



FEBRUARY 2018

“Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.”

—Maya Angelou

Chicken Florentine Casserole

Creamy and comforting, this chicken and spinach bake is sure to be a hit at dinnertime. The toasty bread crumb topping delivers a delightful crunch.



Prep Time: 20 minutes
Bake Time: 40 minutes
Yield: 6 servings

Ingredients

- 2 c. uncooked elbow macaroni
- 3 c. shredded cooked chicken
- 1 can (10-¾ oz.) condensed cream of mushroom soup, undiluted
- 2 c. shredded Swiss cheese
- 1 package (10 oz.) frozen creamed spinach, thawed
- ½ c. mayonnaise
- ¼ c. loosely packed minced fresh basil
- 1 tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp. pepper
- ½ c. seasoned bread crumbs
- 2 Tbsp. butter, melted

Directions

1. Preheat oven to 350°F.
2. Cook macaroni according to instructions on package.
3. Meanwhile, in a large bowl, combine chicken, soup, cheese, spinach, mayonnaise, basil, garlic powder, thyme, and pepper.
4. Drain macaroni; gently stir into chicken mixture.
5. Transfer to an ungreased 2-½-qt. baking dish.
6. Toss bread crumbs and butter; sprinkle over casserole.
7. Bake, uncovered, 40–45 minutes, or until bubbly.

Nutritional Facts:

1-½ cups: 539 calories, 36g fat (13g saturated fat), 111mg cholesterol, 1006mg sodium, 17g carbohydrate (4g sugars, 2g fiber), 36g protein.

www.tasteofhome.com/recipes/chicken-florentine-casserole

February Tidbits

- **Meaning:** The name February came from the Latin *februa*—a means of cleansing; pre-spring purification rituals.
- **Birthstone:** Amethyst is said to promote a clear mind and a quick wit.
- **Fun Fact:** February is National Chocolate-Lovers Month
- **Astrological Signs:** Aquarius (1/20–2/18) and Pisces (2/19–3/20)
- **In History:** On February 6, 1899, the U.S. Senate ratified the peace treaty that led to the end of the Spanish-American War.
- **Birth Flower:** February has two birth flowers: violet and primrose. These delicate flowers bloom in early spring and both are edible!
- **Famous Birthdays:** Ashton Kutcher, Shakira, Nathan Lane, Drew Barrymore, Jennifer Aniston, Jerry Springer, George Washington, Michael Jordan, Kurt Cobain, and Steve Jobs were born in February.
- **Fun Fact:** The only time a month begins and ends on the same day of the week is in February in a leap year.



Presidential Facts

This February 19th, we celebrate the birthdays of two great Presidents: Abraham Lincoln (Feb. 12) and George Washington (Feb. 22). Over the years we have come to observe these on the third Monday of February as Presidents' day.

- George Washington was the first U.S. President. He was called “The Father of our Country” and was commander of the army.
- Abraham Lincoln helped to end slavery. He also kept important papers inside of his hat.
- Grover Cleveland was the only President to serve two non-consecutive terms.
- John F. Kennedy gave the first live televised press conference six days after taking office.
- Three of the first five presidents died on July 4 after leaving office (Adams, Jefferson, Monroe). Calvin Coolidge was born on July 4.
- Two sons of Presidents have been elected: John Quincy Adams (son of John Adams) and George W. Bush (son of George Bush).
- Theodore Roosevelt was the youngest President at age 42.
- At age 69, Ronald Reagan was the oldest man and the only actor to be elected as President.
- John Tyler, born in 1790, has two living grandchildren.
- Abraham Lincoln, James Garfield, William McKinley, and John F. Kennedy were all assassinated.
- Assassination attempts were made upon Andrew Jackson, Franklin D. Roosevelt, Harry Truman, Gerald R. Ford, and Ronald Reagan.
- William H. Harrison, Zachary Taylor, Warren G. Harding, and Franklin D. Roosevelt all died from illness while in office.

