The Union County Extension Homemakers Council and Club hosted their annual “Holiday Foods” celebration on October 22. The event was dedicated to Frances Owens, an Extension Homemaker Club member for over 50 plus years. She was instrumental in the success of Holiday Foods for the last 26 years. She will truly be missed.

The featured speaker was Janet Carson, State Horticulture Specialist with the University of Arkansas System Division of Agriculture Research and Extension. She spoke on “Holiday Beauties”, plants that bloom during the holidays.

The theme for this year’s event was “Harvest of Crockpot Cookery.” Crockpot Cooking is great for convenience and spontaneous family get togethers. Eight featured recipes were prepared in crockpots for a food tasting by those in attendance. Each featured recipe was prepared and presented by an Extension Homemaker Club member, with tips on how they prepared the dish.

Everyone attending received a prepared cookbook of crockpot recipes including the featured recipes. More than $2500.00 in door prizes, donated by local businesses were presented to guests. The participating homemaker members declared it a great outreach to the community, although it was a lot of work.
Extension Homemakers Club Next Board Meeting will be: November 10th at 4 pm at Westside Christian School. We will not have a Board Meeting in December!

Slow Cooker Chicken Dressing

Ingredients

- 5 skinless, boneless chicken breast halves
- 1 (9x9 inch) pan cornbread, cooled and crumbled
- 8 slices day-old bread, torn into small pieces
- 4 eggs, beaten
- 1 onion, chopped
- 1 teaspoon ground black pepper
- 2 teaspoons dried sage
- 2 (14.5 ounce) cans low sodium chicken broth
- 1 (10.75 ounce) cans low sodium condensed cream of chicken soup
- 2 tablespoons margarine

Directions

1. Place chicken in a pot with water to cover, and bring to a boil over medium heat. Boil 20 minutes, or until cooked through. Cool, and cut into pieces.

2. In a slow cooker, stir together chicken, cornbread, bread, eggs, onion, salt, pepper, sage, chicken broth, and chicken soup. Stir until well blended. Dot with margarine.

3. Cover, and cook on Low for 3 to 4 hours. Remove lid, and fluff with fork. Let rest 15 minutes before serving.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount/Serving</th>
<th>%DV*</th>
<th>Amount/Serving</th>
<th>%DV*</th>
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<tbody>
<tr>
<td>Total Fat 8g</td>
<td>10%</td>
<td>Total Carb. 24g</td>
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<tr>
<td>Sat. Fat 2.5g</td>
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<tr>
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<td>Calcium 8%</td>
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I want to wish everyone a Blessed Thanksgiving Holiday and a Very Merry Christmas!!

-Lauren Brown

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