

Honey Garlic Chicken and Veggies



TOTAL TIME: 4 hours, 25 minutes (Prep: 15 minutes, Cook: 4 hours, Additional Time: 10 minutes)

YIELD: 4 Servings

This Honey Garlic Chicken and Veggies recipe combines tender chicken, fresh vegetables, and a sweet-savory honey garlic sauce. Perfect for busy days, it's easy to prep and let the crockpot work its magic. The result? A wholesome, flavorful meal your family will love with minimal effort and maximum taste.

INGREDIENTS

- 4 boneless, skinless chicken thighs or breasts
- 2 cups carrots, sliced
- 2 cups broccoli florets
- 1 large potato, diced
- 1 bell pepper, sliced
- 1/3 cup honey
- 1/4 cup soy sauce
- 4 garlic cloves, minced
- 1 tablespoon cornstarch
- 1/4 cup water
- Salt and pepper to taste
- Optional garnish: sesame seeds, chopped green onions

NOTE

- For even cooking, cut vegetables into uniform sizes.
- Avoid overcrowding the crockpot to ensure proper heat circulation.

NUTRITION FACTS

Calories: 463 | Total Fat: 13g | Saturated Fat: 3g
Unsaturated Fat: 9g | Cholesterol: 137mg
Sodium: 459mg | Carbohydrate: 59g
Dietary Fiber: 8g | Sugars: 29g | Protein: 35g

DIRECTIONS

1. **Prepare the chicken:** Season chicken thighs with salt and pepper. For extra flavor, quickly sear the chicken in a hot skillet with a drizzle of olive oil until lightly browned.
2. **Layer the ingredients:** Place carrots, potatoes, and bell peppers at the bottom of the crockpot. Layer the chicken on top, followed by the broccoli florets.
3. **Make the sauce:** In a small bowl, whisk together honey, soy sauce, garlic, and water. Pour the sauce evenly over the chicken and veggies.
4. **Cook:** Cover and cook on low for 4-6 hours or high for 2-3 hours, until the chicken is tender and fully cooked.
5. **Thicken the sauce (optional):** Remove 1/2 cup of the cooking liquid and mix it with cornstarch to create a slurry. Stir it back into the crockpot, cover, and cook for an additional 10 minutes until the sauce thickens.
6. **Serve and garnish:** Plate the chicken and vegetables, drizzle with the thickened sauce, and garnish with sesame seeds and green onions if desired.

Recipe source: <https://yumtonight.com>



Classic Crusty French Baguettes

FOOD  FUN
4-H WYOMING



TOTAL TIME: 4 hours, 15 minutes

YIELD: 4 Baguettes

Homemade baguettes with a perfectly golden, crunchy crust on the outside and a chewy, soft, fluffy inside. No need to buy from the bakery ever again! Recipe prep time includes dough resting time.

INGREDIENTS

- 1 cup water and ½ cup luke warm water, separated
- 2 teaspoons active dry yeast
- 3 ½ cups bread flour
- 2 teaspoons kosher salt

Recipe source: www.aberdeenskitchen.com



DIRECTIONS

Prep/Fold the Dough

1. Pour the $\frac{1}{2}$ cup warm water into a large bowl. Sprinkle yeast on top. Place the bowl in a warm place for about 10-15 minutes. Be patient! If yeast is activated, you will see foam on top of the mixture, and even a few small bubbles. Also, if you take sniff, it will smell very much like yeast.
2. Gently stir in flour and salt. Add the other cup of water and mix until just combined into a sticky, shaggy dough. Cover with a towel and let rest for 45 minutes.
3. This step includes 4 repetitions of "folding" and "resting" for a total of 3 hours resting time: Instead of dusting your hands with flour, wet your hands with a little water and "fold" the dough: Leaving the dough in the bowl, stretch one side of the dough up and then over the top of the dough. Turn the dough 90 degrees and repeat until you've done each side. Flip the dough over, cover, and let rest another 45 minutes. Repeat this folding and resting process 3 more times.

Shape the Dough

4. After the fourth resting period is done, take the dough out of the bowl and place on a lightly floured surface. Cut the dough into 4 equal pieces. If you have a scale, use it to weight each piece to make sure each is the same amount.
5. Shape each piece into a rectangle and gently stretch out the ends. Cover with an oiled piece of plastic wrap and let rest for 10 minutes.
6. After resting, sprinkle each rectangle with a little bit of flour, a very light dusting so your hands don't stick. Fold each rectangle in half lengthwise and flip over seam side down. Gently roll each piece into a roughly 15 inch long log about $1\frac{1}{2}$ inches in diameter. Gently stretch out the ends again and using your fingertips press them together into a point, forming the baguette shape.
7. Gently move the baguettes onto a bakers couche or make your own using a lightly floured towel (I used a large tea towel): using the towel, create a ridge between each baguette (think taco stand). This will make sure the baguettes maintain their shape while you let them rest for the final time. Cover with an oiled piece of plastic wrap and let rest for 30 minutes.

Bake the Baguettes

8. While the baguettes are resting, turn your oven on to preheat to 450°F. During the last 10 minutes of rest time, place a pan on the bottom rack of the oven and fill with boiling water.
9. Prepare a baking sheet with parchment paper. VERY carefully move each baguette on to the tray. Spray each baguette with a little water. Dust the tops lightly with flour. Score each one with 4 to 5 overlapping lines about $\frac{1}{4}$ inch deep.
10. Being careful of the steam, open the oven and place the tray with the baguettes on the center rack. Spray a little more water into the oven to make sure there is enough steam.
11. Bake for 16-18 minutes, rotating the whole tray halfway through, until baguettes are a deep golden brown and sound hollow when the bottom is tapped. Take care not to overcook or you'll use the soft center!
12. Remove the baguettes to a wire rack to cool. Slice and enjoy!



Cucumber Salad



Photo by Africa Studio, stock.adobe.com

Cucumber salad, with its cool, hydrating qualities, is an ideal counterpart to the warmth and richness of honey garlic chicken. Thinly slice cucumbers and toss them with red onion, fresh dill, and a dressing of rice vinegar, honey, and a pinch of salt. The cucumber's crispness and the dressing's subtle sweetness echo the chicken's flavors without overshadowing them. For an extra layer of complexity, add a handful of halved grapes or diced apples to introduce a fruity note. This salad is particularly well-suited for warmer weather, as its refreshing profile balances the dish's heartiness. Serve it chilled to maximize its cooling effect.

INGREDIENTS

- Cucumber
- Red onion
- Fresh dill
- Rice vinegar
- Honey
- Salt



Strawberry Sorbet



Photo by Ruslan Mitin, stock.adobe.com

TOTAL TIME: 6 hours, 15 minutes (Prep: 15 minutes, Chill: 6 hours)

Get ready for the most refreshing homemade sorbet that you have ever had with this perfect recipe! Silky smooth, packed full of flavor, and a delightful dessert for any occasion, this will knock your socks off!

INGREDIENTS

- 16 ounces frozen strawberries
- 1/2 cup simple syrup
- 2 tablespoons lemon juice

Simple Syrup

- 2 ½ cups granulated sugar
- 2 ½ cups water

DIRECTIONS

Simple Syrup:

1. Bring the water and sugar to a gentle boil in a medium saucepan. Reduce heat and simmer for 1-2 minutes, until all the sugar has dissolved.
2. Turn off the heat and let cool completely. Store in an airtight container in the fridge until ready to prepare your sorbets, or up to 1 month.

Strawberry Sorbet:

3. Place the frozen strawberries, simple syrup, and lemon juice in a blender or food processor. Pulse to crush the fruit into pieces. Mix on high until smooth.
4. Taste and add more lemon juice or simple syrup as needed to adjust to your personal preference.
5. Transfer to a freezer-safe container (I prefer a 9×5 bread pan), cover and freeze for 2-3 hours.
6. When ready to serve, let sit at room temperature for 5-10 minutes to soften before scooping.

Recipe source: <https://therecipecritic.com>



Be sure to check out Ready, Set, Explore!
Another family fun program from the
University of Wyoming Extension!



How it works!

1. Register once to participate at: https://bit.ly/readysetexplore_registration
2. Upon registering, you'll receive a link to the full Ready, Set, Explore! packet that includes activities and extras for all months (Oct–May).
3. Choose to do 4 or more of the activities listed for each month.
4. Submit monthly completion form and share pictures from your adventures! https://bit.ly/readysetexplore_completion

READY, SET, EXPLORE!

DECEMBER 2025 - General Activities List

1. Snow Designs! Make designs in the snow with water tinted with food coloring
2. Take a winter walk around your neighborhood or community and look at the holiday decorations.
3. Go outside and try to catch snowflakes on your tongue!
4. Enjoy a fun-filled day of sledding with the whole family. Ensure everyone has warm clothing, waterproof gloves, hats, scarves, and sturdy boots. Don't forget the sleds! Pack the essentials: Bring a thermos of hot cocoa, snacks like granola bars or cookies, and some extra layers in case it gets colder.
5. Organize a family snowball fight by dividing everyone into teams and setting clear boundaries to keep it safe. Start with a quick warm-up game, then let the fun begin with plenty of snowballs and laughter. Be sure to end with hot cocoa and a group photo to capture the snowy memories! No snow outside? Use wadded up pieces of paper or make yarn balls for indoor snowballs <https://simpleacres-blog.com/yarn-pom-pom-snowballs/>
6. Embark on a snow hike for a delightful winter adventure! Bundle up and explore a snowy trail, making the hike fun with games like scavenger hunts or tracking animal footprints. The crisp air and snowy scenery make for a memorable outing and a great way to enjoy the winter sunshine together.
7. Go skiing or take a family lesson and learn to ski!
8. Make a list of outdoor winter items and go on a winter scavenger hunt.
9. Go outside when it's dark and look up at the night sky and look for constellations. This website will get you started: <https://extension.usu.edu/iort/cp-darkskies/learn/explore-the-night-sky/year-round-constellations>
10. Bundle up in warm clothing and go on a Holiday Lights Walk in your neighborhood.
11. Make paper bag snowflakes to decorate your home. Easy directions on how to make the snowflakes can be found on this YouTube video: https://www.youtube.com/watch?v=9YN5Q_ws3c0
12. During a winter hike, collect objects to make a tree ornament.
13. December 21st – National Flashlight Day: While hiking in the afternoons and evenings of winter, you'll surely need to bring a flashlight!
14. December 31st – No Interruptions Day: Unplug on this day and change your pace! This is a great holiday to practice intentionality and mindfulness and re-evaluate your habits. Why not do it outdoors, as you look toward the new year?
15. Evergreens – [watch this identification video](#). Draw an evergreen into your nature journal and add some facts you learned. [Easy drawing](#) (three ways) or [more advanced drawing](#).
16. Mistletoe – [Learn more about mistletoe here](#).
17. Holly – [Get inspired to paint some in your nature journal](#).
18. December 12th is Poinsettia day – Read *The Legend of the Poinsettia* by Tomie dePaola. Make a Poinsettia collage project.
19. Hibernation – [find out more here](#). Read *Over and Under the Snow* by Kate Messner.
20. The Winter Solstice (21) – [Read more about the reason for the seasons here](#).