



University of Kentucky  
College of Agriculture,  
Food and Environment



Cooperative Extension Service  
Allen County  
200 East Main Street  
Scottsville KY 42164-0355  
(270)237-3146  
Fax: (270)237-5716  
www.ca.uky.edu/ces



# Allen County 4-H Youth Development Newsletter

April 2023 / May 2023



Follow us:  
Facebook @ Allen County 4-H Youth Development

## Message from 4-H Agent Anna,

IN This issue:

- Club Flyer's & Dates
- Shooting Sports Session
- Arts & Crafts Day Camp
- Poster Contest Info
- Country Ham Dates
- Leather Workshop
- String Art Workshop
- Crochet Workshop
- Woodworking Workshop
- Raffle Fundraiser
- Upcoming Dates
- Family Beach Day
- Teen Conference
- AG Academy
- Cloverbud Camp
- Project Showcase Info
- 4-H Summer Camp
- April & May Calendars
- Breakfast Pizza Recipe



Spring is in the air! As the school year begins to wind-down, Allen County 4-H has lots of fun and exciting opportunities as we head into summer. This includes but is not limited to Workshops, Overnight Camp experiences, a "NEW" Family Day at the Beach and more.

We have several fun overnight opportunities coming up this summer including: 4-H Summer Camp (ages 9-17), 4-H Cloverbud Camp (Ages 5-8 + Family Member) and AG Academy Field Trip. While these activities may have some cost, you can help reduce or even get those activities free by participating in our fundraisers.

Make sure to take advantage of our Summer Family Fun Raffle Fundraiser in May. Participating families will get 4-H Bucks for each ticket they sale to redeem towards 4-H registration fees for activities like workshops, camps, field trips and more.

Just a reminder for new families, most of our 4-H Clubs will take a break over the summer and your final meetings will take place in April and May.

Last but not least, don't forget Spring & Summer breaks are the perfect time to start preparing your 4-H entires for the 4-H Fair Project Showcase in July. So get started sooner rather than later. All of our 4-H Workshops feature 4-H Showcase Eligible Projects, not to mention hundreds of more, listed in the fairbook with link located in newsletter.

Allen County Extension Office  
Office Hours  
Monday—Friday  
8:00 a.m.—4:30 p.m.  
(With the exception of Holidays)

Sincerely,  
*Anna Meador*  
Anna Meador  
4-H Youth Development  
Extension Agent



Keep updated with Allen County 4-H announcements throughout the month. Text the number, 81010, entering the following message: @d982c This will allow you to stay current with all announcements and reminders about club meetings, activities, opportunities and more!

ARE YOU FOLLOWING US ON FACEBOOK???

HAVE YOU SET US AS A "FAVORITE" - SO YOU GET IMMEDIATE UPDATES





University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Allen County Cooperative Extension

# CLVERBUDS

Club for Ages 5-8

**MONTHLY MEETINGS ON 1ST THURSDAYS AT 5:30 - 6:30 PM**

- October 6th
- November 3rd
- December 1st
- January 5th
- February 2nd
- March 2nd
- April 6th
- May 4th

ADULT REQUIRED TO ATTEND & ASSIST CHILD



Allen County Cooperative Extension

# SEWING CLUB

MONTHLY MEETINGS  
4:00 PM - 6:00 PM  
3RD TUES. EACH MONTH

--- OPEN TO AGES 9-18 ---

OCTOBER 18TH  
NOVEMBER 15TH  
DECEMBER 20TH  
JANUARY 17TH  
FEBRUARY 21ST  
MARCH 21ST  
APRIL 18TH  
MAY 16TH

Youth welcome to ride bus & arrive at 3:30 PM



4-H University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# POULTRY CLUB DATES 2022 - 2023

Meetings on 3rd Thurs. each month  
5:30-6:30 pm

@ Extension Office - Basement Meeting Rm.

**MEETING DATES**

September 15th  
October 20th **UPDATE**  
November 6th  
December 6th  
January 19th  
February 16th  
March 16th  
April 20th  
May 18th



Allen County Cooperative Extension

# "HELPING HANDS" 4-H COMMUNITY CLUB

**MONTHLY MEETINGS 3:30 PM - 5:00 PM 2ND TUES. EACH MONTH**

September 12th  
October 10th  
November 14th  
December 12th  
January 9th  
February 13th  
March 13th  
April 10th  
May 8th

Youth may ride bus to Extension Office, arrive at 3:30 PM



Allen County Cooperative Extension

# Horsin' Around CLUB

MONTHLY MEETINGS  
3RD MONDAY'S  
6:30 PM - 7:30 PM

SEPTEMBER 19TH  
OCTOBER 17TH  
NOVEMBER 21ST  
DECEMBER 19TH  
JANUARY 23RD (4TH MON)  
FEBRUARY 6 (1ST MON)  
MARCH 20TH  
APRIL 17TH  
MAY 15TH

CONTACT CLUB LEADERS FOR RIDES DAYS & ADDITIONAL MEETING DATES & TIMES



4-H University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# LIVESTOCK CLUB

Contact Leader, Sarah Jones for more info: (615) 655-4922

MONTHLY MEETINGS  
TIME  
6:00 - 7:30 PM

LOCATION  
LARGE MEETING ROOM

**MEETING DATES (4TH MONDAYS):**  
SEPTEMBER 26TH  
OCTOBER 24TH  
NOVEMBER 28TH  
JANUARY 30TH (5th Mon)  
FEBRUARY 27TH  
MARCH 27TH  
APRIL 24TH  
MAY 22ND



Allen County Cooperative Extension

# COOKING CLUB

MONTHLY MEETINGS  
2ND THURSDAYS  
3:30 PM-5:30 PM IN  
LARGE MEETING ROOM  
LIMITED TO 12 YOUTH,  
AGES 9-18.

OCTOBER 13TH  
NOVEMBER 10TH  
DECEMBER 8TH  
JANUARY 12TH  
FEBRUARY 9TH  
MARCH 9TH  
APRIL 13TH  
MAY 11TH



Allen County Cooperative Extension

# S.E.T. (Science, Engineering, Technology) PROJECT CLUB

MONTHLY MEETINGS  
ON 3RD MONDAYS  
AT 3:30 - 5:30 PM IN  
LARGE MEETING ROOM

SEPTEMBER 19TH  
OCTOBER 17TH  
NOVEMBER 21ST  
JANUARY 23RD (4TH MON.)  
FEBRUARY 27TH (4TH MON.)  
MARCH 20TH  
APRIL 17TH

REGISTRATION REQUIRED EACH MEETING :  
BY CALLING 270-237-3146



Allen County Cooperative Extension

# "Create" Club

A Hands-on Club for Creativity

MONTHLY MEETINGS  
ON 2ND WEDNESDAYS  
AT 3:30 5:00 PM IN  
LARGE MEETING ROOM

- October 12th
- November 9th **ATTENTION: DATE CHANGE!!**
- December 14th
- January 11th
- February 15th
- March 8th
- April 12th
- May 10th

Members can ride the bus to Ext. Office, Bus arrives at 3:30 PM





# SHOOTING SPORTS CLUB



## MANDATORY SAFETY SESSION

DATES FOR 2023 PARTICIPATION

### SAFETY SESSION DATES

ALL SESSIONS LOCATED IN BASEMENT RM. OF AT ALLEN COUNTY EXTENSION OFFICE

Pick ONE to Attend:

- Mon. March 6th @ 6:00-7:30 PM OR
- Thurs. March 23rd @ 6:00-7:30 PM OR
- Tues. April 11th @ 6:00-7:30 PM

Questions? Call the Extension Office (270) 237-3146



# 2023

## Art & Crafts Day Camp

May 31st  
9 AM - 3 PM

Juniors (Ages 9-13)  
Seniors (Ages 14-18)

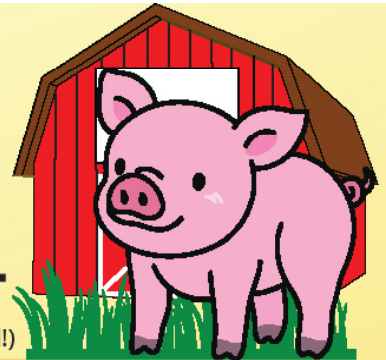
- Projects: Complete 4-6 County & State Fair eligible projects (Projects still TBD)
- Clothing: Wear paint clothes & hair-tie
- Location: Warren County Extension Office (transportation not provided)
- Cost: \$20, lunch included
- Registration due: May 5th
- Call to register 270-237-3146

4-H Project Showcase Approved Project!



## 2023 COUNTRY HAM 4-H PROJECT

(Prior registration required!)



### SAVE THE DATES

Country Ham Education Sessions (must attend 2 of 3)

- May 2nd, 2023 @ 6:00 PM at Clifty Farms
- July 6th, 2023 @ 6:00 PM at Clifty Farms
- Aug. 3rd, 2023 @ 6:00 PM at Clifty Farms

Country Ham Speech Workshop (Optional)

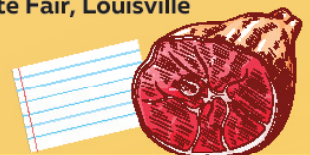
August 3rd, 2023 @ 3:30- 5:00 PM at Extension Office

State Country Ham & Speech Contest

August 17th, 2023 - KY State Fair, Louisville



Must compete with your finished Ham & Speech at State Fair



## 4-H Poster Art and Flyer Contest

### GENERAL RULES FOR 4-H POSTER ART AND FLYER CONTEST:

1. 4-H is the topic of the poster. (Show what you think 4-H is, what you do in 4-H, what 4-H does for others, promote 4-H – use your imagination)
2. Well known cartoon characters cannot be used because they are copyrighted
3. The 4-H'ers name, age (as of January 1, 2023), county and a brief artwork interpretative statement must be affixed to the back in the upper left hand corner.

### 4-H POSTER RULES:

1. All posters must be designed on, or affixed to, 1/2 of a poster board. They may be horizontal or vertical. Posters may be produced by any medium...watercolor, ink, crayon, acrylic, charcoal, oils, collage so long as they are not three dimensional.

### 4-H FLYER RULES:

1. All flyers must be on 8 1/2" by 11" sheet of paper.
2. Flyers MUST be computer generated



2023

Allen Co. 4-H Council Presents:  
Summer 4-H Fundraising Opportunity



# SUMMER FAMILY FUN BASKET RAFFLE



Come to our Office to get your 2023  
Fundraising Packet on May 1st!

Open to ALL 4-H Youth: Youth to receive 70% of sales back in 4-H Bucks to go towards use for their 4-H activities (Camp, Conferences, Workshops, etc.) & 30% returns to 4-H Council for future program funding opportunities.

- Raffle Sales Begin: Mon. May 1st @ 8 AM
- Raffle Forms/Stubs Return: Wed. May 24th by 4 PM
- Raffle Drawing: Fri. May 26 @ 12 PM

Enter for a chance to win a basket  
of summer Fun Experiences for the  
entire Family!!! Valued over \$500

\$5  
PER TICKET



18 USC 707

## UPCOMING DATES

- Horse Camp:
- April 20-21, 2023
- District 6 Horse Show:
- April 22, 2023
- MCA Area Communications Contest:
- May 4, 2023 (Barren County)
- State Dairy Cow Camp & Skillathon:
- May 20, 2023 (Logan County)
- State Horse Contest:
- June 7-9, 2023 (Lexington/Elizabethtown)
- Teen Conference:
- June 13-16, 2023
- State Horse Show:
- June 24-29, 2023 (Louisville)
- 4-H Fair Project Showcase Week:
- July 10-14, 2023
- 4-H Summer Camp:
- July 17-21, 2023
- State Cullinary Challenge Contest:
- August 11-12, 2023 (Boone County)
- State Country Ham Contest:
- August 17, 2023
- State Fair & 4-H Cloverville:
- August 17-27, 2023



# Leather Stamping

## WORKSHOP

- DATE: THURS. MAY 25TH
- TIME: 9:00 AM - 11:30 AM
- COST: \$20.00
- RSVP AND PAY: BY 5/18
- TO REGISTER: CALL 270-237-3146
- LOCATION: EXT. OFFICE, 200 EAST MAIN ST.
- 4-H AGES: 9-18



**Make ME!!!**



Note: This Workshop can be attended separate or paired with Woodworking Workshop for full day-camp, as desired. Youth ask to bring a lunch if attending both.

# STRING ART

## WORKSHOP

APRIL 11TH, 2023

@3:30 - 5:30 PM

- **Cost:** \$10.00
- **Ages:** 9-18  
*(No Cloverbuds)*
- **RSVP & Pay by:** 4/4
- **Location:** Allen Co. Extension Office

*Youth welcome to ride bus #1 arriving at Ext. Office at 3:25 PM.*



# CROCHET WORKSHOP

April 25, 2023

@ 3:30 - 5:30 PM

- **Cost:** \$10.00
- **Ages:** 9-18 *(No Cloverbuds)*
- **Register:** Call (270) 237-3146
- **RSVP & Pay by:** 4/18
- **Location:** Extension Office

*Youth are welcome to ride bus #1 to Ext. Office arriving at 3:25 PM*



# Wood-Working Workshop

**Make ME!!!**

DATE: THURS. MAY 25TH

TIME: 12:00 - 5:00 PM

COST: \$10.00

RSVP AND PAY: BY 5/18

TO REGISTER: CALL 270-237-3146

LOCATION: EXT. OFFICE, 200 EAST MAIN ST.

4-H AGES: 9-18

Note: This Workshop can be attended separate or paired with Leather Workshop for full day-camp, as desired. Youth ask to bring a lunch if attending both.



Chalkboard with Hooks





ALLEN COUNTY 4-H

# BEACH PARTY

AT BARREN RIVER LAKE PARK - BEACH

**4-H FAMILY DAY**

..... 4-H FAMILY DAY .....

- OPEN TO ALL CURRENT/INTERESTED 4-H FAMILIES
- LUNCH PROVIDED
- COST: \$5/PERSON
- RSVP & PAY BY: 6/21
- PREPARE FOR A DAY OF FUN, WEAR SWIMWEAR, TOWELS, ETC.

**FOOD, FUN & SUN W/ 4-H**

**THURS. JUNE 29, 2023**  
10:30 AM - 2:30 PM

**BARREN RIVER LAKE STATE PARK BEACH**  
1149 STATE PARK RD, LUCAS, KY 42156

OPEN TO ALL CURRENT/INTERESTED FAMILIES

2023

# AG-ACADEMY

**Cost: \$75.00** (covers 6 meals + hotel + travel)

**Call Extension Office to Enroll at 270-237-3146 by July 7th**

**Spaces limited to 1st SIXTEEN youth ages 9-18**

**Cloverbuds may attend Day 1 with Parent Chaperone**

**Wednesday July 26th (@ 9:00 AM - 5 PM)**  
Location: Extension Office & Off-site Tours

**Day 1**

## FIELD TRIP to Local Farms

- Intro to Ag Lesson
- Local Day Field Trips (TBD)
- Hands-On Make & Take Workshop

**Thursday July 27th (Meet @ 7:30 AM)**  
**Friday July 28th (Return @ 7:00 PM)**  
Location: Drop Off & Pick-up at Extension Office

**Day 2 & Day 3**

## FIELD TRIP to

SHAKER VILLAGE OF PLEASANT HILL

- Overnight Field Trip to Shaker Village (Harrodsburg, KY)
- Visit Other Farms in Central KY
- Overnight Hotel-Stay

# KENTUCKY 4-H TEEN CONFERENCE

**JUNE 13-16 2023 AT UNIVERSITY OF KENTUCKY**

**AGE: ENTERING GRADES 9TH - 12TH GRADES + 4-H AGE 18**

**#CELEBRATEKY4H**

**EDUCATIONAL MAJORS & LEADERSHIP MINORS**

**COST: \$140 (ORIGINALLY \$200) W/ 4-H COUNCIL DISCOUNT \*NOTE: ACHIEVEMENT DISCOUNTS APPLY**

**COMMUNITY SERVICE**

**CLOVERFEST DANCE FASHION REVIEW PERFORMING ARTS SHOWCASE**

**RSVP W/AGENT ANNA & PAY BY 5/19**

Cooperative Extension Service  
Agriculture and Natural Resources  
Family and Consumer Sciences  
4-H Youth Development  
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and are not discriminate on the basis of race, color, gender, origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. UNIVERSITY OF KENTUCKY, KENTUCKY STATE UNIVERSITY, U.S. DEPARTMENT OF AGRICULTURE, AND KENTUCKY COUNTIES COOPERATING.

Division of Extension  
University of Kentucky

# WEST KY 4-H CLOVERBUD CAMP

**June 30 - July 2, 2023**

**DAWSON SPRINGS, KY**

**\$135 CLOVERBUD (5-8 YRS OLD)**  
**\$125 ADULTS/TEENS (16 & OLDER)**

**CLASSES:**

COOKING	LOW ROPES
CANOEING	NATURE
CRAFTS	RECREATION
FISHING	SWIMMING

**REGISTRATION DUE TO YOUR COUNTY EXTENSION OFFICE BY WEDNESDAY, MAY 17**

**ADULT(S) MUST HAVE A BACKGROUND CHECK WITH COUNTY EXTENSION OFFICE**



# ALLEN COUNTY 4-H Project SHOWCASE



**4-H PROJECT CHECK-IN:**  
WEDNESDAY, JULY 12TH @ 1-5 PM  
AND  
THURS, JULY 13TH @ 7-10 AM



**PUBLIC PROJECT VIEWING:**  
FRIDAY, JULY 14TH, 2023  
8:00 A.M. - 4:00 P.M.



**4-H PROJECT CHECK-OUT:**  
FRIDAY, JULY 14TH, 2023  
12:00 P.M. - 4:00 P.M.

**4-H Members may have already created these through these 4-H activities:**

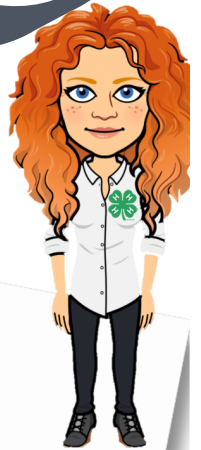
- Workshops
- Club Activities
- Create-at-Home

*(Create these at home through At Home Learning!)*

**Why submit your 4-H Projects???**

Not only do you get to show off your awesome talents for the community to see, but you also:

- Win ribbons based upon performance
- Receive premium money for your ALL your submissions.
- Compete to advance to State Fair Cloverville



**2023 4-H PROJECT FAIRBOOK**

**4-H PROJECT CHECK-IN:**  
WEDNESDAY, JULY 12TH, 2023  
1:00 P.M. - 5:00 P.M.

**AND THURSDAY, JULY 13TH, 2023**  
7 A.M. - 10 A.M.

**PUBLIC PROJECT VIEWING:**  
FRIDAY, JULY 14TH, 2023  
8:00 P.M. - 4:00 P.M.

**4-H PROJECT CHECK-OUT:**  
FRIDAY, JULY 14TH, 2023  
12:00 P.M. - 4:00 P.M.

**DISPLAY YOUR PROJECT**

Qualifying entries will advance to the **Kentucky STATE FAIR**

**ALLEN COUNTY 4-H Project SHOWCASE**

2101: 4-H Tobacco Exhibit .....	pg 1
6012.1: 4-H Dairy Judging Contest .....	pg 4
6013.1: 4-H Country Ham Project .....	pg 5
6014.1: Avian Bowl .....	pg 7
6015: 4-H Horticulture & Plant Science .....	pg 8
6016: State Horticulture Contest .....	pg 10
6018: 4-H Crops Project .....	pg 11
6022: 4-H Land Judging and Home Site Evaluation .....	pg 14
6023: 4-H Lawn Tractor Operators Contest .....	pg 17
6026: Ecology, Natural Resources .....	pg 18
6027: 4-H Forestry .....	pg 19
6028: Geology .....	pg 20
6029: 4-H Arts .....	pg 24
6030: 4-H Photography .....	pg 25
6031: 4-H Sewing .....	pg 28
6032: 4-H Sewing Skillathon .....	pg 35
6033: 4-H Food Exhibits .....	pg 39
6034: 4-H Food Exhibits .....	pg 44
6035: 4-H Food Preservation Exhibits .....	pg 46
6036: 4-H Home Environment .....	pg 52
6037: 4-H Consumer & Financial Education .....	pg 78
6038: 4-H Leadership & Communications Project .....	pg 81
6039: 4-H Trends .....	pg 87
6040: 4-H Trends .....	pg 90
6041: 4-H Trends .....	pg 92



**Check out our 4-H Fairbook Online at:**  
<https://allen.ca.uky.edu/4-h-project-fairbook>

*NOTE: "Floral Hall" will now be recognized as our "4-H Project Showcase"*



ALLEN COUNTY

# 4-H SUMMER CAMP 2023

**JULY 17-21** 5 DAYS,  
4 NIGHTS



Location: West KY 4-H Camp - Dawson Springs, KY

## 2023 4-H SUMMER CAMP RATES:

- **Early Bird Camper Rate** (ages 9-15): \$180 – Register by 4/14
- **Regular Camper Rate** (ages 9-15): \$200 (Registration After 4/14)
- **Sibling Camper Rate** (ages 9-15): \$180 for 1st Camper & \$170 for each additional Sibling
- **Teen Leaders** (ages 16-17): \$100 (Leadership Role Required)
- **Adult Leaders** (ages 18+): FREE (Background Check Required)

**\$50 DEPOSIT WITH APPLICATION  
REQUIRED TO HOLD CAMPER SPOT**



**PAPERWORK & PAYMENT:  
DUE BY JUNE 15, 2023**



**FORMS LOCATED ON COUNTY WEBSITE AT:**

<https://allen.ca.uky.edu/program-areas/4-h-youth-development/4-h-camp-opportunities>



Limited Scholarships given to Families who participate in Fundraising Opportunity:



"Summer Family Fun"  
Raffle Basket  
Fundraiser:  
May 1-24



2023 Theme: Time Warp



## CALENDAR OF EVENTS - April 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 4-H SUMMER CAMP PRIORITY REGISTRATION FOR COMMUNITY BEGINS!!!
2	3	4	5	6 Cloverbud Club @ 5:30 - 6:30 PM	7	8
9	10 Helping Hands Club @ 3:30-5:00	11 Shooting Sports Info Session #3 @ 6:00-7:00 PM  String Art Work- shop @ 3:30 - 5:30	12 Create Club @ 3:30-5:00 PM	13 Cooking Club @ 3:30-5:30 PM	14 4-H SUMMER CAMP EARLY BIRD RATE ENDS!!!!	15
16	17 S.E.T Club @3:30- 5:30 PM  Horsin' Around Club @ 6:30-7:30 PM	18 Sewing Club @ 4:00-6:00 PM	19	20 Poultry Club @5:30-6:30 PM	21	22
23	24 Livestock Meet- ing at 6:00	25 Crochet Workshop @ 3:30 - 5:30 PM	26	27	28	29

## CALENDAR OF EVENTS - May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 Cloverbud Club @ 5:30-6:30 PM	5	6
7	8 Helping Hands Cub @3:30  MCA Teen Council @ 5:30 at Warren Co.	9 4-H Council Meeting @ 5:30 PM	10 Create Club @3:30-5:00 PM	11 Cooking Club @3:30-5:30 PM	12	13
14	15 Horsin' Around Club @ 6:30-7:30	16 Sewing Club @ 4:00-6:00 PM	17	18 Poultry Club @5:30-6:30 PM	19	20
21	22 Livestock Club @6:00-7:00 PM	23	24	25 DAY CAMP  Leather Workshop @ 9:00 - 11:30 AM  Woodworking Workshop @ 12:00 - 5:00 PM	26	27
28	29	30	31			





Recipes from the 2023 Food And Nutrition  
**RECIPE CALENDAR**



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

Cooperative Extension Service

University of Kentucky

Allen County

200 East Main Street

Scottsville, KY 42164

RETURN SERVICE REQUESTED

## Easy Tortilla Breakfast Pizza



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

### Nutrition facts

#### per serving:

140 calories; 7g total fat; 3g saturated fat; 0g trans fat; 170mg cholesterol; 300mg sodium; 10g total carbohydrate; 1g dietary fiber; 1g total sugars; 0g added sugars; 10g protein; 6% Daily Value of vitamin D; 8% Daily Value of calcium; 6% Daily Value of iron; 2% Daily Value of potassium.

#### Source:

Jean Najor, Program Coordinator I; and Jen Robinson, NEP Area Agent, University of Kentucky Cooperative Extension Service

4. Sprinkle tomatoes, salt, pepper, and mozzarella over the eggs.
5. Cover with lid and cook on medium-low heat for 12 minutes, or until egg yolk is cooked through.
6. Remove from heat and slice into three wedges with one egg each to serve.
7. Store leftovers in the refrigerator within 2 hours.

**Makes 3 servings**

**Serving size: 1/3 of pizza**

**Cost per recipe: \$3.25**

**Cost per serving: \$1.08**

- Nonstick cooking spray
  - 1 (8 inch) whole-wheat tortilla
  - 1 cup spinach
  - 3 medium eggs
  - 1/2 medium tomato, diced
  - Dash of salt and pepper
  - 1/4 cup shredded part-skim mozzarella cheese
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
  2. Spray a 10-inch skillet with nonstick spray and place tortilla inside.
  3. Place spinach over the tortilla and make three slight wells with spinach. Crack an egg into each well so that it can be cut into three triangles once done.