

# 2023

# Cooking Through the Calendar

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

Presented by FCS Agents in Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, & Trimble Counties

Click  
for  
the  
recipe!

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

Contact your local  
Family & Consumer Sciences  
Extension Agent!



For more recipes, cooking  
tips, & nutrition info, visit  
[planeatmove.com](http://planeatmove.com)



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