

# ALLOWAY COUNTY

## FAMILY & CONSUMER SCIENCE NEWSLETTER

July 2023

Hello Friends,

Summer is officially here, and we are in the heart of barbeque season. July is National Grilling month so, get your grill on, it's time to chill and grill! We have some great grilling recipes in this newsletter, so pull up your lawn chair. It's time for some good old-fashioned family reunions, games, and healthy food.

We have been canning up a storm here in the office. If you were unable to make the informational canning classes, call the office and ask to be put on the wait list for another canning class. I am doing the "science" part separate from the actual canning class. Bread and butter pickles, salsa, jam/jelly and green beans or stewed tomatoes are scheduled to be canned in our class.

Both water bath canning and pressure canning will be covered in the classes.

Our Calloway County Homemakers will be planning their programs for their next year. If anyone is interested in joining or forming a new Homemakers club, please contact our office. Have a safe and happy summer!

*Debbie Huxon*

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If you are looking for some great food and crafts, don't forget to visit the Murray Calloway Farmers Market. It is set up on the Court House Square every Saturday morning. Support for our local farmers and small business owners helps our entire community.

Calloway County Extension Office will be hosting the Quilt for Hospice group at the Meeting Hall August 18 from 10 am - 2 pm. This is a very active group who provide lap quilts for hospice patients in Paducah. Quilters from the Purchase area rotate quilting in the Extension offices to help spread the word and provide quilting tips for the participants. Come check it out and have some fun!



# CALENDAR OF EVENTS

July 4—Office Closed

July 8—Beginning Sewing  
9 am - 3 pm Meeting Hall  
(preregistration required)

July 11—Homemaker Volunteer  
Service Unit book  
due in Extension Office

August 7—Purchase Area  
Homemakers Council,  
Marshall County Extension office

August 9—Calloway County  
Homemaker Council meeting  
1:00 pm Meeting Hall

August 18—Quilt for Hospice  
10 am - 2 pm Meeting Hall

# CHILLIN' AND GRILLIN'

Try out these grilling recipes with your family. Guaranteed to make your neighbors want to join you!



## Grilled Pepper and Portabella Mushroom Sandwich

1 large red bell pepper  
1 large tomato  
1 small sweet onion  
16 fresh basil leaves  
1/2 cup extra virgin olive oil  
Salt and pepper to taste  
4 portabella mushroom caps, 1/2 inch thick  
4 whole wheat buns  
4 1-ounce slices fresh mozzarella cheese  
4 tablespoons garlic hummus

Preheat outdoor grill to medium heat; spray grill grid and grill skillet with non-stick cooking spray. Cut pepper in half; remove core and seeds. Cut lengthwise, in 1/2 to 1 inch strips. Cut tomatoes and onion into 1/2 inch slices. Wash basil and remove stems. Whisk salt and pepper with olive oil. Brush both sides of mushroom caps with seasoned oil. Place on grill grate and cook until tender. Remove and keep warm. Brush pepper strips and onion slices with seasoned oil; put in grill skillet and place on grill. Cook until tender. Separate the buns and lightly brush halves with seasoned oil; place halves, oil

side down, on grill grate; grill until warm with grill marks. On the bottom bun, add 1 slice mozzarella cheese. Heat until slightly melted. Remove from grill. On top of the cheese, add one grilled mushroom cap, one tomato slice, one slice grilled onion, four grilled pepper strips and four basil leaves. Spread top half of bun with one tablespoon hummus and add to sandwich.  
Yield: 4 sandwiches  
Nutritional Analysis: 470 calories, 29 g fat, 7 g saturated fat, 20 mg cholesterol, 549 mg sodium, 36 g carbohydrate, 3 g fiber, 10 g sugars, 16 g protein.



## Grilled Cauliflower Dippers with Guacamole

1 large head cauliflower  
1/2 cup olive oil  
1 1/2 limes, zested and juiced  
2 cloves garlic, crushed  
1 1/2 teaspoons honey  
1/2 cup cilantro, finely chopped  
2 tablespoons smoked paprika  
Guacamole  
2 avocados  
1 Roma tomato, finely diced  
1/2 lime, juiced  
1 clove garlic, minced  
1/2 small red onion, chopped  
1 jalapeno, chopped  
1/2 cup cilantro, finely chopped  
1/2 teaspoon salt

Preheat grill to medium-low. Remove outer green leaves from cauliflower. Slice into 1/2 inch thick slices, cutting from top of the head to bottom of stalk. In a small bowl whisk together olive oil, lime juice, garlic, and honey. In a separate bowl, mix together the cilantro, lime zest and paprika. Brush the cauliflower slices with the liquid mixture on both sides. Place on grill and sprinkle with dry mixture. Grill slices on both sides until browned and tender, about 5 minutes on each side. Remove cauliflower and cut into dip-sized pieces. Peel and seed avocado. Place in a bowl and mash. Add remaining ingredients and serve with grilled cauliflower.  
Yield: 6 servings  
Nutritional Analysis: 210 calories, 17 g fat, 2.5 g saturated fat, 0 mg cholesterol, 240 mg sodium, 17 g carbohydrate, 7 g fiber, 5 g sugars, 4 g protein.



## Tomato Basil Salad

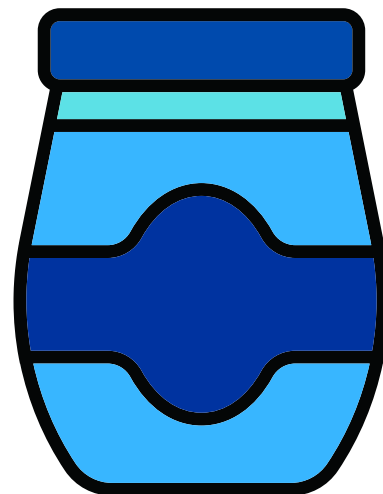
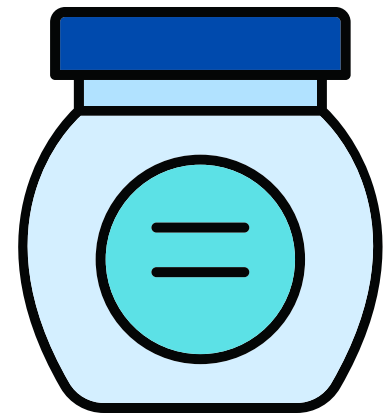
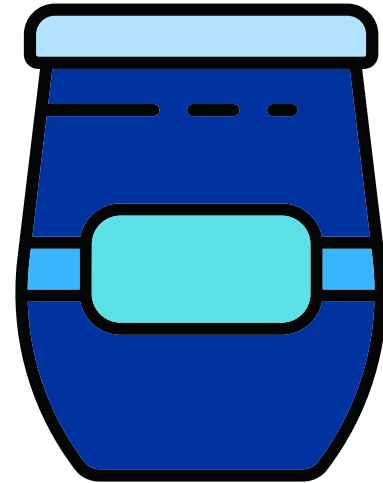
1/2 cup fresh basil leaves  
1 pint cherry, grape or other salad tomatoes, halved (2 cups)  
1 large cucumber, chopped (2 cups)  
3 green onions, chopped (1/2 cup)  
1 small yellow bell pepper, seeded and diced  
3 tablespoons crumbled, fat free feta cheese  
3 tablespoons olive oil  
2 tablespoons white balsamic or white vinegar  
Salt and freshly ground pepper

Roll basil leaves lengthwise and cut across into 1/2 inch strips. Combine basil, tomatoes, cucumber, green onions, bell pepper and cheese in large bowl. Whisk olive oil with vinegar. Drizzle over salad ingredients and lightly toss to cover. Season with salt and pepper to taste.  
Yield: 4, 1 cup servings  
Nutritional Analysis: 150 calories, 10 g fat, 1.5 g saturated fat, 0 mg cholesterol, 200 mg sodium, 11 g carbohydrate, 2 g fiber, 5 g sugars, 3 g protein.



# CANNING HEADSPACE

Well, our canning classes and home canning for some of you may be well underway. I would like to address a common problem while canning and that is canning headspace. Headspace is the space between the top of the food and the inside of the lid. Research has shown how much headspace is necessary for each food item to be safely canned. Starchy foods may swell when heated during the process of canning and require more headspace than jellies or jams. If the jar is too full, siphoning may happen, and tiny bits of food or seeds may be caught under the sealing ring of the lid, causing the jar not to seal. Too much space left under the lid may mean the processing time was not long enough to drive the extra air out and not form a tight vacuum seal. Always use researched based recipes and follow the directions for headspace and processing times.



office  
information

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8:00am - 4:30pm

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