup> Friday of each month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

The 2023 KYNEP Calendars are still available! Stop by during office hours for your free copy or get one when you attend the Cooking Through the Calendar program.

Follow our LaRue County Cooperative Extension Service Facebook page for more info.

# PASTA (Parenting a Second Time Around)

**NEXT → MARCH 20TH AT 11AM**



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Cooperative Extension Service  
Family and Consumer Sciences

## PARENTING A SECOND TIME AROUND

A workshop series to support grandparents or relatives who are in a parenting role with related children.

**MONDAYS - 11AM-1PM**

**LARUE COUNTY EXTENSION OFFICE**  
807 Old Elizabethtown Rd. Hodgenville, KY 42748

CALL 270-358-3401 FOR MORE INFORMATION & TO REGISTER

MARK YOUR CALENDARS

- 3/6** Introduction to P.A.S.T.A. It Wasn't Supposed to Be Like This  
Identifying and reflecting feelings about changing roles, identifying helpful community resources.
- 3/20** Getting to Know You  
Child development, individual differences, journals.
- 4/3** Rebuilding a Family; Discipline is Not a Dirty Word  
Adult/child interactions, grief and loss, relating to your adult child, solution-focused problem solving. Characteristics of effective discipline, establishing a discipline style, addressing high risk behaviors.
- 4/17** Legal Concerns of Relatives Raising Children & Standing Up for Grandparents/Grandchildren Rights  
Legal issues including custody, visitation, child support; Advocacy, negotiating systems, connecting with community programs.
- 5/1** Grandparents and Teens Living Together; Living with Teens Can Be Challenging  
Key points in adolescent development and realistic expectations for behavior; indicators of high risk behavior and strategies and resources to help.
- 5/15** Where Do We Go From Here?

A light lunch will be provided at each session!



# Laugh and Learn

**NEXT → MARCH 15 AT 9AM**

## LAUGH & LEARN

MARK YOUR CALENDARS

- 9/21
- 10/19
- 11/16
- 1/18
- 2/15
- 3/15
- 4/19
- 5/17

**UK** Cooperative Extension Service

**3RD WEDNESDAY OF THE MONTH**

**9-10:30 AM**

**LARUE COUNTY EXTENSION SERVICE**

807 OLD ELIZABETHTOWN RD., HODGENVILLE - 270-358-3401

**COME PLAYDATE WITH US!**

A Laugh & Learn playdate is for you and your child(ren) to engage in playful activities that are designed to prepare them for kindergarten. Laugh & Learn is for ages 2-5 (not yet in school) and their caregiver.

Join Us! WEDNESDAY

**Laugh and Learn** HELD IN PARTNERSHIP WITH LARUE COUNTY FAMILY RESOURCE YOUTH SERVICE CENTERS

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

# Cook Wild Demonstration

**Field to Fork**

**Turkey Processing, Preserving, and Preparing**



March 22, 2023

6:00 p.m.

Hardin County Extension Office



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College of Agriculture,  
Food and Environment  
Cooperative Extension Service



## It's Sew Fine Sewing Seminar

April 13-14, 2023

- Join us for classes on:
- clothing accessories
  - garment construction
  - quilting
  - home decoration

View schedule & details online:  
[tinyurl.com/3fvpb5vx](https://tinyurl.com/3fvpb5vx)



Register & pay online!

Full-day and half-day classes.

Held at Boyle County Extension Office  
99 Corporate Drive, Danville, KY

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

For questions, contact:  
Mercer County Extension Office  
859-734-4378 tara.duty@uky.edu

**FAMILY & CONSUMER SCIENCES**  
Creating Healthy & Sustainable Families

## Lunch and Learn Program

**NEXT → MARCH 10TH AT 11AM**

NEW this year, each Interagency Council meeting will be preceded by a Lunch and Learn program hosted by the LaRue County Extension Office Family & Consumer Sciences Program. These Lunch and Learn programs will be on a variety of topics and guest speakers will be present from time to time. Lunch will be provided beginning at 11:00am with the presentation to begin shortly thereafter. Our first Lunch and Learn program will be held **March 10 at 11am** and we will be discussing **Air Fryers**. Pre-registration is preferred. Please contact Marla at the Extension Office to learn more or to RSVP at 270-358-3401.

## Interagency Council Meetings

**NEXT → MARCH 10TH AT 1PM**

We invite you to join us for the LaRue County Interagency Council. The Interagency Council is made up of representatives from a variety of agencies that join together to share programs and ideas to enhance and/or compliment each others work to prevent duplication. The Interagency Council meets quarterly here at the Extension Office. If you would like to be added to the meeting reminder list, please contact the Extension Office at 270-358-3401.

2023 meetings are scheduled for **March 10, June 9, September 8 and December 8** at 1:00pm at the LaRue County Extension Office.

## KIDS KORNER

### After School Snacks

1. A small cup of fruit is the perfect size for a quick, sweet snack.
2. Carrots and celery with peanut butter.
3. String cheese and a hard boiled egg.
4. Apple sauce
5. Fruit yogurt pops! See the recipe below:



Do you struggle with a healthy option to feed your kids or grandkids after school? Is it too early for dinner, too late for lunch, and so tempting to have an unhealthy snack after a long day. Check out these 5 options for healthy, yummy snacks!

Fruit Yogurt Pops Makes: 14 servings

These pops are a fun treat that needs only two ingredients. With no cooking, cutting, or special equipment required, kids can learn to make these by themselves.

#### Ingredients:

- 1 yogurt, vanilla or plain (8 ounces)
- 2½ cups strawberries (sliced, frozen, thawed)

\*You may substitute your favorite fruit or whatever is in season!

#### Directions:

1. Combine ingredients. Pour into 3 ounce paper cups.
2. Freeze about 30 minutes; then stick a wooden Popsicle/craft tick in the center of each cup.
3. Freeze overnight until firm. To eat pops, peel off paper cups.
4. For variety, try other fruit flavored yogurts and frozen fruit or fruit juice concentrates.

Nutrition Information: Calories 30; Total fat 0 g; Saturated fat 0 g; Cholesterol 0 mg; Sodium 10 mg; Total Carbohydrate 7 g; Dietary Fiber 1 g; Total Sugars 5 g; Added Sugars included 2 g; Protein 1 g; Vitamin D 0 IU; Calcium 33 mg; Iron 0 mg; Potassium 92 mg Source: University of California, Cooperative Extension Fresno County, Easy and Nutritious Family Recipes <https://whatscooking.fns.usda.gov/recipes>



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2023

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

## SHRINKFLATION: INCREASING PRICES, DECREASING QUANTITY

You have likely noticed increased prices when shopping lately, but have you also noticed packaging sizes are shrinking? This is known as “shrinkflation.” Let’s unpack what this means for your household and explore ways to be more mindful when shopping.

### UNDERSTANDING SHRINKFLATION

Sometimes called downsizing, *shrinkflation* occurs when companies maintain current prices (or even increase prices ever so slightly) while giving you less product. The size differences are often small enough to keep the physical packaging the same, such as a bag of chips shrinking from 13 ounces to 11 ounces, or a package of bacon shrinking from 16 ounces to 12 ounces. These small changes can easily go unnoticed. In fact, manufacturers are counting on consumers not paying attention to the amount of product in their packages, especially when it comes to shrinking sizes.

### WHY SHRINKFLATION MATTERS

Even small changes in the amount of a food or household item can add up quickly and impact your monthly budget. The less of the item you receive, the more often you need to repurchase it. Take toilet paper, for example, which was quite the commodity in 2020. Would you notice if your toilet paper contained just 312 sheets per roll instead of its usual 340 sheets? For the same price, there would be less than 92% as many sheets per roll



than before it was downsized, and you will likely go through each package approximately 8% faster.

### TIP #1: NOTICE PACKAGING CHANGES

To combat shrinkflation, pay attention to slight changes in packaging on the products you buy, from cereal to toilet paper to shampoo. While not all shrinking products will come with new packaging or a “new look,” some companies may make boxes or bottles taller and narrower to trick the eye into believing it holds more product than it does. Also, be wary of ‘bonus buys’ that promise additional product. Compare the ‘bonus buy’ to the regular product to ensure it contains more.

### TIP #2: CALCULATE UNIT PRICE

Shrinkflation is a legal tactic companies can use to save money from a production standpoint. The Fair Packaging and Labeling Act requires businesses to clearly label an accurate weight



## CALCULATING AND COMPARING UNIT PRICES HELPS YOU COMBAT SHRINKFLATION



on its packaging so that customers can comparison shop between like items. However, it doesn't prohibit companies from decreasing an item's weight if they clearly label the amount of product contained in the package.

Calculating and comparing unit prices helps you combat shrinkflation. Unit prices help you compare different brands and different sizes of the same brand. Unit prices show you the price per unit, such as pounds or ounces, and are located on the shelf price tag, not on individual packages. You can also calculate the unit price of an item by dividing the price of the item by the number of units.

For example, let's compare the unit price of two packages of bacon. Bacon #1 is priced at \$4.69 and contains 12 ounces. Bacon #2 is priced at \$5.38 and contains 16 ounces. When we divide price by units, Bacon #1 has a unit price of \$0.39 per ounce, and Bacon #2 has a unit price of \$0.33 per ounce. Although Bacon #2 costs more, you get more bacon in the pack, and it has a lower unit price than Bacon #1.

### TIP #3: SAVE WHEN YOU CAN

Finally, keep an eye out for sales and consider stocking up on freezer or self-stable household staples when you find a deal. Between inflation (the rising costs of goods and services) and shrinkflation (the shrinking amount of goods we receive), many households may find it difficult to "bring home the bacon" because it's getting harder to afford it! Using smart shopping strategies like couponing, buying generic brands, and utilizing customer loyalty programs can also help you maximize your resources.

### REFERENCES:

<https://research.stlouisfed.org/publications/page1-econ/2022/12/01/beyond-inflation-numbers-shrinkflation-and-skipflation>

[https://consumerfed.org/press\\_release/coping-with-shrinkflation-tips-on-making-ends-meet-as-packages-get-smaller-and-inflation-carries-on/](https://consumerfed.org/press_release/coping-with-shrinkflation-tips-on-making-ends-meet-as-packages-get-smaller-and-inflation-carries-on/)

<https://www.npr.org/sections/money/2021/07/06/1012409112/beware-of-shrinkflation-inflations-devious-cousin>

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**ADULT**

# HEALTH BULLETIN



**MARCH 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:  
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

LaRue County Extension Office  
807 Old Elizabethtown Road  
Hodgenville, KY 42748

(270) 358-3401

**THIS MONTH'S TOPIC:**

## PREVENT POISONINGS IN YOUR HOME



**N**ational Poison Prevention Week raises awareness of poison prevention during the third full week of March every year. Poisoning occurs when someone ingests a substance that can cause sickness or death. That can mean they swallow it, breathe it, touch it, or splash it in their eye. Sometimes, it is the substance itself that is dangerous because it is not meant for the body. But often, poisoning happens when a person ingests too much of a substance, or misuses a substance, mixes it with other substances, or it is contaminated in some way before ingestion.

The American Cleaning Institute reports that 90% of all poisonings occur in the home. Even though it is the one environment you think people

**Continued on the next page** →



## Keep medications in a secured area out of the reach of children.

### → Continued from the previous page

would have the most control over and would therefore be the safest. This statistic highlights the need for adults to make good choices in their homes. They need to pay attention when it comes to household products that can be a danger to themselves and their family members.

### Read the label

Poison prevention at home starts with reading product labels. Turn on the lights, get your glasses, and read product labels, even if you use the item often. This includes medications, cleaners, repair products such as glue, or project supplies like paint and stain.

Pay close attention to products whose labels include words like “Caution,” “Warning,” “Danger,” or “Poison.” If you have any questions about how to use or store the item, call the toll-free number found on most product labels.

### Share safety with others

**There are some simple tips you can share with your friends and family to help keep poisoning accidents from happening:**

- Always read and follow product label directions for proper use, storage, and disposal.
- Store cleaning products in a closed area that is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions, and first aid instructions vary according to their ingredients.
- Do not mix cleaning solutions or other chemicals.
- Keep medications in a secured area out of the reach of children. Supervise children when they are taking a medication, even vitamins or supplements.
- Consult your pharmacist about taking multiple medications at once and taking any over-the-counter medications along with prescription medications. Never take a medication prescribed to someone else.



**Never take a medication prescribed to someone else.**

### Call for help

Keep the number to Poison Help Line (below) posted in an easy-to-find place in your home and in your phone.

**If you think someone may have ingested or otherwise been exposed to a harmful product, call the Poison Help Line at 1-800-222-1222.**

This national number will connect you with your local Poison Control Center.

**If the person is in distress, call 911 immediately.**

#### REFERENCE:

<https://www.cleaninginstitute.org/prevent-poisoning-home>

**ADULT  
HEALTH BULLETIN**

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123RF.com





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

# 2023 Extension EXPO

**A community event with over 70 booths representing area businesses and organizations!**



**SCREENINGS  
DEMONSTRATIONS  
GIVE AWAYS**

**10AM-2PM**

**LARUE COUNTY HIGH SCHOOL GYMNASIUM**  
911 S. Lincoln Blvd., Hodgenville

**yum! CONCESSIONS**  
LARUE COUNTY PORK PRODUCERS

LC Conservation District



**WANT A BOOTH?** CALL THE EXTENSION OFFICE. 270-358-3401.



LaRue County  
PO Box 210, 807 Old Elizabethtown Road  
Hodgenville, KY 42748-0210



## Asparagus Ham Quiche

**1 pound** fresh asparagus, trimmed and cut into ½ inch pieces  
**1 cup**, finely chopped ham  
**1** small finely chopped onion  
**2** (8 inch) unbaked pie shells

**1** egg white, slightly beaten  
**2 cups** shredded reduced fat cheddar cheese  
**4** large eggs  
**1 container** (5.3 ounces) plain Greek yogurt

**½ cup** 1% milk  
**¼ teaspoon** ground nutmeg  
**¼ teaspoon** salt  
**¼ teaspoon** pepper

**Preheat** oven to 400 F. **Place** asparagus in a steamer over 1 inch of boiling water and **cover**. **Cook** until tender but still firm, about 4-6 minutes. **Drain** and **cool**. **Place** ham and onion in a nonstick skillet and **cook** over medium heat until lightly browned. **Brush** pie shells with beaten egg white. **Spoon** the ham, onion and asparagus into pie shells, dividing evenly between the 2 shells. **Sprinkle** 1 cup shredded cheese over the mixture in each shell. In a separate bowl, **beat** together

eggs, yogurt, milk, nutmeg, salt and pepper. **Pour** egg mixture over the top of the cheese, dividing evenly between the 2 shells. **Bake** uncovered in a preheated oven until firm 25-30 minutes. Allow to cool approximately 20 minutes before cutting.

**Yield:** 16 slices

**Nutritional Analysis:** 200 calories, 11 g fat, 4.5 g saturated fat, 65 mg cholesterol, 370 mg sodium, 14 g carbohydrate, 1 g fiber, 3 g sugars, 10 g protein.



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