



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

JUNE
2021

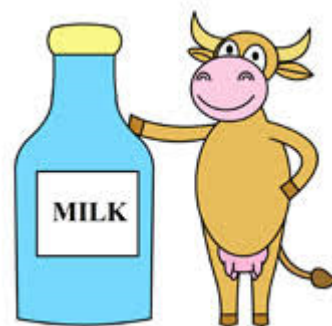
EXTENSION HOMEMAKERS

Cooperative Extension Service

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JUNE is DAIRY MONTH

June 1st marks the first day of June Dairy month celebrated across our nation. Adair County has a rich history in the dairy industry currently ranking 4th in Kentucky for number of dairy farms with 25 farms. Adair County ranks second for the number of dairy cows (3,800). Per the 2017 Ag Census, Adair County produces \$13.2 million dollars worth of milk annually. The dairy industry plays a crucial economic role locally supporting our livestock, agronomic, and financial businesses.



Types of dairy milk

Using various straining and mixing techniques, milk can be made into a variety of products. Before milk is bottled, all of the fat is removed (skimmed) and added back at specific levels to make different fat-percentage variations of milk. No matter which milk-fat percentage you choose, they all contain the same essential nutrients including protein, vitamin D and calcium.

- **Whole Milk:** Whole milk contains 3.5% fat by weight. It delivers 8 grams of fat and 150 calories per 8-ounce serving.
- **2 Percent Milk:** Two-percent milk contains 2% fat by weight. It delivers 5 grams of fat and 120 calories per 8-ounce serving.
- **1 Percent Milk:** One-percent milk contains 1% fat by weight. It delivers 2.5 grams of fat and 100 calories per 8-ounce serving.
- **Skim Milk:** Skim (0% fat) milk is what is left after all of the milk fat has been “skimmed” off. It delivers 0 grams of fat and 80 calories per 8-ounce serving.
- **Buttermilk:** Traditionally, the term buttermilk referred to the liquid that’s left after butter had been made from milk or cream. Today, buttermilk is made from active cultures added to milk, which creates lactic acid, resulting in the tart taste and thick texture.
- **Lactose-Free Milk:** People with [lactose intolerance](#) typically lack or have insufficient levels of the lactase enzyme that breaks down lactose — the naturally occurring sugar found in most dairy foods. Lactose-free milk is real dairy milk without the lactose. To make lactose-free milk, manufacturers add a small amount of lactase, which breaks down the lactose, resulting in a milk that can be digested without discomfort by those with [lactose intolerance](#).
- **a2 Milk™:** Typical dairy milk contains a combination of both a1 and a2 beta casein proteins. Milk from cows exhibiting only the a2 form of the beta casein protein is sold as [a2 Milk™](#). It is marketed as milk for people with digestive issues, however, there isn’t significant scientific evidence to support the claim.

Cooperative Extension Service
Agriculture and Natural Resources
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4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

Just Keep Swimming



During the summer, we tend to spend a lot more time around water. Spending time in water can look different

depending on if you go to a pool, ocean, lake or river. However, we tend to forget about how beneficial swimming can be for our health. The good news, swimming is an enjoyable activity that can be done at any age and any fitness level. As well as being fun, swimming is a great way to keep fit, stay healthy and make friends. It is a low-impact activity that has many physical and mental health benefits. If that alone does not convince you to get in the pool, here are five other reasons why you should:

Chronic Disease Prevention

- Swimming is a great workout because you move your whole body against the resistance of the water. Nearly all of your muscles are used during swimming. Which helps tone muscles, maintain a healthy weight and a healthy heart.
- Overall, swimming builds endurance, muscle strength and cardiovascular health.

Boosts Mental Health

- Water-based exercise improves mental health. Swimming can improve the mood in both men and women because of decreased anxiety and depression.
- Swimming also serves as a relaxing and peaceful form of exercise.

Low Impact Exercise

- For people with arthritis, it improves use of affected joints without worsening symptoms. Water-based exercise also improves the use of affected joints and decreases pain from osteoarthritis.
- Swimming is a great form of exercise for people with certain injuries or conditions.

Make Friends

- Swimming is a great way to keep fit and make friends.
- If you wish, you can make swimming social by joining a team or a water exercise class

Do It for Life

- No matter what age—kids, adults and seniors can all get benefits out of swimming.

Before Swimming:

- Make sure you know how to swim and have a safe place to swim.
- See your doctor if you have not exercised recently or concerned about exercise restrictions.
- Warm up and stretch your muscles and joints before entering the water.

Resources:

https://www.cdc.gov/healthywater/swimming/swimmers/health_benefits_water_exercise.html <https://www.cdc.gov/healthywater/swimming/swimmers/swim-healthy.html>
<https://www.cdc.gov/healthywater/swimming/swimmers/drowning-injury-sun-protection.html>

Source: Natalie Jones, Family Health Extension Specialist



Thought for the Month:

“The way to love anything is to realize it may be lost.”
- Gilbert K. Chesterton

Each Day is a “Holiday”:

(June has several “holidays” and special day designations for the things we love. Can you name these holidays?)

1. Two favorite animals with special days in June.
2. A global day dedicated to this type of exercise.
3. Special days in June honor these two Kentucky drinks.
4. Two dairy products celebrated with special days in June.
5. The bird because of its long life, great strength, and majestic look?
6. June is National Candy Month and National Fudge Day is June 16th. On average, how many pounds does an American eat per year?
7. The Disney character celebrates his birthday in June.
8. June 13th celebrates an invention that is widely used today for repairs and creative expression?
9. Homemakers are continually working to do their part to save the earth. Name the world holiday celebrated June 5th.
10. The holiday to remind us all to eat healthy.
11. Flag Day, June 14th, was established in what year?
12. This June flower denotes love and is associated with the Greek goddess Aphrodite.

Answers:

1. Cat & Dog. Hug your cat day (June 4) and Ugliest Dog Day (June 20).
2. Global Running Day (June 7).
3. Moonshine (June 5) and Bourbon (June 14).
4. Cheese (June 4) and Chocolate Ice Cream (June 7).
5. Bald Eagle chosen as our national emblem June 22, 1782.
6. 22 pounds of candy per year per person.
7. Donald Duck celebrates his debut and birthday on June 9.
8. Sewing Machine (June 13).
9. World Environment Day (June 5).
10. National Eat Your Vegetables Day (June 17).
11. 1777, but officially established by President Wilson in 1916.
12. Rose

Provided by the Allen County Extension Homemakers.



**The Adair County Extension Office
will be closed on Monday- July 5th in
observance of the July 4th holiday.**

Welcome Butterflies to Your Garden



Light as air, bright as stained glass or creamy as angel wings, butterflies and moths do the important work of pollinating our plants while bringing joy to our gardens. They don't require a lot from us human caregivers — only a few host plants for the babies, a few nectar plants for the adults, a little water or moist soil, a flat rock for sunning, and they're happy critters.

The best flowers to plant for adult butterflies are nectar-rich classics. Hybrid plants, while beautiful, are often sterile or don't provide the largesse of nectar butterflies need. Plant sun-loving, brightly colored plants of all heights to attract the greatest diversity of butterflies and moths to your yard. Perennial plants such as coneflowers, asters, catmint and liatris are good choices. Some annuals that will attract butterflies and bees are lantana, sweet alyssum, sunflowers, zinnias and snapdragons. Most salvias, either annual or perennial, are pollinator magnets. Night flying moths are especially attracted to white flowers, so moonflower vines, white impatiens and nicotiana are good annuals to plant.

Different butterflies are attracted to plantings of various heights. For instance, tiger swallowtails are attracted to the tall Joe Pye weed and New England aster blossoms. Least skippers enjoy low-growing plants like lavender, dianthus and low-growing asters such as Stokes' aster. Shrubs like viburnum, sweetspire and elderberry are also good options to attract a variety of species.

You will also need to plant some host plants as nurseries for the insects. If you intermingle host plants with nectar plants, you will improve your chances of seeing generations of butterflies in your garden. Milkweed is preferred by monarch butterflies, because feeding on the plant as caterpillars builds up the toxins in their bodies that make them unpalatable to their enemies. The Eastern tailed-blue butterfly likes to lay its eggs on sweet peas. The hackberry tree is a host tree to many species of butterfly caterpillars. Larvae of the black swallowtail butterfly frequent garden

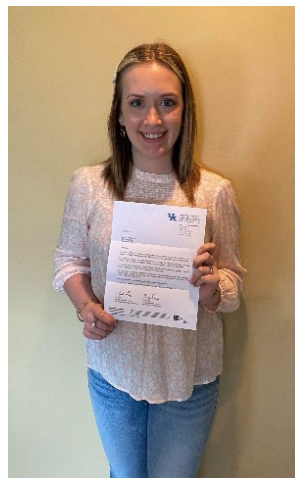
plants of parsley, carrot, dill and fennel—with practice their striped caterpillars are easy to spot.

Butterflies are cold-blooded and need warmth in the morning. Placing a flat rock in a sunny spot near your flowers can give them the energy they need for a day of foraging. And leaving them a shallow pan of water filled with pebbles or sand or soil will provide them with the water and minerals they need to be healthy. Above all, do not use pesticides in your garden. Most pesticides can harm or kill butterflies and moths, as well as other important pollinators. Even organic pesticides such as neem oil or insect soap can kill them or cause disruptions in their mating or feeding behaviors. The best way to control harmful insects in your garden is to plant for diversity and let nature take care of the problem for you.

Source: Richard Durham, extension professor, Department of Horticulture

2021 Sue Stivers Scholarship

Sponsored by Adair County Extension Homemakers



Payton Coomer, an Elementary Education Major at Lindsey Wilson College, is the recipient of the 2021 Extension Homemakers scholarship.

I'm so honored to receive the Sue Stivers Scholarship towards one education major! Thank you to the Adair County Extension Homemakers!
~Payton Coomer

Project Graduation 2021

Extension Homemakers once again provided "Little Debbie" cakes for the Adair County High School Project Graduation. Thank you, Sandra Watts, for securing these items on behalf of the Adair County Extension Homemakers.



Nick Roy *Nick Roy*
County Extension Agent
for Agriculture
& Natural Resources

Tony Rose *Tony Rose*
County Extension Agent
for 4-H Youth Development

Regular Physical Activity Can Improve Your Mental Health

Most of us know that physical activity provides numerous physical benefits to our bodies, but a lesser-known benefit of physical activity is that it also improves our mental health.

Physical activity promotes positive changes in your brain including neural growth, reduced inflammation and new activity patterns that promote calmness and improved well-being. During exercise, the brain releases endorphins, which are chemicals that can help improve your mood and raise your spirits. Physical activity can also give you a break from your daily worries, as it allows you to focus on something else.

Research has shown that regular physical activity, which is 150 minutes of moderate-to-vigorous movement each week for adults and 60 minutes each day for children, can improve brain function. Improved brain function occurs regardless of your age, ability, ethnicity, shape and size.

Some of these results occur immediately after one workout and include reduced short-term anxiety, improved sleep and improved cognitive function.

Improved cognitive function can result in better academic performance for students, including improved test taking skills and higher grades. Research has also shown that regular physical activity reduces the risk of depression and improves the moods of young people between the ages of 6 and 17.

In adults, physical activity can speed up brain processing, improve memory and lead to a higher quality of life. As physical activity becomes a regular part of your daily routine, you can experience long-term mental health benefits including reduced anxiety, lower stress levels, higher self-esteem, deeper sleep, stronger planning and organization skills, and more control over your emotions and behaviors. Harvard University researchers found that when people increase their physical activity to 35 minutes a day, they have a reduced risk of depression, even if they have a genetic predisposition to the condition. Physical activity has also shown to reduce the risk of dementia, including Alzheimer's disease.



If you have not worked out in a while and are ready to start adding physical activity into your day, you may want to consult a medical professional before beginning. However, most people can achieve moderate intensity exercise, which would include brisk walking, with few adverse issues.

If 150 minutes each week seems like a lot, you can break up the 150 minutes into segments as small as 10 minutes to help you work physical activity into your day. Normal household chores like mowing the grass and vacuuming count toward your weekly physical activity goals.

Source: Natalie Jones, Extension Specialist for Family Health

The Power of Pets

The influence of pets is powerful across the life course (Fields, 2013). They help teach children responsibility and lessons about living and death. They can bring cheer and distraction during times of stress. They keep families talking. They help combat loneliness and can reduce anxiety. They serve as companions and work as service animals for those who live with disabilities. They encourage a healthy lifestyle and promote a sense of purpose as animals need to be fed, walked, groomed, and loved. Pets promote physical activity which enhances energy levels, decreases the risk of heart disease, keeps bones healthy and strong, and supports the immune system (MedLinePlus, 2020). Pets can be fun. They make you smile and laugh. But pets are also a lot of work and can be expensive (Negron, 2012). Pets take time. Pets need to fit your lifestyle. Pets need training. Homes need to be pet friendly and the pet needs to be appropriate for your family or situation. With anything new, there is an adjustment period.



When emotional strain runs high, pets are powerful because they are present. Research demonstrates that people naturally turn to their pets for support in times of angst (Rajewski, 2020). This is because pets can help with so much:

- Combat social isolation and loneliness
- Offer nonjudgmental emotional support
- Provide a mood boost
- Tap your senses (touch)
- Help with maintaining a routine and sense of normalcy
- Provide distraction or keep you going
- Contribute to mental health

While research on human-animal interaction is still relatively new (NIH, 2018), we do know for certain that pets help people to keep going.

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Sources:

Amy F. Kostelic, Adult Development and Aging Specialist; Natalie Jones, Family Health Specialist, and Mindy McCulley, Instructional Support Specialist



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Thrill of the Grill

Choosing an Outdoor Grill

Consider the pros and cons of each grill type when selecting a grill.

GAS

Pros

- Heats quickly
- Easy temperature regulation
- Some models may connect directly to a natural gas line

Cons

- More expensive than charcoal grills
- Food may lack "authentic grill" flavor
- More mechanical parts, may require repairs
- Burners must be replaced periodically



CHARCOAL

Pros

- Can be least expensive option
- Open flame provides genuine grill flavor
- Easy to maintain

Cons

- Charcoal briquettes take longer to reach grilling temperature
- Temperature regulation can be tricky
- More potential for "flare ups"

ELECTRIC

Pros

- Ideal for small spaces with property regulations
- Easy to maintain

Cons

- May not get hot enough
- Lacks desired "grill" flavor

SMOKER

Pros

- Maintains low temperature for several hours
- Gives food a distinct flavor
- Easy to maintain
- Several varieties available to suit most needs

Cons

- May need frequent monitoring to maintain low, steady heating

PELLET

Pros

- Pellet dispensing hopper allows for easy temperature control
- Grill at high temperature; smoke at low temperature
- Vary hardwood pellets to achieve different "smoke" flavored foods

Cons

- Can be more expensive than gas grills
- Pellets may be hard to find

Source: Jeanne Badgett, Extension Associate for Clothing, Textiles, and Household Equipment

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EAT SMART TO PLAY HARD

KENTUCKY NUTRITION EDUCATION PROGRAM



GRILLED VEGGIE BUNDLES

INGREDIENTS

- 1 cup assorted raw vegetables
- ½ teaspoon olive oil
- Dash salt
- Dash pepper
- Dash garlic powder or salt-free seasoning mix

DIRECTIONS

1. Cut vegetables into bite sized pieces. For this recipe choose quick cooking vegetables such as bell pepper strips, sliced summer squash and zucchini, sliced mushrooms, asparagus spears, etc.
2. Tear off a large square of aluminum foil. Place vegetables into the center of the foil, drizzle with oil, and add salt, pepper and garlic powder.
3. Fold the edges of the foil together to create a bundle. Lightly shake to mix oil and seasoning with vegetables.
4. Place the veggie bundle on a hot covered grill and cook for 15 minutes or until vegetables are crisp-tender. Turn once during grilling.



Note: Bundles can also be baked in a 400° oven for 15 minutes—place on a baking sheet to catch any drippings. If you are grilling several packets, use a permanent marker on the outside of the packet to write names and identify to whom it belongs.

Nutrition Facts	
1 servings per container	
Serving size	1 cup (120g)
Amount per serving	
Calories	40
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 0mg	0%
Potassium 308mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Source: Martha Yount, Regional Extension Specialist, University of Kentucky Cooperative Extension Service

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ROCKIN' CHICKEN TACOS



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program

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

Low-sodium Taco Blend

- 1 tablespoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon onion powder
- 1/2 teaspoon red pepper flakes
- 1/2 teaspoon black pepper
- 1/4 teaspoon paprika

1. Mix together taco blend ingredients and set aside.

Chicken and Vegetables

- 1 pound boneless, thin-sliced chicken or chicken tenders
- 1 (15-ounce) can low-sodium black beans, rinsed
- 1 (15-ounce) can no-salted-added diced tomatoes
- 1 (15-ounce) can low-sodium corn, drained

1. Preheat oven to 350 degrees F.
2. Place chicken in 13-by-9 baking pan.
3. Top with black beans, tomatoes, and corn.

4. Sprinkle with low-sodium taco blend.
5. Cover, and bake for 45 minutes or until chicken is done.
6. Remove chicken and shred. Mix shredded chicken with vegetables and serve.

Slow Cooker Option

Place chicken in slow cooker, and top with black beans, tomatoes, corn, and low-sodium taco blend. Cook on high for 4 hours or low for 8 hours. Remove chicken from slow cooker, shred, and return to vegetable mixture.

Serving Options

Serve with whole-wheat tortillas, lettuce, shredded low-fat cheese, reduced-fat sour cream, salsa, and fresh avocado.

Makes 6 servings

Serving size: 2 tacos

Cost per recipe: \$6.65

Cost per serving: \$1.11

Nutrition facts per serving (chicken and vegetable mixture only):

260 calories; 3.5g total fat; 1g saturated fat; 0g trans fat; 65mg cholesterol; 250mg sodium; 26g carbohydrate; 8g fiber; 5g sugar; 0g added sugar; 30g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 15% Daily Value of potassium.

Source: Ruth Ann Kirk, Lawrence County EFNEP Program Assistant Senior



MAY / JUNE 2021

HEALTHY CHOICES FOR HEALTHY FAMILIES



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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.

What's new with the nutrition facts label?

The U.S. Food and Drug Administration (FDA) has reviewed the Nutrition Facts label on packaged foods and drinks. FDA is making changes to the label. This is the first major change to the label in more than 20 years. The label's new layout will make it easy for you to make good food choices. You will learn healthy eating habits to last a lifetime.

Serving sizes get real

Servings per container and serving size info will be in large, bold font. Serving sizes will now show the amount people really eat and drink. *Note: The serving size is not saying you must eat that much.*

- Most of the time, the info listed on the label is based on one serving of the food. Sometimes it may show facts per package.
- One package may have more than one serving. Check the label to find out.

Calories go big

Calories are now in larger and bolder font. This will make them easy to find and use.



The label is based on 2,000 calories a day. Your needs may be higher or lower. It depends on your age, sex, height, weight, and activity level.

The lows and highs of % daily value

The percent Daily Value (%DV) breaks down the nutrients in a serving of food. These values are now up-to-date. It may make the

food's percent Daily Value higher or lower on the new label. As a rule:

- **5% DV or less** per serving is considered **low**.
- **20% DV or more** per serving is considered **high**.

The footnote at the bottom of the label tells about %DV.

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CONTINUED FROM PAGE 1

Nutrients: the updated list

What information is no longer required on the label?

- **Calories from fat** has been removed. Research shows the type of fat eaten matters more than the amount. Percent daily value of fat, saturated fat, and trans fat is still listed on the label. This will help shoppers limit the amount of saturated fat and trans fats eaten.
- **Vitamins A and C** are no longer needed on the label. Most people get enough of these vitamins.

What information was added to the label?

- **Added sugars** are new to the label. Eating too many “added sugars” can make it hard to stay within calorie limits. “Added sugars” such as sucrose, are added when foods are processed or changed. They can also be added to foods packed as sweeteners (such as table sugar). Syrups and honey fit in this group, too.
- **Vitamin D and potassium** must now be listed on the label because we do not always eat the right amounts. Eating foods higher in vitamin D and potassium can bring down the risk of osteoporosis and high blood pressure.

What vitamins and minerals stayed the same?

Calcium and iron will stay on the label because we do not always eat the right amounts. Eating foods higher in these minerals can lower the risk of osteoporosis and anemia.

Source: Adapted from <https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>

COOKING WITH KIDS

Bugs on a Log

“Logs”

- 1 celery stalk (Cut into 3 pieces)
- Apple slices
- Carrot, raw, sliced into 3” pieces

Spread

- 1 tablespoon low-fat cream cheese
- Peanut or other nut butter

“Bugs”

- 1 tablespoon raisins (regular or golden)
- Unsweetened whole grain cereal
- Peanuts, chopped

1. Choose one “log” option.
2. Top with a spread.
3. Sprinkle with a “bug.”

Number of servings: 1

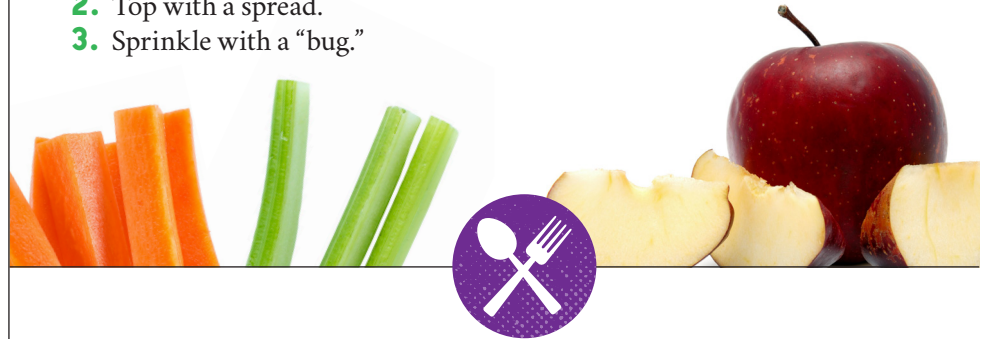
Serving size: 3” celery log with spread and bugs

Nutrition facts per serving:

60 calories; 2 g total fat; 1 g saturated fat; 68 mg sodium; 8 g cholesterol; 9 g carbohydrates; 1 g fiber; 7 grams sugar; 2 g protein

*Nutrition information is based on using celery, low-fat cream cheese, and raisins.

Source: USDA ChooseMyPlate



RECIPE

Baked Fish and Vegetables

- 4 4-ounce frozen white fish fillets (cod or perch)
- 2 cups frozen mixed vegetables
- 1 small diced onion
- 1 teaspoon lemon juice, or thin fresh lemon slices
- 1 tablespoon parsley flakes (dried or fresh chopped)
- Aluminum foil, 4 10x12 inch squares)

1. Preheat oven to 450 degrees F.
2. Separate and place fish fillets in center of each tin foil square.
3. Combine frozen vegetables and diced onion in bowl and mix. Spoon vegetables around fillets.
4. Sprinkle with lemon juice, or top

with lemon slice, and add parsley on top. Fold ends of tin foil together to form leak-proof seal.

5. Bake until fish is flaky and onion is tender, at least 10 minutes. Serve.

Number of servings: 4

Serving size: 4 oz. fish and 1/2 cup vegetables

Nutrition facts per serving:

145 calories; 1 g total fat; 0 g saturated fat; 49 mg cholesterol; 355 mg sodium; 15 g carbohydrates; 5 g fiber; 4 g sugar; 19 g protein

Source: What's Cooking? USDA Mixing Bowl