



# Celebrate National Peanut Month With Natural Peanut Butter

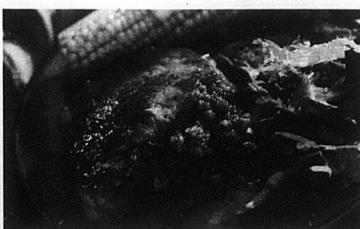
FAMILY FEATURES

Peanut butter has long been a favorite nutty staple, in fact Americans eat enough peanut butter in a year to make more than 10 billion peanut butter and jelly sandwiches. But, peanut butter can be enjoyed many more ways than just a sandwich. Smucker's Natural Peanut Butter encourages consumers to celebrate National Peanut Month by offering disease and fun recipes using peanut butter. Smucker's Natural Peanut Butter creamy and chunky varieties offer a robust peanut flavor, made from peanuts and salt. Natural peanut butter is a great way to enjoy that natural peanut taste. There are many ways to enjoy natural peanut butter. Spread natural peanut butter on apples and celery for a quick snack. Or try adding natural peanut butter to some of your favorite desserts or savory dishes. You may notice that the peanut oil sometimes rises to the top of the jar. This occurs naturally, and the oil simply needs to be stirred back in to fully enjoy the product.

## Did You Know?

- Just one serving of natural peanut butter — 2 tablespoons — provides:
  - Eight grams of protein
  - Two grams of fiber
  - Ten percent of the United States Department of Agriculture (USDA) Reference Daily Intake (RDI) of vitamin E and 12 percent of the RDI of magnesium
  - Zero grams of cholesterol
  - Zero grams of trans-fat per serving

For more delicious meal ideas and cooking tips, please visit [www.smuckers.com](http://www.smuckers.com).



### Peanut Butter and Apple Stuffed Pork Chops

Makes 4 servings

- 3/4-inch-thick center cut pork chops, fat trimmed
- 1/4 cup Smucker's Natural Creamy Peanut Butter
- 1/4 cup seasoned bread crumbs, toasted\*
- 1/2 cup finely chopped apple (packed)
- 1 large shallot, minced (or 1/4 cup minced onion)

1. **Prep Smucker's Apple or Currant Jelly.** Follow for basting (if desired). Salt and pepper to taste.

- 2. With small knife, make a "pocket" in each pork chop by cutting horizontally from outside edge almost to the bone.
- 3. In medium bowl, mix together remaining ingredients except jelly, salt and pepper. Shape stuffing into 4 equal patties.
- 4. Spread each meat pocket open and put one stuffing patty into each pork chop. Using wooden toothpicks (2 to 3 per chop), close each pocket to prevent stuffing from falling out during cooking.
- 5. Preheat oven to 425°F. Spray pork chops lightly with Crisco No-Stick Cooking Spray. Place large, oven-proof frying pan over medium-high heat until hot. Place pork chops in pan and cook about 6 minutes, turning often, or until well-browned on both sides.

6. Remove pan from stove and place in hot oven to cook another 20 minutes. If desired, baste pork chops with jelly during last 5 minutes of cooking time. When pork chops are done, remove toothpicks and season with salt and pepper.

\*To toast bread crumbs, place crumbs on foil-lined baking pan and bake in 300°F oven (or toaster oven) 3 to 5 minutes or until lightly browned.

### Peanut Butter Salad Dressing

Makes 4 servings

- 1/2 cup Smucker's Apple or Currant Jelly
- 1/2 cup plus 2 tablespoons freshly brewed, tea, room temperature
- 1/4 cup orange juice
- 1-1/2 tablespoons olive oil
- 1 tablespoon soy sauce
- 1 tablespoon rice or cider vinegar
- 1 teaspoon grated orange peel
- 1 to 2 garlic cloves, minced

Mix dressing ingredients in medium bowl. Stir until mixture is blended and smooth. (Dressing will keep two days).

### Buckeye Balls

Makes 8 dozen

- 1-1/2 cups Smucker's Natural Creamy Peanut Butter
- 1/2 cup butter or margarine, softened
- 1 teaspoon vanilla
- 3 to 4 cups confectioners' sugar

Coating: 1 pound chocolate flavor candy coating 2 tablespoons Crisco Shortening

- 1. Combine Smucker's Natural Creamy Peanut Butter, butter or margarine, vanilla and salt in large bowl. Beat at low speed of electric mixer until blended. Add 2 cups sugar. Beat until blended.
- 2. Continue adding 1/2 cup sugar at a time until mixture shaped into ball will hold onto toothpick. Shape into 3/4-inch balls. Place on tray. Chill.
- 3. For coating, combine candy coating and Crisco Shortening in microwave-safe bowl.
- 4. Microwave at 50% (medium) for 30 seconds. Stir. Repeat until mixture is smooth. Insert toothpick in candy ball. Dip three-fourths of ball into melted coating. Scrape off excess.
- 5. Place on waxed paper lined tray. Remove toothpick. Smooth over holes. Refrigerate until coating is firm, then remove from paper. Store at room temperature in covered container.

### Cream of Peanut Soup

Makes 8 servings

- 1/2 cup chopped onion
- 1/2 cup chopped carrot
- 1/2 cup chopped celery
- 2 tablespoons butter or margarine
- 1/4 cup Pillsbury BEST All Purpose Flour
- 2 1/2-ounce cans chicken broth
- 1 12-1/2-ounce can vegetable broth
- 1/2 cup Smucker's Natural Chunky Peanut Butter

Cook onion, carrot and celery in butter over heat in medium saucepan until tender. Stir in Pillsbury BEST All Purpose Flour, mix well. Add chicken broth and vegetable broth, stir until thickened. Stir peanut butter into soup; mix until well blended. Reduce heat to low; cook 10 to 15 minutes or until flavors are blended. Stir in half-and-half. Season to taste.

## OPINION Legislative Update

This week was very busy and productive in the House. The House promised that a priority of the 2007 legislative session would be to restore the projects that Governor Fletcher vetoed in the 2006 session, and this week we made good on that promise. Under House Bill 1, 45 projects worth \$370 million of them construction projects on bridge campuses were restored to the budget.

The bill also restores 786 coal severance projects in coal-producing counties, which include much needed

### TIME

Continued from Page 4

er teacher is the same when it comes to pay. When young teachers begin in their twenties, they know pretty much what they'll earn when they're 35 or 45 or 55; their pay will be the same as everybody else in their school and district, no matter how good they are or how hard they work, unless they become a school administrator.

One result of the dysfunctional system is that, across the nation, about half of all new teachers leave within five years of their first day on the job. This turnover costs Kentucky about \$18 million a year, the Alliance for Excellent Education reports.

But this policy isn't about personal worth or whether a math teacher is worth more to children than a 3rd grade teacher. It's about the salaries that college graduates are offered for their talents in the market place. The reality is that math majors today are offered much more than 3rd grade teachers. This may make folks uncomfortable, but it's a fact of life.

Then there is the question of "whose morale is lowered?" We know from research and experience that not all teachers agree on this. A young friend, a highly educated former teacher, says that as a hard working young teacher she was irate and demoralized to see other teachers earning more than she, but with less work, just because of years of service. Her point: younger workers want to work hard for the kids, but they want compensation to match their efforts and skills.

KEA's second major point is that differentiated pay is not proven by research to increase student achievement. Models of pay reform are popping up all over but they are experimental and too new to evaluate. But we do have evidence that the current salary system does not work and there is plenty of evidence that compensation helps attract talent. I will grant KEA this: it's hard to prove a reform's effect if there are too few examples largely because the reform has been blocked by folks who say the experiment is unproven.

This legislation is an important first step to strengthening the teaching profession by professionalizing the way teachers are paid. Let's hope the legislature's assembly moves Kentucky closer to our goal of educational excellence for all students by enacting this important bill.

It's also difficult to convince teachers to schools where they're needed the most because the reward system encourages teachers, as they work up the seniority ladder, to take assignments in the most affluent or prestigious schools.

And, particularly germane to Senate Bill 2, it is difficult to attract talented, well-educated new teachers in subject areas where there is market competition for their services. Today, this competition applies to college graduates who majored in physics, math, and chemistry. Private sector jobs for these specialties often pay twice as much or more than teaching. So a severe shortage of trained math and science teachers looms just as our nation and state are trying to beef up science and math for all students.

On the other side of the debate in Frankfort is the Kentucky Education Association for all students.

The KEA's opposition is to be expected. After all, we're talking about changing something that's been in place for about 80 years. We also know that pay reforms are most successful when teachers are involved in their planning, so their concerns deserve attention.

KEA president Frances Steenberger argues that morale will be lowered and collegiality reduced if some teachers earn more than others. Different pay rates, she says, mean that some teachers are more worthy than others. It's personal, the peck she says it.

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**PECK'S FARM SUPPLY**

House Bill 362, also called the Boni Bill, named for slain social worker Boni Froelich, passed by a vote of 85-0. House Bill 362 would allocate \$4.8 million to upgrade the state social service system by allowing the Cabinet for Health and Family Services to hire another 108 new staff over the next 16 months; fund 15 secure view centers; and purchase office space and additional technology.

The current law only allows damages based on economic factors, such as loss of income. House Bill 403, which now goes to the Senate for consideration, would specifically allow widows and widowers to recover such legal damages in court.

The Louisville area received economic help from the House that will have a positive ripple effect across the state.

Under House Bill 536, Ford Motor Company would receive a \$10 million worker-training grant that would

insurance policy consumers by increase oversight of rate increase filings.

Kentucky has experienced more than its share of tragic events over the last year with the Comair crash and Darby mine disaster. These events highlighted the fact that when loved ones die from tragic circumstances, Kentucky law does not allow bereaved spouses to sue for loss of companionship.

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help retain 8,000 Kentucky jobs and also continue to support Ford's vast network of suppliers and distributors in Kentucky and across the nation.

The proposed Museum Plaza project in Louisville got a financial boost through legislation that standardizes TIF programs statewide. TIFs (tax increment financing) enables developers, like those behind the Museum Plaza, to raise revenues to fund projects based upon projected future increases in property values. House Bill 549 would standardize TIF programs to promote efficiency and greater accountability, and give communities greater access to this important economic development opportunity.

The bill would allow lower TIF terms and sales tax refunds on construction materials. It also would create a Tax Increment Financing Commission to review and approve TIF applications

have been given these precious little angels. I am honestly say I truly feel extremely blessed to read Show, The Best of Masterpiece Theater, Cent Women and many nostalgic, commercial free children's shows that parents can trust.

For all of the reasons, I support KET and urge others to do so. There is no better time to show your support

than during KET's upcoming TeleFund 2007, March 3-8. You'll feel proud to be a member of KET, knowing that you're helping to keep great programs and services on the air for all Kentuckians.

Martha Taylor  
KET Friends Board

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- 5 lb. Tama Sausage - **\$17.00**
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- 5 lb. Macaroni Salad - **\$7.00**
- 5 lb. Regular Potato Salad - **\$7.00**
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