



In this issue:



New Year Tips



Winter Recipes



Word Search



Just for Laughs Comics

It's December, can you believe it? Another year is almost at a close and we made it! I hope each of you had a wonderful and safe Thanksgiving and can continue to count your blessings as we transition into the Christmas spirit. If you ever have questions please do not hesitate to call the Trousdale Extension Office on the number provided up top!



New Year's Resolution Ideas

1. Get moving for 10 minutes every day
2. Explore new volunteer opportunities
3. Challenge your brain regularly
4. Be conscious of your overall health
5. Make healthier dessert decisions

OUR MISSION

Improving the quality of life for all of Trousdale County by providing food, clothing and household items for those in need.



CONTACT US

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Hartsville, TN 37074
615-374-2904 OFFICE

Loaded Bacon Mac 'n' Cheese

Prep/Total Time: Under 30 minutes

Ingredients:

for 2 servings

- 1 box mac 'n' cheese
- 1 cup bacon, cooked
- ¼ cup grated monterey jack cheese
- ¼ cup grated mozzarella cheese
- pepper, to taste

Directions:

Prepare 1 box of Mac 'N' Cheese according to instructions on box.

Add cooked bacon, Monterey jack cheese, mozzarella cheese and pepper, stir until fully incorporated.



Kitchen Tips:

- *Prepare bacon in oven for healthier alternative
- *Serve with steamed green beans
- *Top with green onion if desired



Easy Peach Crisp with Canned Peaches

Prep/Total Time: 20 minutes

Ingredients:

- 15 oz can Sliced Peaches in 100% Juice, drained
- 4 Tbsp light brown sugar
- ¼ tsp Ground Cinnamon
- Crisp Topping
 - ½ C (40g) Quick Oats
 - ¼ C (30g) Pecan Pieces (optional)
 - ¼ tsp Ground Cinnamon
 - 2 Tbsp (15g) All Purpose Flour
 - ¼ C (56g) Light Butter like Land O' Lakes if possible
 - 1 Tbsp Imitation Vanilla



Directions:

If you're using the oven, preheat to 350F and spray a small baking dish with nonstick cooking spray. For the air fryer, spray a barrel pan with nonstick cooking spray.

Mix the brown sugar, ground cinnamon, and drained peaches in a bowl. Set aside.

Melt the butter for the topping before adding the remaining ingredients. Stir together until everything is evenly mixed.

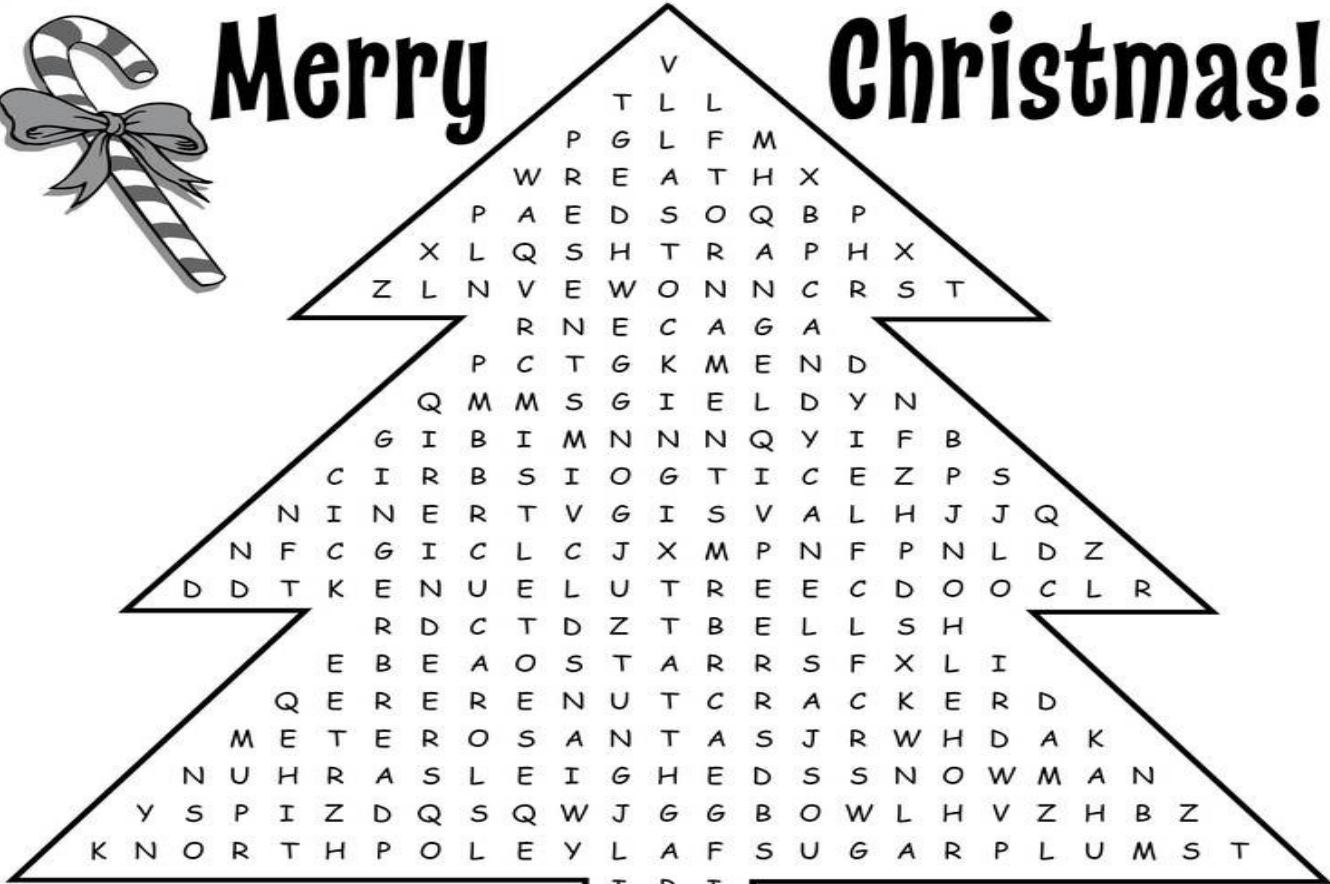
Add the peach mixture to the baking or frying dish, followed by the topping. Air fry for 15-20 minutes or until the topping is crisp and there's very little juice remaining at the bottom (some is okay, as it will thicken at room temp). Bake for a similar time, though you may need a tiny bit longer.

Allow the peach crisp to cool for a few minutes before serving. Top with whipped topping if desired.



Merry

Christmas!



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ANGEL
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CANDY
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ELF
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GINGERBREAD
HOLLY
LIGHTS
MISTLETOE
NORTH
POLE
NUTCRACKER

ORNAMENTS
PRESENTS
REINDEER
SANTA
SLEIGH
SNOWMAN

STAR
STOCKING
SUGARPLUMS
TREE
WREATH

