



# MILLER COUNTY EHC

January 2021

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Agriculture

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Hi friends,

I hope you enjoy our January edition of the Miller County EHC newsletter. You will find your January leader training lesson as well as information on staying immune to getting sick, what to expect after getting the vaccine, and a great air fryer recipe for buttermilk fried chicken.

I miss you and hope that soon, we can meet face to face again. We will have to have a celebration! I am still working at the office and have the entire time throughout this pandemic. While we can't do face to face programs, I have been doing video programs through zoom, continuing to write my weekly foods columns, posting to social media and doing other mass media. I am only a phone call or email away if you need me!



## EXCITING NEWS



Did you know that **you** have a FB page? Just search for MillerCountyEHC. <https://www.facebook.com/MillerCountyEHC> Like our Facebook page!



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## CDC Recommended Vaccination Schedule

**1a:** Healthcare personnel and Long-term care facility residents

**1b:** Frontline essential workers and People age 75 years and older

**1c:** People aged 65 through 74 years and People aged 16 through 64 years with underlying medical conditions and Other essential workers

Talk to your health care provider about where you can sign up to get your vaccination if you so choose to take it.

## BATTLE THE LONELINESS BLUES



2020 was a different year for sure. We had restrictions, we couldn't be with family and friends like we had hoped. It's easy to have feelings of loneliness when we are practicing social distancing, being self-quarantined, and isolating ourselves from others. When you experience those days follow these tips to help bring yourself out of it:

Call a friend-Make it a point to call a friend or fellow EHC member just to check in. If you are feeling lonely, chances are they are too. Your call might just be what they need to bring a sense of joy to their day.

Listen to uplifting music-music can brighten up the day and may even get you up and moving.

Engage your brain-read a book, play a game, start on a craft or quilting project you have put off, anything to get your mind to working.

Get active and go for a walk -- even if it is to the mailbox or through your house, do some chair exercises, do a little extra cleaning, anything to get you moving.

Go for a drive and enjoy the scenery. You can pack a lunch or go through a drive through and eat in the car. Anything to get out and get your mind engaged.

## Recipe Corner

### Air Fryer Buttermilk Fried Chicken



1/3 cup low-fat buttermilk  
1/4 tsp hot sauce  
1 lbs. boneless, skinless chicken breasts  
(cut in half lengthwise to make 4 equal portions)  
6 tbsp corn flakes  
3 tbsp stone-ground cornmeal  
1 tsp garlic powder  
1 tsp paprika  
1/4 tsp salt  
1/4 tsp coarse-ground black pepper  
nonstick cooking spray  
In a small, deep bowl, stir together the buttermilk and hot sauce. Place the chicken in the buttermilk mixture. Allow to stand 15 minutes.

Place the cornflakes into the work bowl of a food processor. Process until coarse crumbs form. Add the cornmeal, garlic powder, paprika, salt, and pepper and pulse until evenly mixed. Pour the crumbs into a shallow bowl. (if you don't have a food processor, you can crush the cornflakes in a plastic bag with a rolling pin.)

Drain the chicken, allowing the excess buttermilk to drip back into bowl. Coat the chicken pieces evenly in the cornflake mixture. Place the coated chicken pieces on a wire rack.

Place the chicken in the air fryer basket. Spray with nonstick cooking spray for 2 seconds (do not crowd the chicken; cook in batches if all the chicken doesn't fit). Set the temperature to 375°F and air fry for 7 minutes. Turn the chicken pieces. Air fry for an additional 7–10 minutes or until the chicken is done and a meat thermometer inserted in the center registers 165°F.

Source: The Easy Air Fryer Cookbook. Recipe Credit: Kathy Moore and Roxanne Wyss. Photo Credit: Renee Comet.

Nutrition Facts: 4 Servings, Serving Size 1 (4 oz) piece of chicken, Amount per serving: Calories 160, Total Fat 3.5g, Saturated Fat 1g, Cholesterol 65mg, Sodium 190mg, Total Carbohydrate 7g. Protein 24g