



Ravenna City Council and Mayor, from left, Chris Smyth, Tammy Howell, Mayor Valerie Flinchum, Jody Collett, Budd Tucker, and Amy Crowe.

Kitchen Diva by Angela Shelf Medearis

Take Eggs Beyond Breakfast

Breakfast is my favorite meal of the day, and eggs are one of my favorite ingredients any time of the day! Eggs are a great way to start your day because they're an almost perfect food. Whole eggs are nutritious and contain almost every nutrient you need to maintain good health, and they keep you feeling full between meals.

One large egg has 13 essential vitamins and minerals, and protein, all for 70 calories. While egg whites contain some of the high-quality protein, riboflavin and selenium, most of an egg's beneficial properties are found in the yolk. Here are some vitamins and nutrients:

Vitamin D -- critical for bone health and immune function. Eggs are one of the only foods that naturally contain vitamin D.

Lutein and zeaxanthin -- antioxidants that are believed to reduce the risk of developing cataracts and slow the progression of age-related macular degeneration, a disease that develops with age and is one of the leading causes of blindness in older adults.

Choline -- essential for normal functioning of all cells. Brain development and memory may be enhanced by the choline content of eggs, and the consumption of eggs is particularly important during pregnancy to support healthy brain development of the fetus.

Eggs are not only good for your health, but also good for your wallet! This inexpensive ingredient can be used in a variety of dishes as a source of protein for breakfast, lunch or dinner.

My Easy Supper Shakshuka is a popular dish with variations served in North Africa and the Eastern Mediterranean. It's also known as Eggs in Purgatory because of the spicy sauce the eggs are cooked in.

This simple, versatile one-pan dish features eggs nestled in a flavorful tomato sauce enhanced with onions, garlic and spices, and sprinkled with Feta cheese. It can be served for breakfast or brunch right out of the pan with toast and breakfast sausage or bacon, or with a salad and crusty garlic bread for lunch or supper.

EASY SUPPER SHAKSHUKA

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 teaspoon red chile flakes or 1/4 teaspoon cayenne pepper or 1/4 teaspoon hot sauce
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cloves or cinnamon
- 2 cloves garlic, minced
- 2 cups prepared marinara sauce
- 2 cups fresh baby spinach
- 4 eggs
- 1 1/2 cup feta cheese
- Cilantro, basil or parsley leaves, chopped (optional)

1. In a large skillet over medium heat, add the olive oil, then add the chopped onion, the chile flakes or cayenne pepper or hot sauce, salt, pepper, paprika, cumin and cloves or cinnamon, and cook for 5 minutes, or until the onion becomes soft and translucent. Add the garlic and cook for another 1-2 minutes.

2. Stir in the marinara sauce and turn the heat to high to bring the sauce to a boil. Add the spinach, one handful at a time, and stir it in to wilt it.

3. Turn the heat to low. Using the back of a large spoon, make 4 indentions (wells) in the sauce to place the eggs. Gently crack the eggs in the skillet into the indentions in the tomato sauce and cover the skillet with a lid for 3 to 5 minutes, or until the whites of the eggs are cooked and set.

4. Sprinkle the feta cheese around the eggs and on top of the sauce. Garnish with the cilantro, basil or parsley, if desired, and serve warm with crusty bread or rolls to mop up the sauce. Serves 4.



Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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UK COOPERATIVE EXTENSION SERVICE

University of Kentucky - College of Agriculture



Estill County
4-H Youth Development
Taylor Miles
Estill County Extension Office

Call the Extension Office for details

Estill County Shooting Sports

Estill County 4-H Shooting Sports program is beginning their sign-ups for the new program year. It is open to all youth 9-18 years of age (must have reached 9th birthday as of Jan. 1, 2021 and not reached their 19th birthday as of Jan. 1, 2021.) This program is a wonderful opportunity for young people to safely learn and enjoy the sports of shooting under the guidance of certified coaches and volunteers. Learn about four disciplines offered through the program including archery, rifle, pistol, and shotgun! Shooting Sports Requirements: youth must complete the Hunter's Education Course (<https://fw.ky.gov>). If participating in .22 pistol, youth must be at least 12 years of age (as of Jan. 1, 2021.) The first meeting is still being determined at this time. Call our office at 606-723-4557 (8:00a.m.- 4:30p.m.). You must call the office to sign up, no Facebook messages or voicemails will be accepted.

Equal Opportunity Service Provider

Free Virtual Workshop

Estill County Public Library is partnering with **Grow with Google** to help community members develop or improve their digital skills. The library will host a free virtual workshop on January 14, 2021, called **Reach Customers Online with Google**, and individuals will have the opportunity to learn the following:

- How to improve your website's visibility in Google's organic search results, on all devices
- How to create a free Google My Business listing
- How to advertise your business on Google

Estill County Public Library is committed to offering programs that help our community learn and grow.

Virtual event details:

Reach Customers Online with Google

Learn how customers find your business online, and then find out how to promote your business using *Search Engine Optimization and Smart Campaigns in Google Ads*.

Date: January 14, 2021

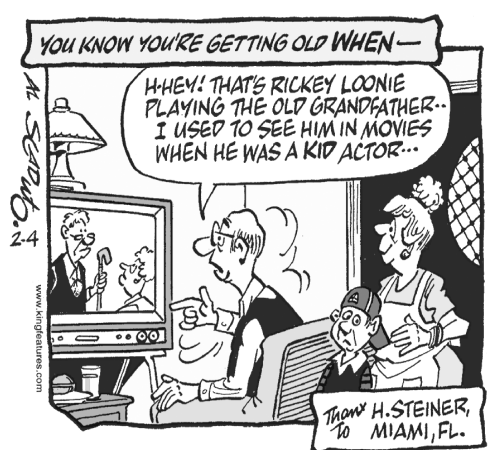
Time: 1:00 PM-2:00 PM

Register at <https://register.gotowebinar.com/register/6564427876315167758>

THEY'LL DO IT EVERY TIME



BY AL SCADUTO



LIKE IT IS DEPT- IN TEENAGER HEKKIE'S ROOM, THE DRAWERS, CLOSETS, CABINETS ARE LOADED WITH JUNK... and WHAT IS EMPTY AND NEVER USED? ASK MOM... SHE KNOWS...

—THANK TO ADAM & LAUREN S., NASHVILLE, TENN.

