

LIMESTONE COUNTY

family & community health

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inching closer to summer...

EMILY FISHER, CEA-FCH

We have made it to May! While the chaos of end-of-school activities, sports, etc. carries on (just a little longer!), we hope you can find time to unwind in the coming Summer break.

If you are looking for things to do here in Limestone County this Summer, follow us on our Facebook! We will share as much as we can on the activities happening throughout our county.

www.facebook.com/limestoneFCH



4-H News

Texas 4-H Roundup: June 8-11, 2021

District Horse Show: June 14-15, 2021

District SURGE: June 22-25, 2021

Southeast District County Camp: July 9-11, 2021



** The Limestone County Extension Office will pay HALF of the County Camp fee for the first 10 individuals to sign up! Please contact the Extension Office for questions. **

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*Summer isn't Summer
without 4-H Camp!*

Southeast District 8 4-H County Camp:

**July 9-11, 2021
Lakeview Methodist Conference
Center, Palestine, TX**

**Open to all 4-H Members
3rd-12th Grade**

**9th-12th Graders are eligible to
serve as Teen Leaders**

**We will pay HALF (\$62.50) the
registration fee for the first 10
youth to sign up!**

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NEWS & UPCOMING EVENTS

We have lots of requests for Food Handlers certification courses! If you or your group are looking to be certified, please contact the Extension Office at (254) 729-5314. We currently have two classes coming up in May.

Food Handlers Courses can be taught here at the Annex, or I can come to you!

Cost is \$20/Person.

Class usually lasts around 2 hours.

Accommodations can be made for anyone needing them (vision, hearing, Spanish, etc.) when requested ahead of time.

If you follow us on Facebook, you have seen our "Throwback Thursday" posts. We are asking that if you recognize anyone, please let us know! We would like to be able to identify and record those who have worked with Extension throughout the years.

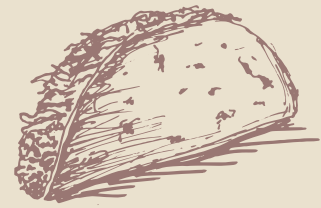
Thank you,

Emily



CHICKEN TACOS

with Roasted Street Corn



INGREDIENTS:

- 1.5 LBS CHICKEN BREAST, SKINLESS, BONELESS
- 10 OZ. DICED TOMATOES WITH GREEN CHILIES
- 2 TBSP TACO SEASONING
- 1/2 WHITE ONION
- 2 TBSP WATER
- 12 WHITE CORN TORTILLAS
- 2 TSP OLIVE OIL
- 12 OZ. FROZEN CORN
- 2 JALAPENO PEPPERS, SEEDED & DICED
- 1 TSP CHILI POWDER
- JUICE OF 1 LIME
- 1/2 C CILANTRO LEAVES, CHOPPED
- 1/3 C COTIJA CHEESE, GRATED

Nutrition Facts	
6 servings per container	
Serving size	2 tacos (325g)
Amount per serving	
Calories	360
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 90mg	30%
Sodium 410mg	18%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 1mg	6%
Potassium 690mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Wash your hands and clean your preparation area. Rinse any fresh vegetables under cool running water before chopping. Wash the tops of cans before opening.

Place the chicken breast, diced tomatoes, taco seasoning, onion & water into the slow cooker. Cook on high for 4 hours or low for 6 hours. Ensure chicken reaches the proper internal temperature of 165 degrees.

In a medium-size skillet, heat the olive oil over medium heat. Add the corn and jalapeno peppers to the skillet. Let cook without moving for a couple of minutes to slightly char the corn. Add the chili powder and cook until the corn is cooked through and to your desired level of char. Remove from heat and add the lime juice and cilantro.

Remove the chicken from the slow cooker and shred for assembly.

To assemble the tacos, gather your tortillas and add the chicken, roasted corn and top with the cotija cheese.