2021 EHU Presidents:
Bev Franken - Bendena
Homemakers
Darla Bletscher - Happy Time
Homemakers
Amy Masters - Helping Hands
Homemakers
Nancy Huss - Moray Friends
Homemakers
Dorothy Diveley - Pollyanna
Homemakers

2021 County Homemaker Council Reps.
Sharon Staudenmaier - Happy Time
Amy Masters - Helping Hands
Beverly Kentzler - Moray Friends
Dorothy Diveley - Pollyanna

*Next DCHC February meeting is CANCELLED

**These lessons will be available and can be picked up at the office. Please give me till the end of January to prepare them the packets.

Diabetes: You Are In Control
Charcuterie Board
Taking a New Look at Fermented Foods
Working Together to Reduce Food Waste

*The Almighty Avocado!
*Health Safety, Best Choices for Life!
*Grey for a Day
These are lessons I will be preparing. They will be ready by the end of January.

K-State Research and Extension has put in place Restrictive Policies for Face-to-Face Education till March 2021, by order of Gregg Handley, Director of KSRE.

What this means - I will be not able to teach in-person education till after these restrictions have been lifted.

*There is a loop-hole with permission giver by Gregg Handley for meetings that can be justified for face-to-face. This permission will be few and far between, with permission to hold a meeting under great scrutiny.

Patience till this Pandemic Crisis is Past will be Extension’s stance. KSRE takes very serious the Health of our Kansas communities and individuals.

Education will continue through Zoom meetings, newsprint, radio, Facebook, and phone calls. I will do my best to meet your educational needs as best I can.

Please consider joining the current “learning curve” by learning Zoom Meeting techniques. There are many sources of Zoom education including myself, the Doniphan Libraries and of course your own family and friends.

Thank You
Kathy Tharman
County Extension Director
**Buttermilk Pecan Chicken**

Submitted by Ruthie Tharman

2 fryers, cut up
1/2 cup butter
1 cup buttermilk
1 egg, slightly beaten
1 cup flour
1 cup ground pecans
1 T salt
1/8 tsp. pepper
1/4 cup sesame seed, optional
1/4 cup pecan halves

Melt butter in 9 x 13 pan. In another pan mix milk and eggs. In another bowl mix flour, ground pecans and all dry ingredients. Dip chicken in liquid then dry mix. Place chicken skin side down in butter, then turn over and place pecan halves around the top of chicken pieces. Bake 350°, 1 3/4 hours until brown.

8 servings

Calories 224; Total Fat 6g; Sodium 101mg; Sugars .9g

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**Vegan Lasagna**

Submitted by Theresa Root

1 lb. firm tofu, pressed to drain for 30 minutes
12 oz. vegan certified mozzarella-type shreds
1 lb. plan-based non-meat, such as Beyond Burger, defrosted
2 jars spaghetti sauce not containing animal products (we use Prego brand)
1 package oven-ready lasagna noodles
Nutritional Yeast (about 3 T)
Garlic powder

Preheat oven to 350° F. Crumble already-pressed tofu*. Combine with Nutritional Yeast and garlic powder. Set aside to marinate. Cook Beyond Burger in a skillet, stirring to break it up and avoid sticking to pan. Layer noodles in bottom of 9×13 cake pan. Top with 1/3 of tofu, 1/3 of Beyond Burger, 1/2 jar of sauce, and 1/3 of “cheese”. Repeat layers 2 more times, ending by pouring remaining sauce on top and topping with remaining “cheese”. You want it to be “saucy,” so the noodles will not be crunchy. Bake for about an hour until heated through. Don’t let the top burn.

*To press tofu: Place the block of tofu on a screen over a container and place a heaving cutting board on the top of the tofu. The tofu should be squeezed enough to drain, but not be pressed through the screen. If right, you will see drips of water draining into the container.

6 servings

Calories 413; Total Fat 22g; Sodium 820mg; Sugars 7g

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**Easy Frozen Dessert**

Submitted by Janise Eylar

1 pkg. macaroons, crushed (about 2 cups)
1/2 gallon sherbet, softened
12 oz. Carton of cool whip

Spread 1/2 of macaroon crumbs into 13 x 9 pan. Spread the sherbet over crumbs. Top with cool whip and when remaining crumbs. Freeze. You can add nuts to the crumbs if desired.

12 servings

Calories 275; Total Fat 7.8g; Sodium 80g; Total Carbs 68.8g

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**Slow Cooker Bacon Cheeseburger Soup**

Submitted by Lindsie Tharman

4 small potatoes peeled and diced
small white or yellow onion chopped
1 cup shredded carrots
1 tsp. Dried basil
1 tsp. Dried parsley
3 cups chicken broth
1 pound lean ground beef
8 slices cooked chopped bacon
3 T butter
1/4 cup flour
2 cups milk
1/2 tsp. salt
1/2 tsp. black pepper
2 cups shredded pepper-jack cheese or cheddar cheese
Green onion chopped (for garnish)

Place potatoes, onions, carrots, basil and parsley in a large crock pot. Pour chicken broth over vegetables. Cover with lid and cook on low heat 6 to 8 hours or on high heat 4 to 5 hours or until potatoes are tender. About 45 minutes before serving, cook and crumble ground beef in a large skillet over medium high heat. Drain any grease. Pour cooked ground beef into crock pot. Add in the cooked, chopped bacon as well. Carefully wipe out hot skillet with a paper towel and add butter. When butter is melted whisk in flour and cook until golden brown and bubbly (about 1 minute). Whisk in milk, salt and pepper. Pour mixture into the crock pot and stir to combine everything. Add to crock pot. Stir again. Cover with lid and cook another 20 minutes or until cheese is melted.

6 servings

Calories 362; Total Fat 11g; Sodium 915mg; Sugars 20g

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Recipes are due February 15, 2021 from Moray Homemakers.