



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

**Cooperative Extension Service**

Harlan County  
519 South Main Street  
Harlan, KY 40831-1911  
(606) 573-4464  
Fax: (606) 573-4468  
harlan.ca.uky.edu

# Harlan County Extension Homemakers Newsletter

# January 2023

# HAPPY NEW YEAR

**All events are held at the Extension Depot unless otherwise stated**

**January 24**

Material Girls Quilting will be having a beginners sewing class—12:30 pm

Bring your sewing machine, a dish towel with a matching pot holder

**January 30**

Make-It-Monday—10 am

We will be making a Valentine bouquet

There is no charge for the workshop

Space is limited to 20 participants

**January 31**

Jr. Homemakers—3:30 pm

We will be doing a healthy heart recipe and a Valentine Day craft

**Big Blue Book Club Announces the First Book of 2023**

Join Family and Consumer Sciences Extension for our next Big Blue Book Club series featuring, “Is Butter A Carb? This practical book is the modern must-have nutrition book for everybody interested in food, health and pop science.

Led by Dr. Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition, this webinar series will be held on Tuesdays March 2, 9, 16 and 23 at 10:00 am ET/9:00 am CT. The first 200 registered participants will receive a free copy of the book. Register online at <https://ukfcs.net/BBBC23Book1> Registration deadline is January 27, 2023



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

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



Disabilities accommodated with prior notification.



# Tex Mex Spaghetti Squash Casserole

- |  |   |  |
|--|---|--|
| <b>1</b> small (about 2 pounds) spaghetti squash | <b>2 teaspoons</b> dried cumin          | <b>1</b> (4 to 5 ounce) can chopped mild green chilies |
| <b>1 pound</b> lean ground beef                  | <b>¼ teaspoon ground</b> cayenne pepper | <b>1½ cups</b> low fat cheddar cheese                  |
| <b>½ cup</b> chopped onion                       | <b>½ teaspoon</b> salt                  | <b>1 tablespoon</b> chopped cilantro                   |
| <b>½ cup</b> chopped red bell pepper             | <b>1 cup</b> chopped fresh tomatoes     |  |
| <b>1 teaspoon</b> minced garlic                  |   |  |

**Preheat** oven to 350 degrees F. **Prepare** the squash by carefully **cutting** it in half lengthwise with a sharp knife and **scooping** out the seeds. **Place** on a lightly greased baking sheet, cut-side down and **bake** for 30-35 minutes, or until a sharp knife can be easily inserted into the rind. **Remove** the squash from the oven and **cool**. Use a fork to **scrape** out the stringy flesh from the shell and **place** in a colander. **Press** out as much liquid as possible. **Place** squash in a medium bowl and keep warm. In a skillet, **cook** the ground beef over medium heat until browned. **Add** the onion, red bell pepper and garlic. Continue to **cook** until the vegetables are tender. **Add** the cumin, cayenne pepper and salt. **Drain** well and set aside. In a small bowl

**combine** the chopped tomatoes and green chilies. **Spray** a 9-by-13-inch baking pan with non-stick coating. **Layer** half of the spaghetti squash in the bottom of the pan. **Spread** half the meat mixture on top of the squash. **Layer** half of the tomatoes and chilies on top of the meat and **top** with half of the cheese. **Repeat** the layers. **Bake** at 350 degrees F until the casserole is hot all the way through and the cheese is bubbly, 15-20 minutes. **Sprinkle** with the cilantro and serve.

**Yield:** 9 servings.  
**Nutritional Analysis:** 140 calories, 4 g fat, 1.5 g saturated fat, 30 mg cholesterol, 400 mg sodium, 11 g carbohydrate, 3 g fiber, 5 g sugars, 17 g protein.

# Kentucky Spaghetti Squash

**SEASON:** August through October.

**NUTRITION FACTS:** Squash is low in calories. One cup raw squash contains 42 calories. It contains vitamin C, potassium and calcium. It is naturally free of fat and cholesterol.

**SELECTION:** Choose squash that is a creamy to deep yellow in color. Look for hard skinned, evenly colored squash without blemishes or ridges. Avoid squash that are tinged with green as they are not mature.

**STORAGE:** Spaghetti squash can be stored at room temperature for up to one

month. Longer if stored in a cool, dry, dark location. Do not wash before storing.

**PREPARATION:**

**To Bake:** Pierce holes in the squash and place in a baking dish. Bake at 350 degrees F for one hour or until the skin gives easily under pressure and the inside is tender. Cool for 10 to 15 minutes.

**To Microwave:** Pierce holes in the squash and microwave on high for 10 to 12 minutes. Let stand 5 minutes.

Halve squash lengthwise and discard seeds. Shred squash with a fork and serve.

## KENTUCKY SPAGHETTI SQUASH

**Kentucky Proud Project**  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Dietetics and Human Nutrition students  
**October 2016**  
**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>



Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.uky.ag/fcs](http://www.uky.ag/fcs)



JANUARY / FEBRUARY 2023

# HEALTHY CHOICES FOR HEALTHY FAMILIES



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



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



This work is supported by the Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture.

## Start off the new year the MyPlate way

### Step 1: Reflect and act

What are your eating goals? What stops you from eating healthy? Do you eat from all food groups?

### Step 2: Start simple

Take it one day at a time. Focus on small changes you can make now. Slowly build on those to meet your long-term goals.

### Step 3: Plan to eat more meals at home when possible

Look for ways to eat at home more often. Involve family members to help decide the weekly menu. Have theme nights such as Meatball Monday, Taco Tuesday, Slow Cooker Wednesday, Leftovers Thursday, and so on.

### Step 4: Make a plan for grocery shopping

Shop wisely by using grocery store ads, store discount cards, online digital coupons, weekend and special sales. Fresh fruits and vegetables cost less when they are in-season.

### Step 5: Celebrate success

Have a special meal or family outing to celebrate the family's success. Be sure everyone shares positive changes.



Source: Adapted from USDA, FNS Pub No. 924, December 2021

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

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

LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

## BASIC BUDGET BITES

### Unit pricing

**W**hat is unit pricing? The price tag on the shelf includes a lot of helpful information. Learn what the numbers mean.

- **Retail price:** This is the price you pay for each item.
- **Unit price:** This tells you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items.

This image shows two price tags on a shelf. Based on the unit price, you can see that the large container is a better buy because you get more for your money.



**How is the unit price found?**  
Total Price ÷ Size = Unit Price

Source: Adapted from <https://www.myplate.gov/eat-healthy/healthy-eating-budget/shop-smart>

## SMART TIPS

### Fruit and vegetable peels contain many nutrients

**E**ating fruits and vegetables are important for a healthy diet. But, what about the peel? Many times, we just throw it away. Turns out, you might want to rethink that.

Most of the time, eating produce with a peel intact can give you higher amounts of vitamins, minerals, and fiber. Apples and potatoes are good examples. Eating the peel of a kiwi fruit gives you 50% more fiber.

While eating fruits and vegetables with the peel does provide more nutrients, it is always important to think about food safety. Make sure you wash any fruit or vegetable really well to get rid of any dirt or germs.



Source: Heather Norman-Burgdolf, University of Kentucky Extension specialist in food and nutrition, September 2021

## PARENT CORNER

### Winter is a great time for families

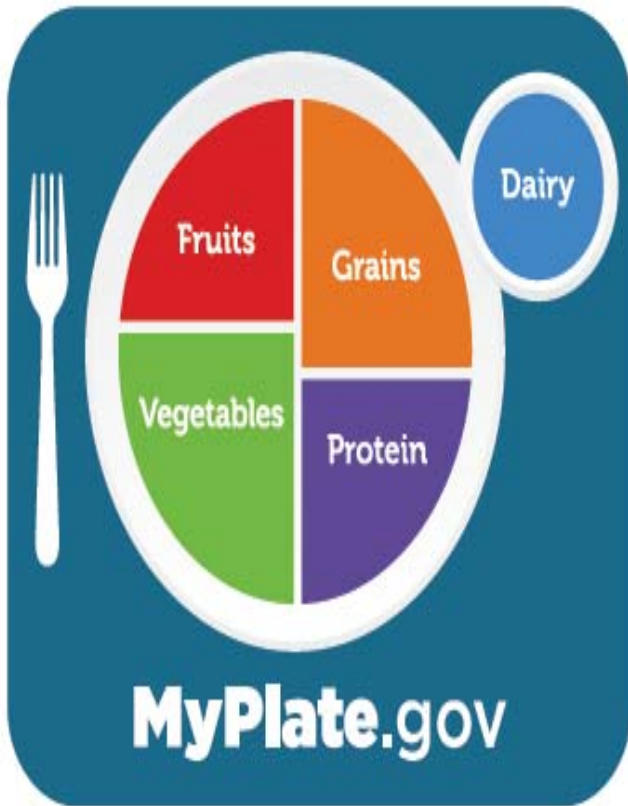
**T**he winter months are a great time to catch up on much needed family time. Yes, it's cold. No, you cannot get outdoors as much. But inside your home you can create meaningful family experiences and lots of wonderful memories.

Family time promotes positive emotional health in children. Experts say it leads to a greater likelihood that they will avoid risky behaviors such as drug use. They will also have a lower risk for depression.

Here are some ideas to think about doing with your children:

- **Story time:** Let your imagination run wild as you make up stories together. Make up a silly story to tell your children or involve them in the creation of a silly story.
- **Kitchen time:** Spend family time cooking in the kitchen. Whip up something sweet to share for an after-meal treat. Have your children help you prepare food items. You will be teaching them valuable math and life skills.
- **Dance party:** Dancing to music is a great way to improve everyone's mood and get your hearts pumping. Let each have a turn selecting a song. Keep music at the right age level for young children.
- **Scavenger hunt:** Give children a list of objects to find and bring back to you. It can be as long or short as you wish. Start by making a list of items found around your home. Then add items that may require finding a "buried treasure."

Source: David Weisenhorn, University of Kentucky Extension FCS senior specialist for parenting and child development education, December 2021



The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

## FOOD FACTS

# What's MyPlate all about?

Using the MyPlate meal plan is a simple and easy way to remember to eat in a healthy way. The MyPlate plan begins by making half your plate fruits and vegetables. But it does want you to eat more veggies than fruit. The other side of the plate is grains and protein. It calls for having a little bit more grains than protein. Dairy is on the right side of MyPlate to remind us that it is important for good health.

- **Fruits:** Focus on whole fruits.
- **Vegetables:** Vary your veggies.
- **Grains:** Make half your grains whole grains.
- **Proteins:** Vary your protein routine.
- **Dairy:** Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions).

Jeremy N. Williams  
County Extension Agent  
for Agriculture /Natural Resources



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

Harlan County  
519 South Main Street  
Harlan, KY 40831-1911

STANDARD  
US POSTAGE PAID  
Harlan, KY  
PERMIT # 831