



Cooperative Extension Service

Wayne County
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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

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Lexington, KY 40506





Nutrition Notes.....

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

September 2024

Nutrition
Education
Program
Calendar Recipe

Ramen Skillet Dinner



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

- 2 teaspoons vegetable oil
 - 1 medium onion, chopped
 - 1 medium carrot, thinly sliced
 - 1 bag (16 ounces) frozen broccoli
 - 2 cups cooked chicken, chopped
 - 1 package (3 ounces) chicken-flavored instant ramen noodles
 - 1 cup water
 - 1/2 teaspoon garlic powder
 - 1/2 teaspoon ground ginger
 - 1/2 teaspoon red pepper flakes
1. Wash hands with warm water and soap 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. Heat oil in a large skillet over medium heat. Add onion, carrot, and broccoli. Cook until vegetables are crisp tender (about 5 minutes).

4. Add the cooked chicken to the skillet. Stir and heat, about 1 to 2 minutes.
5. In a small bowl, combine the contents of the ramen seasoning packet, water, garlic powder, ginger, and red pepper flakes.
6. Pour the water and seasonings into the skillet. Stir and bring to a boil.
7. Break ramen noodles apart and add to skillet. Stir to moisten noodles.
8. Cover the skillet and cook until noodles soften (about 2 minutes). Serve immediately.
9. Refrigerate leftovers within 2 hours.

Makes 4 servings
Serving size: 1 1/2 cups
Cost per recipe: \$7.66
Cost per serving: \$1.92

Nutrition facts per serving:
280 calories; 8g total fat; 2.5g saturated fat; 0g trans fat; 60mg cholesterol; 360mg sodium; 22g total carbohydrate; 4g dietary fiber; 6g total sugars; 0g added sugars; 26g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 8% Daily Value of potassium

Source:
Martha Yount, former Nutrition Education Specialist, University of Kentucky Cooperative Extension Service

Easy Tortilla Breakfast Pizza

Servings: 3 serving size: 1/3 of pizza
Recipe Cost: \$3.25 Cost per Serving: \$1.08



Ingredients:

- Nonstick cooking spray
- 1 (8 inch) whole-wheat tortilla
- 1 cup spinach
- 3 medium eggs
- 1/2 medium tomato, diced
- Dash of salt and pepper
- 1/4 cup shredded part-skim mozzarella cheese

Directions:

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Spray a 10-inch skillet with nonstick Spray and place tortilla inside.
3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.
4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg Yolk is cooked through.
7. Remove from heat and slice into three wedges with one egg each to serve.
8. Store leftovers in the refrigerator within 2 hours.



Source: Jean Najor, Program Coordinator II; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

Nutrition facts per serving: 140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.



Extension Homemaker Club Meetings

- Busy Bees - September 5th @ 1:00 p.m. - Downstairs Meeting Room**
- Country Charmers - September 5th @ 5:30 p.m. - Downstairs Meeting Room**
- Sunnybrook - September 5th @ 6:30 p.m. - Downstairs Meeting Room**
- Pots & Pans - September 9th @ 6:00 p.m. - Downstairs Meeting Room**
- Charity - September 10th @ 5:00 p.m. - New Charity Baptist Church**
- Crafter's Anonymous - September 11th @ 1:00 p.m. - Downstairs Meeting Room**
- Odds 'N Ends - September 12th @ 12 noon - Downstairs Meeting Room**
- Creative Characters - September 17th @ 12:30 p.m. - Downstairs Meeting Room**
- Happy Chippers - September 19th @ 12:30 p.m. - Downstairs Meeting Room**
- Mudslingers - September 23rd - Assigned Appointments Only-Contact Seth Hart**
- Mudslingers - September 24th @ 12:30 p.m. - Downstairs Meeting Room**
- Roots & Wings (Members Only) - September 26th @ 10:00 a.m. - Upstairs Meeting Room**

Reminder: PLEASE turn in your monthly reports!



KEHA ~ Roll Call & Thought for the Day

September 2024

Thought for the Day:

**"Well, it's all right, even if they say you're wrong
Well, it's all right, sometimes you gotta be strong"**

End of the Line

Traveling Wilburys 1989

Roll Call: Labor Day is celebrated in September.

What is the first job you ever had?



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!

Tuesday, September 24, 2024

Aspire Center

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

Odds 'N Ends ~ 3:00-5:30 p.m.



Thank you, Wayne County Community.

July 30th - 26 donors gave 24 units.

August 20th - 35 donors gave 33 units.

Thank you to the Homemakers who assisted with the blood drive and donated blood!



Wayne County Extension Homemakers! Dates to Book in Your Calendar

SEPTEMBER 2024

- September 2 - Extension Office Closed - Labor Day Holiday
- September 10 - Jingle All the Way & North Pole Breakfast with Santa Committee Planning Mtg. @ 1:30 p.m. - Small Upstairs Meeting Room
- September 10 - Safe Food Handling Class @ 5:30 p.m. - Small Upstairs Meeting Room
- September 13 - Set up for Homemaker Yard Sale
- September 14 - Homemaker Yard Sale
- September 16 - Set up Ovarian Cancer Walk @ Aspire Center
- September 17 - Ovarian Cancer Walk Event @ Aspire Center
- September 18 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room
- September 18 - Scarecrow Class @ 2:00 p.m. - Upstairs Meeting Room
- September 19 - Happy Birthday JOY!!
- September 20 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room
- September 24 - Self-Care & Self-Pampering Leader Lesson @ 5:30 p.m. - Downstairs Meeting Room
- September 25 - Extension Homemaker County Annual Meeting Prep
- September 26 - Extension Homemaker County Annual Meeting

OCTOBER 2024

- October 7 - All Things Pumpkin @ 5:30 p.m. - Downstairs Meeting Room
- October 13-19 - KEHA Week
- October 18 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room
- October 21-24 - MCV State Training @ Cave City
- October 22 - Healthy Eating Around the World Leader Lesson @ 5:30 p.m. - Downstairs Mtg. Room
- October 25 - All Aboard! Big South Fork Train Ride @ Stearns, KY
- October 29 - LCA Extension Homemaker Council Meeting @ 9:30 a.m. CT (10:30 a.m. ET) @ Adair Co.
- October 31 - Happy Halloween!

NOVEMBER 2024

- November 5 - Extension Office Closed for Presidential Election - GO VOTE!
- November 12 - Holiday Sewing @ 10:00 a.m. - Downstairs Meeting Room
- November 14 - Holiday Card Making @ 1:00 p.m. - Upstairs Meeting Room
- November 15 - In-Stitches Quilt Class @ 10:00 a.m. - Downstairs Meeting Room
- November 22 - Jingle All the Way Setup
- November 23 - Jingle All the Way Event
- November 26 - Homemaker Leader Lesson (County Choice)
- November 28-29 - Extension Office Closed - Thanksgiving Holiday



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

DECEMBER 2024

December 5- Officer Leadership Adventure

December 6 - Set up for North Pole Breakfast with Santa

December 7 - North Pole Breakfast with Santa Event - Upstairs Meeting Room

December 24 - January 1 - Office Closed - Christmas & New Year's Day

HOMEMAKER LEADER LESSONS - 5:30 P.M. - Downstairs Meeting Room

September 24 - Self-Care & Self-Pampering

October 22 - Healthy Eating Around the World

November 26 - County Choice

December 24 - County Choice

January 28 - How to Get Out of Mealtime Rut

February 25 - People Learn with Purpose: Understanding Learning Styles

March 25 - Indoor Air Quality

April 22 - Gardening Safety

May 27 - Using Your Air Fryer



Safe Food Handling Class!

Tuesday, September 10, 2024 @ 5:30 p.m.

Wayne County Extension Office

Small Upstairs Meeting Room

Anyone who wants to bring food to a meeting, event, or sale, is REQUIRED to attend our Safe Food Handling Class. Please register if you plan to attend so we can be prepared for you.



**Jingle All the Way Bazaar &
North Pole Breakfast with Santa
Planning Meeting**

**There will be a planning meeting on
Tuesday, September 10, 2024 @
1:30 p.m. in the Small Upstairs
Meeting Room.**

**Craft & Food Booth sign-up forms
for clubs must be turned in no later
than September 10th.**



**Crafter's Anonymous
Homemaker Club Meeting
September 11, 2024 @ 1:00 p.m.
Downstairs Meeting Room
The club will be painting a
"shocked" sheep on canvas.**



In-Stitches Quilt Class ~ Metro Rings (Part II)

Friday, September 20, 2024 @ 10:00 a.m.

Downstairs Meeting Room

We will continue with our project called METRO Rings!

**NOTE DATE CHANGE ~ We will now be meeting on the
3rd Friday of the month. Call the Extension Office for
class prep information.**



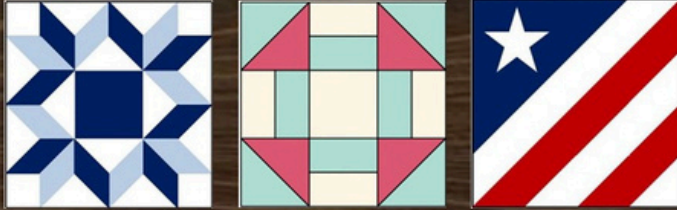
Seth Hart

**Program Assistant
for Community Arts**

Barn Quilt Painting Workshop

BARN QUILT PAINTING WORKSHOP

Instructor: Seth Hart



Monday,

September 30

1:00 - 6:00 pm EST

SIZE OPTIONS

2 ft x 2 ft ... \$40.00

4 ft x 4 ft ... \$75.00

NO PREVIOUS SKILLS ARE REQUIRED

**ALL MATERIALS AND SUPPLIES
WILL BE PROVIDED**

\$5.00 DISCOUNT TO WAYNE COUNTY HOMEMAKER MEMBERS

CLASS SIZE LIMIT: 15 SPACES



Deadline to Register:

September 13

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

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



EXTENSION HOMEMAKERS' FALL

YARD SALE
& BAKE SALE

2024



Come Shop Til You Drop!



**SATURDAY
9-14-24**

**8:00 AM
TO
2:00 PM
EST**

**WAYNE COUNTY
EXTENSION OFFICE
DOWNSTAIRS**

**255 ROLLING HILLS BLVD.
MONTICELLO, KY
606-348-8453**

An Equal Opportunity Organization.

Funds raised will be donated to the Vocational School Student Support for Dress for Success program and Extension Homemaker Educational Training.

Homemakers:

Set up will be on Friday, September 13th in the Downstairs Meeting Room from 2 p.m. to 6 p.m.

Clean out those closets, basements, and storage sheds! Please bring items priced. Cosmetics, lotions, etc. **MUST** be factory sealed (nothing opened, used, or unsealed allowed).

Bake sale items are needed.

No weapons or live animals allowed.



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, chapstick, shampoo, and conditioner.



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



♥ Thank you for supporting us with your donation!



WAYNE COUNTY HIGH SCHOOL FCCLA STUDENT SPONSORSHIP

FCCLA STUDENTS ARE OUR FUTURE FCS AGENTS, TEACHERS, & OTHER FCS CAREER RELATED INDIVIDUALS. PLEASE HELP SUPPORT A STUDENT WITH A \$30 SPONSORSHIP DONATION TO HELP PAY THEIR ASSOCIATION DUES. PLEASE DROP OFF YOUR DONATION AT THE WAYNE COUNTY EXTENSION OFFICE.

More Information
Wayne County Extension Office
255 Rolling Hills Blvd., Monticello, KY 42633
606-348-8453

An Equal Opportunity Organization.

OVARIAN CANCER WALK

SPONSORED BY WAYNE CO. EXTENSION FAMILY &
CONSUMER SCIENCES & EXTENSION HOMEMAKERS

Tuesday, September 17, 2024

10:00 a.m.–4:00 p.m.

Aspire Center

90 Airport Rd., Monticello, KY



Join a community that stands strong against ovarian cancer. Whether you're a survivor, a supporter, or walking in memory of a loved one, your steps contribute to the collective strength in the fight against this disease.

Lots of interactive booths and giveaways. This event is free and open to the public! This event is for all ages!



An Equal Opportunity Organization.



September is Ovarian Cancer Awareness Month



Joy McGinnis

FCS Program Assistant

What is ovarian cancer?

Ovarian cancer includes cancers that start in the ovaries, fallopian tubes, and the lining of the abdomen (peritoneum). Doctors use imaging tests and look at the tissues to tell where cancer started. Cancer that starts in those three areas behave similarly and are treated similarly, so they are grouped together as ovarian cancer.

Normal, healthy cells grow, divide, and die in a controlled process. Cancer cells are different because they:

- Grow out of control and divide into new abnormal cells
- Outlive normal cells
- Lead to the growth of a tumor
- Can spread (metastasize) to other parts of the body

Cancer is named for the body part where it starts, even if it spreads to other body parts later. Gynecologic cancers are cancers that start in the female reproductive organs.

Ovarian cancer is a gynecologic cancer that starts in the ovaries. Ovarian cancer has many different types, which can be broken down into different subtypes. The main types include:

- Epithelial ovarian cancers
- Germ ovarian cancers
- Stromal cell ovarian cancers

When ovarian cancer is diagnosed, your doctor will try to determine if it has spread throughout the body and how far. This is called staging. Ovarian cancer stages are numbered 1 to 4. Stages may also be written as I, II, III, and IV. Each stage can be broken down into smaller substages that provide more detail about the cancer.

Besides ovarian cancer, other gynecologic cancers include:

- Cervical cancer: Cancer that starts in the cervix, which connects the vagina to the upper part of the uterus. Cervical cancer is the only gynecologic cancer that can be screened for to try and prevent.
- Uterine cancer: Cancer that starts in the uterus (womb). The uterus is a pear-shaped organ in a woman's pelvis. The uterus is where the baby grows during pregnancy.
- Vaginal cancer: Cancer that starts in the vagina. The vagina is also called the birth canal. It is a hollow, tube-like channel that a baby goes through when it is born.
- Vulvar cancer: Vulvar cancer: Cancer that forms in the vulva, the outer part of the female genital organs. The vulva includes the opening of the vagina, outer lips (labia majora), and inner lips (labia minora), and clitoris.

What causes ovarian cancer?

The exact cause of ovarian cancer is unknown. There are many ideas about what causes the disease. Ovarian cancer starts when the DNA in ovarian cells mutates (changes). DNA contains instructions that tell a cell what to do. When DNA mutates, it tells the cells to grow and multiply quickly. This creates a mass of cancer cells that continue to grow while healthy cells die.

A small number of ovarian cancers occur in those who have inherited mutations linked to an increased risk. These include mutations in the BRCA1 and BRCA2 genes. These genes usually protect you from getting certain cancers. Mutations in these genes prevent them from working properly. You are more likely to get certain cancers if you inherit these mutations.

Acquired mutations are gene mutations that occur during a person's life. The cause of most acquired mutations is currently unknown. But most ovarian cancers have several acquired mutations, including TP53, PTEN, and PALB2.

Although there is no known way to prevent ovarian cancer, there are certain things that can reduce your risk, including:

- Pregnancy
- Birth control pills
- Tubal ligation
- Hysterectomy

What are the signs & symptoms of ovarian cancer?

The signs and symptoms of ovarian cancer can be easy to miss. They may be difficult to notice or detect because the ovaries are located deep within the abdominal cavity. They can also be mistaken for other health issues. Often, the signs and symptoms are subtle, making ovarian cancer difficult to detect in its early stages. This is why only about 20% of cases are diagnosed in the early stages (stages I-II). Often symptoms don't appear until the disease is in its advanced stages (stages III-IV).

Common symptoms of ovarian cancer include:

Bloating

- You may notice swelling in the lower pelvis or abdomen and clothes around the waist may feel tighter than normal.

Pelvic or Abdominal Pain

- Pain in abdomen, back or pelvis.

Trouble Eating or Feeling Full Quickly

- Feeling full after eating only a few bites or loss of appetite.

Urinary Frequency

- Feeling the need to urinate more frequently.

Less common symptoms of ovarian cancer:

Pain During Sex

- Discomfort or pain during sex.

Back Pain

- Pain or discomfort in the lower back.

Fatigue

- Feeling more tired than usual and more often.

Menstrual Changes

- Changes to your monthly menstrual cycle including additional bleeding or vaginal discharge.

Upset Stomach, Heartburn, or Constipation

- This may include diarrhea or changes in bowel habits such as urgency or pain.

Source:

ovariancancer.org

UK cancer research





Happy Scarecrow Home Décor

Wednesday, September 18th

2:00 p.m. - Downstairs Meeting Room

Wayne County Extension Office

Registration Fee \$6.00

(Wayne Co. Homemaker Member
\$5.00 discount.)

Come join us and create this sweet scarecrow to welcome in the autumn season! He is simple and easy to make! Creating your own home décor items can save you money and be relaxing and fun! Get your Creative On!

Please call to register so we can be prepared for you. Your spot is not reserved until registration fee is paid.



Self-Care & Self-Pampering

Wayne County Extension Office
Downstairs Meeting Room
Tuesday, September 24, 2024 @ 5:30 p.m.
Join us for a lesson on
Self-Care & Self-Pampering

REGISTER NOW
606-348-8453

wayne.ca.uky.edu
255 Rolling Hills Blvd.,
Monticello, KY

Relax

The flyer features a purple and white color scheme with decorative floral elements. It includes three circular images: a person receiving a massage, a person in a yoga pose, and a close-up of a flower. The text is arranged in a clear, readable layout with a prominent registration call to action.

Self-care and self-pampering are not selfish. Taking care of yourself is not about being self-absorbed or ignoring others. Simply put, self-care is about realizing and prioritizing your own importance and well-being. It means not ignoring your own needs, including things that make you feel good and happy in the moment. Just as others will always need you, you also need you. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. Self-care helps you take control of your own well being.

Extension Homemakers: Registration is required & registration fee of \$5.00 is due by September 12th. Each club is to bring a \$25 door prize. Due to limited space, this event is for Wayne County Extension Homemakers only.



Wayne County Extension Homemaker Annual Meeting

AMAIZEing Homemakers: Come and join us for an AMAIZEing time at our County Annual Meeting. Dinner will be provided.

Registration and \$5.00 fee is due to the Extension Office by September 12th.



Thursday,
September 26th



The Event
starts at 6 PM



Guest Speaker: John Childers ~ Miller at Mill Springs Mill. He will be speaking about the mill, grinding, cornmeal & grits. Due to limited space, this event is for Wayne County Extension Homemakers only.



**All Things Pumpkin!
Monday, October 7, 2024
5:30 p.m.**

**Downstairs Meeting Room
Registration Fee: \$10
Wayne Co. Homemaker
Member \$5 Discount**

**Class size is limited so register soon!
Your spot is not reserved until registration is paid.**

**Let's celebrate autumn with All Things Pumpkin!
Tasty treats to sample.
Fun pumpkin crafts to decorate for autumn.**

ALL ABOARD! Big South Fork Train Ride!

Friday, October 25, 2024

Cost \$25 - Includes Train Ride Ticket & Lunch

**Trip is open to ALL WAYNE COUNTY EXTENSION
HOMEMAKERS ONLY!**



Wayne County Extension Homemakers will be taking a ride on the rails. Join us for this scenic train tour and enjoy all the splendor of autumn color in the mountains!

Limited space available, so register soon. If you register and find out later you cannot attend, there are NO REFUNDS. You are responsible for finding someone to take your place on this adventure.

Departing from Wayne County Extension Office at 8:30 EST Prompt! You MUST arrive NO later than 8:15 a.m. to complete risk management travel paperwork. Any gift shop purchases or other expenses are on your own. Your spot will not be secured until payment is made. You will need to dress in layers for warmth and comfort. Please wear comfortable walking shoes and bring an umbrella just in case.



Making Your Own Vanilla Extract

Wednesday, October 30, 2024

2 p.m. or 5:30 p.m.

(Please indicate which class you will be attending when you register.)

Registration Required: \$15

Extension Homemakers will receive a \$5 discount

Real Vanilla Extract can be expensive to purchase. This class will teach you how to make your own at home. This is a fun and informative class. Get ready for the Holiday baking by making your very own vanilla extract.

Participants will receive a kit that includes everything (beans and alcohol) to make 4 ounces of vanilla with vodka and 2 ounces of vanilla with bourbon; tags for labeling, and a booklet with printed instructions, different extract recipes, and less common uses of vanilla.

Holiday Sewing Class



Pictures & more details next newsletter.

This is a machine applique class.

Tuesday, November 12th

10am – 3pm

Downstairs Meeting Room

Registration: \$ 10

(Homemakers receive \$5 discount.)

MUST REGISTER!

Skill level – All (beginners can do this!)

Participants need to bring:

- Sewing machine in good working order (machine needs to be able to do blanket stitch or zig-zag or any other decorative stitch of your choice).
- Applique sewing machine foot for your machine and a regular stitch foot.
- Basic sewing supplies: thread, scissors, pins, etc.

Fabrics and fusible web will be provided.

Please bring your own lunch (refrigerator & microwave available) or plan to utilize one of Monticello's many restaurants.



It's Apple Season Try some of these delicious recipes!

Berry Salsa with Cinnamon Chips

Servings: 12 Serving Size: 3 tablespoons salsa/4 chips

Salsa: 30 calories; 0g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 8g carbohydrate; 1g fiber; 7g sugar; 0g protein.

Chips: 150 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 0mg cholesterol; 320mg sodium; 27g carbohydrate; 0g fiber; 4g sugar; 4g protein.



Ingredients:

- 1 medium granny smith apple
- 3/4 cup strawberries
- 1 small orange
- 1/2 can crushed pineapple
- 1/2 tablespoon brown sugar
- 1 tablespoon orange juice
- *12 (8-inch) fat free tortillas
- *2 teaspoons cinnamon
- *1/4 cup sugar
- *Vegetable cooking spray

Directions:

Apple Berry Salsa

1. Wash, core, and dice apple, with peel.
2. Wash, hull, and dice strawberries.
3. Wash, peel, and dice orange.
4. Pour pineapples in a bowl along with the apple, strawberries, and orange. Stir gently.
5. In a small separate bowl, mix orange juice and brown sugar with a fork until combined.
6. Pour over fruit and refrigerate while making cinnamon crisps.

*****Cinnamon Chips**

1. Preheat oven to 350 degrees.
2. Spray each side of tortillas with vegetable spray.
3. Sprinkle with cinnamon and sugar.
4. Cut into 4 wedges.
5. Place on baking sheet. Bake 10 minutes.



Apple Sage Pork Chops

Servings: 4 Serving Size: 1 pork chop

Nutrition facts per serving: 310 Calories 10g total fat; 1.5g saturated fat; 50mg cholesterol; 660mg sodium; 35g total carbohydrate; 3g fiber; 25g total sugars; 7g added sugars; 22g protein; 6% DV vitamin D; 2% DV calcium; 6% DV iron; 15% DV potassium

Ingredients:

- 1 tablespoon flour
- 1 teaspoon dried sage
- 2 tablespoons garlic powder
- 1/2 teaspoon ground thyme
- 1 teaspoon salt
- 4 boneless center cut pork chops
- 2 tablespoons oil
- 1/2 large onion thinly sliced
- 2 thinly sliced red apples
- 1 cup unsweetened apple juice
- 2 tablespoons brown sugar (optional)



Directions:

1. Wash hands with soap and warm water, scrubbing for at least 20 seconds.
2. Gently clean all produce under cool running water.
3. Mix flour, sage, garlic, thyme, and salt together in a small bowl.
4. Sprinkle 1 1/2 tablespoons of the mixture over both sides of the pork chops. Remember to wash your hands after handling raw meat.
5. Heat oil in a large skillet over medium-high heat.
6. Sear pork chops for 2 to 3 minutes on each side. Pan will smoke a little.
7. Remove pork chops from the pan and set aside.
8. Reduce heat to medium. To the same skillet, add onion and cook for 2 minutes, or until soft.
9. Add apples, and continue cooking until tender, about 2 minutes.
10. Add apple juice, brown sugar, and remaining spice mixture and stir to dissolve.
11. Return pork chops to the skillet by nestling them in the pan.
12. Bring the liquid to a boil, reduce heat to low, and simmer for 5 minutes or until the pork is cooked through and reaches 145 degrees F a food thermometer.

Refrigerate leftovers within 2 hours.

**HOLD THE DATE:
Holiday Card Making
November 14th @ 1:00 p.m.
Upstairs Meeting Room
More details coming soon!**

We understand that unforeseen circumstances arise occasionally, but if you must miss a class that you have signed up for, please notify us as soon as possible. In addition to purchasing materials for each attendee, we typically have a waiting list of people that would like to attend the class.

Extension Homemakers who enrolled by July 1, 2024 for the new program year will receive a special gift. Please stop by the Extension Office to pick up your gift. The deadline to pick up your gift is October 1st. Contact the Extension Office if you are unsure of your enrollment date.

Debbie Shepherd

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



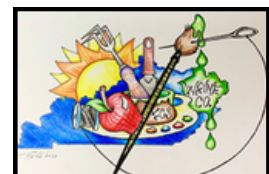
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Families.**
www.ca.uky.edu



**Website:
wayne.ca.uky.edu**



**Wayne County Cooperative
Extension Family and
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