

**Cooperative Extension Service**  
Marshall County  
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# FCS Newsletter

## April-May 2017

### DATES TO REMEMBER:

- April 10 - Extension Homemakers Advisory Council meeting 9:30, MCEO*
- April 17 – Crafter’s Day 9-noon, MCEO*
- April 20 – County Extension Council meeting 11-1, MCEO*
- April 20 – Fancy Nancy Manners Tea Party Sharpe Elementary, 5:30-7:30*
- April 25 – Garden to Table event 10-1, WKRECC meeting room in Mayfield*
- May 1-4 – KEHA annual meeting in Owensboro*
- May 8 – Extension Homemakers Advisory Council meeting 9:30, MCEO*
- May 15 – Crafter’s Day 9-noon, MCEO*
- May 20 – The Plant Fair—Master Gardener’s Plant Sale 8-4, MCEO “Rain or Shine”*
- June 5 – Annual Homemakers Picnic 10:00, Mike Miller Park*
- July 17-19 – Marshall County A & I Fair Exhibits, MCEO*

*The Marshall County Master Gardeners are offering a Hypertufa workshop on Saturday, April 8, times are 10-12 and 1-3. \$15 registration includes all materials.*

*Call (270) 527-3285 to reserve a spot!*



### Crafter’s Day

Crafter’s Day will be held **April 17** and **May 15** from 9-noon. Bring any craft items you are currently working on and share with the group. Everyone is invited to join in this activity.

### Garden to Table Event

Call the Extension Office to make reservations for the **April 25** Garden to Table event. There is no charge for Extension Homemakers, and \$10 registration for non-members. The event is sponsored by Purchase Area Extension Homemakers.



**All Extension Homemaker members should have received the spring KEHA newsletter with information about the upcoming annual meeting in Owensboro. If you did not receive yours, please contact the office and we will mail a copy to you.**



The Marshall County Extension Master Gardeners will host “The Plant Fair” on **May 20** at the Marshall County Extension Office. It will be held 8-4, rain or shine. Come save money plants, get advice from certified Master Gardeners and enter for a chance to win door prizes! Selections for sale include annuals, perennials, house plants, herbs, trees and much, much more!

The Extension Homemakers Annual County Picnic will be on Monday, **June 5** at Mike Miller Park. Please bring a covered dish and bingo prize. The Advisory Council meeting will begin at 10:00, with meal and bingo to follow. Everyone is welcome—bring a friend and join the fun!



## RECIPE CORNER...



### Sweet and Savory Cucumber Salad

2 medium cucumbers	1 teaspoon minced garlic	1 teaspoon white wine vinegar
2 tablespoons coarse kosher salt	20 seedless grapes	Sodium-free seasoning blend, to taste
¼ cup sliced, blanched almonds	1 cup fresh blueberries	
	2 tablespoons olive oil	

**Preheat** oven to 400 degrees F. **Wash** cucumbers. **Cut** the ends off the cucumbers; remove peel if it is tough or bitter. **Slice** the cucumbers lengthwise; use a spoon to **remove** any large seeds; **cut** into ¼ inch slices. **Place** the sliced cucumbers in a colander; **sprinkle** with kosher salt and stir. Let stand for 25 minutes. **Spread** the sliced almonds on a baking sheet and **bake** with the rack in the top position, at 400 degrees F until lightly browned — about 5 minutes (use a timer to prevent overbrowning); **remove** from oven and **cool**. **Slice** grapes in half lengthwise and place in a large bowl.

**Add** blueberries. **Rinse** the salt from the cucumber slices and turn out onto several paper towels. **Place** a paper towel over the top and **press** dry. **Add** cucumbers to the bowl with the other fresh ingredients. **Drizzle** the olive oil and vinegar over the salad; **add** the garlic and sodium-free seasoning to taste; **toss**. **Sprinkle** the toasted almonds over the top and serve.

**Yield:** 4, 1 cup servings  
**Nutritional Analysis:** 170 calories, 11 g fat, 1 g saturated fat, 0 mg cholesterol, 380 mg sodium, 16 g carbohydrate, 4 g fiber, 11 g sugars, 4 g protein.

### Cauliflower Mushroom Poppers

1 head cauliflower, chopped	¼ cup Parmesan cheese	1 teaspoon salt
60 whole baby Portabella mushrooms	¼ cup crushed bran flakes	¼ teaspoon pepper
1 cup nonfat plain yogurt	¼ cup chopped red bell pepper	½ teaspoon garlic powder
½ cup reduced fat shredded cheddar cheese	¼ cup chopped green bell pepper	Paprika

**Preheat** oven to 325 degrees F. **Grease** a 9-by-13-inch baking pan. **Steam** the cauliflower by placing in a saucepan in ½-inch of boiling water, cover with lid and cook for 5 minutes. **Drain**. **Place** cooked cauliflower in a bowl and **mash** using a potato masher. **Remove** the stems and **scoop** out the caps of mushrooms. **Chop** stems for later use. **Combine** yogurt, cheddar cheese, Parmesan cheese, bran flakes, bell peppers, salt, pepper and garlic powder in a medium

bowl. **Stir** in cauliflower and ½ cup of the reserved chopped mushroom stems. **Stuff** the cauliflower mixture into the hollowed mushroom caps. **Sprinkle** with paprika. **Bake**, uncovered for 20 minutes.

**Yield:** 20 servings, 3 mushrooms per serving  
**Nutritional Analysis:** 45 calories, 1.5 g fat, 1 g saturated fat, 5 mg cholesterol, 200 mg sodium, 5 g carbohydrate, 1 g sugars, 4 g protein.

### Green Bean Medley

1 pound fresh green beans	1½ tablespoons lime juice	1 medium red bell pepper, sliced to narrow lengthwise strips
6 tablespoons light soy sauce	2½ tablespoons sesame oil	2 cups sliced mushrooms
1½ teaspoons balsamic vinegar	4 teaspoons minced garlic	2 cups yellow sweet corn, fresh or frozen

**Place** the green beans in a large saucepan with one inch of water. Bring to a **boil**, **cover** and **steam** for 5 minutes. Green beans should still be firm. **Drain**. In a small bowl **stir** together soy sauce, balsamic vinegar and lime juice; set aside. **Heat** the sesame oil in a large skillet over medium heat. **Add** minced garlic and **cook** until it starts to brown. **Add** red bell pepper and mushrooms; **stir** to coat with oil. **Cook** 3 minutes. **Add**

corn and green beans; **stir** to coat with oil. **Cook** an additional 2 minutes. **Stir** in the soy sauce and lime juice mixture and **simmer** for a couple of minutes, **uncovered** to reduce the sauce. **Serve**.

**Yield:** 6, 1 cup servings.  
**Nutritional Analysis:** 150 calories, 7 g fat, 1 g saturated fat, 0 mg cholesterol, 640 mg sodium, 17 g carbohydrate, 3 g fiber, 6 g sugars, 4 g protein.

### Cabbage Rolls

12 cabbage leaves	1 teaspoon garlic salt	¼ cup chopped green pepper
1 pound lean ground beef	¼ teaspoon dried basil	1 teaspoon sugar
1 cup cooked brown rice (1½ ounce) can tomato sauce	½ teaspoon dried oregano	1 tablespoon cornstarch
	½ cup chopped onion	1 tablespoon water

**Cover** cabbage leaves with boiling water. Let **stand** until leaves are limp, about 4 minutes. **Drain**. When cool, **trim** away excess ridge on leaf for easier rolling. **Mix** beef, rice, ½ cup tomato sauce, garlic salt, pepper, basil, oregano, onions and green pepper. **Put** ½ cup in each leaf, starting at leaf end; **roll**, tucking in the sides. **Place** seams side down in a 9-by-11-inch baking dish. **Mix** remaining tomato sauce with the sugar, **pour** over rolls. **Cover** and **bake** at 350 degrees F for

1 hour. **Remove** cabbage rolls from baking dish; **pour** juice in a saucepan. **Mix** cornstarch and water; **stir** into saucepan. **Heat** and **stir** until mixture boils, **cook** 1 minute. **Serve** sauce with cabbage rolls.

**Yield:** 6 servings, 2 rolls each  
**Nutritional Analysis:** 190 calories, 4 g fat, 1.5 g saturated fat, 40 mg cholesterol, 550 mg sodium, 24 g carbohydrate, 6 g fiber, 9 g sugars, 18 g protein.



Visit us on

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