

Pre-School Pages



A newsletter for parents of pre-schoolers
 packed with food, facts & fun
 from your local county extension office

Cooperative Extension Service

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Omelet on the Go

The best part about this omelet recipe is that you can choose whichever veggies you want to add.

Ingredients:

- 1 cup diced ham
- 2½ cups any chopped, sautéed fresh vegetables (such as: mushrooms, bell peppers, tomatoes, spinach)
- 1 cup shredded low-fat cheddar cheese
- 9 large eggs
- ¼ cup low-fat milk
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions:

1. Preheat oven to 375 degrees F. Spray 12 cup muffin pan with nonstick cooking spray. Set aside.
2. In a large bowl, combine ham, sautéed

3. vegetables cheese. Divide the mixture evenly among muffin tins.



4. In a bowl, whisk together eggs, milk, salt and pepper. Pour egg mixture over the ham and vegetable mixture, filling each muffin tin to the top.
5. Bake for 25 to 30 minutes or until the tops are firm to the touch and an inserted toothpick comes out clean. Remove from the oven and set aside for 5 minutes before removing from pan. Serve warm.
6. Store leftover omelets in an airtight container in the refrigerator for up to 4 days. Reheat in a microwave oven for 20-40 seconds.

Notes

Omelets can be served on a toasted English muffin, bagel or other bread for a breakfast sandwich. This is a great use for leftover ham.

Source: Brooke Jenkins-Howard, Curriculum Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service



Go Outside

Enjoy the outdoors



Children are naturally interested in nature and springtime is a perfect time to get them outside. Gardening connects children to where their food comes from and increases their interest in eating a greater variety of fresh fruits and vegetables, as well as enhancing overall physical health.

Consider planting a garden, whether in the ground or in containers, with your kids. Certain plants germinate quickly or are larger seeds that are better for small fingers.

Some seed possibilities include:

- sunflowers
- pole beans
- lettuces
- herbs
- cherry tomatoes
- wildflowers

<https://www.canr.msu.edu>



Birthday Bags

Do you have a child turning 5?



If your child is turning 5 years-old? If so, stop by the Graves County Cooperative Extension Service and pick up a birthday bag!

The early childhood council has provided the birthday bags including a book, puzzle and more. We are thankful to help them get in the hands of 5-year-old!

5-year-olds enter a period of self-discovery.

- They love being around kids their own age become important
- They love to see if they can do what their friends can do, friends are important
- Family is where children feel valued and can be their true selves and express their feelings

Denise Wiley

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