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KENTUCKY ACADEMY
of Nutrition and Dietetics

Time for KAND Board Nominations

Please complete this form to nominate yourself and/or a colleague whom you think would be a great leader to serve on the KAND Board of Directors for the June 2023 - May 2024 membership year.

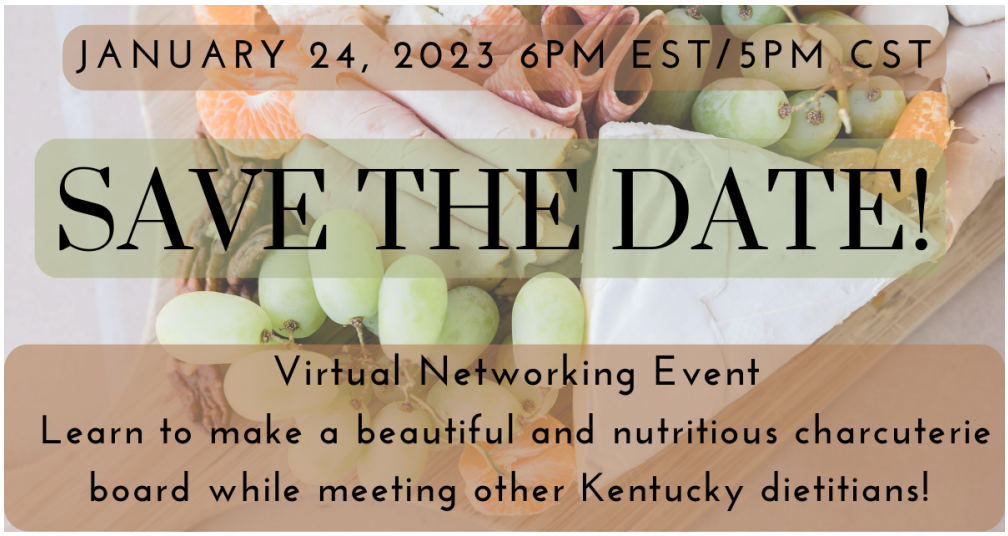
Submission Deadline: Friday, February 24, 2023

Please email kentuckyand@gmail.com with any questions.

Nominate

Join us in Lexington in March 2023! The annual conference planning committee is looking forward to having you join us for the Annual Conference & Expo on March 23, 2023. We look forward to sharing registration information in December.

Virtual Networking Opportunity



We are thrilled to announce a virtual networking opportunity for the new year! After all of the holiday festivities slow down, we all need something to look forward to during the cold winter months. What better to look forward to than the opportunity to network with dietitians around the state before our Annual Nutrition Conference and Expo in March?

Join us on the evening of Tuesday, January 24th 6pm EST/ 5pm CST from the comfort of your own home for a memorable night of building relationships and learning!

We will be learning how to make a beautiful charcuterie board- the perfect skill to utilize at your next family gathering, office party, or just a night when you need a quick and easy no-cooking dinner. The educational portion of the evening will be led by a very special guest, Karli Giles, a Registered Dietitian who works as the County Extension Agent for Family and Consumer Sciences with the University of Kentucky Cooperative Extension Service in Jessamine County.

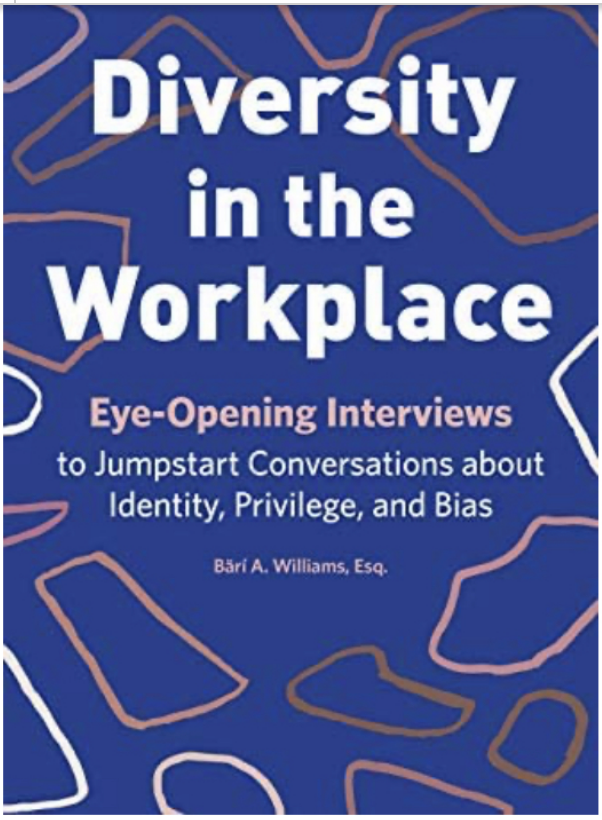
The networking portion of the evening will be facilitated by Kelly Burgess, current KAND Membership Chair.

Please mark your calendar let us know your plans to attend by filling out the form here no later than Monday, January 23rd.

Can't wait to see you!

RSVP

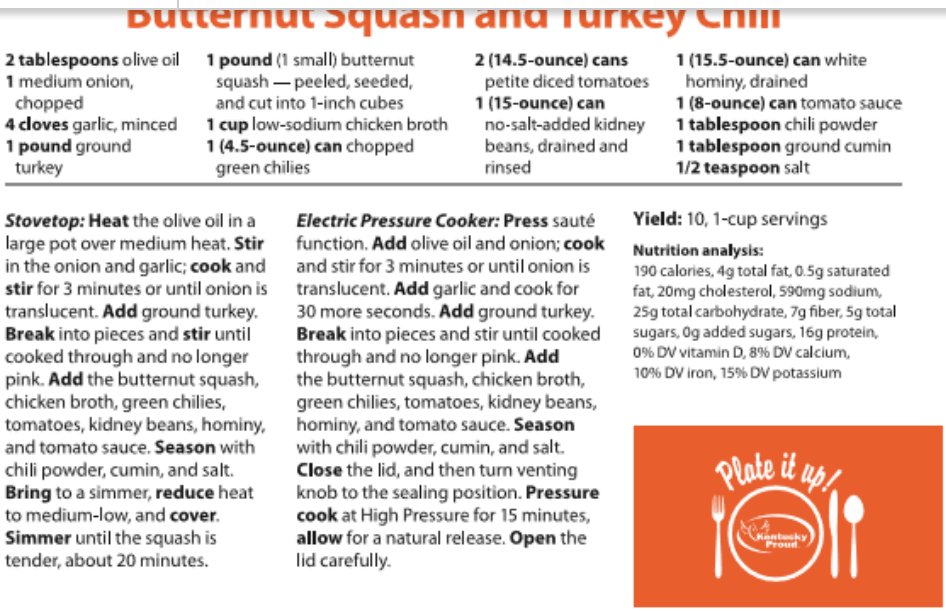
IDEA Book Club Update



Based on survey and poll results we will start meeting on Thursday, January 5th at 6:30-7:30 pm EST to discuss the book, *Diversity in the Workplace: Eye Opening Interviews to Jumpstart Conversations about Identity, Privilege, and Bias* by Bari A. Williams. Please join us via zoom for some good social time and great discussion with fellow KAND members. Please feel free to reach out to me with any questions at jordanellisky@gmail.com.

Zoom link: https://uky.zoom.us/j/4877216345
Meeting ID: 487 721 6345

KYProud Recipe



Butternut Squash and Turkey Chili

2 tablespoons olive oil
1 medium onion, chopped
4 cloves garlic, minced
1 pound ground turkey
1 pound (1 small) butternut squash — peeled, seeded, and cut into 1-inch cubes
1 cup low-sodium chicken broth
1 (4.5-ounce) can chopped green chilies
2 (14.5-ounce) cans petite diced tomatoes
1 (15-ounce) can no-salt-added kidney beans, drained and rinsed
1 (15.5-ounce) can white hominy, drained
1 (8-ounce) can tomato sauce
1 tablespoon chili powder
1 tablespoon ground cumin
1/2 teaspoon salt

Stovetop: **Heat** the olive oil in a large pot over medium heat. **Stir** in the onion and garlic; **cook** and **stir** for 3 minutes or until onion is translucent. **Add** ground turkey. **Break** into pieces and **stir** until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Bring** to a simmer, **reduce** heat to medium-low, and **cover**. **Simmer** until the squash is tender, about 20 minutes.

Electric Pressure Cooker: **Press** sauté function. **Add** olive oil and onion; **cook** and stir for 3 minutes or until onion is translucent. **Add** garlic and cook for 30 more seconds. **Add** ground turkey. **Break** into pieces and stir until cooked through and no longer pink. **Add** the butternut squash, chicken broth, green chilies, tomatoes, kidney beans, hominy, and tomato sauce. **Season** with chili powder, cumin, and salt. **Close** the lid, and then turn venting knob to the sealing position. **Pressure cook** at High Pressure for 15 minutes, **allow** for a natural release. **Open** the lid carefully.

Yield: 10, 1-cup servings

Nutrition analysis:
190 calories, 4g total fat, 0.5g saturated fat, 20mg cholesterol, 590mg sodium, 25g total carbohydrate, 7g fiber, 5g total sugars, 0g added sugars, 16g protein, 0% DV vitamin D, 8% DV calcium, 10% DV iron, 15% DV potassium

Plate it up! Kentucky Proud

Kentucky Winter Squash

SEASON: August through October

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin, and other varieties, is an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind that is free of blemishes or soft spots.

STORAGE: Store it in a cool, dry place and use within one month.

PREPARATION:

To steam: Wash, peel, and remove seeds. Cut squash into cubes. Bring 1 inch of water to a boil in a saucepan and place squash on a steaming basket in the pan. Do not immerse it in water. Cover the pan, and steam for 30 to 40 minutes or until tender.

To microwave: Wash squash, cut it lengthwise, and remove seeds. Place on a baking dish. Microwave until tender, using these guidelines:

- **Acorn squash:** 1 squash, 8 1/2 to 11 1/2 minutes
- **Butternut squash:** 2 pieces, 3 to 4 1/2 minutes
- **Hubbard squash (1/2-pound pieces):** 2 pieces, 4 to 6 1/2 minutes.

To bake: Wash squash, cut it lengthwise and remove seeds. Smaller squash can be cut in half; larger squash should be cut into portions. Bake in a baking dish at 400 degrees F for 1 hour or until tender.

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences
University of Kentucky, Dietetics and Human Nutrition students

Source: FruitsAndVeggies.org

July 2021

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

Commemorating Mary Scruggs

It is with deepest sadness that I write to inform you all that one of our longest-standing BGAND members- Mary Scruggs- has passed away. Mary was certainly a cherished member of our community. I don't know that I can think of anyone who has advocated more for our profession, and we were so lucky to

events over the years, a joy that will not soon be forgotten. Because Mary was such a strong part of our community and advocate for our field, we would like to compile an offering to her family to commemorate all of her years of service. We would love to hear some of your favorite memories, stories or even photos of Mary and we'll compile them into a scrapbook to provide to her family. Please forward any words, stories, memories or photos to erin.michelle.casey@gmail.com for entry!

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