PARK GLEN NEIGHBORHOOD ASSOCIATION

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Contact us HERE

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ALERTS about
our community
HERE

Community SOCIAL NETWORKING HERE

GET INVOLVED in our neighborhood HERE

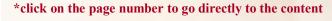
Community
Manager:
Neighborhood
Management, Inc.

ParkGlenManager @nmitx.com or 972-359-1548



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Jesus You Need to Know NEWS

- 1. PGNA Annual Meeting and Election is on September 13th at 7:00 p.m. and will be in-person and online. An envelope has been sent in the mail that explains the multiple ways to vote in the election, such as online, mail in absentee ballot, by proxy, at the in-person meeting, or by ballot drop off station. See more on <u>page 5</u>.
- 2. You can give your input on athletic equipment (budget \$100,000) proposed by PID6 for Arcadia Park in a survey prepared by PGNA. See more on <u>page 15</u>.
- 3. You can give your input on new playground equipment the City of Fort Worth will be putting in at Playground #7 (address 7100 Teal Road, but generally located east of the Bluebonnet Elementary playground). See more on page 15.

pGNA Board Meeting

Homeowners are always welcome at PGNA Board Meetings held at 7pm every third Monday (except for the combined Nov/Dec meeting held on the first Monday of December).

Annual Meeting is September 13th at 7:00 p.m. The next board meeting is September 20th at 7 pm. Meetings will be held both in-person and online go to the

ParkGlen.org for the directions.



PID6 Board Meeting

PID stands for Property Improvement
District. A PID is a public entity administered
by the City of Fort Worth for improvements,
projects and special supplemental services
over and above those normally provided by
the city. Neighborhoods that fall under PID 6's
umbrella are Park Glen, Parkway at Park
Glen, Park Place, Parkway Hill, Parkwood
Estates, Summerbrook, Basswood Park, Park
Bend and Villages of Parkwood Hill. PID 6 is
located in Fort Worth City Council District 4,
represented by Councilmember Cary Moon.
Homeowners are always welcome at PID6
Board Meetings held at 6:30-8:30 p.m. The

next meeting is August 26 and September 30, 2021 Meetings are held in-person, go to PID6.org for more information.



Upcoming Events

We are now able to hold social events again and in-person Board meetings. Board meetings will continue to also be online. Please follow all CDC guidance for vaccinated and unvaccinated persons when attending inperson.

PGNA Annual Board Meeting & Election September 13, 2021 Both in person and online.

Same location and login information as stated below

PGNA Board of Directors Meeting September 20, 2021

Will be held both In-person and online at 7p.m. In-person meeting location is at Neighborhood Management Office5421 Basswood Blvd., Suite 710 (left of Premier Eye Care). All Park Glen Homeowners are welcome. Agenda, online access instructions, and information for the meeting will be in the pink box on the homepage of ParkGlen.org.

Shredding Event

September 25th, 9:00 a.m.- 11:00 a.m.

Free community shredding event hosted by unity One Credit Union at 4625 N. Tarrant Pkwy. PGNA postponed their Shred Event to the Spring since it was on the same day.

National Night Out Block Parties

October 5, 2021

If you are interested in organizing a National Night Out Block Party for your street, section of street.

or your street and nearby streets, please contact Gerry Sauls, PGNA National Night Out Coordinator at PGNANationalNightOut@gmail.com

PGNA Halloween/Harvest Decorating Contest

October 21 - 26

Turkey Trot Event (a 2K Fun Run/Walk and 5K timed Run/Walk)

November 25, 2021

Register Here http://getmeregistered.com/ParkGlenTurkeyTrot









Ways to Learn About Upcoming Events and Activities in Park Glen

It would certainly be frustrating to find out only afterward about a neighborhood event you would have liked to do. But that is also

frustrating to the volunteers who invest their time to promote and put on events with a goal of having you take part. So, to prevent the all-around frustration, here is a proven way for you to **KNOW WHAT IS HAPPENING IN YOUR NEIGHBORHOOD**:

- 1. Sign up here http://parkglen.org/sign-up.html to start receiving e-mails about events and activities in Park Glen. Watch for and read those e-mails.
- 2. "Like" the **Park Glen Neighborhood Association** Facebook page https://www.facebook.com/parkglenhoa/ so you will see those posts in your Facebook feed.
- 3. Don't just wait for information to come to you. Also seek it out:
 - ⇒ Bookmark <u>www.ParkGlen.org</u>, and check it out twice a month or so. Especially read the homepage and the "upcoming events page" <u>http://parkglen.org/upcoming-events.html</u>
 - ⇒ Read the neighborhood newsletter. It's usually published monthly and is always available here: http://parkglen.org/newsletters.html
 - ⇒ Go to the PGNA Facebook page weekly to see posts you may have missed: https://www.facebook.com/parkglenhoa/



Please Vote in the PGNA Election

we need a min. of 332 votes (10% of 3,317 homes to meet our Bylaw's 10% Quorum Requirement) as of 8/23/21

137 have voted (4.13%) 332 we need to vote (10%)

On August 13th an envelope was sent via the US Postal Service to all homeowners and an email was sent to all Park Glen Homeowners signed up for e-blasts with information on how to vote online, by mailin absentee ballot, by proxy, in-person, or by ballot drop off station, in the PGNA Election.

The email and letter have the homeowner's voting Election Code and Voting Pin and details on the September 13th, 7:00 p.m., Annual Meeting. You may access the online voting site on the home page of ParkGlen.org or at this direct link: https://vote.yeselections.com/pgna/



PGNA Annual Meeting & Election is on September 13, 2021

Annual Meeting is at 7:00 p.m. and will be held in-person as well as online. All homeowners are invited to attend.

At this Annual Meeting, the election of Board members will be held.

In-person meeting and ballot drop off station location: 5421 Basswood Blvd., Suite 710 (left of Premier Eye Care). In-person voting or voting by ballot drop off station will be from 6:30 p.m. - 7:15 p.m. on September 13, 2021

Online access for the meeting: will be found in the pink box on the home page of Park Glen.org, and is the same log-in info. as the monthly Board meetings.

Online voting is open until 7:15 pm on September 13, 2021.

Mail-in absentee ballot must be received at Yes Elections offices by noon on September 13, 2021.

Homeowners will be able to vote in advance by online, by absentee ballot, by proxy, or in-person or by a ballot drop off station at the September 13th Annual Meeting. Information on how to vote by these voting options was mailed in an envelope to all homeowners, via US Postal Service, on August 13th by Yes Elections, the company hired by PGNA to run the election.

Per our By-laws a minimum of 10 percent of the 3317 homeowners must vote in the election (332 homeowners are needed to vote, only one vote is counted per household), so please vote when you receive information about your voting options.

Please vote online at this link: https://vote.yeselections.com/pgna

Please see this link: http://parkglen.org/vote.html to learn more about the election and to see the candidates for the election.

Election guidelines are here:

http://users.neo.registeredsite.com/9/8/2/12319289/assets/ Approved_Election_2021_Guidelines_5-17-218796.pdf





PGNA Board Member Election

The list of candidates is below in the order received:

President (1 Position Open)-

Susan Kenney – I've been PGNA President for a year and a half. I have enjoyed meeting and working with so many neighbors in our neighborhood. My goals this year are to continue to be financially responsible, involve as many neighbors as possible, and keep our neighborhood the best it can be. I will continue to work toward fixing the sidewalks, improve safety, hold fun events, and uphold our documents.

Vice President (1 Position Open) -

Kelly Wingo – I have been proud to serve as a PGNA Board member for 5 years and it would be my honor to continue serving you. My goal is to continue to make this the type of neighborhood we all want to call Home Sweet Home. That means keeping the good we have and looking forward with vision to what we need. Your vote of confidence in me once again would be most appreciated.

Secretary (1 Position Open)-

Leslie Graham – I have been the PGNA Newsletter editor for a year and stepped in as an interim PGNA secretary when the position opened up. I have enjoyed learning about how our neighborhood association works and how we can help our neighborhood be its best. I want to continue working to make it an enjoyable and safe place to live and raise a family.

Director (4 Positions Open)-

Beth Rutkoski – My name is Beth Rutkoski and would like to continue being a board member as a director. I currently run the PGNA Yard of the Month contest, brought and ran the Halloween Harvest decorating contest to PGNA, and run the Holiday Decorating Contest. Helping with some of the Facebook information when needed. Busy all year long helping to make Park Glen a great place to live. Always open to others' ideas and looking for volunteers.

Sudip Adhikari - I'm Sudip Adhikari, a PG resident along with my wife and two kids since 2015. I'm a social worker and a small business owner (Stockyards Liquor & Wine). Also involved in different non-profit organizations both Nationally & Internationally, but wanted to contribute more locally to my immediate community and those around me. Looking forward to getting to know my neighbors further. If elected, I'll be your voice to representing you when needed!

Scott Roloff - For the past 20 years I have enjoyed raising a family and living in Park Glen Neighborhood. I believe it would be an honor to serve on the board and believe that my life-long career as a Certified Hospitality Facilities (and Landscape) Executive has provided me with essential skills that would benefit the community. Thank you for your consideration!

Tom Kaul - My wife and I have resided in Park Glen for 10 years. I have enjoyed serving as a Director on the Park Glen HOA board for the last three years. I believe the Association has been working to better our neighborhoods and would like to continue to be involved in these matters. I also have been a member of the Park Glen Code Blue team for the past six years.

Paul Grove - A resident of Park Glen for 20 years, I currently serve on the Board as Director and Treasurer and would love to continue to serve in this capacity. I'm also part of our neighborhood's Code Blue team working with our wonderful Fort Worth Police. I believe the primary mission of the Board is to actively engage with homeowners about maintaining the beauty and value of our homes and properties.

Thiruvilla Mahadevan - My name is Thiruvilla Mahadevan and I announce my candidacy for the position of a director in PGNA board. I know what the job entails and would like to contribute my services. My years of experience in research and actuarial sciences makes me an excellent candidate for the job. As a director, I would be honored to coordinate with all the other members to make Park Glen a great place to reside.

Will you hold a Block Party for National Night Out on Tuesday, October 5th?

The purpose of the National Night Out block parties is for neighbors to get to know one another better and to encourage neighbors to look out for one another to reduce crime. It's fun and easier than you may think! The Association will even pay some of your block party expenses! The deadline to sign up with the Association is September 29.



Email our Coordinator Gerry Sauls at PGNANationalNightOut@gmail.com for more information, tips on hosting a block party, and to register to hold a block party.

For additional information from the City of Fort Worth on National Night Out and to register with the City of Fort Worth here: https://police.fortworthtexas.gov/Get-Involved/national-night-out

City of Fort Worth National Night Out

(City of Fort Worth flyer revised to reflect direct information related to our Park Glen Neighborhood Assoc. (PGNA))

After going virtual last year, the City of Fort Worth is ready for in person events this year to celebrate National Night Out (NNO). Fort Worth will celebrate NNO on Tuesday, October 5th this year. If you are planning an event for NNO in your community please register with us at https://police.fortworthtexas.gov/Get-Involved/national-night-out so that we can add you to our list of events. If you have registered with NATW please also register with us. They do not provide us with their registrations.

If you have questions or need help registering, please contact the Crime Prevention Specialist for your North Division: Rosalinda Mendoza, at Rosalinda.Mendoza@fortworthtexas.gov or 682-225-0517.

What Is National Night Out

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a great opportunity to bring police and neighbors together under positive circumstances.

Millions of neighbors take part in National Night Out across thousands of communities from all fifty states, U.S. territories and military bases worldwide on the first Tuesday in August (Texas and select areas celebrate on the first Tuesday in October). Neighborhoods host block parties, festivals, parades, cookouts and various other community events with safety demonstrations, seminars, youth events, visits from emergency personnel, exhibits and much, much more.

WE LOOK FORWARD TO SEEING YOU ON OCTOBER 5th

City of Fort Worth — Working together to build a strong community.

PGNA Landscape Corner

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Summer—Tis the Season for Flowers

By the Lazy Gardener

Let me start with an observation, despite the damage sustained from the winter's storm, the neighborhood has never looked better. I see improvement from year to year but the events of the past year seems to have spurned the gardener in many of us. To you – Salute! Keep it up, it shows, and it appears to be contagious. I urge you to look into the PGNA Gardeners Club on Facebook and connect with your gardening neighbors, many you never knew lived so close to you. I never met a bad gardener.



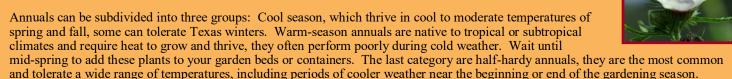
Now onto this month's topic – FLOWERS. Who doesn't love flowers, there is something for everyone's tastes. This topic is very broad and space precludes me from gushing so to keep it short and simple, let's keep the discussion to the difference between annuals and perennials, other than one costs five times as much, but... which one? Keep reading, you may be surprised.



All flowering plants follow the same basic life cycle. Annuals complete that cycle in one growing season, whereas perennials live on for three years or longer. If you begin reading about your plant purchases, you'll discover many twists on this basic definition. You'll come across terms such as "hardy" and "half-hardy" annual, or tender perennial, and then they tell you there's a third plant category: biennials; that combine some of the characteristics of both plant types.

Trying to compare annuals and perennials is pointless, neither is superior to the other. Integrating both types into your garden designs (along with shrubs and trees) will give you the best of both worlds and unlimited options in color, texture, form, and bloom time.

What is an Annual? True annuals are plants that germinate, flower, set seed, and die all in one season. Their ultimate goal is to reproduce themselves (set seed), which is good news for gardeners because most annuals will flower like mad until their mission is accomplished. And, if you use methods such as deadheading to prevent seed formation, many annuals will amp up their flower production and continue to bloom profusely until the first frost arrives. Although you'll need to replant most annuals the following spring to get a repeat performance, some will readily self-sow and return the following year, such as snapdragons and periwinkles.





Unlike their short-lived counterparts, perennials are typically cold-hardy plants that will return again for several years. They usually bloom for only one season each year (either spring, summer, or fall), but there are also reblooming and long-blooming perennials. When grown in favorable conditions, perennials often live a long time, but don't assume they will last forever. Their life span is variable, and some may live for only three to five years. Perennials also vary greatly in terms of their care and maintenance. Some are tough and undemanding, seeming to thrive on neglect but some need to be pruned and/or divided regularly to maintain their vigor and keep them tidy. This is a great way to make new friends and maybe enhance your garden by swapping plants with your neighbors.

So why choose annuals?

- Growing annuals can be a great way to take gardening one year at a time. They can be grown from seed, allow you to experiment with new plants and color schemes without making a long-term commitment or investment.
- Annuals are perfect for temporarily filling in bare spots in established gardens or refreshing containers through the season.
- Add annuals to a vegetable garden for a splash of color, to fill in gaps when early-season crops are harvested and attract pollinators to increase production of edible crops. Some even help fend off garden pests!
- Annuals provide nearly instant gratification, maturing faster than perennials or biennials, and often bloom from planting time until frost, and in some cases beyond.
- If you want a lot of blooms, annuals are the answer. They put all of their energy into developing flowers.

Why choose perennials?

- Although perennials tend to cost more initially, they are a good long-term investment because they return year after year.
- Even perennials that don't have a long-life span can often be propagated by division or by reseeding to perpetuate their population.
- Most perennials require less water once established, which can be especially advantageous for those who garden in dry drought-prone areas and want to reduce their water consumption.
- Planting perennials that are native to your region offers the additional benefit of creating a welcome habitat for pollinators, think butterflies.

But why choose, why not the best of both worlds. Happy gardening and remember Pinterest is a great source of inspiration and a great starting point.



2021 Park Glen Turkey Trot 5K Run/Walk & 2K Fun Run/Walk







Register for the 16th Annual PGNA Turkey Trot

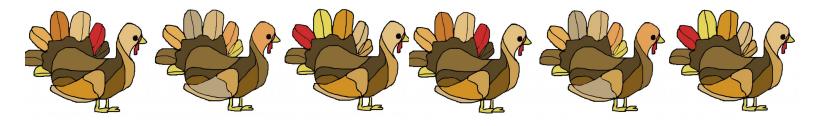
to be held on Thanksgiving morning, Nov. 25th here: http://getmeregistered.com/ParkGlenTurkeyTrot

Any questions, please email: <u>TurkeyTrot@ParkGlen.org</u>

Turkey Trot Volunteers Needed

If you'd like to volunteer to help, please sign up here: http://parkglen.org/volunteer.html





Official PGNA Facebook Page

The official Park Glen Neighborhood Association Facebook Page can be found here:

https://www.facebook.com/parkglenhoa.

Any other Facebook pages related to Park Glen are not connected with the PGNA, but do provide a lot of interaction and information for Park Glen residents and PGNA does share information on these pages when possible.



ADVERTISERS

If you would like to place an ad in our online newsletter, please e-mail Newsletter@ParkGlen.org

Full Page: \$150,

Half Page: \$100,

Qtr. Page: \$50,

Eighth Page: \$25



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June 2021 Yard of the Month Winners

The Meadows: 5528 Cedar Breaks Drive

Hills: 7972 Paloverde
Knoll: 5101 Arcadia Ct
Phase 1: 5250 Fort Concho
Bluffs: 8116 Union Lake
Preserve: 8450 Ram Ridge Ct
Vistas AT PG: 6920 Amber Dale
Crossing: 5312 Big Bend
Parkview: 4908 Navajo way
The Glen: 8048 Gila Bend
Phase 3: 7425 Mesa Verde Trail
Vistas OF PG: 5204 Warm Springs
Windridge: 5300 Mt. Mckinley

July 2021 Yard of the Month Winners

Bluffs - 8033 Slide Rock Road
The Knoll - 5220 Fort Concho drive
Crossing - 5121 Creekbend drive
Vistas OF - 5104 Yampa trail
Vistas AT - 5024 Lodgepole Lane
ParkView - 7405 Buckskin Court
Phase III - 5444 Lake Powell Dr
Phase I - 7567 Deer Lodge trail
The Hills - 7900 Kern Lane
The Glen - 4648 Timken Trl
The Preserve - 8424 Ram Ridge Ct
Meadows - 5540 Cedar Breaks Dr
WindRidge - 5362 Natchez Trl

Volunteer judges drive the neighborhood and select the winners for each month. Judging is based on overall attractiveness and adherence to deed restrictions & community standards. To be considered, properties must not have any open violations or have any past due balance on their accounts. Winners will receive recognition in the online community newsletter and on our ParkGlen.org website, plus a "Yard of the Month" sign for their yards. Any questions, please email PGNABeth@gmail.com.

A big thanks goes to Beth Rutkoski, YOM Coordinator and all the volunteer judges.

Park Glen Scouting

By Bob Kilburn

Well, the Summer is drawing to an end and your neighborhood Scouts are wrapping up their Summertime activities. School is just around the corner and that can only mean it is primetime for recruiting Cub Scouts so be on the lookout for Scouting events around the neighborhood from now on and through the fall to add to our numbers. The Scouts are in the process of doing their annual planning to develop plans for all the fun things they will be doing this year. Camping, canoe races, fishing, hiking video gaming tournaments are some of the things they have done in the past.

What a summer for Scouts from Troop 205, 2205 and Crew 205, Where to begin. They just returned from Scout Heaven, attending High Adventure Base Philmont Scout Ranch located in Cimmaron New Mexico in the Sangre de Cristo Mountains of the Rocky Mountains. They hiked over 120 miles, backpacking the whole way. They climbed half a dozen peaks. Congrats! A lifetime of memories in one summer. And that's not all, some attended Cub Scout Day Camp, others went to Summer Camp in Mineral Wells where they worked Merit Badges, shot rifles, fished, did some Archery, even some downhill skiing.

I could go on, Crew 205, went on a camping trip to the west coast and back, sponsored a water fight for all scouts in the park. Did some Putt, Putt and Go Karts along with everything else and lots of scouts participated in the Park Glen Parade.

I will leave you with this. It's Popcorn time and Scouts are raising money to support the great program we have in place. Thank You for your support.

Interested in Scouting in the Park Glen Area?

Contact **Bob Kilburn** at 817-789-9907 or <u>bobkilburn@sbcglobal.net</u>





£

Shredding Event

What: Free community shredding event Who: Hosted by Unity One Credit Union

Where: At 4625 N. Tarrant Pkwy

When: September 25, 2021, 9:00 a.m. - noon

Unity One asks that anyone who participates in the event, please place documents in trunk or on arrival place documents outside of their car, so a team member can retrieve them. See more details here: **Shredding**

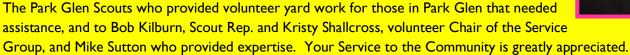
The PGNA postponed the shredding event scheduled for September 25, 2021 to April 23, 2022, since a free shredding event for the community is being held by Unity One Credit Union at 4625 N. Tarrant Parkway on September 25, 2021 from 9am-12 noon



Big Shout Out and Thanks Goes to:

Leslie Graham, our Newsletter Editor.

The July and August Yard of the Month (YOM) volunteer judges and to YOM Coordinator Rutkoski.



The volunteer Scholarship Selection Committee: Sian Vrana, Jaimee Perea, Dezranique Stansber, Allison Vatzlavick, and Coordinator Julie Grove.

Independence Parade volunteers and Kristy Shallcross, Parade Coordinator, our Neighborhood Police Officer Derrick Simpson and Officer Ward, our Citizen on Patrol volunteers Ralph Robb and Paul Grove; Bob Kilburn and the Park Glen Scouts for carrying the flags, the Central High School Band, and the Fossil Ridge HS Cheer Team.

Do you have a "SHOUT OUT" to share? For example, a neighbor's help you really appreciate, etc. Send it to PGNABeth@gmail.com





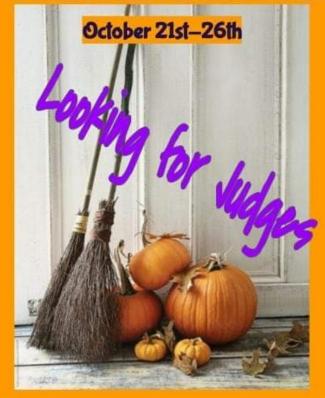
First day of preschool is August 24th!

September

Same rules as the Holiday Decorating contest in December. One to two nights of driving through our villages. Social distancing the whole time. Family activity of fun! Interested email Beth at PGNABeth@gmail.com
Judging is to take place between 7 p.m. and 10 p.m. each night, based on "curb appeal" as viewed from the street only. You are encouraged to recruit family members or others to help if you would like in your judging, as we welcome additional input.

The primary factor will be overall presentation ("wow factor"), but judges may

also consider uniqueness & creativity, storyline or theme, and neatness & organization. PGNA Halloween/Harvest Decorating



PGNA INDEPENDENCE PARADE Was postponed to July 10th due to weather

Thanks to all those that came out to participate in or watch the parade. It was great fun. Thanks so much to Kristy Shallcross, Parade Coordinator, all the volunteers for the event, our Neighborhood Police Officer Derrick Simpson and

Officer Ward for leading and trailing the parade, our Citizen on Patrol volunteers Ralph Robb and Paul Grove; Bob Kilburn and the Park Glen Scouts for carrying the flags, the Central High School Band, the Fossil Ridge HS Cheer Team, and all the participants. We had over 120 participants in the parade.























PID6 Board Election Results for District 2, 4, or 6

(August 12th)

District 2: Sophie Morton

District 4: Kelly Wingo

District 6: Steve Thompson

A District Map of PID6 Districts is here: http://www.pid6.org/doc/

PID6 Districts 2020.pdf.

If you are not sure which District you are in, find out here: http://www.pid6.org/

district query.php.

Please contact PID6 Manager:

Robin.Willits@fsresidental.com or 817-380-7003, for more information and details. Also see PID6.org.



We Need 2 Volunteers for the Architectural Control

If you'd like to volunteer or would like more information, please email
ParkGlenManager@nmitx.com

Committee

We need your Opinion

Arcadia Park Exercise Equipment Survey:

https://forms.gle/ DCgyAjq25VX5zetA7

Arcadia Park
Replacement of
Playground #7 Survey:

https://forms.gle/ w1cqpExbCtPtzKcR6

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2021 PGNA Scholarship Recipients

Out of 27 applications, the volunteers on the Scholarship Selection Committee selected the following 11 applicants to receive scholarship awards of \$425 each*



Bailey Hoke
Brent LeBlanc
Dylan Dierking
Hannah Martin
Hannah West
Hunter Villavicencio
Madison Dinh
Matthew Dinh
Sierra Gallegos
Stephanie Tran
Tony Yang



*All funding of the Scholarship Awards came from the profit from the Turkey Challenge Event held in November 2020.

A big thank you goes out to the Scholarship Program Coordinator Julie Grove and the volunteer Selection Committee: Sian Vrana, Jaimee Perea, Dezranique Stansber, Allison Vatzlavick.



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Egg Muffins with Sausage, Spinach, and Cheese

Prep Time: 10 minutes
Cook Time: 20 minutes
Total Time: 30 minutes
Servings: 6 pieces



Ingredients

3 lean breakfast turkey sausage links

5 egg whites

2 whole eggs

1/4 cup skim milk

Salt and pepper to taste

1/4 cup fresh chopped spinach

1/4 cup shredded sharp Cheddar cheese

Instructions

Preheat the oven to 350 degrees F. In a medium skillet, brown the turkey sausage links on medium-high heat. Cook until the sausage is brown all the way through. Cut sausage into ½ inch pieces. Set aside.

In a large mixing bowl, whisk together egg whites and eggs. Whisk in skim

milk and season with salt and pepper, to taste. Stir in the chopped spinach.



Grease 6 muffin tin cups with cooking spray or line cups with paper liners. Pour egg mixture evenly into the muffin cups. Distribute cheese and sausage equally between each muffin cup.

Bake egg muffins for 20 minutes, or until the muffins are firm in the center. Remove from oven and gently go round each egg with a butter knife. Serve warm.

Notes: you can store the egg muffins in the fridge for 3-4 days and reheat them in the microwave.

Link: https://www.twopeasandtheirpod.com/egg-muffins-with-sausage-spinach-and-cheese/

Baked Ranch Parmesan Crusted Chicken

Prep Time: 10 minutes Cook Time: 20 minutes Total Time: 30 minutes Servings: 6 servings

Ingredients

4 boneless skinless chicken breasts (about 2 pounds)

1 cup crushed Ritz crackers (about 24 crackers)

4 ounces parmesan cheese shredded

1 tablespoons dried parsley flakes

2 tablespoons ranch dressing

2 teaspoons garlic salt

Instructions

In a seal-able plastic bag, gently pound chicken until it's uniform in thickness. Slice breasts in half, if desired.

In a food processor, pulse together crackers, shredded Parmesan, and dried parsley (alternatively, you could crush the crackers by hand and stir together with the cheese and parsley.

Spray a 9"x13" pan with cooking spray to prevent sticking. Place chicken in the pan and sprinkle with garlic salt.

Brush chicken evenly with Ranch dressing, then sprinkle cracker mixture on top. Press the cracker mixture into the chicken lightly with your hands.

Bake in a preheated 400 degree oven for about 20 minutes. Tops should be golden brown. If additional browning time is needed, place chicken under the broiler for a couple minutes.

Serve hot.

Link: https://www.yellowblissroad.com/baked-ranch-parmesan-crusted-chicken/

