Janey's Notes

Please help me spread the word! Several classes will be offered this winter that may be of interest to you, your friends and your neighbors.

Alzheimer's affects many families but few are able to recognize the symptoms in the early stages. Join me for Know the 10 Signs on January 12, 2018 at 2:00 pm.

The Truth or Consequences program for the schools has been postponed until a later date. However, I would like to make a list of volunteers interested in walking students around at the postponed date. If you are interested in helping with this program please call Jennifer Dobson at 270-524-2451, so we can notify you when a new date is set.

October and November have been very interesting months for FCS Extension. A family emergency of my own along with the deaths of some of our long time homemakers or their spouses has made it necessary to cancel some scheduled workshops and also created vacancies that had to be filled within our County Homemaker Council. I would like to offer my condolences to all the families who have lost loved ones.

As a result of a special election held at the County Homemaker Council meeting on Friday, November 10, 2017, we now have a new county President, Felicia Davenport, and a new county Secretary, Darlene Kersey. I want to thank these ladies for their willingness to serve, and I look forward to the exciting ideas they have for Hart County Homemakers.

Happy Holidays,

Janey Cline
The President's Corner

Hello everyone! I am now your County President and will try to fill Shirley’s and Darlene’s shoes.

We had the first craft activity, hosted by Hardyville Homemakers, at Signature Health Care, Friday, Nov. 3rd. With the residents we made soft, warm, cuddly fleece pillows, which they seemed very proud of. The Cub Run Club is scheduled to go to the nursing home Dec. 8th at 2:00 p.m. This is going to be a good project for us to do.

The Bonneville Club compiled and donated a lovely basket to be auctioned at the 4H Achievement Banquet on Saturday, Nov. 18th. They reported they had a ball putting the basket together. As I witnessed some of their antics, I can tell you it looked like they were having a ball.

Coming up next is our County Christmas Party on Dec. 8th, registration 10:00 – 10:30. Tracy DeVore has agreed to cater for us chicken, ham, rolls, 2 vegetables, and dessert for $12.00 each. Please phone Jennifer, 270-524-2451, or drop by the office and pay if possible, on or before Dec. 5th so we will know how many to tell Tracy to prepare for. Included in the party plans are a $5.00 gift exchange and a short program. Who knows what you might receive as a gift? I’m sure you will enjoy the entertainment!

Janey’s Healthier You Class with the District Health Dept. on Mondays at 11:30 am is going well. We are learning that it is not really difficult to make healthy daily choices when we possess the knowledge to do so.

Looking for something new and different to prepare for the upcoming Holidays? Try some of the recipe cards on the doors in the meeting room at the office. I am looking at a cauliflower one, and have been told the Blueberry Cream Cheese Pound Cake is delicious.

I hope each of you has a wonderful Thanksgiving and Christmas season, and I am looking forward to seeing you during the holidays. See you, Felicia.

---

Dates to Remember

**County Christmas Party**

December 8, 2017
10:00 am- 1:00 pm
Registration $12.00

**Trail of Tears Homemaker Lesson**

January 8, 2018
10:00 am

**County Council**

January 8, 2018
11:00 am

**International Committee Meeting**

January 8, 2018
8:30 am

**Food Committee Nutrition Lunch**

January 8, 2018
9:00 am

**Essential Oils Homemaker Lesson**

January 29, 2018
THIS MONTH'S TOPIC: HOW TO PROTECT YOURSELF IN THE WAKE OF THE EQUIFAX BREACH

What Happened
According to a report released by Equifax, one of the three largest credit reporting agencies in the world, hackers breached consumers' personal information in mid-July 2017. The sensitive information included names, social security numbers, addresses, birthdates, and sometimes even drivers' licenses. Estimates indicate that some 143 million people could be affected by the breach and as many as 209,000 credit card numbers may have also been exposed. Consequently, many people have been left vulnerable to identity theft.

Although there is no full proof way to ensure that your identifying information won't be used, there are some things that you can do to protect yourself in the fall out from the Equifax breach. Use some of these measures as additional protection against would-be cyber criminals.

Find Out if Your Information Has Been Breached
The fastest way to find out if your information was exposed in the breach is to go straight to the source. Visit www.equifaxsecurity2017.com and click on the “Check Potential Impact” tab. When you get there, you will need to enter your last name and the last 6 digits of your social security number (Equifax is a secure website). The website should tell you if you’ve been impacted and also when you are eligible to sign up for their monitoring service.
Review Your Account
Another quick way to determine if your information has been accessed is to review your account activity. Equifax recommends that you check credit reports and account statements yourself to look for fraudulent activity. It should be noted that inactivity on your account doesn’t necessarily mean that your information wasn’t exposed. Cybercriminals may be sitting on your information and planning to use it at a later date.

Activate Fraud Alert
If you so choose, you can activate a fraud alert on your accounts. Although you will only activate this function with one of the credit reporting agencies, they will be required to contact the other two major credit reporting agencies. The fraud alert has a 90-day lifespan and can be renewed.

Freezing Your Credit
If you think your information may have been hacked and you want to take as much precaution as possible then you may consider freezing your credit. Freezing your credit effectively means that your credit is removed from circulation. If someone attempted to take out a loan in your name, the potential lender would be unable to access your credit report and, therefore, would not make the loan. With some hassle, you could still “thaw” your account to open lines of credit as you choose in the midst of a credit freeze. You have to freeze your credit independently with each of the three major credit reporting agencies (Equifax, Experian, and TransUnion). Some experts even suggest a freeze with a fourth, lesser known credit reporting agency called Innovis. There is a fee associated with freezing your credit, typically between five and ten dollars per agency.

Unfortunately, protecting yourself in the wake of this cyberattack is not as simple as freezing your credit. You should also note that you are not completely covered by a credit freeze. A freeze only prevents credit related fraud. Even with a freeze in effect, you may still be vulnerable to other types of fraud such as tax refund fraud and health insurance fraud.

If you decide you want to freeze your credit, you can make a request online, by phone, or by mail:

Contact:
Equifax: https://www.freeze.equifax.com/Freeze/jsp/SFF_PersonalIDInfo.jsp
Phone: 800-685-1111

Experian: https://www.experian.com/freeze/center.html
Phone: 888-397-3742

TransUnion: https://www.transunion.com/credit-freeze/place-credit-freeze
Phone: 888-909-8872;

Innovis: https://www.innovis.com/personal/securityFreeze
Phone: 800-540-2505

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Stock images: 123RF.com
Turkey Basics: Safe Cooking

A food thermometer should be used to ensure a safe minimum internal temperature of 165 °F has been reached to destroy bacteria and prevent foodborne illness.

Many variables can affect the roasting time of a whole turkey:

- A partially frozen turkey requires longer cooking.
- A stuffed turkey takes longer to cook.
- The oven may heat food unevenly.
- Temperature of the oven may be inaccurate.
- Dark roasting pans cook faster than shiny metals.
- The depth and size of the pan can reduce heat circulation to all areas of the turkey.
- The use of a foil tent for the entire time can slow cooking.
- Use of the roasting pan’s lid speeds cooking.
- An oven cooking bag can accelerate cooking time.
- The rack position can have an affect on even cooking and heat circulation.
- A turkey or its pan may be too large for the oven, thus blocking heat circulation.

ROASTING INSTRUCTIONS

1. Set the oven temperature no lower than 325 °F. Preheating is not necessary.

2. Be sure the turkey is completely thawed. Times are based on fresh or thawed birds at a refrigerator temperature of 40 °F or below.

3. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2 1/2 inches deep.
   Optional steps:
   - Tuck wing tips back under shoulders of bird (called “akimbo”).
   - Add one-half cup water to the bottom of the pan.
   - In the beginning, a tent of aluminum foil may be placed loosely over the breast of the turkey for the first 1 to 1 1/2 hours, then removed for browning. Or, a tent of foil may be placed over the turkey after the turkey has reached the desired golden brown color.

4. For optimum safety, cook stuffing in a casserole. If stuffing your turkey, mix ingredients just before stuffing it; stuff loosely. Additional time is required for the turkey and stuffing to reach a safe minimum internal temperature (see chart).

5. For safety and doneness, the internal temperature should be checked with a food thermometer.

The temperature of the turkey and the center of the stuffing must reach a safe minimum internal temperature of 165 °F. Check the temperature in the innermost part of the thigh and wing and the thickest part of the breast.

6. Let the bird stand 20 minutes before removing stuffing and carving.

APPROXIMATE COOKING TIMES
(325 °F oven temperature)

UNSTUFFED (time in hours)
4 to 6 lb breast........... 1 1/2 to 2 1/4
6 to 8 lb breast........... 2 1/4 to 3 1/4
8 to 12 lbs.................. 2 3/4 to 3
12 to 14 lbs................. 3 to 3 3/4
14 to 18 lbs................. 3 3/4 to 4 1/4
18 to 20 lbs................. 4 1/4 to 4 1/2
20 to 24 lbs.................. 4 1/2 to 5

STUFFED (time in hours)
8 to 12 lbs.................. 3 to 3 1/2
12 to 14 lbs................. 3 1/2 to 4
14 to 18 lbs................. 4 to 4 1/4
18 to 20 lbs.................. 4 1/4 to 4 3/4
20 to 24 lbs.................. 4 3/4 to 5 1/4

More Ways to Cook a Turkey

For other cooking methods, read the publication “Turkey: Alternate Routes to the Table” at www.fsis.usda.gov/Fact_Sheets/Turkey_Alt_Routes/index.asp.
Gifts in a Jar

During recent years there has been a resurgence of interest in making things at home. Whether you are interested in making elaborate desserts or simple do-it-yourself projects, there is probably a website or a television show that will detail all the necessary steps for completing your task. Much of this interest in learning creative skills comes from a desire to express oneself, while others might attribute the rising interest as a desire to save money. Whatever the motivation, this increased interest in home crafting has the added benefit of saving money and decreasing household waste.

The conservation principles: reduce, reuse and recycle, can be applied to the gift giving process in many ways. Reducing has the greatest impact on the environment because you are actually eliminating the purchase and use of another product. The concept of reducing can easily be applied to the gift giving process. Carefully consider the gifts you give. Will the items be useful to the recipient? Perhaps a gift of your time or talent would be more appropriate than an actual product. The practice of giving your time and talent will eliminate or reduce the carbon footprint (the amount of energy required to develop and ship a product) of gift giving. Giving gifts in gift bags, allows the packaging to be easily reused and recycled.

"Gifts in a Jar" utilizes the conservation principles of reusing and recycling. Many of the gift jars presented will reuse and repurpose jars, thus eliminating them from the waste cycle completely. While reusing or repurposing an item may require a little extra thought and planning, the benefits in savings and conservation make it worthwhile. This publication will ease the stress of planning and give you something fun to share with your family and friends without stretching your gift giving budget.

Before making any of these jars, carefully review your gift giving list. Is it feasible to give similar items to multiple people? If so, then carefully consider which of the jar options will be best for the most people. Pre-planning allows you to secure all necessary supplies for several gifts and reduces your time investment. Additionally, some of the jars would not be cost effective to make for one person, but if you make a similar item for several people you will reduce the cost of each item exponentially.
Jar Cleaning and Preparation
Most reusable jars will have attached labels, using an adhesive. Remove as much of the paper as possible, exposing the adhesive. To remove the adhesive, soak a cotton ball in vegetable oil and rub on the exposed area. If the adhesive remains, soak the jar in hot, soapy water. Add one tablespoon of baking soda to the water. When the adhesive becomes soft, scrape gently using a nylon scraper or scrub pad. If there are letters or numbers (usually expiration dates) printed on the jar in ink, remove by rubbing with a cotton ball soaked in nail polish remover. Wash the jar well before using.

If food odors remain in the jar after washing, put ¼ cup of baking soda in the jar and replace the lid. Leave at least 30 minutes or longer to remove odors.

Decorative Lids (using canning lids and ring bands)
When reusing or repurposing jars, the lids may not be “pretty” or may have brand names or other writing which would prevent their use as a gift. Jar lids can be decorated in several different ways. Food grade paint is an easy way to cover up smooth lids. Sometimes however, the company trademark or brand has been embossed on the lid and may show through the paint. These lids can be covered with cardstock paper or recycled greeting cards.

COVERED LIDS
Supplies:
- Cardstock paper or recycled greeting cards
- Craft glue
- Pencil
- Ruler

Directions:
Place lid on back of cardstock or greeting cards and trace around the top. Measure the depth of the ring band. Using a ruler, make another circle two times the depth of the ring band, from the edge of the original (or inside) circle. For example, if the ring band is ½ inch deep, the second circle should be 1 inch from the edge of the first circle.
See Figure 1.

Cut out the large circle. In small increments, cut tabs in the paper, all the way around large circle, just to the smaller circle. Cover the top of the lid with glue. Lay lid with glue, top side down on the small circle. Glue one tab at a time, down the side and onto the underside of the lid. Repeat until all tabs have been glued down. Allow to dry well, before placing on jar.

Decorating lids with lids and rings is as easy as cutting out a fabric circle 1½ inches in diameter larger than the lid. Cover the lid and screw on the ring. Paper cupcake or muffin liners can be used in place of fabric.
**Frosted Jar Lantern**  
Conservation principle: reuse and repurpose

**Supplies:**
1 large jar, cleaned and prepared  
1 yard (approximately) of medium gauge wire  
1 can frosted glass spray paint (there will be enough paint for several jars in each can)  
1 strip (3 inches) orange duct tape (optional)  
1 strip (3 inches) black duct tape (optional)  
1 piece of parchment paper (optional)  
1 tea light

**Directions:**
1. Wrap wire around the top of the jar a couple times, weaving an end through the top and bottom wire to make a handle. Curl wire ends with a pencil.
2. Holding jar by handle, spray the outside of the jar evenly with frosted glass spray. Allow to dry several minutes.  
   **If not decorating lantern stop here.**
3. Adhere one strip of each color of duct tape to parchment paper. Turn over tape to expose parchment paper. Draw 5-7 circles on the black duct tape and a carrot shaped "nose" on the orange duct tape. Cut out shapes.
4. Remove parchment paper from shapes and affix circles and "nose" to the jar to make a snowman face.
5. Place tea light in jar and light.

**Sugar Scrub Jar**  
Conservation principle: repurpose

**Supplies:**
1 small, 6 to 8 ounce jar, cleaned and prepared white sugar  
liquid dishwashing soap with added moisturizers  
1 plastic knife

**Directions:**
1. Fill jar ¾ full with sugar.
2. Pour in dishwashing soap almost to the top of the jar.
3. Using the knife as a paddle, mix the sugar and soap well.
4. If mixture is runny, add more sugar and continue mixing. If mixture is very thick, add more soap.
5. Once desired consistency is reached, top with a decorative lid.

**To use:** Scoop scrub from jar and rub liberally on wet hands. Rinse with warm water.
Magnificent and Marvelous Candy Jar
Conservation principle: Reuse

Supplies:
1. small decorative jar (6 to 8 ounces)
2. Candy coated chocolate pieces (to fill jar)
3. Tag for poem

Directions:
1. If necessary, decorate jar lid.
2. Fill jar with candy pieces.
3. Attach the poem below to each jar as a tag or as a label.

Green is for inspiration — bold and creative.
Blue is for patience — slow and steady.
Orange is for compassion — warm and caring.
Yellow is for happiness — laughter and smiles!
Red is for love — precious and true.
Brown is for all these things
You’ve placed in my hands
And melted into my heart, forever!
You’re my “m” & “m”!

Magnificent and Marvelous

For tag: Cut along outside dotted lines
Cut along the horizontal middle dotted line, dividing the two tags
Fold along the center line; write name of gift recipient on outside of tag

Fold here

Green is for inspiration — bold and creative.
Blue is for patience — slow and steady.
Orange is for compassion — warm and caring.
Yellow is for happiness — laughter and smiles!
Red is for love — precious and true.
Brown is for all these things
You’ve placed in my hands
And melted into my heart, forever!
You’re my “m” & “m”!
“Magnificent and Marvelous”
**Mom’s Six Bean Soup Mix**
Budget Savvy Gift Idea

**Supplies and Ingredients:**
1 quart canning jar  
The following dried beans:  
½ cup red beans  
½ cup navy beans  
½ cup pinto beans  
½ cup baby lima beans  
½ cup kidney beans  
½ cup great northern beans  
2 bay leaves  
2 tablespoons dried minced onion  
1 tablespoon dried parsley  
1 teaspoon garlic powder

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**Mom’s Six Bean Soup Cooking Instructions**

**Ingredients:**
1 jar, Mom’s Six Bean Soup Mix  
2 cups beef broth  
2-3 cups water  
1 cup chopped ham, seasoned to taste

**Directions:**
1. Remove seasoning packet and bay leaves from jar and set aside.  
2. Wash and rinse the beans well, removing any stones or other debris.  
3. Place clean beans in a large pan or Dutch oven.  
4. Add the water and broth and bring to a boil over high heat.  
5. Cover and reduce heat to medium low.  
6. Cook for 1 hour, stirring occasionally.  
7. Add ham, contents of seasoning packet and bay leaves.  
8. Cover and simmer for about 2 hours or until beans are tender.  
9. Remove bay leaves and enjoy.

---

**Nutrition Facts**

Serving Size 1 1/2 cups (327g)  
Servings Per Container 6

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<tr>
<td>Sugars 2g</td>
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<tr>
<td>Protein 28g</td>
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**Vitamin A 4%**  
**Vitamin C 0%**  
**Calcium 10%**  
**Iron 35%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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Total Carbohydrate 300g  
Dietary Fiber 25g

Calories per gram:  
Fat 9  
Carbohydrate 4  
Protein 4
Apple-on-Top Dip Jar
Budget Savvy Gift Idea

Supplies and ingredients:
1 8-ounce block Neufchatel cheese, softened
2 cups caramel dip, purchased
¾ cup milk chocolate toffee chips
3 apples
3 decorative half pint short canning jars

Directions:
1. In a medium mixing bowl, mix cheese and 1 cup of caramel dip until blended.
2. Divide cheese mixture into three decorative jars.
3. Spread ½ cup of caramel dip on the top of the cheese mixture in each jar.
4. Sprinkle ¼ cup toffee chips on top of the caramel in each jar.
5. Cover and refrigerate until ready to package.
6. Wash apple and place on top of decorative jar.
7. Wrap with plastic or cellophane wrap and tie with a gingham and raffia ribbon.

Keep dip jars refrigerated. If giving as gifts, make sure recipient has access to refrigeration when gift is given.
CUP O’ COCOA SNOWMAN JAR
Conservation principle: reuse and repurpose

Supplies:
2 baby food jars (stage 2), cleaned and prepared
Heavy duty craft glue
1 bottle black craft paint
Craft paint brush
1 bottle orange puffy paint
1 bottle black puffy paint
1 scrap of fabric
Powdered hot chocolate mix
Marshmallows

1. For snowman body, place lid on jar. For snowman head, stack a second jar on top of the body jar. According to the baby food brand, you may find a slight variation in jar size. Use the smaller jar for the head.
2. Glue bottom of the head jar to the top of the body jar lid. Following the glue directions, allow glue to set.
3. While glue is setting, paint head jar lid with black craft paint.
4. Using the puffy paint, make a snowman face and buttons on the jars. Allow to dry.
5. Once jars are dry, fill bottom jar with hot chocolate mix. Six tablespoons* will fit in the stage 2 jars. Fill top jar with marshmallows.
6. Reassemble jars and tie fabric scrap around top of body jar for a scarf.

*6 tablespoons will make 2, 6 ounce cups of cocoa. Mix 3 tablespoons cocoa mix with hot water or milk to make one serving.

Yield: 2, 6-ounce cups
Serving Size: 1, 6-ounce serving

NOTE: This project requires about 4 hours of drying time.

Nutrition Analysis:
(made with 3 tablespoons cocoa mix and hot, 2% milk; 1 large marshmallow or 5 mini marshmallows)

Nutrition Facts
Serving Size: 3 tablespoons (192g)
Servings Per Container: 2

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<td>Sugars 20g</td>
<td>8%</td>
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<tr>
<td>Protein 7g</td>
<td>8%</td>
</tr>
</tbody>
</table>

Vitamin A 4% • Vitamin C 0%
Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories 2,000 2,500
Total Fat 65g 72g
Saturated Fat 25g 25g
Cholesterol 300mg 300mg
Sodium 2,400mg 2,400mg
Total Carbohydrate 375g 375g
Dietary Fiber 25g 25g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4
References:


Photos by: Lara Angel, former Monroe County Extension Agent for Family and Consumer Sciences

Mindy McCulley, Extension Specialist for Family and Consumer Sciences Instructional Support

April 2016

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Sweet Potato Crisp

3 large fresh sweet potatoes, cooked until tender.
8 ounces reduced fat cream cheese, softened
1 cup brown sugar, divided

1 teaspoon vanilla
1 tablespoon ground cinnamon
2 medium apples, chopped

½ cup all-purpose flour
½ cup quick cooking oats
3 tablespoons butter
1/4 cup chopped pecans

1. Preheat oven to 350°F. Lightly spray a 13 x 9 x 2 inch pan with non-stick spray.
3. Spread sweet potato mixture evenly into pan.
4. Top sweet potatoes with chopped apples.
5. In a small bowl, combine flour, oats, and 1/2 cup brown sugar. Cut in butter until mixture resembles coarse crumbs. Stir in pecans.
6. Sprinkle mixture over apples.
7. Bake uncovered for 35-40 minutes or until topping is golden brown and fruit is tender.

Yield: 16, 3/4 cup servings.

Nutritional Analysis:
240 calories, 6 g fat, 3 g sat fat, 5 mg cholesterol, 200 mg sodium, 44 g carbohydrate, 4 g fiber, 20 g sugar, 4 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.