



Trousdale County Community Help Center Newsletter

November 2021

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OUR MISSION

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



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We can help fight hunger this Holiday season in several ways. Volunteering at local food banks like Second Harvest, helping sort and preparing holiday food boxes, or even organizing a holiday-meal themed food drive are all fun ways to get involved. Our local 4-H is hosting a Holiday drive this month! If you would like to be apart, travel size toiletry items can be dropped off at the Trousdale County Extension Office starting November 1st.

Be a Role Model

The best way to encourage healthy eating for kids is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits, vegetables and not overindulging in the less nutritious foods, you'll be sending the right message!

Another way to be a good role model is to serve appropriate portions and not overeat. Talk about your feelings of fullness. You might say, "This is delicious, but I'm full, so I'm going to stop eating." Similarly, parents who are always dieting or complaining about their bodies may foster these same negative feelings in their kids. Try to keep a positive approach about food. More tips on this topic can be found on the website below.

<https://kidshealth.org/en/parents/habits.html>

One-Dish Chicken Bake

Prep Time: 10 minutes Cook Time: 30 minutes

Ingredients:

1 pkg. (6 oz.) Stuffing Mix for Chicken
1-1/2 lb. boneless chicken tenderloins
1 can cream of mushroom soup
1/3 cup light Sour Cream

Directions:

Heat oven to 400°F.
Add hot water to stuffing mix; stir just until moistened.
Place chicken in 13x9-inch baking dish. Mix soup and sour cream until blended; pour over chicken. Top with stuffing.

Bake 30 min. or until chicken is done.

Kitchen Tips:

- *Serve with green beans or carrots
- *Top chicken with 1 cup frozen mixed vegetables before covering with soup mixture.



Ham Muffinwiches

Prep: 10 minutes Cook Time: 15-20 minutes

Ingredients

1 large egg, lightly beaten
1/3 cup 2% or skim milk
1 tablespoon canola oil
1 package (8-1/2 ounces) cornbread/muffin mix
1 cup chopped canned ham
2 green onions, thinly sliced
2 tablespoons shredded cheddar cheese

Directions

Preheat oven to 400°. Whisk together the first 3 ingredients. Add muffin mix; stir just until moistened. Fold in ham and green onions. Fill 8 greased or paper-lined muffin cups half full.

Bake until a toothpick inserted in center comes out clean, 15-20 minutes. Immediately sprinkle with cheese. Cool 5 minutes before removing from pan to a wire rack. Serve warm.



Light Sweet Potato Casserole

Prep time: 15 minutes Cook time: 25-30 minutes

Ingredients:

- 2 cans of canned sweet potatoes
- 1/3 cup fat-free milk
- 1 egg
- 2 tablespoons brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon

Directions:

Place sweet potatoes in a large saucepan or Dutch oven; cover with water. Bring to a boil. Reduce heat; cover and cook for 25-30 minutes or until tender.

Drain.

In a large bowl, beat the sweet potatoes, milk, egg, brown sugar, salt and vanilla until smooth. Transfer to a 1-1/2-qt. baking dish coated with cooking spray. Sprinkle with cinnamon. Bake, uncovered, at 350° for 25-30 minutes or until heated through.

