

# Extension Edition

**Cooperative Extension Service**

20 N Washington St-PO Box 146  
Campton, KY 41301-0146  
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<http://wolfe.ca.uky.edu/>

**Wolfe County Cooperative Extension Newsletter December 2023**



## Season's Greetings

Wishing you a joyous holiday season  
with peace & cheer in the New Year!



Darian Creech

*Darian Creech*  
Wolfe CEA FCS-4H

Jessica Morris

*Jessica Morris*  
Wolfe CEA Agriculture &  
Natural Resources- 4-H



Wolfe County Extension Office

Be always at war with your vices, at peace with your neighbors, and let each New Year find you a better man.”—Benjamin Franklin

- In This Issue:**
- \* Our Office Update
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**Cooperative Extension Service**

Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

**MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



# UPDATES

The Wolfe County Agents operated a Pumpkin Painting Booth at the Senior Citizens Fall Carnival. (Photos 1-3)

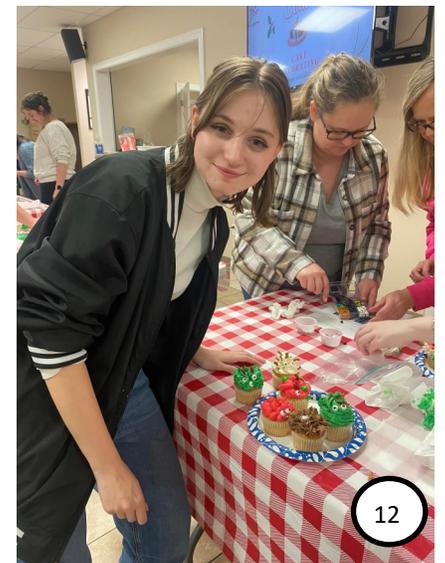
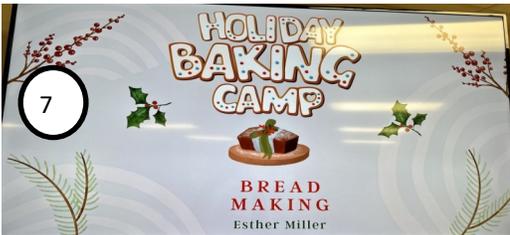


ANR/4-H Agent Jessica Morris, FCS/4-H Agent Darian Creech, and Area Family Resource Coordinators hosted the annual Monster Mash and Zombie walk at the Extension office. A “ghoul” time was had by all. (Photos 4-6)



Two sessions of the Holiday Baking Camp were completed. Bread Baking with Esther Miller was booked to capacity. In addition to learning how to prepare Sour Dough Bread, participants received their own bread starter and taste tested homemade rolls and cinnamon rolls. (Photos 7-10)

Session 2 of the Holiday Baking Camp was Cake Decorating with Perry Co FCS Agent Kelsie Sebastian assisted by our FCS Agent Darian Creech. Attendees decorated holiday themed cupcakes. (Photos 11-12)



# BEEF CATTLE PROGRAM

## LOCATION:

LEE COUNTY EXTENSION OFFICE  
259 INDUSTRIAL PARK ROAD  
BEATTYVILLE, KY 41311

## SPEAKER:

MICHELLE ARNOLD, DVM  
UNIVERSITY OF KENTUCKY  
RUMINANT EXTENSION VETERINARIAN

DATE: DECEMBER 14TH

5:30 PM

MEAL WILL BE PROVIDED

## TOPIC:

VACCINATING BEEF CATTLE FROM BIRTH TO WEANING

PLEASE CALL YOUR LOCAL EXTENSION OFFICE TO REGISTER:

- LEE COUNTY EXTENSION (606) 464-2759
- OWSLEY COUNTY EXTENSION (606) 593-5109
- WOLFE COUNTY EXTENSION (606) 668-3712
- BREATHITT COUNTY EXTENSION (606) 666-8812
- MORGAN COUNTY EXTENSION (606) 743-3292

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Disabilities  
accommodated  
with prior notificati

# Gardening Tips



<https://extension.psu.edu/growing-herbs-indoors> Penn State Extension

## Growing Herbs Indoors

Herbs make a great addition to a garden, but they can also be grown indoors as year-round houseplants or just during the winter months to protect tender herbs such as rosemary or basil.

Herbs grown indoors offer many benefits including fragrant foliage, various foliage colors and shapes, a constant supply of herb leaves for cooking, and continual leaf production after the outdoor growing season has ended. If you will be growing herbs for their leaves, make sure that enough are grown to supply ingredients for your favorite dishes.

Not all herbs will grow well indoors because their root systems require rather large containers.

Examples of herbs that grow well indoors include: chives (*Allium spp.*), horehound (*Marrubium vulgare*), winter savory (*Satureja montana*)

Examples of herbs that do not grow well in containers include: horseradish (*Armoracia rusticana*), fennel (*Foeniculum vulgare*) and lovage (*Levisticum officinale*)

### Requirements for growing herbs indoors

Herbs, like many houseplants have certain requirements to grow indoors. However, unlike common houseplants, herbs need conditions to be just right for optimum growth, or their health will rapidly decline.

- Most herbs need six hours of direct sunlight. Either place herbs in a sunny location, for example, near a window with a southern exposure, or place herbs 6 to 12 inches from two 40 watt, cool white fluorescent bulbs for 14 to 16 hours. Herbs that can tolerate indirect sunlight include mint (*Mentha spp.*), bay (*Laurus nobilis*), rosemary (*Rosmarinus officinalis*), and thyme (*Thymus spp.*). Lemon balm (*Melissa officinalis*) and tarragon (*Artemisia dracunculoides*) will even grow well in very low light conditions. Herbs that are not exposed to preferred light conditions will become thin and spindly, produce smaller leaves, and have a reduced aroma. If plants are grown on windowsills, it will be necessary to rotate pots often so that each side gets enough light for uniform growth.
- Keep herbs in rooms that have at least a 65 to 70°F day and 55 to 60°F night temperature regimes. Although most herbs can survive temperatures that are in the mid to low 40s, others cannot; for example, basil (*Ocimum basilicum*) cannot survive temperatures lower than 50°F.
- Herbs also require a proper balance between a humid environment and adequate air circulation. Containers should be grouped together to create a humid environment, however, the closer containers are, the more likely air will not be able to properly circulate through the plants. Other options for increasing humidity including setting containers in a pan of moist pebbles or spraying plants with a misting bottle of water. Air circulation can be increased by slightly opening a window in an adjoining room, but prevent drafts during the late spring, summer, and fall months. A fan can be used to circulate air during the winter.
- Herbs should be grown in containers with a drainage hole and in a potting mix that will aid water drainage. Water the potting mix when it starts to dry out. Certain herbs such as bay (*Laurus nobilis*), marjoram and oregano (*Origanum spp.*), sage (*Salvia officinalis*), and thyme (*Thymus spp.*) should dry out slightly between waterings. When growing rosemary (*Rosmarinus officinalis*) in containers, never allow the potting mix to dry out completely.
- Fertilize herbs with a low dose of water-soluble fertilizer every two weeks. Fertilizing herbs more often may negatively affect the herb's aroma and taste.
- A soapy solution, 1 to 2 tablespoons of a mild soap such as dishwashing soap to one gallon of warm water, can be used to control most insect pests. Spray infested plants with the solution once a week while pests are visible. Check the plants often to make sure that the soap solution is not discoloring or otherwise affecting the leaves. If this does happen, decrease the amount of soap used in the solution and discontinue use if the leaves still look discolored or abnormal. Always wash leaves off before you use them in a recipe.

Herbs should be repotted when roots grow through the drainage hole. The best time to repot is in the early spring so that herbs can grow into the new medium during the growing season. Perennial herbs can be repotted several times to accommodate new growth. Any herbs with a taproot, such as borage (*Borago officinalis*) and dill (*Anethum graveolens*), should be grown in deep pots. Herbs with a more trailing form can be grown in hanging baskets.

Prepared by Kathleen M Kelley, assistant professor of consumer horticulture and Elsa Sanchez, assistant professor of horticultural systems

# Growing Your Own Garden Calendar, University of Kentucky Cooperative

## Extension Service-College of Agriculture, Food and Environment

[https://www.planeatmove.com/wp-content/uploads/2020/05/NEP\\_GARDEN\\_calendar\\_agentsprintable2020\\_2.pdf](https://www.planeatmove.com/wp-content/uploads/2020/05/NEP_GARDEN_calendar_agentsprintable2020_2.pdf)

work supported by Expanded Food and Nutrition Education Program from the USDA National Institute of Food and Agriculture, partially funded by USDA Supplemental Nutrition Assistance Program



- Week 1 Write in your garden journal about plans for next year and any thoughts from this past year's Garden Notes
- Week 2 Consider giving gifts from your garden to family and friends, such as dried herbs or canned goods
- Week 3 Enjoy some of the items you canned or preserved from your garden
- Week 4 Have a Happy New Year!

When people ask what you want as gifts over the holiday season, why not have some suggestions related to your garden: canning equipment, new tools, seeds, and hardware such as fencing, cages, etc

## Growing Your Own Beginner Gardening Guide Glossary

- Raised bed—a form of gardening where the soil is formed into beds above ground. Soil can be free standing or enclosed in a frame of wood, block, concrete, or brick.
- Seed leaf—the first leaf that emerges from the seed.
- Seeding—sowing seeds; putting seed in soil.
- Seedling—a young plant grown from seed.
- Soil testing—a test that determines what nutrients are needed in the soil.
- Thin/thinning—removal of excess seedlings spaced too closely together for optimum growth.
- Till/tilling—to work the soil for the purpose of loosening the soil, creating a good seed bed, controlling weeds, or incorporating fertilizer.
- Transplant—a young plant grown inside for later planting outside.
- Transplanting—moving a plant from one location to another.
- True leaves—the second set of leaves produced by a seedling; these leaves look similar to the normal leaves of the mature plant.
- Wilting—drooping or limpness in plants.

*Contributions by: Authors: Rachel Rudolph, Extension Vegetable Specialist Rick Durham, Extension Consumer Horticulture Specialist Cooperative Extension Service University of Kentucky, College of Agriculture Calendar design: Kelli Thompson, Calendar project coordinators: Jann Knappage, Food System Specialist Katie Shoultz,*

YOU ARE INVITED TO

# NORTH POOLE PARTY

DECEMBER 18TH 9AM-NOON

PAINT - COOKIES  
LOADS OF FUN FOR  
THE KIDS!

**DEADLINE TO SIGN UP  
FRIDAY DEC 15**

**ATTENTION**

*IF* you participated in the ham project last year... you do not need to call in and add your name to the list. ONLY call if you want to add to your order. Those have been taken care of for you.



## Country Ham Project

**Adult Cost: \$50**

**Youth Cost: \$70 (KSF entry & speech required)**

Cost includes the ham & all necessary items to cure.

# Master Grazer



<https://grazer.ca.uky.edu/content/winter-watering-livestock>

As daily temperatures start to decline, most producers begin to focus on delivering stored forages to their livestock. Often, at this time the thought of an animal's water needs are discounted. However, even in colder temperatures, water requirements of livestock are critical to maintain optimum animal performance. Winter brings the challenge of providing water to livestock while battling frozen plumbing that delivers water.

## Water Requirements

An understanding of how much water is required by animals during the colder parts of the year is needed when considering winter watering systems. Factors that affect water intake include: environmental temperature, feed moisture, body size, and level of milk production. A lactating beef cow in the summer on a 90°F day will drink 16 gallons of water, while during a 40°F day in December the same cow would consume less, approximately 11 gallons. Table 1 shows the water requirements of several classes of beef and dairy cattle at varying daily temperatures.

Class	Impact of Ambient Temperature on Water Intake (gallons/head/day)		
	40°F	70°F	90°F
<b>Beef Cattle</b>			
Growing, 600 lb	5	8	13
Finishing, 1000 lb	9	13	21
Wintering Pregnant Cow, 1000 lb	6	9	--
Lactating Cow, 900 lb	11	17	16
Bull, 1600 lb+	9	13	21
<b>Dairy Cattle</b>			
Dairy Cattle	Dairy Cattle	Dairy Cattle	Dairy Cattle
Dry Cow	6	9	9
40 lb Milk	16	22	27
80 lb Milk	26	34	45

Adapted from 1996 Beef NRC and UK Publication ASC-151 Pasture for Dairy Cattle: Challenges and Opportunities



# December 2023

SUN	MON	TUE	WED
3	4 Sausage Making Classes— Must register. Times 10:00 AM, 2:00 PM or 5:00 PM	5	6
10	11	12	13
17	18  North Pole Party-4-H time— 9:00 AM to Noon	19 Commodities for approved Senior Citizen Applicants	20 Deadline to mail Santa Letters 
24	25  Office Closed for Holiday	26 Office closed	27 Office closed
31	Office Reopens after the New Year on January 2, 2024		

**\*All classes are held at the Wolfe County Cooperative Extension Service Office unless otherwise noted**

THU	FRI	SAT
	1 All About Pies at 1:00 must register, advertised last month <i>Santa's Mailbox available</i>	2
7	8	9
14 Vaccinating Beef Cattle Workshop— at Lee County Extension 5:30 PM	15 Deadline to sign up to do a Country Ham	16
21 First Day of Winter 	22	23
28 Office closed	29 Office Closed	30

Looking Ahead:  
Feb 21, 2024 Strategies to Reduce Fertilizer at Lee Co Extension-5:30



# PARENT

# HEALTH BULLETIN



**DECEMBER 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

## THIS MONTH'S TOPIC:

# KEEP FIRE SAFETY IN MIND



**T**he U.S. Fire Administration estimates that 300 people die and \$280 million in property is destroyed each year as the result of children playing with fire. Parents and caregivers can take steps to prevent children from making the costly mistake of handling fire before a tragedy occurs. Talk to your children about fire safety, and keep dangerous items out of the reach of children.

The most common way children gain access to fire starters is through handheld lighters and matches. Keep matches, lighters, and other ignitable substances in a secured location out of your child's reach.

**Continued on the next page** →

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Disabilities accommodated with prior notification.

## ***Once a month, check whether smoke alarms are working properly by pushing the test button. Replace the batteries in alarms at least once a year.***

### **→ Continued from the previous page**

Only use lighters with child-resistant features.

Reduce the need for routine use of lighters and matches by buying flameless candles. These candles contain a lightbulb instead of a wick and take the danger out of your child accidentally knocking over a burning candle and being exposed to an open flame. Never leave an open flame, such as a candle, fireplace, stove, or heater, unattended by an adult.

In the winter months, consider holiday-specific fire concerns as well. Make sure that smoke alarms are working before decorating for the holidays. Turn off holiday lights before leaving the house or going to bed. If you buy an artificial tree for decorating, be sure it's labeled "fire-retardant." If you use a natural tree, keep it watered, as a dry tree can more easily catch fire. Keep all decorations away from all heat sources, such as electrical outlets, radiators, and portable space heaters. Don't overload indoor or outdoor electrical outlets. Check light strands and other decoration wires for fraying or damage.

Have your fireplace inspected before you light your first fire of the season. A chimney professional can clean your fireplace and ensure that it is safe to use. Use a sturdy fireplace screen when burning fires. Never burn paper or pine boughs because they can float out of the chimney and ignite a nearby home or your own roof.

Even if no one is at fault, house fires can still happen. Help your child survive a fire by installing smoke alarms on every level of your home, inside bedrooms, and outside sleeping areas. Once a month, check whether each alarm in the home is working properly by pushing the test button. Replace the batteries in smoke alarms at least once a year. Immediately install a new battery if an alarm chirps, warning the battery is low. Teach your children what smoke alarms sound like and what to do when they hear one.

Have a family fire escape plan that everyone in the household knows. Teach your children two ways to escape from every room of your home, and where



to meet up outside. Practice your fire escape plan at least twice a year. Teach children to stay low to avoid smoke, test doors for heat before opening, and not to take anything with them when they evacuate. Emphasize "get out, stay out." Only professional firefighters should enter a building that is on fire — even if other family members, pets, or prized possessions are inside. Consider getting escape ladders for sleeping areas on the second or third floors. Learn how to use them and store them near the windows. Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.

Preparation, education, and practice can help keep your family safe from fires.

#### **REFERENCES:**

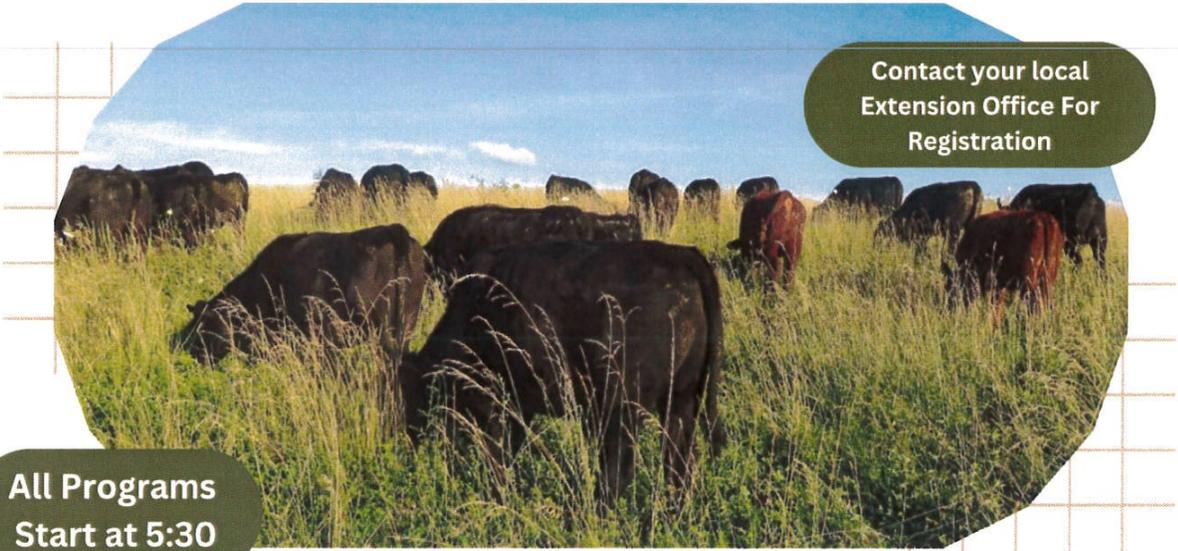
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/fire/fire-safety-for-kids.html>
- <https://kidshealth.org/en/parents/holiday-dangers.html>

### **ADULT HEALTH BULLETIN**

**Written by:**  
Katherine Jury, MS  
**Edited by:** Alyssa Simms  
**Designed by:** Rusty Manseau  
**Stock images:**  
Adobe Stock



# STRATEGIES TO REDUCE FERTILIZER USE ON EASTERN KY CATTLE FARMS



Contact your local  
Extension Office For  
Registration

All Programs  
Start at 5:30

- Using Legumes to get the Nitrogen Cycle Working
  - Feeding Hay to Recycle Nutrients
  - Clipping Weeds to Enhance Fertility
  - Having an Appropriate Stocking Rate
- Implementing Basic Rotational Grazing Without Perfect Infrastructure

## Locations and Dates:

**Feb. 19, 2024** Clay County Extension Excel Center 86 Muddy Gap Rd., Manchester, Ky 40962

**Feb. 20, 2024** Knott County Extension 149 Parks. Rd. Hindman, Ky 41822

**Feb 21, 2024** Lee County Extension 259 Industrial Park Rd. Beattyville, Ky 41311

**Feb. 22, 2024** Morehead State University Farm 25 MSU Farm Rd. Morehead, Ky 40351

**Guest Speaker: Dr. Greg Halich,**  
Associate Extension Professor with the Department of Agriculture Economics  
University of Kentucky

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Disabilities  
accommodated  
with prior notification

**Mail Your...**

# Letters to Santa

**At the Wolfe County Extension Office**

**NO STAMP NEEDED**

**RETURN ADDRESS REQUIRED**

Santa is **BUSY** this time of year! He is sending his Head Elf to pick up the letters on Wednesday, Dec 20, 2023!

Santa is going to write letters at the North Pole and will mail letters back out on or before December 23, 2023!



**MUST BE DROPPED OFF BY 4PM DECEMBER 20, 2023!**



# SIT AND Sew



BRING YOUR OWN PROJECTS TO COMPLETE

Join Master Clothing  
Volunteers, Rita  
Rogers & Carole  
Dunhuber to work on  
your projects!

DATES:

Thursdays- December 7 & 14

TIME:

2:00 PM to 5:00 PM

WOLFE COUNTY EXTENSION OFFICE

FREE

More Information :

606-668-3712

OR

Contact MCV

Rita Rogers or

Carole Dunhuner





Recipes from the 2023 Food And Nutrition

# RECIPE CALENDAR



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

## Loaded Beef Stroganoff



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

- 12 ounces egg noodles (choose whole-wheat if available)
  - 1 pound lean ground beef
  - 1 large onion, chopped
  - 2 tablespoons garlic powder
  - 8 ounces sliced white mushrooms
  - 1/4 cup all-purpose flour
  - 32 ounces (or 4 cups) low-sodium beef broth
  - 1 can (14.5 ounces) no-salt-added peas, drained
  - 1 can (14.5 ounces) no-salt-added sliced carrots, drained
  - 1 1/2 cups plain nonfat Greek yogurt or light sour cream
  - 1 1/2 teaspoons salt
  - 1 teaspoon black pepper
  - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Wash fresh produce under cool running water. Cut to prepare for the recipe.
  3. Cook egg noodles according to package directions while preparing the other steps. Drain.
  4. On the stove, preheat a large pot on medium heat. Add the ground beef, onion, and garlic powder.
  5. Wash hands after handling raw meat.

6. Cook the ground beef mixture, stirring often until the onion is tender and the beef reaches an internal temperature of 165 degrees F as measured by a meat thermometer.
7. Add mushrooms. Cook until mushrooms are tender (about 5 to 8 minutes).
8. Stir in flour and cook for 2 minutes.
9. Stir in beef broth, peas, and carrots. Bring to a simmer and cook about 5 minutes, until the mixture thickens. Remove from heat.
10. Once the mixture stops simmering, stir in the Greek yogurt, salt, and black pepper. Add cooked egg noodles and combine. If mixture is too thick, add milk or beef stock until reaching the desired consistency.
11. Serve immediately. Sprinkle with parmesan cheese when serving, if desired.
12. Refrigerate leftovers within 2 hours.

**Note:** To reheat leftovers, add a little beef broth or milk before warming.

**Makes: 10 servings**  
**Serving size: 2 cups**  
**Cost per recipe: \$13.87**  
**Cost per serving: \$1.39**

### Nutrition facts per serving:

270 calories;  
4.5g total fat; 1.5g saturated fat; 0g trans fat; 30mg cholesterol; 610mg sodium; 38g total carbohydrate; 3g dietary fiber; 6g total sugars; 0g added sugars; 22g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 15% Daily Value of iron; 10% Daily Value of potassium.

### Source:

Brooke Jenkins,  
Extension Specialist,  
University of Kentucky  
Cooperative  
Extension Service

Wolfe County  
20 N Washington Street  
PO Box 146  
Campton, KY 41301-0146

RETURN SERVICE REQUESTED

Non Profit  
US Postage Paid  
Permit # 4  
Campton, KY

## Hot and Sweet Frittata

<b>3 tablespoons</b> olive oil, divided	<b>1 pound</b> ground turkey sausage
<b>1 ½ cups</b> peeled and cubed sweet potatoes	<b>½ cup</b> shredded mozzarella cheese
<b>1 ½ cups</b> diced sweet and hot peppers, or bell peppers	<b>12</b> medium eggs, beaten
	<b>¼ teaspoon</b> salt
	<b>½ teaspoon</b> black pepper
	<b>½ teaspoon</b> crushed red pepper

**Preheat** oven to 375 degrees F. **Add** 2 tablespoons of olive oil to a large nonstick skillet, and **heat** to medium. **Add** sweet potatoes and diced peppers. **Cook** uncovered until fork tender, about 10 minutes. **Remove** from skillet. **Add** 1 tablespoon of olive oil to skillet. **Add** turkey sausage, and **cook** 5 to 7 minutes until cooked through. **Drain** off fat, if needed. Generously **grease** an 8-by-8-inch baking dish. **Add** the sausage, peppers, and potatoes. **Sprinkle** with

cheese. In a bowl, **crack** eggs and **lightly beat**. **Add** salt, black pepper, and crushed red pepper to egg mixture. **Pour** eggs over peppers and potatoes. **Bake** uncovered for 25 to 30 minutes or until the mixture is set.

**Yield:** 8 servings

**Nutritional Analysis:**  
290 calories, 18 g fat, 5 g saturated fat, 295 mg cholesterol, 610 mg sodium, 8 g carbohydrate, 1 g fiber, 3 g sugars, 0 g added sugars, 23 g protein.

