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NOTICE OF PUBLIC HEARING

The Public Service Commission of Kentucky issued an order on August 10, 2018, scheduling a hearing to be held on October 9, 2018, at 9:00 a.m., Eastern Daylight Time, in Hearing Room 1 of the Commission's offices located at 211 Sower Boulevard in Frankfort, Kentucky, for the purpose of cross-examining witnesses in Case No. 2018-00218, which is Electronic Examination of the Application of the Fuel Adjustment Clause of Kentucky Utilities Company from November 1, 2017 through April 30, 2018. This hearing will be streamed live and may be viewed on the PSC website, psc.ky.gov. The address for Kentucky Utilities Company is 220 West Main Street, Louisville, Kentucky 40202.

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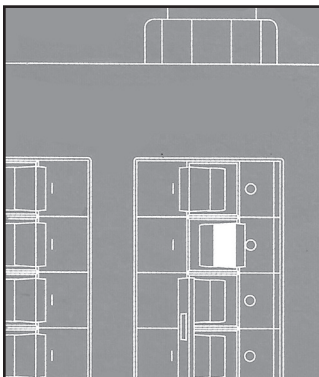
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Stickelers Answer

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Stickeler's Puzzle on Page 12

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Kitchen Diva

An Appetite for Avocados

by ANGELA SHELF MEDEARIS

I adore avocados! They're a guilt-free creamy indulgence that works beautifully in everything from appetizers to desserts. Avocados are considered a fruit -- one of the few fruits or vegetables that contain fat. The fat in avocados is unsaturated and is heart-healthy.

Did you know that per ounce, avocados have 60 percent more potassium than bananas? According to the Centers for Disease Control and Prevention, avocados are loaded with nutrients such as dietary fiber, vitamin B-6, vitamin C, vitamin E, potassium, magnesium and folate. They're also cholesterol- and sodium-free. Two tablespoons of mashed avocado or one-fifth (about 1 ounce) of a medium avocado provides about 55 calories.

Avocados are one of the produce items with the least amount of pesticides, so there is no benefit to buying organic avocados. To choose an avocado, squeeze it gently. It should be firm but give to slight pressure.

Hard avocados are not yet ripe, but can ripen in a few days. Place the unripe avocado in a brown paper bag for two to five days. Apples or bananas can be added to the bag to shorten the process because the gas they give off helps ripen the avocados. Ripe avocados can be stored in the refrigerator for two to three days.

Always wash avocados before eating. Cut lengthwise and rotate the halves to separate. Use a spoon to remove the seed and scoop out the meat, or peel the skin away from the fruit. Lemon juice, lime juice or white vinegar can help prevent discoloring.

You also can press plastic wrap directly on the surface and then wrap to store in the refrigerator for a few days. If the surface turns brown, just cut off the top layer and throw it away, the rest is OK to eat.

Avocados can be enjoyed in a variety of ways. A favorite is in guacamole, which can be healthy depending on how you make it. Mashed avocado can be used instead of mayonnaise on a sandwich or wrap. You also can mix avocado with your choice of whole grains and other vegetables for a tasty whole-grain salad.

Avocados are a wonderful addition as a source of nutritious fats and texture to baked goods and desserts. If you're searching for a new way to incorporate avocados into your diet, try these delicious Avocado Muffins! They're perfect for breakfast or as a savory side for soups and salads.

Avocados and butternut squash provide nutrients and flavor to this traditional muffin recipe. When combined, they act as a "nutrient booster" by helping to increase the absorption of fat-soluble nutrients like vitamins A, D, K and E.

Avocados are heart-healthy and contain good fat that enhances the absorption of the vitamin A found in the butternut squash. The vitamins A and E in each muffin provide 25 percent of the recommended daily value. They also contain 6 grams of protein and are a good source of dietary fiber.



Photo Credit: DepositPhotos

AVOCADO MUFFINS

- 12 paper muffin cups (optional)
- Butter-flavored cooking spray
- 1 cup canned pureed butternut squash or 1 pound fresh -- peeled and cut in 1-inch cubes*
- 1 cup whole-wheat pastry flour
- 3/4 cup all-purpose or almond flour
- 1 tablespoon cornstarch
- 1 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/4 cup granulated sugar or stevia
- 2 eggs
- 1/2 ripe avocado, seeded, peeled and mashed (about 1/4 cup)
- 1/4 cup plain Greek yogurt
- 1 teaspoon pure vanilla extract
- 1/3 cup almond milk
- 1/3 cup sliced almonds

1. Heat oven to 350 F. Prepare muffin tin with paper muffin cups -- spray each cup with cooking spray. Set aside.

*If using fresh butternut squash, place cubes on a cookie sheet at 350 F for around 30 minutes or until fork tender. Cool; puree squash in food processor and set aside. If using canned pureed squash, proceed with the recipe below.

2. Spoon flours into dry measuring cups and level with a knife. Whisk together cornstarch, baking powder, baking soda, salt and cinnamon in a medium-size bowl. Set aside.

3. Combine sugar or stevia, eggs, avocado, yogurt and vanilla in a large bowl and beat with a hand mixer until well-combined.

4. Add almond milk and pureed butternut squash, beating at a low speed until blended together.

5. Add flour mixture to above mixture and beat at a low speed just until combined (don't overmix).

6. Spoon batter into muffin cups and fill halfway. Sprinkle a few almonds evenly over each muffin.

7. Bake muffins for 25-30 minutes or until a wooden pick inserted in center comes out clean. Let muffins cool in the pan for 4 to 5 minutes, then remove immediately to keep muffins from becoming dense. Serves 12.

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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