

NEWSLETTER

March 2024



Agent Memo

The popular phrase “March Madness” that is often used this time of year seems to be fitting for more than just basketball tournaments, it seems to be the key phrase for the busyness that March brings in all areas. As the weather warms and days grow longer, we seem to pack more and more into our schedules. The Extension Office is no exception and there’s lots coming up this month and the months that follow! Be sure to read the contents of this newsletter carefully and prioritize what you can and want to participate in. Please take special note to mark your calendars for the annual **Extension Expo** and first ever **Homemakers Spring Bazaar!** Those events, you won’t want to miss!

However, don’t let yourself grow weary of the hustle and bustle. The first day of spring is March 19th so be sure to celebrate by taking a walk or sit out on a warm day and get some fresh spring air. Connecting with nature can lower stress, heart rate, blood pressure, anxiety, inflammation, fatigue, and depression. It can also enhance happiness, mood, social interactions, attention, cognition, sleep, and vision. Prioritizing your health and well-being is just as important as your busy schedule. I’m not sure about you, but it’s sure hard to believe that March is here and that spring is just around the corner. I think I speak for everyone when I say, “bring on spring!” I hope to see you soon at some of our upcoming events and Happy Spring!

Marla Stillwell

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 FamilyConsumerSciences



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

EXTENSION EXPO
 Cooperative Extension Service
2024
March 16th
10am - 2pm

Where local businesses & organizations gather to share, educate, promote & celebrate the services offered in our community!

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



Homemakers News & Notes

Homemakers Spring Bazaar – Be sure to mark your calendars and SPREAD THE WORD for the first-ever Spring Bazaar hosted by the LaRue County Extension Homemakers on **Saturday, April 13** at the Extension Office! Lots of great vendors are signed up to sell! You won't want to miss this opportunity to shop local! If you are a Homemaker and available to help in anyway, please contact Bonnie Miller at 270-696-0611.

Leader Lesson Training – *Savor the Flavor*: March 28 at 10:30am at the Hardin Co Extension Office at 111 Opportunity Way, Elizabethtown – Instructor: Jennifer Bridge, Meade Co FCS Agent

2024-2025 Homemaker Lesson Leader Ballot – We want to hear from you! We are already in the planning stages for the 2024-25 Homemaker year and we want to know what you want to know! Please complete lesson ballot (in February's newsletter) by voting on your preferred lessons to be presented during the 2024-25 year and return to the Extension Office NO LATER than April 5.

2024 State Meeting – The KEHA State Meeting will take place May 7-9, 2024, at the Sloan Convention Center and Holiday Inn University Plaza in Bowling Green. The theme is "Blazing the Way with KEHA."

Fort Harrod Area will serve as the host area. Reserve your hotel room now in the KEHA group block! The group rate is \$126/night (1-2 people; scaled pricing for more people per room). More details are online at <https://keha.ca.uky.edu/content/state-meeting-information>. Full details and registration forms were sent in early March! Deadline to register is April 9th (postmarked). Hotel reservations must be made by **April 6** to secure the conference rate. Let Marla know if you have any questions.



Join LaRue County Extension Homemakers on Facebook!

upcoming events

- **March 7** at 1:00pm – Friends and Family Homemaker Club
- **March 8** at 12:00 – *Cooking Through the Calendar* "Veggie Egg Rings"
- **March 9** at 10am – *Sourdough Breads* **CLASS IS FULL**
- **March 12** at 3:30pm – *Benefits of Quinoa* at the LaRue Co Public Library
- **March 13** – Quilt Club at 10am at the Extension Office
- **March 16** from 10am-2pm – Extension Expo at the High School Gym
- **March 19** at 10:30am – South Fork Homemaker Club
- **March 20** at 9am – Laugh and Learn Playdate Program "Dinosaurs"
- **March 21** at 6pm – LaRue Co Farmer's Market Info Meeting and Voucher Training
- **March 25** at 10am – Open Sewing at the Extension Office
- **March 25** at 11am - Inspiring Grandchildren to Become Grand Cooks– South Fork Baptist Church
- **March 28** at 10:30am at Hardin Co Extension Office at 111 Opportunity Way, Elizabethtown – *Savor the Flavor: Cooking with Oils, Vinegars, Herbs & Spices*
- **April 13** – Homemakers Spring Bazaar (vendor booth space still available!)
- **May 3** – SAVE THE DATE! Homemakers International Day

EXTENSION

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Cooperative
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2024

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Where local businesses & organizations gather to share, educate, promote & celebrate the services offered in our community!

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

SCREENINGS
DEMONSTRATIONS
GIVE AWAYS

CONCESSIONS



LARUE COUNTY
CATTLEMEN'S

SERVICE & COMMERCIAL BOOTHS

- ABE 93.7
- AERO AG, LLC
- BIVENS FOR STATE REP
- BLUEGRASS PROFESSIONAL COUNSELING
- BONEHEAD WHITETAILS
- CASA OF THE HEARTLAND
- CENTRAL KENTUCKY HEAD START
- CITY OF HODGENVILLE
- DEER PIMP SCENTS AND LURES
- EXIT REALTY GREEN & ASSOCIATES
- FIRST BAPTIST CHURCH
- GIRL SCOUTS OF KENTUCKIANA
- GRANDVIEW FARM
- HARDIN ELIZABETHTOWN COMPOSITE MTB TEAM
- HODGENVILLE FIRE DEPARTMENT
- HODGENVILLE LIONS CLUB
- HODGENVILLE POLICE DEPARTMENT
- HODGENVILLE UNITED METHODIST CHURCH
- HOPE ACADEMY FOR KIDS LARUE
- KYNECTOR
- LARUE COUNTY 4-H COUNTRY HAM PROJECT
- LARUE COUNTY 4-H DOG CLUB
- LARUE COUNTY 4-H HORSE CLUB
- LARUE COUNTY 4-H LIVESTOCK CLUB
- LARUE COUNTY 4-H YOUTH SPOTLIGHT

- LARUE COUNTY CHAMBER OF COMMERCE
- LARUE COUNTY CONSERVATION DISTRICT
- LARUE COUNTY COOPERATIVE EXTENSION SERVICE
- LARUE COUNTY DETENTION CENTER
- LARUE COUNTY EXTENSION HOMEMAKERS
- LARUE COUNTY FARMERS MARKET
- LARUE COUNTY FIRE DEPARTMENT - LC JR. FIREFIGHTERS
- LARUE COUNTY FISCAL COURT
- LARUE COUNTY HERALD NEWS
- LARUE COUNTY PUBLIC LIBRARY
- LARUE COUNTY SADDLE CLUB
- LARUE COUNTY SHERIFF
- LINCOLN NATIONAL BANK
- LINCOLN NATIONAL BANK - YOUTH ENTREPRENEURS
- LTA AGENCY ON AGING & INDEPENDENT LIVING
- MAGNOLIA BANK
- MAGNOLIA CUMBERLAND PRESBYTERIAN CHURCH
- SALLEE'S FAMILY TAEKWONDO
- SIGNATURE HEALTHCARE SUNRISE MANOR
- SILVERLEAF SEXUAL TRAUMA RECOVERY
- STOCKROOM OF KY
- TARGET4 UK HEALTHCARE
- TERESA R. MCMAHAN-MILLER, DISTRICT COURT JUDGE
- TRENT FIENE - NEW YORK LIFE
- YETI BOBS



this year **SHINE**
A Community Youth Spotlight
A celebration of leadership, creativity & talent.

TREES FREE
LC Conservation District
Eastern Redbud - Pecan
Pin Oak - Poplar - White Pine

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4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Cooperative
Extension Service

2024

SPRING

Homemaker



Save THE Date April 13th
9^{am} - 3^{pm}

-LaRue County Extension Service-
807 Old Elizabethtown Rd., Hodgenville • 270-358-3401

*Hosted by the LaRue County Extension Homemakers.
Proceeds benefitting their Floral Hall Project at the LC Fairgrounds.*

LaRue County Farmer's Market

Believe it or not, the growing season will be here before you know it and plans are underway for a great 2024 Farmer's Market season! If you are interested in being a vendor at the market this year, please join us for an informational meeting on **March 21st** at 6pm. This will also serve as the mandatory training for any vendor that plans to accept the Senior and WIC Vouchers. Please contact Marla or Adam at the Extension Office if you have questions or for more information.

Big Blue Book Club

The next Big Blue Book Club 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.

The book will be ***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. *Heartland* is a descriptive and emotion-packed retelling of the author's and her family's intergenerational experience of America's wealth gap.

Registration opened on Feb. 1 at <https://ukfcs.net/BBBC24book1>. The first 10 registered participants from LaRue County will receive a free copy of the book. Pick up your free book at the Extension office after you receive notification that you are one of the book recipients.

We are excited to read with you this year!

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



 Cooperative Extension Service

LaRue Co. Cooperative Extension Presents:

Inspiring Grandchildren to Become Grand Cooks

South Fork Baptist Church

4915 New Jackson Hwy.
Hodgenville, KY 42748

March 25 at 11:00 am

Come at 10am to join in on a weekly exercise program for Seniors.

Getting kids involved in cooking supports their development in many ways. In this free class, we'll discuss the benefits of adults & kids cooking together, as well as ways to involve kids in the kitchen by age range.

No registration required. Everyone is welcome!

Cooking through the Calendar

Don't forget to join us for our monthly Cooking through the Calendar program NOW on the **2nd Friday** of each

month at 12:00 noon at the Extension Office! A demonstration of the recipe will be provided as well as sampling.

We still have plenty 2024 KYNEP Calendars! 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 and to view the demonstrations LIVE!



Beyond the Table – National Nutrition Month

Eating Right for Older Adults

Healthy eating is recommended throughout life, but as we age certain factors can affect our nutrient needs. Choosing a variety of foods from all the food groups (vegetables, fruits, grains, dairy and protein foods) will help you build a healthy eating routine. The following tips can help you get started on your way to eating right.

Make half your plate fruits and vegetables. Eat a variety of different colored vegetables, including ones that are dark-green, red, and orange. Beans, peas, and lentils are also good choices. Fresh, frozen, and canned vegetables can all be healthful options. Look for “reduced sodium” or “no-salt-added” on the labels. Add fruit to meals, snacks or as dessert. Choose fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

Make at least half your grains whole. Choose breads, cereals, crackers, and noodles made with 100% whole grains. Whole grain corn tortillas, brown rice, bulgur, millet, amaranth and oats all count as whole grains, too. Also, look for fiber-rich cereals to help stay regular and cereals that are fortified with vitamin B12, which is a nutrient that decreases in absorption as we age or due to some medications.

Switch to fat-free or low-fat milk, yogurt and cheese. Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices. Eat a variety of foods from the protein food group each week. In addition to lean meat, poultry and eggs, choose seafood, nuts, beans, peas, and lentils when planning your meals. Spread your protein intake throughout the day by including a source with meals and snacks. Protein foods derived from animal sources also provide vitamin B12, and certain plant-based foods may be fortified. If you’re at risk for low levels of vitamin B12, your doctor may also recommend a supplement.

Limit sodium, saturated fat and added sugars. Look out for salt, or sodium, in foods you eat. Compare sodium in the foods you buy and choose those with lower amounts. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing foods. Make major sources of saturated fats occasional choices, not everyday foods. Examples of these include desserts, fried foods, pizza, and processed meats like sausages and hot dogs. Select fruit for dessert more often in place of treats with added sugars.

Stay well-hydrated. Drink plenty of water throughout the day to help prevent dehydration and promote good digestion. Other beverages that can help meet fluid needs include unsweetened beverages, like low-fat and fat-free milk, fortified soy beverages, and 100-percent fruit juices. Choose these more often in place of sugary drinks.

Enjoy your food but be mindful of portion sizes. Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using smaller plates, bowls and glasses.

Cook more often at home, where you are in control of what’s in your food. When ordering out, look for dishes that include vegetables, fruits and whole grains, along with a lean protein food. When portions are large, share a meal or save half for later.

Consult a registered dietitian nutritionist if you have special dietary needs. A registered dietitian nutritionist can create a customized eating plan for you. Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists. For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit eatright.org

Source: **The Academy of Nutrition and Dietetics** is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.



ADULT HEALTH BULLETIN



MARCH 2024

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 Service
807 Old Elizabethtown Road
P.O.Box 210
Hodgenville, KY 42748
270-358-3401

THIS MONTH'S TOPIC SAVE YOUR VISION



March is "Save Your Vision Month" in the United States. This is a timely reminder to all of us to make good choices regarding our eye health. Experts estimate you can prevent half of visual impairment and blindness through early diagnosis and treatment. Making time for preventative care is an important part of taking care of our eyes.

Many people do not realize that eyesight can get worse over time. Because of slow changes, it can be difficult to tell if your eyesight has changed until you have an eye exam.

All people should have a basic vision screening annually as a part of an overall wellness exam. The Centers for Disease Control and Prevention recommends people older than 60 receive a dilated eye exam, performed

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Lexington, KY 40506



Disabilities accommodated with prior notification.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.



→ Continued from the previous page

by an optometrist or ophthalmologist, every two years. You should also make an appointment to have your eyes checked if you have any of the following:

- Decreased vision
- Draining or redness of the eye
- Eye pain
- Double vision
- Floaters (tiny specks that appear to float before your eyes)
- Circles (halos) around lights
- Flashes of light

If you are referred to an optometrist, a doctor who specializes in eye care, make sure to schedule and go to that appointment. You should follow any recommendations they give you. Glasses or contact lenses, or even eye surgery, can help restore many people's eyesight, or help them see better than they ever could before.

Other ways to protect your vision include:

- Eat a healthy diet, including leafy greens such as spinach or kale, and maintain a healthy weight.

- Know your family's eye health history.
- Wear sunglasses that block out 99% to 100% of UV-A and UV-B radiation (the sun's rays).
- Quit smoking or don't start.
- Wear eye protection such as specific kinds of glasses or goggles when operating machinery, working outside or around small particles that could get in your eyes and cause problems.

If you find that your eyes feel tired after you spend a lot of time focusing on one thing, such as a computer screen, try using the 20-20-20 rule. Every 20 minutes, look away about 20 feet in front of you for 20 seconds to reduce eye strain.

REFERENCE:

<https://www.cdc.gov/visionhealth/resources/features/keep-eye-on-vision-health.html>

**ADULT
HEALTH BULLETIN**

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MONEYWISE

VALUING PEOPLE. VALUING MONEY.

MARCH 2024

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THIS MONTH'S TOPIC: ALLOWANCE: A LIFE SKILL BUILDER

Allowance plays a crucial role in shaping a child's development. It fosters important life skills, instills a sense of responsibility, and promotes financial literacy. Allowance can be a powerful tool for teaching important life lessons.

Allowance is money parents or caregivers give to their children on a regular basis to teach them money management skills. Giving children an allowance is a personal decision for each family that may depend on disposable income or household expectations. Some parents tie allowance to specific chores while others provide a fixed amount each week or month.

FINANCIAL RESPONSIBILITY

One of the main benefits of giving children an allowance is to teach money management. When children receive a fixed amount of money regularly, it is easier to understand how to budget. They learn to save their money for various reasons, such as saving for a desired toy, spending on daily needs such as lunch, or giving to charitable causes. This early exposure to financial decision-making lays the foundation for responsible money management later in life.



WORK ETHIC

Allowance also teaches children the value of hard work. Many parents give allowance for the completion of chores. By associating money with effort, children develop a strong work ethic and understand that rewards are earned through dedication and responsibility. This connection between work and reward prepares children and teens for adulthood.

GOAL SETTING

Allowance is a practical tool for teaching children about goal setting. Whether it's saving for a new toy, a special event, or a long-term investment, children learn to set goals and work toward them. This is a valuable skill that goes beyond financial matters.

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Disabilities
accommodated
with prior notification.

ALLOWANCE ALSO PLAYS A ROLE IN NURTURING EMPATHY AND SOCIAL RESPONSIBILITY.



DECISION-MAKING

Receiving an allowance allows children to make choices about spending. “Do I buy what I can afford today, or do I wait and save more money for the nicer option?” This fosters critical thinking and decision-making skills. Children must evaluate their priorities, make trade-offs, and consider the consequences of their choices. Such decision-making experiences contribute to the ability to analyze and solve problems which are essential skills in life.

EMPATHY

Allowance also plays a role in nurturing empathy and social responsibility. Parents can encourage children to give some of their allowance to charitable causes or community projects. This practice can expand a child’s understanding of others’ needs and teaches them to give back. These early lessons in generosity and compassion create individuals who are mindful of the needs of others.

FINANCIAL LITERACY

As children grow, the lessons learned through allowance provide a foundation for understanding financial literacy concepts.

Understanding the basics of budgeting, saving, and making informed financial decisions is crucial in making wise decisions later. Individuals who have been exposed to these concepts through allowance are better equipped to manage money, avoid debt, and plan for their future.

The value of allowance extends far beyond the simple act of receiving money. It is a tool for building life skills, responsibility, and financial literacy. Allowance can contribute to the overall development of children, shaping them into more responsible, thoughtful, and money-wise individuals.

REFERENCES:

- Greenspan, A. (2005). The importance of financial education today. *Social Education*, 69(2), 64-66.
- Rossmann, R. (2002). Involving children in household tasks: Is it worth the effort? University of Minnesota.
- Trautner, T. (2017). The benefits of chores for your child. Michigan State University Extension.

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KIDS KÖRNER



BREAKFAST PIZZA



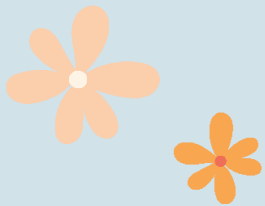
Servings: 12 Serving Size: 1/12 Pizza (3-inch Square) Recipe Cost: \$9.49 Cost Per Serving: \$0.79

Ingredients

- Cooking spray
- 2 (8 ounce) tubes reduced fat crescent rolls
- 1/2 pound of breakfast sausage
- 1 cup (4 ounce) fresh mushrooms, chopped or sliced
- 1/2 onion chopped
- 1/2 green pepper chopped
- 1/2 tomato chopped
- 4 eggs, well beaten
- 1 cup shredded cheddar cheese

Directions

- Preheat oven to 375 degrees F.
- Spray a cookie sheet.
- Press crescent rolls onto the cookie sheet with fingers to create one even sheet of dough.
- Pinch the edges to hold toppings.
- In a skillet, brown sausage, mushrooms, onion, green pepper, and tomato
- Spread evenly over the dough.
- Bake for 20 minutes or until golden brown.
- Cut into squares with pizza cutter and serve.



CONVERSATION STARTERS

- What is a hobby that you love and why do you love it?
- What do you hope to do before school is out for the year?
- What emoji do you use most in your life and why?
- What activities help you feel joy?



thedinnertableproject.org



KENTUCKY
REGIONAL
PREVENTION
CENTERS

The Dinner
Table Project

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

RETURN SERVICE REQUESTED



Asparagus Tomato Salad

1 pound of fresh asparagus, trimmed and cut into 1-inch pieces
1 small zucchini, halved and cut into ¼ inch slices
3 tablespoons olive oil
2 tablespoons red wine vinegar
1 garlic clove, minced

¼ teaspoon seasoned salt
¼ teaspoon honey mustard
1 cup cherry or grape tomatoes, halved
¼ cup sliced green onions
¼ cup shredded fresh mozzarella cheese
¼ cup minced fresh parsley

Place the asparagus and zucchini in a steamer basket. **Place** in a saucepan over 1 inch of boiling water. **Cover** and **steam** for 2 minutes. **Rinse** in cold water. In large bowl, **whisk together** olive oil, red wine vinegar, garlic, seasoned salt and honey mustard. **Pour** over asparagus mixture; **toss** to coat. **Toss** in

tomatoes and green onions. **Sprinkle** with mozzarella cheese and parsley.

Yield: 6 servings

Nutritional Analysis:

110 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 35 mg sodium, 5 g carbohydrate, 2 g fiber, 3 g sugar, 4 g protein.



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