

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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AUGUST 2014



## Tewksbury Public Schools Open

Wednesday, August 27, 2014

### Drive Carefully-Observe School Bus Safety

Drivers can keep children safe and avoid motor vehicle citations by paying close attention this August to these safety tips to prevent school bus accidents:

- State law requires drivers to stay at least 100 feet behind a school bus at all times.
- Drive slowly and watch for children walking in the street, especially in areas with no sidewalks.
- Watch for children playing at bus stops.
- **Yellow flashing lights** signal the bus is slowing down to stop.
- **Red flashing lights** and an extended arm indicate the bus is stopped to let children on or off.
- Do not start driving again until the stop arm folds back up and the bus starts moving.
- Do not attempt to pass a school bus.
- Watch for children when backing out of your driveway.



## SEPTEMBER DISTRIBUTION DATES

Sunday, September 14th  
9:00 AM-Noon

Monday, September 15th  
7:00-8:30 PM

Saturday, September 20th  
10:00 AM-Noon

### Stop By The Tewksbury Farmers Market!!

The Farmers Market is located at 286 Livingston Street every Saturday from 10 a.m. to 1 p.m. through September 27th, with a host of vendors offering fresh fruits, veggies and other food products throughout the area.

PLEASE RETURN YOUR  
EMPTY FOOD BOXES AT  
THE NEXT DISTRIBUTION!!



## CHICKEN AND BROCCOLI

- 1 tablespoon butter or margarine
- 1 pound skinless, boneless chicken breast, cut up
- 3 cups fresh or frozen broccoli flowerets
- 1 can Campbell's® Condensed Cream of Chicken Soup
- 1/2 cup milk
- 1/2 cup shredded Cheddar cheese

Melt butter in skillet. Add chicken and cook until browned, stirring often. Add broccoli, soup and milk. Cover and simmer 5 min. or until done. Sprinkle with cheese.

## CONEY ISLAND HOT DOG CASSEROLE

- 1/2 lb. hot dog, cut into 1/2 inch pieces
- 1/2 stick of butter
- 1/4 c. onion, chopped
- 1/4 c. celery, sliced
- 4 med. potatoes, sliced
- 1/4 c. dill pickle juice
- 1 c. dill pickles, coarsely chopped

Melt butter in skillet, saute hot dogs, onion and celery until lightly browned. Add potatoes, pickles and liquid. Cover, cook over medium low heat, stirring occasionally until potatoes are tender, about 20 minutes. Serves 4

## Salami and Eggs with Tomato Toasts

- 1/2 clove garlic (minced)
- 1/8 cup oil
- 4-1/2 inches baguette (thick slices, cut on the diagonal, about 4 inches long)
- 1 Large tomato thinly sliced on the diagonal)
- ground black pepper
- 1 oz italian shredded cheese
- 4 large eggs
- 1-1/2 tsp basil
- 1 oz genoa salami (thinly sliced, cut into 1/4-inch strips)

Position a rack in the center of the oven and heat the oven to 400°F. Whisk together the garlic and 2 Tbs. of the oil in a small bowl. Brush onto 1 side of the baguette slices and arrange, oiled side up, on a rimmed baking sheet. Arrange overlapping slices of tomato on each, season with salt and pepper, and top with the cheese. Bake until the bottom side is browned and the cheese is melted, 12 to 15 minutes. Set aside.

In a medium bowl, whisk the eggs, basil, and a pinch of salt until blended but not foamy.

Heat the remaining 2 Tbs. oil in a 12-inch nonstick skillet over medium-low heat. Add the eggs and cook, stirring until the eggs are beginning to set. Add the salami, separating the strips as you add them. Continue to cook, stirring, until the eggs are softly set, 4 to 5 minutes total. Season to taste with salt and pepper and serve with the tomato toasts.

## Special Dates in August and September

### September is National Chicken Month

- August 18th - Cupcake Day
- August 21st - Senior Citizens Day
- August 26th - National Dog Day
- August 27th - Tewksbury Schools Open
- Sept 1st - Labor Day
- Sept 7th - Salami Day
- Sept 11th - Service and Remembrance was created after the September 11, 2001 attacks

## Lemon Blueberry Cupcakes

- 1 box Betty Crocker® SuperMoist® lemon cake mix
- 1 1/2 cups fresh blueberries
- 3/4 cup water
- 1/3 cup vegetable oil
- 1 tablespoon grated lemon peel
- 2 eggs
- 1 package (3 oz) cream cheese, softened

### Frosting

- 2 1/2 cups powdered sugar
- 3/4 cup unsalted butter, softened
- 1 teaspoon grated lemon peel
- 1/2 teaspoon salt
- 1 1/4 teaspoons vanilla
- 1 tablespoon milk
- blueberries for topping

Heat oven to 375°F (350°F for dark or nonstick pans). Place paper baking cup in each of 24 regular-size muffin cups.

In small bowl, gently toss 2 tablespoons of the dry cake mix with 1 1/2 cups blueberries to coat; set aside.

In large bowl, beat remaining dry cake mix, water, oil, 1 tablespoon grated lemon peel, eggs, and cream cheese with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Fold blueberry mixture into batter. Divide batter evenly among muffin cups.

Bake 17 to 23 minutes or until tops are golden brown and toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 1 hour.

In medium bowl, beat powdered sugar, butter, 1 teaspoon lemon peel, the salt, vanilla, and 1 tablespoon milk on high speed about 4 minutes or until smooth and well blended, adding more milk by teaspoonfuls if needed. Frost cupcakes with frosting. Top frosting with one blueberry. Store in airtight container at room temperature.