

HOMEMAKER HIGHLIGHTS

May 2025

Membership Drive

The Homemaker Membership Drive...."Don't Clown Around, Join Homemakers" will be held on Friday, May 2 @ 10:00 AM. This will be a carnival themed event!!



Fun Friday

Fun Friday will be held on Friday, May 16 @ 10:00 AM

**FUN
DAY**



Homemaker Leader Training

The May Leader Training, "Travel Safety & Emergency Kits" will be held on Thursday, May 2 @ 10:00 AM

Cooking From the Calendar

Cooking From the Calendar will be held on Wednesday, May 21 @ 10:00 AM with the featured recipe of *Banana Pancakes*

Special Presentation

There will be a Health Information Card Presentation & Activity immediately following Cooking From the Calendar.



Broccoli

Broccoli is a cool-season plant in the same family as cabbage and cauliflower. It is known as a cole crop. Broccoli can be grown in both the fall and the spring and can be eaten many ways.

Serving: wash broccoli under cold running water. Trim the leaves and peel the stalk.

- To steam: Place on a rack above boiling water and steam 6 to 8 minutes. Rinse with cold water. Drain.
- To boil: Place in a saucepan with 1 inch of boiling water. Cover and cook 5 to 7 minutes.
- To microwave: Place broccoli in a microwave safe dish. Add in inch of water and cover with a glass lid or plastic wrap.

Microwave 3 to 4 minutes or until crisp-tender.

Storage: Once harvested, there is no need to wash broccoli before storing it. Broccoli can keep in the refrigerator for up to two weeks at 40 degrees F. Wash broccoli right before you use it

Broccoli Grape Pasta Salad

¾ cup diced pecans

8 ounces whole grain pasta
(bow tie or other type)

5 slices turkey bacon

2 cups seedless
red grapes

1 pound fresh
broccoli

¾ cup low-fat mayonnaise

¼ cup honey

½ cup diced red onion

½ cup red wine vinegar

Preheat oven to 350 degrees F. **Bake** pecans in a single layer in a shallow pan for 5 to 7 minutes or until lightly toasted and fragrant, stirring halfway through.

Prepare 8 ounces of pasta according to package directions. **Cook** bacon according to package directions. Cool and crumble into small pieces. **Cut** the broccoli florets from stems and separate florets into small pieces using the tip of a paring knife. **Slice** 2 cups of grapes into halves. **Whisk** together mayonnaise,

honey, diced red onion and vinegar in a large mixing bowl. **Add** broccoli, cooked pasta and grapes; stir to coat. **Cover** and **chill** for 30 minutes. **Stir** in bacon crumbles and diced pecans just before serving.

Yield: 16, ½ cup servings

Nutritional Analysis: 160 calories, 7 g fat, 1 g saturated fat, 5 mg cholesterol, 125 mg sodium, 24 g carbohydrate, 3 g fiber, 9 g sugars 4 g protein.



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