



### Easy tips for packing healthy, yummy lunches for happy, energetic kids

Source: Courtney Luecking, Extension Specialist for Nutrition and Health

Lunch is a nice break from your work and play time for kids. This important meal is also an important time for kids to refuel for the rest of the day. Packing lunches can feel like a chore, but it doesn't have



Pack at your peak. Are mornings hectic for you? Consider packing lunches the night before. Does it work better to do everything at once? Taking extra time on Sundays to pack lunches for the week

to. In fact, it can be healthy, fun and a learning opportunity all at once.

Here are some tips for packing a delicious, nutritious lunchbox for your kiddos and making it an enjoyable experience:

**Balance is key.** Children need a mix of protein, carbohydrates and fats throughout the day. This variety fills their bellies, fuels their minds and bodies, and helps regulate their energy and emotions. This combination is the recipe for a tasty lunch.

**Protein power.** Protein is key for helping children feel satisfied throughout the day. To meet their protein needs, consider including a hardboiled egg, beans, roasted turkey or chicken, nut butter, yogurt or cottage cheese.

**Colorful carbohydrates.** Fruit and vegetables are colorful ways to add energy and flavor. Whole grains are another great source of energy. These include foods like oats, brown rice, quinoa, popcorn, and whole-grain pasta,

bread and crackers. These higher-fiber carbohydrate choices will provide a steady release of energy, keeping your child energized.

**Flavorful fats.** Fat is one important part of flavor, and a little goes a long way. Oils, dips and dressings are great flavor boosters for vegetables and whole grains. Nuts, seeds, cheese, yogurt and avocado also have nutritious and delicious fat.

**Pull it all together with a fun theme.** Now that you know the parts and pieces of a lunch, how do you put it all together? Having a go-to list of ideas can make it easy to pull together what you have in the kitchen. Tex Mex, snack platters, pizza and breakfast are a few ways to piece together foods. For example, breakfast for lunch could include a hard-boiled egg with peppers, string cheese, grapes and whole-grain crackers. It could also be a whole-grain waffle with nut butter, yogurt, banana and cucumber.

is a good option. A grab-and-go in the morning saves time for you and starts the morning off more organized.

**Have children take the lead.** With some guidance about what kinds of food to include, children can pack their own lunches. Consider laying out all the ingredients and guiding them through putting it together. For older children, you can provide a menu of what is for lunch. They can find and put everything together. To give children even more independence, give them a checklist of healthy options. Provide structure by telling them how many choices to pick from each category. Younger children might need some help, but they will definitely enjoy being part of the process.

**Don't forget the ice.** Once you have a delicious and nutritious lunch packed, make sure to include an ice pack. This keeps food safe until it is time to eat.



# LOOKING AHEAD...

Date	Event
<b>May 7</b> <b>11:00 a.m.</b>	<b>Lunch Bunch — Traditions Restaurant</b> 11500 Alexandria Pike, Alexandria, KY 41001- Call/Text your reservation by May 3 to Marcia Kerby at 859-816-8707. If you need a ride, call or text. If you sign up and can't go PLEASE Text to CANCEL. It's a smaller restaurant. Thank you, Marcia
<b>May 14</b> <b>10:00 - 11:30 a.m.</b>	<b>Program: <i>The Basics of Chocolate</i> — Room A - Call the Extension Office to Register</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
<b>May 20</b> <b>10:00 - 3:00 p.m.</b>	<b>Crazy Quilters — Room B &amp; C</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076
<b>June 7</b> <b>1:00 p.m.</b>	<b>Program: <i>Laughter Yoga</i> — Room A - Call the Extension Office to Register</b> Campbell County Extension Office — 3500 Alexandria Pike, Highland Heights, KY 41076

In March Lunch Bunch went to Camporosso in Ft. Mitchell. The forecast for the day was, rainy with a tornado possible. We manage to get in, eat, and leave without a drop of rain. The restaurant was so kind to let us sit together on their enclosed patio. We also had an awesome waiter. Sad some of you missed out.





# Lunch Bunch

Tuesday, May 7, 2024

Traditions Restaurant

11:00 a.m.

11500 Alexandria Pike, Alexandria, KY 41001

Call or Text your reservation or cancellation to  
Marcia Kerby at by May 3rd.

859-816-8707

Text Marcia if you would like to meet at Extension Office and carpool. We will leave at 10:30 a.m.



CAMPBELL COUNTY HOMEMAKERS

# Garage Sale

May 18th



Thank you for your donation. Those who donate, must sign up to work.

Saturday, May 18th 8:00 a.m.-1:00 p.m.

372 Shadow Ridge Drive, Cold Spring, KY 41076  
OFF THE AA HWY

100% of proceeds go to the Ovarian Cancer Research Program.

Contact Marcia Kerby 859-816-8707 with questions or if you wish to participate.

Campbell County Homemakers

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

# LUNCH BUNCH CLUB

Join us to meet new friends and enjoy great lunches.

Campbell County Homemakers will visit various local restaurants each month.

**WE MEET THE 1ST TUESDAY OF EACH MONTH**

**TIME OF MEETING:** 11am (CHECK NEWSLETTER)

**MEETING LOCATION:** various restaurants

**CONTACT:** Marcia Kerby 859-816-8707

**EMAIL:** JOTANDTITTLE51@HOTMAIL.COM



Cooperative Extension Service

Agriculture and Natural Resources Family and Consumer Sciences 4-H Youth Development Community and Economic Development

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# VALLEY HOMEMAKERS

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

ENJOY LEARNING NEW INFORMATION AND SKILLS

The club emphasizes service, volunteering with others to help individuals and groups within the local community. Valley members enjoy making a variety of craft projects and have plans for learning many more.



**WE MEET THE 2ND TUESDAY OF EACH MONTH**

**WE WELCOME NEW MEMBERS ANY TIME THROUGHOUT THE YEAR AND HOPE THAT YOU WILL BRING A FRIEND AND JOIN.**

**TIME:** 10am (check newsletter)

**MEETING LOCATION:** Campbell County Extension Office

**CONTACT:** Pam Fields (513) 519-5823 (leave voicemail)

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# Crazy Quilters

Martin-Gatton College of Agriculture, Food and Environment University of Kentucky

Crazy Quilters is for members to meet together and bring their quilting, crocheting, or knitting to work with others working on similar projects. They get to share ideas, give support, and help each other as they work. It is an opportunity to learn new skills and techniques from each other.

Two retreats are planned each year at Blue Lick State Park, usually in the spring and fall, as a time to get away and create without any distractions. A quilt vendor is on-site at the retreat for needed supplies, fabrics, and new projects.

**MEET THE 3RD MONDAY OF EACH MONTH**

**Time:** 10am (check newsletter)

**Meeting Location:** Campbell County Extension Office

**Contact:** Linda Booth (859)620-0262

Cooperative Extension Service

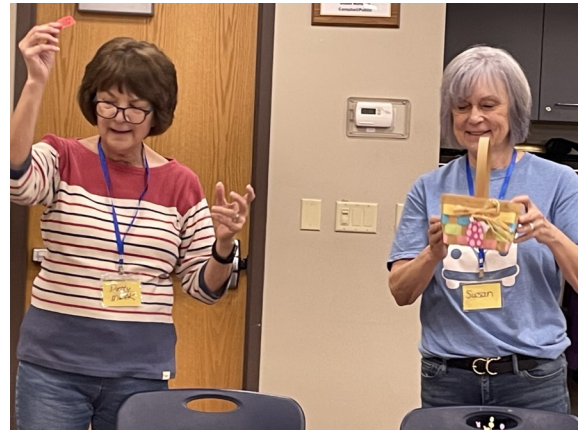
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# 2024 Campbell County Homemakers



The Campbell County Homemakers held their Annual Meeting on April 29, 2024 at the Highland Heights Office. Food, Friends and Fellowship were enjoyed by all.



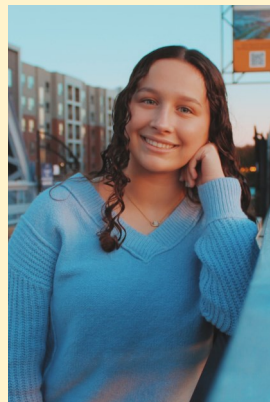
## Elizabeth A. Porter/Gladys M. Lickert Scholarship Winners

*Congratulations*

Congratulations to Allie Lyons and Christina Gogzheyán, they are this years recipients of the 2024 Elizabeth A. Porter/Gladys M. Lickert Scholarship



**Allie Lyons**



**Christina Gogzheyán**



*Kate Vaughn Thompson*

**Kate Vaughn Thompson**

Campbell County Extension Agent for  
Family and Consumer Sciences

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# Renewable Northern Ky.



A Dinner and Discussion on Recycling and Solar Energy



*Don't miss out on this fantastic opportunity to learn about sustainable energy, and recycling while enjoying a mouth-watering meal. Join us in welcoming Owen Electric and Rumpke for an evening of education and inspiration in Northern KY, open to everyone who is passionate about protecting the environment for future generations.*



**When:**  
Tuesday, August 27, 2024 6-9pm  
Dinner line opens at 5:30pm,  
Program to start at 6pm!



**Register by August 23 at:**  
859.586.6101 or  
[https://boone.ca.uky.edu/  
online-registration](https://boone.ca.uky.edu/online-registration)



**Where:**  
Boone County Extension Enrichment Center  
1824 Patrick Drive, Burlington, KY 41005

**Dinner will be served, so you must RSVP!**

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Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development

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Disabilities accommodated with prior notification.



# Mindfulness

# with Nature

Children will learn mindfulness techniques while drawing on the elements of nature.

(Day Camp)

9-11 a.m.

This program is for Ages 7-10

Space is Limited!

## June 11 and 12, 2024

Campbell County Cooperative Extension Service

3500 Alexandria Pike | Highland Heights, KY 41076

Registration is required, 859-572-2600 or online at [campbell.ca.uky.edu](http://campbell.ca.uky.edu)

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Disabilities accommodated with prior notification.



FALL  
2024

# Flower Buds



Martin-Gatton  
College of Agriculture,  
Food and Environment  
University of Kentucky.

## A Laugh and Learn Playdate

Flower Buds meet for story time, tours of our educational gardens, an engaging activity for the child and parent or relative to make together and a light snack.



Family Time for preschoolers (age 3-5).  
Older children are also  
welcome to join with prior notification.

Space is limited to 15 children  
plus 1 parent or relative.

Registration for each class is required  
**859-572-2600** or online at  
[campbell.ca.uky.edu](http://campbell.ca.uky.edu)

## Fall 2024 Flower Buds Schedule:

10:00 a.m. - 11:30 a.m.

- Thursday, August 1
- Thursday, September 5
- Thursday, October 3
- Thursday, November 7
- Thursday, December 5

Location:

Campbell County Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076

If you have questions, please contact Kate Thompson or Terri Turner.

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Disabilities  
accommodated  
with prior notification.





# LAUGHTER YOGA CLASS

Laughter Yoga is a combination of breathing (yoga), stretching, and simulated laughter. The benefits of laughter are experienced through eye contact, interaction, and movements that simulate laughter—which becomes real and contagious!

- Wear comfortable clothing
- Yoga mat not needed

**New Date  
& Time!**

**June 7, 2024**  
**1:00 p.m.**

*Laughter is the best medicine!*

*(You will not be on the floor  
during this program.)*

**Registration is limited!**

**Register at**

**<https://campbell.ca.uky.edu/> or  
859-572-2600**

at the Campbell County  
Cooperative Extension Office

*Presented by: Suzanne Piper, Certified  
Senior Advisor and Certified Laughter Yoga  
Instructor*

*Sponsored by: The Northern Kentucky  
Homemakers*



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# The Nine Foods that Cause More than 90% of Food Allergies

Source: Anna Cason, Extension Associate for Food and Nutrition

Experts have identified more than 170 foods that cause allergic reactions. But nine foods have been linked to more than 90% of food-causing reactions. The symptoms can range from mild to severe and even potentially life-threatening. To help people easily identify these foods, the Food and Drug Administration (FDA) requires food

manufacturers to identify these ingredients on their labels. These may be highlighted within the ingredients list or in a separate “contains” statement near the list. Here is a list of these foods and the surprising places you might find them.

## 1. Milk

A milk allergy requires avoidance of milk and milk products that come from a cow. This includes butter, cheese, ice cream, and yogurt. Depending on the severity of the allergy, some people may be able to tolerate baked milk products like in a baked good. More sensitive allergies may react to milk from other mammals like goats, sheep, and buffalo.

## 2. Eggs

Like a milk allergy, some people may be able to eat baked or cooked eggs. Eggs can be cooked in different forms (scrambled, hard boiled, fried, poached) and are often added to recipes with casseroles, baked goods, and meatloaves. They often hide in foods like pastas and marshmallows and in condiments like hollandaise, mayonnaise, and salad dressings.

## 3. Peanuts

Peanuts are one of the most common food allergies. You can find peanuts on their own or blended to make peanut butter. They also hide in unexpected



foods. Fried foods may have been made with peanut oil, which can cause a reaction in a sensitive allergy.

## 4. Tree nuts

Tree nuts include walnuts, hazelnuts, almonds, pecans, cashews, and pistachios. While these may be easily recognizable in some dishes, tree nuts hide in unusual places too, like some BBQ sauces.

## 5. Shellfish

A shellfish allergy is an allergy to a specific type of marine animal that has a shell. This group is divided into crustaceans or mollusks. The FDA recognizes crustacean shellfish as a major allergen. This group includes shrimp, crab, lobster, and crayfish. Many health-care providers suggest avoiding all shellfish including clams, oysters, scallops, snails, and octopus. Typically, this allergy is revealed later in life with a more adventurous diet.

## 6. Fish

While fish and shellfish live in similar environments, being allergic to one does not make you allergic to the other. Fish includes finned fish, such as tuna, salmon, and cod. But there are many more that fall into this category. Keep an eye out for unexpected sources of fish including Worcestershire sauce and some Caesar salad dressings.

## 7. Wheat

A wheat allergy is different from gluten intolerance and celiac disease, but avoiding wheat is a treatment for each. A gluten allergy might require avoidance of other grains, too. To manage a wheat allergy, you must avoid wheat in all forms including flour. Surprising sources of wheat may include baked goods, fried foods, sauces and condiments, and

processed meats like sausage. Some brands of playdough contain wheat and people with that allergy should avoid it.

## 8. Soybean

Soybeans are a member of the legume family with beans, peas, and lentils. An allergy to soy does not mean an allergy to other legumes. Soy is used in the processing of many foods. Sources of soy may include sauces, canned foods, baked goods, and convenience foods like bars and snacks. People with this allergy should avoid soy products like soy milk and yogurt.

## 9. Sesame

Sesame is the most recent addition to this list. As of January 2023, the FDA recognizes it as the ninth major allergen. You should avoid sesame products with this allergy. This may include baked goods, sauces, cereals and granolas, chips, and crackers.

To stay safe with a food allergy, check food labels to identify if the food was used in a product. When eating outside of your home, ask questions about how a food was prepared.

Reference: Cleveland Clinic. (2023). Warning Label: The Most Common Food Allergens. Retrieved from <https://health.clevelandclinic.org/most-common-food-allergies>



# The Basics of Chocolate

**FREE**

**May 14, 2024**

**10:00 ~ 11:30 am**

**Campbell County Extension Office**

**3500 Alexandria Pike, Highland Heights, KY**

**Learn the basics of chocolate  
and take a taste test to see  
which kind you like best.  
Included in the lesson is information  
on tempering chocolate.**

**Register online**

**<https://campbell.ca.uky.edu/>**

**or by calling 859-572-2600**

**Instructor: Christy Eastwood**

**Carroll County Extension Agent for Family & Consumer Sciences**

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# ADULT

# HEALTH BULLETIN



**MAY 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>

Campbell County Cooperative Extension Service  
3500 Alexandria Pike  
Highland Heights, KY 41076  
859-572-2600

## THIS MONTH'S TOPIC MENTAL HEALTH AWARENESS



**M**ay is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

**Continued on the next page** ➔



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***If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time.***

**➔ Continued from the previous page**

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

**Common signs of mental illness include:**

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to [988lifeline.org](https://www.988lifeline.org) to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

**REFERENCES:**

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

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**ADULT  
HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock





# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

VOLUME 15 • ISSUE 5

Campbell County Extension Office | 3500 Alexandria Pike, Highland Heights, KY 41076 | 859-572-2600

## INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



### DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

### DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).





## RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

### HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

### WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

### REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

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# Lightning Safety

Source: Hardin Stevens, Senior Extension Associate, University of Kentucky,  
College of Agriculture, Food and Environment, January 2024



**L**ightning strikes can occur at any time of the year, but we associate thunderstorms and lightning with warmer weather.

The National Weather Service reports that lightning strikes the United States 25 million times a year. These strikes kill approximately 20 people while others who are struck by lightning can be severely injured. About 90% of those struck by lightning do survive but there can be long-term health effects.

Below are some basic tips to help you stay safe during a thunder or lightning storm.

- Always remember and act on, “When Thunder Roars, Get Indoors.”
- During a storm, no outdoor space is safe. Get indoors immediately. If you can hear thunder, then the accompanying lightning is close enough to strike you.
- Indoors means a substantial structure with electricity or plumbing. If you are not able to get indoors immediately, an enclosed metal-topped automobile with closed windows is also a safe shelter during a lightning storm.
- When indoors during a storm, the National Weather Service recommends taking the following steps to stay safe:
- Stay off corded phones, computers,

and other electrical equipment that put you in direct contact with electricity. Cordless phones and cell phones are safe to use.

- Avoid plumbing, including sinks, baths, and faucets, activities such as taking a bath or shower, and washing dishes during a storm.
- Stay away from windows and doors, and stay off porches.
- Do not lie on concrete floors, and do not lean against concrete walls.
- Even after the storm has passed, experts say to stay indoors for 30 minutes after the last rumble of thunder.
- If you are caught outdoors and cannot get indoors immediately, take these steps to reduce your risk of being struck by lightning.

- Stay off elevated areas such as peaks, hills, and mountains.
- Stay away from bodies of water such as ponds, lakes, and rivers.
- Do not shelter under an isolated tree or rock overhangs, such as a cliff.
- Stay away from outside objects that can conduct electricity such as power lines, metal fences, etc.

Following these steps can keep you and others safe during a lightning storm.

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University of Kentucky

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# TACO PIE

Servings: Makes 6    Serving Size: 1/6th of the pie    Recipe Cost: \$10.20    Cost per Serving: \$1.70



5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.
8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

## Ingredients:

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- Optional: serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

## Directions:

1. Wash hands with warm water and soap, scrubbing 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. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.

## Nutrition facts per serving:

300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

**Source:** Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service