

FEBRUARY 2020 | VOL. 2

# POWELL GRAND NEWSLETTER

## *Community Information*

### COMMUNITY REMINDERS

#### Clubhouse Rules

- Children under the age of 14 are not permitted in any area of the clubhouse without an adult.
- While we are happy to provide popcorn, coffee and candy, please limit to one per day.
- If you are using the game room, card rooms or fitness center please remember to throw away all of your trash and turn the tv volume back down when you are finished.

The holidays are officially over! If you have any holiday decorations out please remove them for the season.

Please remember to keep pets on a leash at all times. Pet waste must be immediately picked up and disposed of into the provided receptacles. Do not let bags pile up on your porch/patio areas.

SUNDAES ON SUNDAY

# ICE CREAM SOCIAL



AT THE  
POWELL GRAND  
CLUBHOUSE

**SUNDAY, FEBRUARY 16, 3 TO 5 PM**

Join us for sundaes on a Sunday! We will have ice cream and all of your favorite toppings to choose from.

**NO RSVP REQUIRED - SEE YOU THERE!!!**



# Recipe of the Month

## SOUTHWESTERN CHICKEN CASSEROLE

This Southwestern Chicken Casserole calls for simple, healthy ingredients and gives the classic chicken casserole a run for its money!

1.5 cups minute brown rice, uncooked  
2 cups low sodium chicken broth  
1/2 medium yellow onion, finely diced  
1 15-oz. can sweet corn, drained and rinsed  
1 15-oz. can black beans, drained and rinsed  
1 lb. boneless skinless chicken breasts,  
cut into 1-inch chunks  
1 16-oz. jar salsa (any spice level works!)  
1/4 cup chopped fresh cilantro  
1/2 teaspoon smoked paprika  
1 teaspoon chili powder  
1 teaspoon ground cumin  
2 teaspoons garlic powder  
1/2 cup Colby Jack cheese



Preheat oven to 375°F and spray a large casserole dish with nonstick cooking spray.

Add all of the ingredients (minus the shredded cheese) into the casserole dish and mix together with a wooden spoon making sure that everything is well mixed and submerged in liquid.

Then, cover with aluminum foil and bake at 375°F for about 50 minutes. Uncover and top with shredded cheese.

Bake, uncovered, for an additional 10 minutes.

Once fully cooked, let rest for 10 minutes before serving.

Top with Greek yogurt, more shredded cheese, salsa, and green onions.