

Nicholas County Family & Consumer Sciences Newsletter

Summer is here! Finally! Sunshine, warmer days, and if you're like me...patiently waiting on the garden to produce the best food of the year. Summer also means entering the busy months of the 4-H side of my job with Teen Conference, Cloverbud Camp, 4-H Summer camp, and State Fair.

Last month, we held our Annual Nicholas County Extension Homemakers Meeting. Members from each club attended and together created a wonderful meal—a big thank you to all who shared your wonderful talents in the dishes that were brought. I would also like to thank the council for providing funds for the main course and Sandy Hamilton and Glenna Napier for preparing that portion of our meal.

In this newsletter, you will find membership recognition awards from the evening. A new president, Christy Shelley, and treasurer, Hope Burton, were installed by Ms. Connie Vaughn, Bluegrass Area Homemaker President. Also, in this newsletter, you will find a listing of the 2024 Cultural Arts winners. Be sure to congratulate them if you see them. Also, the Quilting Club has completed their quilt, and it is STUNNING. Be sure to purchase a ticket for a chance to win the quilt our talented ladies have worked so hard on. All money goes directly to 4-H campers in need.

Lastly, Nicholas County Fair Floral Hall entry information is enclosed. I want to encourage each of you to share and display your talents this year. We hope to continue to grow the floral hall to what it once was.

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SAVE THE DATE!

Nicholas County Homemaker
Council Meeting

**MONDAY, JUNE 10TH
AT 10 A.M.**

Nicholas County Extension Office



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Ashley H. Vice



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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506





Nicholas County Fair Floral Hall-

Accepting Entries on June 18th
See following page for entry options



Carlisle-Nicholas County Farmers Market Wendt's Wildlife

June 8th or SELL OUT

Sewing Classes

June 4th- Chicken Scratch
June 11th Swedish Weaving
June 18th- Sewing Basics



Nicholas County Extension Homemakers Council Meeting

June 10th at 10 a.m.

Cooking Through the Calendar

Fruited Cole Slaw
Cooking Video this month



NICHOLAS COUNTY QUILTING CLUB
QUILT
TICKETS
TICKETS \$1

QUEEN SIZE AMERICAN SAMPLER QUILT
DRAWING WILL BE HELD AT THE
BLACKBERRY FESTIVAL

All money raised goes directly to pay for
4-H Camp Scholarships.



Membership Recognition

Shellia Kinder

15 Years

Kathy Murrell

15 Years

Wilma Cleaver

25 Years

Sandy Hamilton

35 Years

Martha Sue Taylor

35 Years

*The Growing Season: How I Built a New Life—and Saved an American Farm by Sarah Frey (2020)

The “Growing Season” tells the inspiring story of how a scrappy rural childhood gave Sarah Frey the grit and resiliency to take a risk that paid off. With freshness and creativity, Frey has grown one of the largest produce companies in the history of America.

***The Garden Refresh: How to Give Your Yard Big Impact on a Small Budget by Kier Holmes (2022)** Garden designer Kier Holmes shares everything you need to create a productive and lush garden that can truly be used and enjoyed. Packed with hundreds of tips on design, plant selection, and how to address problematic situations, it also has information on which hardscape elements are worth the splurge, how to decide where to start, and how to reduce maintenance through design.

AGENT RECOMMENDATION

When the Jessamine Grows by Donna Everhart (2024)

Talk of impending war is a steady drumbeat throughout North Carolina, though Joetta McBride pays it little heed. She and her husband, Ennis, have built a modest but happy life for themselves, raising two sons, fifteen-year-old Henry, and eleven-year-old Robert, on their small subsistence farm. They do not support the Confederacy’s position on slavery, but Joetta considers her family to be neutral, believing this is simply not their fight. Her opinion is not favored by many in their community, including Joetta’s own father-in-law, Rudean. At Joetta’s frantic insistence, Ennis leaves to find their son and bring him home. But soon weeks pass with no word from father or son and Joetta is battered by the strain of running a farm with so little help. The greatest tests are still to come – for a fractured nation, for Joetta, and for those she loves . . .

*notates books from the KEHA 2023-24 Book List



FOODS

Rules:

- A. Recipes must be homemade no store purchased mixes.
- B. Display in plastic zip bags or on plate with plastic wrap.
- C. Foods will not be returned.

- 237. ½ Jam cake
- 238. ½ Prune cake
- 239. ½ zucchini cake
- 240. ½ upside down cake
- 241. ½ German chocolate cake
- 242. Best Decorated Cake by amateur
- 243. ½ white layer cake - any icing
- 244. ½ angel food cake - no icing
- 245. ½ chocolate cake - any icing
- 246. ½ carrot cake
- 247. ½ coffee cake
- 248. ½ cake other than listed
- 249. 6 biscuits
- 250. Plate of 5 yeast rolls
- 251. ½ banana bread
- 252. ½ salt rising bread

- 253. ½ bread other than listed
- 254. 6 pieces chocolate fudge
- 255. 6 pieces peanut butter fudge
- 256. 6 pieces cream candy
- 257. 6 pieces candy other than listed
- 258. 6 corn muffins/ sticks
- 259. 4 transparent pies
- 260. 9 assorted tea cookies (no meringue)
- 261. 6 brownies
- 262. 6 sugar cookies
- 263. 4 fruit tarts
- 264. Apple Pie
- 265. Cherry Pie
- 266. Blackberry Pie
- 267. Favorite Pie, not mentioned

CANNING

Rules:

A. All canning should be processed according to University of Kentucky NEW recommendations.

B. All canning must be in standardized canning jars.

- 268. 1 quart blackberries
- 269. 1 quart peaches
- 270. 1 quart cherries
- 271. 1 quart applesauce
- 272. 1 quart apples
- 273. Collection of 4 fruit jars
- 274. 1 quart green beans
- 275. 1 quart corn
- 276. 1 pint beets
- 277. 1 pint limas
- 278. 1 pint peas
- 279. 1 pint carrots
- 280. 1 pint carrots
- 281. 1 pint cucumber pickles
- 282. 1 pint dill pickles
- 283. 1 pint bread and butter pickles
- 284. 1 pint zucchini pickles
- 285. 1 pint corn relish
- 286. 1 pint sweet relish
- 287. 1 quart tomatoes in juice
- 288. 1 quart tomato juice
- 289. 1 quart pickled vegetables
- 290. 1 jar blackberry jam
- 291. 1 jar strawberry jam
- 292. 1 jar grape jam
- 293. 1 jar blackberry jelly
- 294. 1 jar strawberry jelly
- 295. 1 jar apple jelly
- 296. 1 jar plum jelly
- 297. 1 jar jelly not mentioned

- 298. 1 jar peach preserves
- 299. 1 jar blackberry preserves
- 300. 1 jar strawberry preserves
- 301. 1 jar preserves not mentioned
- 302. 1 jar apple butter
- 303. 1 jar rhubarb spread
- 304. 1 pkg. dried fruit
- 305. 1 pkg. dried vegetable
- 306. 1 pkg. dried meat
- 307. 1 jar salsa
- 308. Miscellaneous, not mentioned

TEXTILES

- 309. Quilt, hand pieced, quilted
- 310. Quilt, machine pieced, quilted
- 311. Quilt, appliqué
- 312. Quilt, mixed pieced
- 313. Quilt, kit
- 314. Quilt, Senior citizen
- 315. Quilt, original design
- 316. Quilt, baby
- 317. Quilt, non-traditional
- 318. Knitting, afghan
- 319. Knitting, clothing
- 320. Knitting, other
- 321. Crochet, afghan
- 322. Crochet, home furnishing
- 323. Crochet, other
- 324. Crochet, other
- 325. Needlepoint, picture
- 326. Needlepoint, holiday
- 327. Needlepoint, plastic canvas
- 328. Needlepoint, other
- 329. Pillow case, embroidered, or cross stitch
- 330. Place mats
- 331. Table runner
- 332. Rugs
- 333. Adult male clothing item
- 334. Adult female clothing item
- 335. Female child's item
- 336. Male child's item
- 337. Apron
- 338. Purse or tote
- 339. Decorated garment
- 340. Counted cross stitch, 14 and under
- 341. Counted cross stitch, 16 and over
- 342. Miscellaneous needle work
- 343. Christmas or holiday articles, tree skirt, stocking
- 344. Infant articles
- 345. Handmade doll clothes
- 346. Handmade Dolls or toys
- 347. Weaving

HOBBIES (owned by exhibitor)

- 348. Leather craft
- 349. Woodworking

- 350. Wood Carving
- 351. Walking Sticks and staffs
- 352. Models
- 353. Miniatures
- 354. Decorated trees
- 355. Basket Making, larger 4"
- 356. Basket Making, made from Kentucky Fibers
- 357. Basket Making, smaller 4"
- 358. Basket Making, not mentioned
- 359. Flower Arrangement, silk flowers
- 360. Flower Arrangement, dried flowers
- 361. Decorations, Door or wall made with wood
- 362. Decorations, Door or wall made with textiles
- 363. Decorations, door or wall made other materials
- 367. Decorations, door or wall made for holidays
- 368. Free standing decoration for holiday
- 369. Glazed Ceramics
- 370. Stained Ceramics
- 371. Porcelain
- 372. Plaster Crafts
- 373. Decorated or painted fabric
- 374. Painted Christmas Gourd
- 375. Any other painted gourd
- 376. Handmade Jewelry
- 377. Any other beaded craft
- 378. Bead Dough or polymer clay
- 379. Egg Shell Craft
- 380. Wood burning technique
- 381. Other Miscellaneous

ANTIQUES (owned by exhibitor)

- 382. Oldest Family Bible
- 383. Oldest Kentucky Document
- 384. Oldest 4-H Memorabilia
- 385. Oldest County Fair Memorabilia
- 386. Oldest Advertising items
- 387. Doll
- 388. Child's toy other than doll
- 389. Christmas or holiday item
- 390. Oldest photograph
- 391. Class Piece
- 392. Small Tool
- 393. Historical, dish or china
- 394. Historical clothing
- 395. Jewelry
- 396. Quilt
- 397. Any other antique

AMATEUR ART

- 398. Painting, Abstract, Minimal, Expressionistic
- 399. Painting Representational, Objective, or Realistic

- 400. Water Color – Transparent
- 401. Water Color Mixed Media
- 402. Portrait, Except Sculpture
- 403. Drawing
- 404. Pastels
- 405. Print Making
- 406. Miniature Painting
- 407. Collage
- 408. Sculpture, constructed from stone, wood, except clay
- 409. Sculpture, constructed from metal, plaster, or fiberglass, except clay
- 410. Sculpture made from clay
- 411. 3D folk art under 12"
- 412. 3-D folk art over 12"
- 413. Scrap booking page design
- 414. Stained Glass
- 415. Calligraphy
- 416. Hand painted china
- 417. Pottery
- 418. Printed Fabrics
- 419. Embroidery
- 420. Wearable Art
- 421. Painting on Silk
- 422. Photography, black and white include sepia
- 423. Photography, color
- 424. Photography, digital

FLOWERS

Rules:

A. Floral design open to all adults must be made by exhibitor

B. Accessories permitted in all classes

- 425. Cut Fresh flower arrangement
- 426. Dried Flower Arrangement
- 427. Terrarium
- 428. Dish Garden
- 429. African violet 6" pot or less
- 430. Rainbow of color using mixed flowers
- 431. Sunrise - design using all yellow flowers - foliage permitted
- 432. End of summer- design using all dried material
- 433. Specimen - Aster
- 434. Specimen - Gladiola
- 435. Specimen - Coxcomb
- 436. Specimen - Dahlia
- 437. Specimen - Marigold
- 438. Specimen - Rose
- 439. Specimen - Zinnia
- 440. Specimen other than listed

CROPS & HORTICULTURE

- 441. Summer squash - Zucchini
- 442. Summer Squash - yellow
- 443. Summer squash - any other variety
- 444. Tomato - 3 for slicing
- 445. Tomato - 5 for salad
- 446. Beets plate of 5
- 447. Carrots 3 bunches of 4
- 448. Green onions plate of 5
- 449. Bush beans plate of 24
- 450. Pole beans plate of 24
- 451. Wax beans plate of 24
- 451. Lima bean plate of 24
- 453. Beat head of broccoli
- 454. Best head of cauliflower
- 455. Largest head of cabbage
- 456. Radishes - 3 bunches of 4 red
- 457. Radishes 4 bunches of 4 icicle
- 458. Brussel sprouts
- 459. Peas plate of 24
- 460. Cowpeas plate of 24
- 461. Garden exhibit of 10 or more vegetables arranged in a display
- 462. Peppers- bell plate of 3
- 463. Plate of 3 any other pepper
- 464. Potatoes plate of 5
- 465. Corn plate of 3 ears with husk on
- 466. Best watermelon
- 467. Best Cantaloupe
- 468. Cucumbers plate of 5 for pickling
- 469. Cucumber plate of 5 for slicing
- 470. Best pumpkin
- 471. Apples plate of 3
- 472. Blackberries plate of 24
- 473. Strawberries plate of 12
- 474. Blueberries plate of 24
- 475. Tobacco 5 stalks to stick (green) grown in 2010

HAY

Rules:

A. Each exhibit weigh at least 10 lbs.

B. All entries must be firmly tied to be considered in judging.

- 476. Best exhibit of alfalfa hay
- 477. Best exhibit of clover
- 478. Best exhibit of grass
- 479. Best exhibit of grass/legume mixed.



Swedish Weaving Class

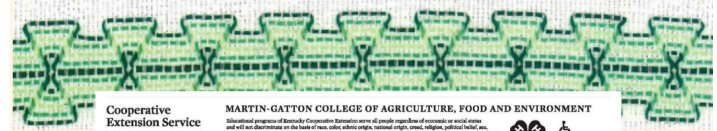
Who: Open to anyone

What: Swedish weaving, also known as huck embroidery or huck weaving, is a type of decorative embroidery that combines weaving and surface embroidery to create a surface design. The designs are usually geometric and worked along the cloth's surface, rather than through it

When: June 11th at 6 p.m.

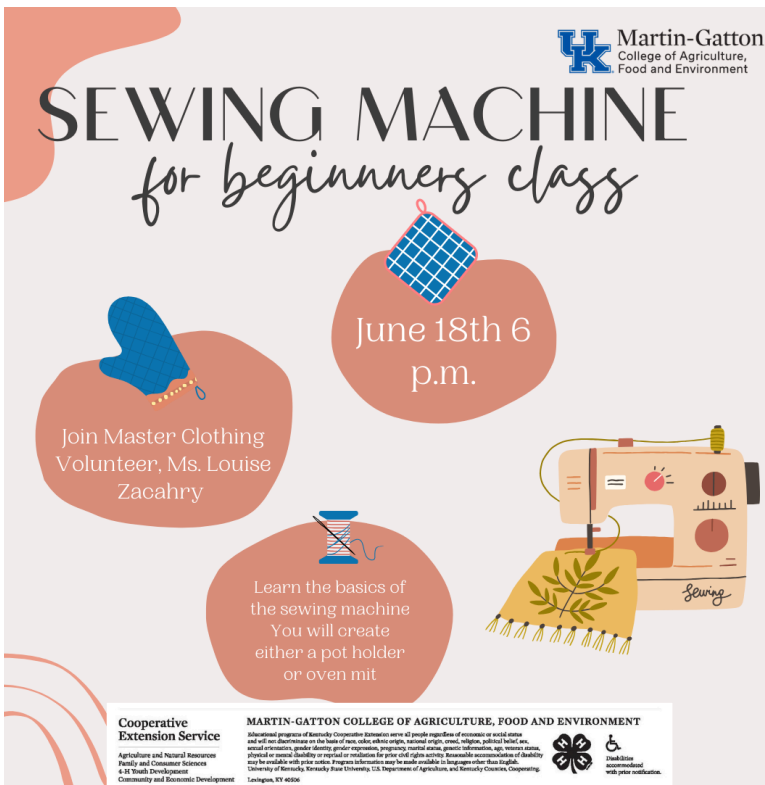
Where: Nicholas County Extension Office

Cost: FREE (bring a new dishtowel of your choice to complete the embroidery on)



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Lanigan, KY 40306

SEWING MACHINE for beginners class

June 18th 6 p.m.

Join Master Clothing Volunteer, Ms. Louise Zaachry

Learn the basics of the sewing machine
You will create either a pot holder or oven mit

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Lanigan, KY 40306

Cooking Through the Calendar

June RECIPE

Fruited Coleslaw

Watch for video online on our Facebook Page!





Cultural Arts

Winners

Category: Art Natural for subcategory Wood Entry Hope Burton for her Woodburning Horse

Category: Art Natural for subcategory Recycled, Sandy Hamilton for her apron made from a Man's Shirt

Category: Crochet in the subcategory for Accessories Kay Shankland for her pot scrubber

Category: Art Recycled in the subcategory Other goes to Hope Burton for her book folding project

Category: Crochet in the subcategory fashion Sharon Helphenstine for her hat

Category: Crochet in the subcategory Home Décor and Afghans Sharon Helphenstine for her baby Afghan

Category: Crochet in the thread subcategory Sharon Helphinstine for her elegant table doily

Category: Holiday Decorations in the subcategory of Winter Décor Georgia Gilvin for her Christmas Joy centerpiece

Category: Painting in the subcategory Oil Louise Zachary for her dog portrait

Category: Painting in the subcategory Acrylic Mary Jo McCord for her BEE Happy painting

Category: Painting Decorative in the subcategory Wood Sandy Hamilton for her painted barn quilt

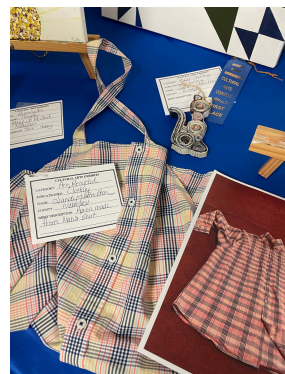
Category: Quilt in the subcategory Miscellaneous Sharon Helphenstine for her pillow

Category: Photography in the subcategory color Glenna Napier for her USA Rainbow photo

Category: Paper Crafting in the subcategory Quilling Sandy Hamilton for her quilled cat

Category: Paper Crafting in the subcategory Scrapbooking Kay Shankland for her piece on New Orleans

Category: Miscellaneous Kay Shankland for her Chicken Pot Holder



DAILY, HEALTHY LIFESTYLE TIPS TO
PREVENT

BLOOD PRESSURE

Does high blood pressure run in your family? Has your doctor recommended that you should watch your blood pressure?

You can help prevent high blood pressure, also called hypertension, by making healthy choices daily.

Try taking these steps each day to keep your blood pressure in a healthy range:

- Choose to eat a variety of healthy foods, including lots of vegetables and fruit. Additionally, choosing foods rich in potassium, fiber and protein and lower in salt and saturated fat are good for heart health. Making these healthy changes can help keep blood pressure low and protect against heart disease and stroke.



- Be physically active. The Physical Activity Guidelines for Americans recommends that adults get at least two and a half hours of moderate intensity exercise every week which can include brisk walking, bicycling or other forms of cardiovascular exercise. This is equal to about 30 minutes of activity per day, five days a week. Children and adolescents should get one hour of physical activity every day.
- Limit or quit certain habits, such as smoking and drinking excessively. If you do smoke, quitting will lower your risk for all forms of heart disease. Your doctor can suggest ways to help you quit. Limiting your alcohol intake can also help your blood pressure. For heart health, men should have no more than two alcoholic drinks per day. Women should have no more than one alcoholic drink per day.
- Get adequate sleep. Habitually getting at least seven to nine hours of sleep per night is another way to manage blood pressure and increase your overall health.

If these lifestyle choices seem overwhelming, choose one area to begin.

MONEYWISE

VALUING PEOPLE. VALUING MONEY.

JUNE 2024

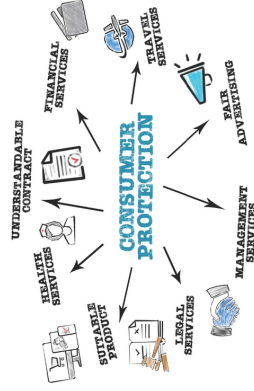
Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

FAIR AND SAFE: THE ROLE OF CONSUMER PROTECTION AGENCIES

When you shop, you probably expect that the seller will treat you fairly, offer a reasonable price, and sell a safe product. Consumer protection agencies exist to ensure that these expectations are true. They safeguard your rights and interests as a buyer. Three of these agencies are the Federal Trade Commission (FTC), the Consumer Financial Protection Bureau (CFPB), and the Food and Drug Administration (FDA). Let's explore how these agencies help keep the marketplace balanced and secure.

FEDERAL TRADE COMMISSION (FTC)

The FTC makes sure that competition is fair and that buyers are protected in different industries. They investigate and stop unfair competition, scams, and misleading advertising. For example, if someone tries to trick people into buying something with false claims, the FTC steps in to stop it. They also help people who have had their identity stolen by providing resources, assisting in recovery, and raising awareness. In 2021, they helped nearly 24 million identity theft victims, according to the Bureau of Justice Statistics. By promoting fair competition, the FTC encourages lower prices and better-quality products, giving consumers more choices. They also teach people about their



rights and give information to help them make smart choices, especially with big purchases or money matters.

CONSUMER FINANCIAL PROTECTION BUREAU (CFPB)

The CFPB is a government agency that monitors how consumers interact with banks, mortgage companies, payday lenders, and other financial businesses. Their main job is to make sure consumers are treated fairly by enforcing laws that protect them from being financially harmed or deceived. If you have a problem with a financial product or service, like a bank account or a loan, you can reach out to the CFPB for help. By filing a complaint online or over the phone, they will investigate and try to resolve the issue. The CFPB also provides educational

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Disabilities with prior notification.

THE FTC, CFPB, AND FDA ARE ONLY A FEW U.S. CONSUMER PROTECTION AGENCIES.



resources to help people better understand their financial choices. They offer tools and programs to teach consumers about important financial topics such as managing money, understanding credit, and avoiding financial scams. For instance, the CFPB ensures that mortgage companies follow rules to prevent people from losing their homes through foreclosure. They also require credit card companies to clearly explain their fees and terms so consumers can make informed decisions.

FOOD AND DRUG ADMINISTRATION (FDA)

The FDA is another federal agency that looks after the safety and effectiveness of products that we use every day, like food, medicines, and medical devices. They play an important role ensuring the food we buy is safe to eat and food labels are accurate. The FDA also verifies the safety of new medicines and medical devices before they are sold to the public. This protects consumers from using products that could be dangerous or might not work as they should. Along with their role in product safety, the FDA teaches

people about important health topics. They provide information on how to use medications safely and how to handle food to avoid getting sick. They also warn about the dangers of risky behaviors like smoking. By setting rules and making sure companies follow them, the FDA plays a key part in keeping consumers healthy and informed.

The FTC, CFPB, and FDA are only a few U.S. consumer protection agencies. Understanding the functions and roles of agencies like these helps consumers make informed decisions and avoid or address problematic issues with services and products.

REFERENCES:

- Federal Trade Commission. <https://www.ftc.gov/>
- Consumer Financial Protection Bureau. <https://www.consumerfinance.gov>
- U.S. Food and Drug Administration. <https://www.fda.gov/>

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JUNE 2024

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

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THIS MONTH'S TOPIC
STEP INTO NATURE, SUMMER EDITION



As the weather warms up, the sun shines brighter and it is light outside for longer each day. These environmental changes make it more enticing to spend time outdoors. Perhaps you find yourself staring out the window, distracted from your work tasks. Don't fight the urge to step outside! Give in to your wandering mind, take a break in the sunshine, and reap the benefits of being outdoors in the summertime. You may be familiar with a quote from Hippocrates, "Nature itself is the best physician." Whether you take a walk around your block, sit in the shade under a tree, or take a hike through the woods, spending time outdoors is good for your health.

Continued on the next page →



When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

→ **Continued from the previous page**

There are both mental and physical benefits to spending time outdoors during the summer. Studies have shown that people enjoy being outside in the summer, and being outdoors provides good motivation to be physically active. People who exercise outdoors are more likely to be active for a longer time and enjoy it more than those who exercise indoors. Additionally, there are many activities to do in the summer outdoors. From walking, hiking, or running, to gardening, doing yard work, playing sports, and more, there are many ways to be active in the great outdoors whether you live in an urban or rural area.

Another physical benefit of spending time outdoors is the quality of air that you breathe in. Overall, air quality outdoors is typically better than that inside. When you exercise, your body needs more air, and you breathe more deeply. This provides extra oxygen to your body and breathing outdoors tends to reduce the amount of toxins that you take in through the air. Breathing deeply helps you to relax, lowering your stress levels, cortisol, and heart rate. All of these contribute to overall heart health, reducing and managing chronic diseases such as high cholesterol, blood pressure, and heart disease. Additionally, being outdoors awakens your senses, helping you to enjoy the atmosphere outdoors: the sights, smells, sounds, tastes, and textures around you.

Tuning into your senses outdoors also has mental health benefits. Spending time outside reduces stress levels, decreases feelings of depression and anxiety, and helps you to feel more regulated. Spending time outside has shown to help people recover from trauma faster as well. When you are having a bad day, feel discouraged, or feel generally down, try going outside. You can relieve stress by doing exercise or outdoor chores, or simply standing, sitting, or taking a slow walk.

Summer weather tends to make spending



time outside enjoyable, but there are some precautions you should take as well. If you are going to spend time out in the sun, remember to wear protective clothing or sunscreen, sunglasses or hat, and drink plenty of water to stay hydrated. Your body will appreciate the additional vitamin D, but you do not want to overexpose your skin to damage from the sun.

REFERENCE:

<https://www.fs.usda.gov/features/wellness/benefits-great-outdoors>

ADULT HEALTH BULLETIN

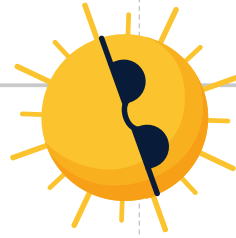
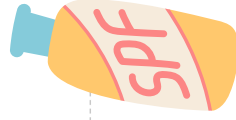
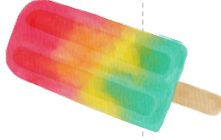
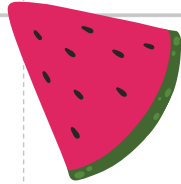
Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Mansseau
Stock images: Adobe Stock



June 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4 Chicken Scratch at 6 p.m.	5	6	7 400 Mile Yardsale	8 Farmer's Market at Wendt's Wildlife 400 Mile Yard Sale
9 400 Mile Yardsale	10 Homemaker Council Meeting 10 a.m.	11 Swedish Weaving at 6 p. m.	12	13	14	15
16	17	18 Sewing Basics at 6 p.m. Floral Hall Entries Due	19 Office Closed Juneteenth	20 Floral Hall Open	21 Floral Hall Open	22 Floral Hall Open
23	24	25	26	27	28	29
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Farmer's Market Skillet Bake

½ small onion, finely chopped	2 cups shredded mozzarella cheese, divided	4 medium sized tomatoes, sliced
2 cloves garlic, minced	1 medium summer squash, sliced	1 teaspoon salt
4-5 small red potatoes, sliced	1 medium zucchini, sliced	1 teaspoon pepper
1 tablespoon olive oil		5 fresh basil leaves, finely chopped, divided

Preheat oven to 375 degrees F. **Prepare** onion, garlic and sliced potatoes (about ¼ inch thick). **Heat** olive oil over medium heat in a 10 or 12-inch oven safe skillet. **Add** onion, garlic, and potatoes to pan and **stir** to coat with oil. **Cook** over medium heat, **stirring** occasionally until golden brown and tender. **Add** 1 cup mozzarella cheese. In a bowl, **toss** together the squash, zucchini and tomatoes with salt, pepper, and half of the finely chopped basil. **Layer** squash

and tomato slices over the potato and cheese layer. **Top** with remaining mozzarella cheese. **Bake** 35 minutes or until vegetables are tender and cheese is melted. **Remove** skillet from oven and **top** with remaining basil.

Yield: 8, 1 cup servings

Nutritional Analysis: 200 calories, 8 g fat, 4 g saturated fat, 20 mg cholesterol, 490 mg sodium, 24 g carbohydrate, 3 g fiber, 5 g sugars, 10 g protein.

