

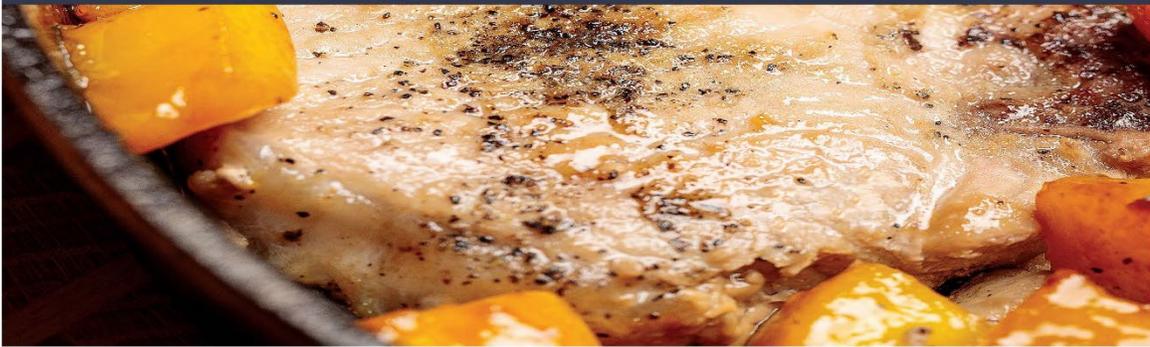
# Family and Consumer Science

Ohio County  
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*Nan Montgomery*  
**Nan Montgomery**  
Agent for Family & Consumer Sciences

## Skillet Pork Chops with Peaches



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

- 1 tablespoon oil
- 4 center cut pork chops (about 1/2 inch thick), trim visible fat\*
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 tablespoon butter
- 2 cups diced canned peaches, drained\*\*
- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar

\*Boneless pork loin chops can also be used in this recipe.  
\*\*Fresh in-season or frozen peaches may be substituted for canned peaches.

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. If using fresh peaches, wash under cool running water, gently rubbing the skin. Dry. Dice for the recipe.
3. Heat a large skillet over medium-high heat. Add oil.
4. Season pork chops with garlic powder, salt, and black pepper. Add to pan.

5. Rewash hands after handling raw meat.
6. Brown both sides of pork chops, cooking until the meat reaches an internal temperature of 145 degrees F as measured on a meat thermometer. Remove from pan to rest.
7. Return skillet to the stove and increase heat to high. Add butter, peaches, apple cider vinegar, and sugar. Cook quickly, stirring often, allowing peaches to slightly turn brown and sauce to thicken (about 2 to 4 minutes).
8. Return pork chops to the pan with peaches and continue cooking until the mixture coats the pork chops (about 2 to 3 minutes).
9. Serve each pork chop topped with peaches.
10. Refrigerate leftovers within 2 hours.

**Makes 4 servings**  
**Serving Size: 1 pork chop**  
**Cost per recipe: \$7.78**  
**Cost per serving: \$1.95**

**Nutrition facts per serving:**  
280 calories;  
10g total fat; 3g saturated fat; 0g trans fat; 70mg cholesterol; 400mg sodium; 21g total carbohydrate; 2g dietary fiber; 19g total sugars; 6g added sugars; 28g protein; 6% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 15% Daily Value of potassium.

**Source:**  
Brooke Jenkins, Extension Specialist, University of Kentucky Cooperative Extension Service

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Family and Consumer Sciences Facebook Page  
<https://www.facebook.com/UKFCSExt>  
University of Kentucky Family and Consumer Sciences Podcast  
Extension Podcast: <https://ukfcsext.podbean.com/>  
Check out our county website for information on all program areas.  
<http://ohio.ca.uky.edu/>



Disabilities accommodated with prior notification.

# Homemaker Happenings

Thought of the Day- "Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read." - Groucho Marx

Roll Call: Celebrate the "dog days of August" by naming your favorite book – or dog!

## Dates to Remember:

August 2<sup>nd</sup> Leader training

August 19<sup>th</sup> Kids day at the farmers market. Bring the whole family to the Beaver Dam Community Farmers Market for a day of fun! 9:00 to noon. I need two more volunteers to work a booth.

August 17<sup>th</sup>- 27<sup>th</sup> Kentucky State Fair

August 22<sup>nd</sup> Homemaker Leader Lesson Daviess County @ 10:00 am

August 30<sup>th</sup> & 31<sup>st</sup> Youth Ag days need

September 19<sup>th</sup> Area Annual Day Mclean County

September 26<sup>th</sup> Ohio County Annual Day @ 10:00 AM Extension Office



**Kids Day at the Farmers Market is August 19<sup>th</sup> 8:00 AM to Noon. If you would like to volunteer, please let me know. I need 2 more people.**



Thank you to everyone that attended or helped with the Homemaker Picnic! A great time was had by all.

# ADULT HEALTH BULLETIN



**AUGUST 2023**

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Ohio County Extension Office  
1337 Clay Street  
Hartford, KY 42349  
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## THIS MONTH'S TOPIC: LUNG CANCER SCREENINGS



**A**ugust 1 is World Lung Cancer Day, a day to bring awareness to the importance of lung cancer screening and taking active steps to reduce the likelihood of negative outcomes.

Lung cancer is the leading cause of cancer deaths in Kentucky. However, early diagnosis increases the odds for successful treatment. Evidence-based screening among eligible Kentuckians is a safe way to catch lung cancer early and increase a person's odds of beating the disease.

The Kentucky Lung Cancer Screening Program has three goals:

1. Increase lung cancer screening,
2. Reduce morbidity and mortality from lung cancer, and
3. Reduce the cost of treating lung cancer.

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Disabilities accommodated with prior notification.

## Lung cancer is the leading cause of cancer deaths in Kentucky.



For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

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The U.S. Preventive Services Task Force (USPSTF) recommends yearly lung cancer screening with low-dose computed tomography (LDCT) for people who have the following risk factors:

- A 20 pack-year or more smoking history
- Smoke now or have quit within the past 15 years
- Are between 50 and 80 years old

A pack-year is smoking an average of one pack of cigarettes per day for one year. For example, a person could have a 20 pack-year history by smoking one pack a day for 20 years or two packs a day for 10 years.

The recommended screening test for lung cancer is low-dose computed tomography (also called a low-dose CT scan). Screening is recommended for adults who have no symptoms but are at high risk.

The best way to reduce your risk of lung cancer is to not smoke and to avoid

secondhand smoke. Lung cancer screening is not a substitute for quitting smoking.

For more information on the Kentucky Cancer Screening Program, or to find screening options and locations near you, visit [ky.gov](http://ky.gov) and search “lung cancer screening.”

For information on quitting tobacco, call Quit Now Kentucky at (800) QUIT-NOW or (800) 784-8669, text Quit Now Kentucky at QUITNOW to 333888, or visit [quitnowkentucky.org](http://quitnowkentucky.org).

#### REFERENCE:

[https://www.cdc.gov/cancer/lung/basic\\_info/screening.htm](https://www.cdc.gov/cancer/lung/basic_info/screening.htm)

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**ADULT**  
**HEALTH BULLETIN**

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