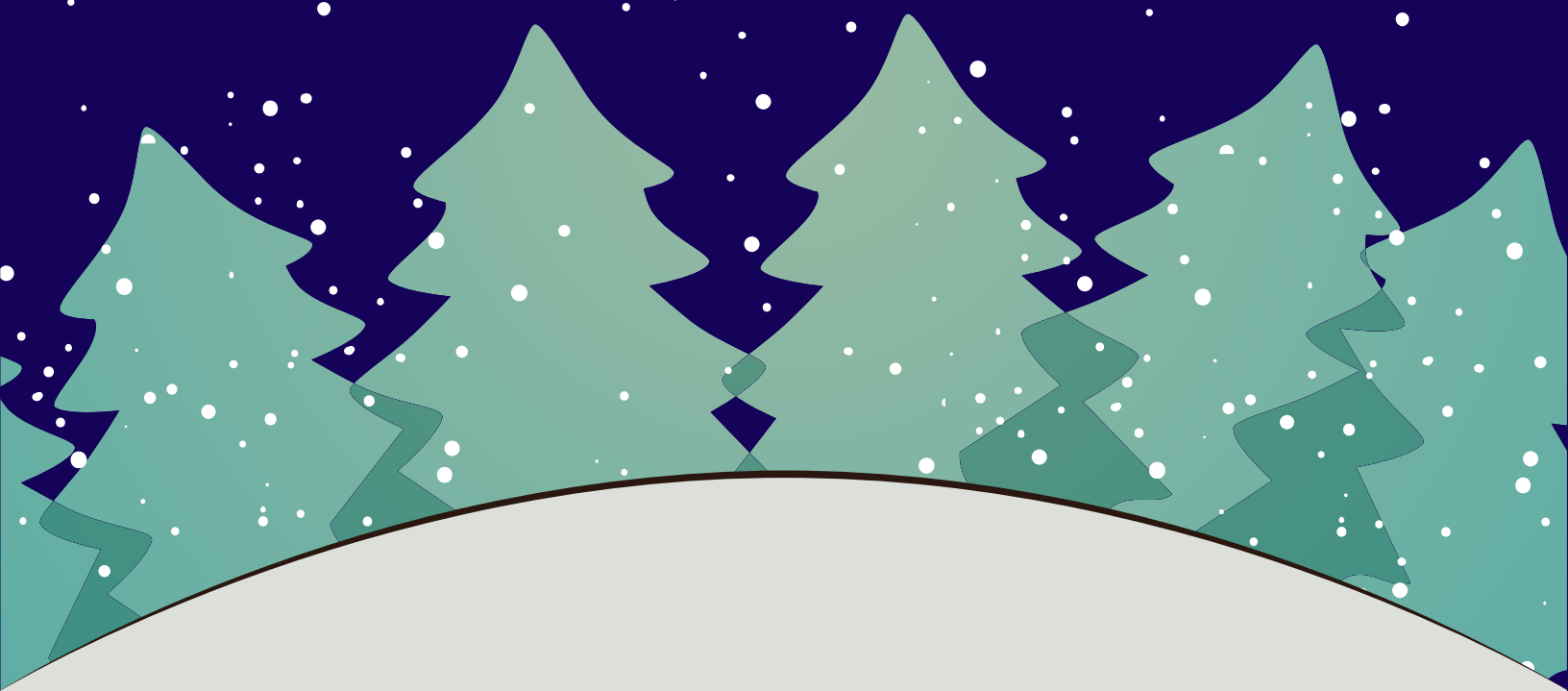


Henderson County  
4-H Newsletter  
January 2023 Edition



College of Agriculture,  
Food and Environment  
Cooperative Extension Service

*We want to wish your family a  
safe and Happy New Year  
from Henderson County 4-H!*



# January 2023 4-H Club & Activity Schedule

After School 4-H Clubs  
Bullseye Brigade Shooting Sports  
Cloverbud Club  
Cooking Club  
Fair Project Day  
Herdsmen Livestock Club  
South Middle School Club  
Riverside Riders Horse Club

## **January 2: Henderson County Extension Office CLOSED for New Years Day**

January 10: Cairo After School Club  
January 10: Cooking Club, 4 pm (Expo Kitchen)  
January 10: Herdsmen Club, 6 pm (Expo Building)  
January 11: South Heights After School Club  
January 12: AB Chandler After School Club

## **January 16: Henderson County Office CLOSED for Martin Luther King, Jr Day**

January 16: Area Teen Council  
January 17: East Heights After School Club  
January 17: State Fair Project, 4 pm (Expo Project Room)  
January 17: Livestock Education, 6 pm (Expo Building)  
January 18: Holy Name After School Club  
January 19: Niagara After School Club  
January 19: Riverside Riders, 6 pm (Expo Project Room)  
January 24: Spottsville After School Club  
January 24: South Middle School Teen Club (after school)  
January 24: Cloverbud Club, 5 pm (Expo Building)  
January 25: Bend Gate After School Club  
January 26: Jefferson After School Club

## **January 26: Henderson County Extension Hall of Fame Banquet, 6 pm**

**Be sure to check our Facebook page for updates, changes or new club announcements!**

# Food taste better when you eat it with your family!

## CHEDDAR & TOMATO QUESADILLAS

This zesty dish is a quick and easy way for tweens and teens to practice shredding cheese and assembling quesadillas, using a skillet on the stove and using a knife (with supervision).

### DIRECTIONS:

Sprinkle half of cheese over quesadillas. Top with tomato slices and remaining cheese. Press remaining tortillas on top. Set large skillet over medium heat until hot. Place first quesadilla in skillet and cook until browned on underside, about 1 minute. Turn with spatula and cook until quesadilla is browned on second side and cheese is melted, about 1 minute longer. Repeat with remaining quesadillas. Cut each quesadilla into 8 pieces. Top each with a dollop of guacamole.



### WHAT YOU NEED:

- 8-inch flour tortillas
- 1 container of guacamole
- 8 oz. pepper jack or hot habanero cheddar, grated
- 4 plum tomatoes, thinly sliced



## BAKED CHICKEN STRIPS

A kid favorite, these chicken strips will allow junior chefs to measure ingredients, grate cheese, and beat ingredients with a whisk.

### DIRECTIONS:

Preheat oven to 375 degrees F. Coat 9x13-inch baking dish with cooking spray. Mix together flour, salt and pepper in a bowl. In another bowl, mix together egg whites and milk. In a third bowl, mix together cornflakes and cheese.



Dip chicken strips first into flour, then into egg white mixture, then into cornflake mixture, turning to coat. Place in a baking dish. Bake for 25 minutes or until nicely browned, turning over after about 12 minutes. Serve with ketchup or barbecue sauce if desired.

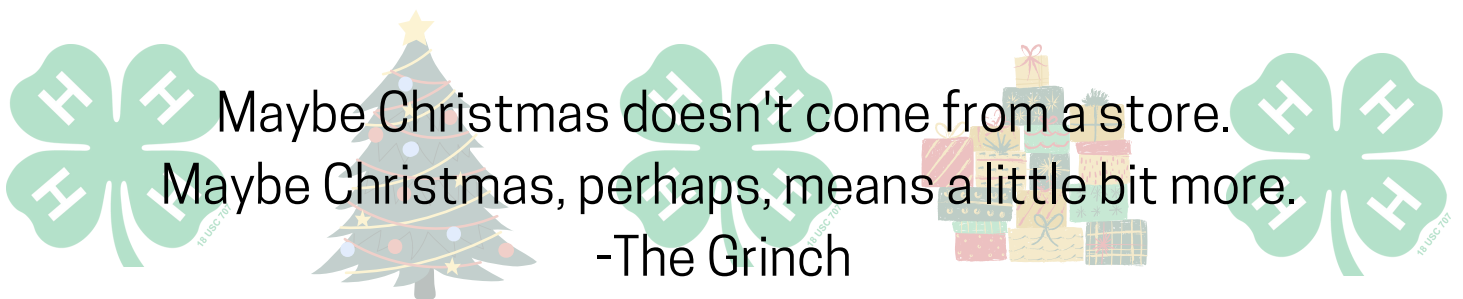
### WHAT YOU NEED:

- Nonstick cooking spray
- 1 cup unbleached, all-purpose flour
- Pinch of salt
- Pinch of ground black pepper
- 4 large egg whites
- 1/2 cup fat (2%) milk
- 1-1/2 cups crushed cornflakes
- 4 oz. sharp cheddar cheese, grated
- 6 boneless chicken breast halves, cut into 1/2-inch-wide strips



Henderson County  
3341 Zion Road  
Henderson KY 42420

RETURN SERVICE REQUESTED



*Allie Brasher*

Allie Brasher,  
4-H Youth Development Agent

*Christina Johnson*

Christi Johnson,  
4-H Youth Development Program  
Assistant

*Ella Fourqurean*

Ella Fourqurean,  
4-H Youth Development Agent