

2023

Cooking Through the Calendar

With the University of Kentucky Cooperative Extension Service
Family & Consumer Sciences

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for
the
recipe!

<u>January</u> <u>Slow Cooker Smooth</u> <u>Black-Eyed Peas</u>	<u>February</u> <u>Cajun Seasoned Fish</u> <u>with Rice</u>	<u>March</u> <u>Vegetarian Taco Soup</u>
<u>April</u> <u>Rainbow Pasta Salad</u>	<u>May</u> <u>Easy Tortilla</u> <u>Breakfast Pizza</u>	<u>June</u> <u>Blueberry</u> <u>Cheesecake Bars</u>
<u>July</u> <u>Tuscan Chicken and</u> <u>Pasta</u>	<u>August</u> <u>Skillet Pork Chops</u> <u>with Peaches</u>	<u>September</u> <u>One Pan Shrimp and</u> <u>Veggies</u>
<u>October</u> <u>Italian One Pot Pasta</u> <u>and Beans</u>	<u>November</u> <u>Slow Cooker Buffalo</u> <u>Chicken Stuffed</u> <u>Sweet Potatoes</u>	<u>December</u> <u>Loaded Beef</u> <u>Stroganoff</u>

Check out your local Extension Office!

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tips, & nutrition info, visit
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