

OWEN COUNTY

Family & Consumer Sciences

EXTENSION HOMEMAKER NEWSLETTER

DECEMBER



Cooperative
Extension Service
Family and Consumer Sciences



Owen County

265 Ellis Road
Owenton, KY 40359
(502) 484-5703
owen.ca.uky.edu

Hello FCS and Homemaker Families,

Here we are! I can hardly believe it's December. Whether you're currently untangling a mountain of lights, perfecting the family sugar cookie recipe, or trying to figure out how to wrap those oddly shaped gifts (I prefer a gift bag in those situations), the holidays are officially upon us!

As this year winds down, I've found myself reflecting on what a wonderful first month it has been since I stepped into the FCS Agent role. I wanted to take a moment to send a huge, heartfelt thank you to all of you! Every homemaker and community member I've had the pleasure of meeting have made me feel so incredibly welcome in Owen County. It has meant the world to me.

I am already filled with excitement for the possibilities the new year will bring. But for now, please allow yourselves a little rest, a little joy, and a lot of hot chocolate.

From my family to yours, I wish you a very Merry Christmas and a Happy Holiday Season! May your days be merry and your spirits be bright! -Andrea

IN THIS ISSUE:

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Santa's Castle

Eat Well, Live Well: Food as Health

Health Bulletin

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MoneyWi\$e

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FCS Exclusive

Financial Tips for Sandwich Generation Caregivers

8 Simple Ways to Eat Healthy on a Budget

Owen County Christmas Project

Community Events

December and January Calendars

Recipes

Parmesan Carrot Chips

Fruit and Spinach Salad with Honey Mustard Vinaigrette

**Don't forget to spread the word about the Owen County Christmas project.
Angel tags are available at the office for pick up during business hours.**

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

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, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

NOW AVAILABLE!

Stop by the Extension Office to pick up your 2025-2026 Homemaker Handbook or contact your club leader.



We're More Than You Think

2025-2026

**Owen County Extension
Homemakers Handbook**

Cooperative
Extension Service

Owen County
Family&Consumer Sciences

Owen County Homemaker Officers

Beverly Kincaid	President
Linda Williams	Vice President
Lana Jones	Secretary
Brandy Neal	Treasurer
Judy Williams	Educational Chair

Homemaker Council Meeting

**Thursday, December 18th
5:30 PM**

Owen County
Extension Office

Area Homemaker Council Meeting

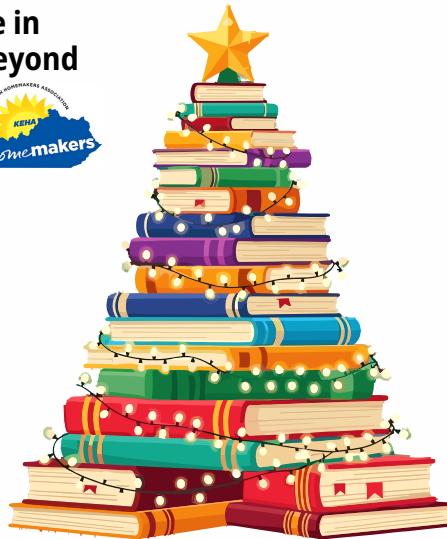
**Thursday, February 12th
1 PM (lunch at Noon)**

Owen County
Extension Office

KEHA Website <https://keha.ca.uky.edu/> to
locate all information for Kentucky Extension
Homemakers.

They Call Me Goose: My Life in Kentucky Basketball and Beyond *by Jack Givens (2024)*

This is all encompassing biography of basketball legend, Jack Givens, presents fans with an intimate look at his role as a husband, father, mentor, businessman, and ambassador for Kentucky-who also just happens to be an iconic sports legend. Written in collaboration with journalist Doug Brunk.



This book can be found at the Owen County Public Library.

Scan the QR code using the camera on your mobile device to download the complete list of Kentucky Extension Homemakers Association Cultural Arts and Heritage Book List for the 2025-2026 program year.



Keep record of each book you read throughout the year from the list of Kentucky Extension Homemakers Association Cultural Arts and Heritage Book List for the 2025-2026 to report to our Educational Chair, Judy Williams for end of year reports.



SAVE THE DATE

MAY 12-14, 2026

Hyatt Regency Lexington
401 West High Street, Lexington

**THE LODGING ROOM BLOCKS ARE NOW OPEN FOR
RESERVATIONS THROUGH APRIL 13, 2026!**

ROOM RATE \$155.00 + TAX
(1-4 PEOPLE PER ROOM)



Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEH1>



Reservations: 800-233-1234
(group code G-KEH1 for conference rate)

SANTA'S CASTLE

SATURDAY, DECEMBER 6 2025

10 AM-12 PM



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4-H Youth Development

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accommodated
with prior notification.



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



EAT WELL, LIVE WELL: FOOD AS HEALTH

HOMEMAKER LESSON

**JANUARY 22, 2026 • 1:00 PM KENTON
COUNTY EXTENSION OFFICE 10990
MARSHALL ROAD**

JOIN US FOR AN ENGAGING HOMEMAKER LESSON THAT EXPLORES
HOW THE FOODS YOU CHOOSE CAN DIRECTLY IMPACTS YOUR
OVERALL HEALTH AND WELLNESS.

WHAT YOU'LL LEARN:

- HOW NUTRITION AFFECTS BLOOD PRESSURE, HEART DISEASE, AND DIABETES
- PRACTICAL TIPS FOR MAKING HEALTHIER FOOD CHOICES EVERY DAY
- NEW, DELICIOUS RECIPES TO MAKE HEALTHY EATING EASY—AND ENJOYABLE!



 **TO REGISTER:**
CALL 859-356-3155 OR VISIT
KENTONCOUNTYEXTENSION.ORG



ADULT HEALTH BULLETIN



DECEMBER 2025

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

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owen.ext@uky.edu
owen.mgcafe.uky.edu

THIS MONTH'S TOPIC

DEALING WITH HOLIDAY STRESS AND ANXIETY



The holidays can be a wonderful time full of family, friends, and fun traditions, but they can also bring stress and anxiety. There are many ways to manage these feelings and make the season more enjoyable.

One helpful step is to plan ahead and set realistic expectations. It can be easy to feel pressure to make everything perfect, from meals to gifts to decorations. Instead, focus on what is most important to you. For example, if spending time with family matters more than having a perfectly decorated house, let go of some of the decorating stress. Make a simple to-do list and plan your time so you do not feel rushed ahead of the

Continued on the next page ➔

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➔ **Continued from the previous page**

gathering. Space out your errands or cooking tasks to help you stay calm and organized. This can also allow you to enjoy time with loved ones more.

Asking for help is another way to reduce stress. You do not have to do everything by yourself. If you are hosting a holiday meal, ask guests to bring a dish or to come early to help set up. If shopping feels overwhelming, see if a friend can go with you. You can also divide your shopping list among family members. Even small acts of teamwork can make things easier and more fun.

It is also important to take breaks and make time for yourself. The holidays can be busy, and it can be easy to forget your own needs. Schedule a few minutes each day to do something relaxing, like taking a walk, reading a book, listening to music, or practicing deep breathing. These short breaks can help you recharge and keep your stress levels down.

Staying healthy can also make a big difference. Try to eat balanced meals, get enough sleep, and stay active. When we are tired or eating too many sugary holiday treats, it is easier to feel irritable or anxious. A short walk after dinner, a few stretches in the morning, or a fun family activity can help your body release stress and boost your mood.

Sometimes, family gatherings or social events can feel overwhelming. It is okay to set boundaries. You can politely say no to events that don't fit your schedule, or take a short break if things feel too loud or tense. For example, stepping outside for a few minutes of fresh air or going to a quiet room to breathe deeply can help you feel calmer. If you see your child or another family member feeling stressed, invite them to do the same to help ease tension.

Finally, remember that it is normal to feel stressed sometimes. You are not alone. The holidays do not have to be perfect to be meaningful and special. Be kind to yourself, focus on the good moments, and appreciate the little things, like laughter, music, or a cozy evening at home. By caring for your mental and physical health, you can enjoy the holidays in a way that feels more peaceful and fulfilling.

REFERENCE:

<https://www.samhsa.gov/blog/supporting-your-mental-health-during-holiday-season>

Written by: Katherine Jury, Extension Specialist for Family Health

Edited by: Kerri L. Ashurst, Senior Extension Specialist for Family and Consumer Sciences Extension

Designed by: Rusty Manseau, Senior Graphic Artist

Stock images: Adobe Stock



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

DECEMBER 2025

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

THIS MONTH'S TOPIC: USE A VISION BOARD TO REALIZE YOUR GOALS

Are you looking to jump-start your motivation to work toward a goal? Try creating a vision board. A vision board is a collage of images and words that depict your goals in ways that are meant to inspire or motivate you to achieve them.

ENVISION YOUR FUTURE

Researchers agree that writing down goals increases our chances of success. Similarly, creating a vision board brings goals to life in a visual way, upping the likelihood of turning them into reality. Vision boards often contain positive images and words that represent desired outcomes. A vision board can help motivate us to take action steps toward achieving our dreams.

MAKE YOUR GOALS SMART

Vision boards and goal setting go hand-in-hand. Goals provide purpose and give us something to strive toward. Also, having a specific plan can help us persist through setbacks. Goals can be short-term (less than one year), medium-term (one to five years), or long-term (more than five years).

Goals should be exciting and tangible (i.e., something specific that is worth working



toward). General goals such as “financial security” may be difficult to plan or to track progress. Creating SMART goals will help you set milestones you can reach.

Specific: Strong goals should be clear and precise. It should answer who, what, when, where, why. *What are the specific details once you break down the goal?*

Measurable: Know exactly “how much” you need to reach your goal. This allows you to track your progress. For example, saving for a vacation? *What is the total cost of the trip, and how much money should you set aside each month to reach this amount?*

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YOUR GOAL SHOULD BE ATTAINABLE AND REALISTIC, EVEN IF IT IS CHALLENGING



Achievable: Your goal should be attainable and realistic, even if it is challenging. *Is it possible to reach this goal within your budget?*

Relevant: A goal should be important to you, and it should support or complement other priorities in your life. *Is it worth putting in the effort and hard work?*

Time-Bound: Have a clear deadline (i.e., a finish line) for accomplishing a goal. *When do you need to reach this goal?*

Once you have created at least one SMART goal, you are ready to design a vision board.

CREATE A VISION BOARD

Your board should be a visual display of the goal you want to achieve. Each item you place in the collage should represent something that will help you go from dream to reality. You can use computer software to create a digital vision board, or you can use paper materials to cut-and-paste your collage. Consider using items such as photographs, images from websites or magazines, inspirational quotes, poems, stickers, graphics, or draw or write your own.

In addition, you could write out and include a goal statement. If needed, a quick internet search may offer examples of vision boards.

Your collage should be positive and personal to you. Display the board prominently where it can be a regular reminder of the SMART goal(s) you want to achieve. Hang a paper vision board where you will see it daily, or set a digital vision board as the wallpaper on your computer or phone. Envisioning your future each day can help you make choices that match your goals without even thinking about it.

EXPAND YOUR “VISION”

You can apply these principles to your life in other ways besides financial goals. You could create a vision board for self-improvement in areas such as leadership, career/skill building, family life, and more. There are many other aspects of your life you can “envision” and improve.

REFERENCES

Burton, L., & Lent, J. (2016). The Use of Vision Boards as a Therapeutic Intervention. *Journal of Creativity in Mental Health*, 11(1), 52-65.
<https://doi.org/10.1080/15401383.2015.1092901>

Written by Kelly May, M.S. | Edited by: Nichole Huff, Ph.D. | Designed by: Kelli Thompson, M.A. | Images by: Adobe Stock

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

Financial tips for sandwich-generation caregivers



Approximately one in four adults simultaneously cares for someone over age 65 and raises a child under age 18, according to a 2023 report in the Journal of the American Geriatrics Society. This group is called the "sandwich generation." With average life expectancy rates increasing, many middle-aged adults now find themselves caring for both their aging parents and their dependent children at the same time.

The sandwich generation faces normal financial pressures, such as childcare and education costs, retirement savings, health-care needs and basic living expenses. What makes this population unique is that they have co-occurring responsibilities that often draw from the same limited pool of resources (i.e., time, energy and money).

Balancing dual caregiving roles can be challenging, especially with multiple competing priorities. If you are a "sandwiched" adult, consider these tips to reduce the financial stress associated with caring for an aging loved one.

Seek caregiver support.

Dual caregiving can be exhausting. If you feel overwhelmed, remember you are not alone. Talking with a counselor, chaplain or friend can help. Also, consider meeting with a financial planner who specializes in eldercare. They can create a financial plan that balances everyone's needs. Caregivers may qualify for unpaid time off under the Family and Medical Leave Act (FMLA) (<https://bit.ly/DOLbenefitsFMLA>). FMLA allows qualifying employees to take up to 12 weeks of unpaid, job-protected leave per year to care for an immediate family member. Some employers offer paid eldercare leave options; they may permit you to use sick days or personal leave to care for loved ones, or they might offer shared leave banks for caregiving needs.

Explore assistance programs.

Search for community and government assistance programs that can help with living or medical expenses, long-term care costs, meal delivery services, transportation to medical appointments and more. Additionally, research local free or low-cost senior programs, senior centers, adult day care options and caregiver support groups.

There are many useful state and national resources you can explore online:

- Medicaid at <https://www.medicaid.gov/>
- Medicare at <https://www.ssa.gov/medicare>
- Supplemental Security Income (SSI) at <https://www.ssa.gov/ssi>
- Senior Services at <https://www.hhs.gov/programs/social-services/programs-for-seniors/>
- Kentucky Department for Aging and Independent Living at <https://www.chfs.ky.gov/agencies/dail/>
- National Aging in Place Council <https://ageinplace.org/>

Keep budgets separate.

If you provide care for an older adult, it is important to keep their finances separate from yours if they plan to apply for assistance through government agencies. When applying for benefits, don't hide or transfer a loved one's assets to qualify, as this can have negative legal consequences. Use your loved one's resources to pay for their expenses and keep detailed records.

For more information about available eldercare and caregiving resources and support, contact the Owen County Extension office.



8 SIMPLE WAYS TO EAT HEALTHY ON A BUDGET

1 BUY WHOLE FOODS

Processed foods are more expensive and less nutritious than unprocessed foods.

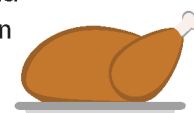


Whole foods give you more control over the ingredients and you can also buy them in larger quantities.

2 BUY CHEAPER CUTS OF MEAT



Try less expensive cuts of meat and use different cooking methods to make tougher cuts tender and juicy. Buy large, inexpensive cuts to use in several different meals during the week.



3 PREPARE YOUR OWN FOOD

Preparing your own food allows for total control over the ingredients and is much cheaper than buying food out.



- Eat before leaving for work or going out.
- Take food with you to school or to work.

4 STICK TO YOUR GROCERY LIST

Avoid impulse buying by making a grocery list and sticking to it. Don't shop when you're hungry and go to the grocery store alone. This will help you stick to your list as well.



5 PLAN YOUR MEALS AHEAD



Plan out meals for the week and list all the foods you need to buy. Check your fridge and cabinets to see what you already have and buy only what you're sure you'll use.

6 BUY FROZEN FRUITS & VEGGIES



These are often half the price of fresh produce, you can buy them in bulk to save more, are available all year 'round and are sold in large bags. Frozen fruits and veggies are just as or even more nutritious than their fresh counterparts, if frozen right away when they're picked.

7 BUY GENERIC FOODS

Generic foods taste just the same and are of the same quality as brand name foods. The difference is that they are much cheaper.



8 BUY IN BULK



Foods like grains, millet, barley, rice, beans, some nuts and oats are available in bulk and are easy to stockpile. Find them on sale and buy as much as you can afford, making sure you're actually going to use them.

OWEN COUNTY ANGEL TREE



- Buy a complete outfit, shoes, one item needed, and one interest item.
- **DO NOT WRAP THE GIFTS.**
- Return everything in a gift bag or trash bag with the angel tag attached.
- Drop off at the Owen County Extension Office by **Friday, December 12th at 9 AM.**

COMMUNITY EVENTS

Save the Date!

Craftin' for the Community

Hosted by the Memory Makers Homemakers

Saturday, April 18th 2026

at the Owen Co. Cooperative Extension Office

Join us for shopping, crafting, food, giveaways and more- all while supporting a great cause in our community! Crafting table registrations opens this winter, more details to come!

Cooperative Extension Service

SAVE THE DATE SUMMER CAMP

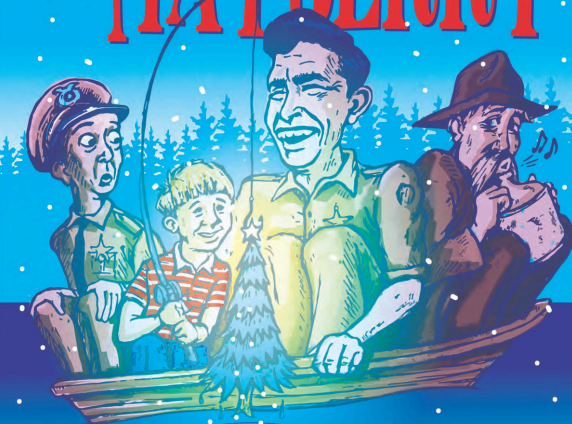


JUNE 1ST - JUNE 5TH, 2026!

APPLICATIONS NOW AVAILABLE.
REACH OUT TO THE EXTENSION OFFICE FOR ADDITIONAL DETAILS.

OWEN COUNTY COMMUNITY THEATER
PRESENTS

Christmas IN MAYBERRY



5TH DECEMBER 2025 7PM
6TH DECEMBER 2025 2PM & 7PM

FREE ADMISSION AT THE DOOR

MERRY VINTAGE CHRISTMAS

SATURDAY 13 DECEMBER

LIVE MUSIC, HOLIDAY SHOPPING, AND
SMALL TOWN CHRISTMAS PARADE

**Presented By: Owen County
Chamber of Commerce**

Around the Courthouse Square:

- 1:00 pm - 5:00 pm: Open House at Participating Merchants/ Christmas Shopping around the square
- 2:00 pm - 7:00 pm: Fun Attraction
- 2:30 pm: Christmas Bake-Off (Drop off at Epoch)
- 3:00 pm - 5:00 pm: Music by "What about Jane"
- 4:30 pm: Pet Pageant @ Courthouse Lawn (Dress your pet in festive wear)

Parade Information:







- 3:30 pm-4:00 pm: Line up Parade Entries (Old Iron Parking Lot)
- 4:30 pm-5:00 pm: Preliminary Judging Starts
- 5:00 pm- Parade Entries leave Iron Parking Lot.
- Parade Route: Down Roland Avenue, left onto West Seminary Street, and ends when they turn left onto Main Street.
- 5:30 pm: Christmas Parade (Theme: Vintage 90's & below)
- 6:00 pm: Santa Claus in Front of the Courthouse and Winners Announced for Bake-Off and Parade




DECEMBER



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

	1 Deadline for Homemaker Membership Dues	2 SEW ALL DAY Owen CES 9 AM- 4 PM	3 Pleasant Home Owen CES 11 AM 	4	5 Santa's Castle Setup Owen CES 9 AM	6 
7	8	9 Cotton Club Owen CES 6 PM 	10	11	12 Sweet Owen Sweet Owen Store 11 AM   Deadline to return Angel Tree Gifts	13
14	15	16 Extension District Board Meeting Owen CES 5 PM	17	18 Homemaker Council Meeting Owen CES 5:30 PM	19 Homemaker Christmas Dinner Owen CES 6 PM	20
21	22	23	24  OFFICE CLOSED 12/24/25 - 1/2/26	25	26	27
28	29 	30	31 	1	2	3

JANUARY 2026

SUNDAY

MONDAY













TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				1	2	3
						
4	5	6	7	8	9	10
			SEW ALL DAY Owen CES 9 AM- 4 PM		Sweet Owen Sweet Owen Store 11 AM 	
11	12	13	14	15	16	17
				Extension District Board Meeting Owen CES 5 PM County Extension Council Owen CES 6 PM		
18	19	20	21	22	23	24
	OFFICE CLOSED Martin Luther King, Jr. Day  4-H Sewing Owen CES 10 AM-4 PM	Cotton Club Owen CES 6 PM   4-H Sewing Owen CES 3-5:30 PM		Homemaker Leader Lesson Kenton CES 1 PM 		
25	26	27	28	29	30	31
	 4-H Sewing Owen CES 3-6 PM	 4-H Sewing Owen CES 3-6 PM	Crochet & Fellowship Owen CES 11 AM 			
1	2	3	4	5	6	7
	 4-H Sewing Owen CES 3-6 PM	 4-H Sewing Owen CES 3-6 PM			SEW ALL DAY Owen CES 9 AM- 4 PM	



Parmesan Carrot Chips



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

Prep time: 5 minutes
Cook time: 30-35 minutes

- Nonstick cooking spray
- 1 bag (1 pound) carrot chips (or 4 large carrots, sliced 1/4-inch thick)
- 2 tablespoons olive or vegetable oil
- 2 tablespoons cornstarch
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1/2 teaspoon chili powder or cumin
- Dash cayenne pepper or red pepper flakes (optional)
- 1/4 cup parmesan cheese

1. Wash hands with warm water and soap, scrubbing at least 20 seconds.
2. Preheat the oven to 425 degrees F. Line a large baking sheet with foil or parchment paper. Spray with nonstick cooking spray. Set aside. (Note: You

might need two baking sheets to avoid layering the carrots.)

3. In a medium bowl, mix olive oil, cornstarch, garlic powder, paprika, chili powder or cumin, and cayenne pepper (if using). Add carrots and toss to coat.
4. Spread carrots out in a single layer on the baking sheet. Place in the oven and bake for 18 minutes. Remove from oven, sprinkle with parmesan cheese, and toss to coat all sides. Return to the oven for 5 to 7 minutes or until crispy and slightly browned.
5. Remove from oven and allow to rest several minutes before serving.
6. Refrigerate leftovers within 2 hours.

Recipe makes 4 servings
Serving size: 2/3 cup
Cost per recipe: \$2.64
Cost per serving: \$0.66

Nutrition facts per serving:

140 calories; 9g total fat; 2g saturated fat; 0g trans fat; 5mg cholesterol; 160mg sodium; 13g total carbohydrate; 2g dietary fiber; 4g total sugars; 0g added sugars; 3g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 6% Daily Value of iron; 6% Daily Value of potassium

Source:

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

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Andrea Wilde

Andrea D. Wilde

Family and Consumer Sciences Agent

FRUIT AND SPINACH SALAD

WITH HONEY MUSTARD
VINAIGRETTE



Ingredients:

*denotes ingredient for salad dressing

- * ¼ cup olive oil
- * ¼ cup apple cider vinegar
- * ¼ cup yellow mustard
- * ¼ cup honey
- 10 ounces baby spinach
- 1 apple, diced
- ½ small red onion, thinly sliced rings
- ½ cup coarsely chopped nuts (almonds, pecans, walnuts, etc.)
- ¼ cup dried cranberries or raisins
- ½ cup reduced-fat shredded cheddar cheese

Directions:

1. Wash hands with soap and water.
2. In a separate small bowl, whisk together salad dressing ingredients. Set aside.
3. Wash produce under cool running water. Scrub apple with a produce brush to clean. Dry. Cut to prepare for the recipe.
4. In a large bowl, place spinach in the bottom. On top of spinach, layer apples, onion, nuts, dried cranberries, and cheese.
5. Drizzle salad dressing over salad mixture and toss. Or serve the dressing on the side. Serve immediately.
6. Refrigerate leftovers within 2 hours.

Nutrition Facts per serving: 250 calories; 15g total fat; 3g saturated fat; 0g trans fat; 5mg cholesterol; 220mg sodium; 24g total carbohydrates; 3g fiber; 20g sugar; 11g added sugars; 5g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 10% Daily Value of iron; 2% Daily Value of potassium.

Source: Brooke Jenkins, Extension Specialist with the Nutrition Education Program, University of Kentucky Cooperative Extension Service