



Sheet Pan Dinners

I am all about what can make my life easier. Particularly when it comes to meal time. I love using my crock-pot, but occasionally I need a quick go-to dinner for when I get home from a long day – or a short day!

A very noticeable food trend that I have noticed lately is the sheet pan dinner. Sheet pan dinners are the perfect answer to a quick and

easy dinner with everything in one pan. You can modify your proteins and vegetables to suit your individual needs. Always use a rimmed sheet pan that has been sprayed with cooking spray. After assembly of your meal, just sit back and relax until your dinner is ready. The only thing better than that is the quick and easy clean up that will follow. It's a one pan

wonder.

I hope you will give these recipes a try. Experiment with your own family's likes and dislikes. Thanks for reading.

BALSAMIC CHICKEN and VEGETABLES SHEET PAN DINNER

¾ cup Italian dressing
¼ cup balsamic vinegar
4 boneless chicken breasts
½ head broccoli, cut into florets
1 cup baby carrots, cut in half
½ onion, cut into chunks
1 cup cherry tomatoes
½ tsp. black pepper

Preheat oven to 375 degrees; spray a rimmed cooking sheet with nonstick cooking spray. In a large resealable bag, combine ½ cup

of the Italian dressing, balsamic vinegar, and chicken; seal and refrigerate for 30 minutes to an hour. When ready to cook, place remaining dressing in a large bowl and add remaining ingredients; mix well until evenly coated. Place vegetables on baking sheet and spread evenly. Bake for 15 minutes; remove from oven, and arrange chicken between the vegetables on the cooking sheet. Bake for 30 additional minutes or until chicken is done and no longer pink in the middle and vegetables are roasted

SPICY ROASTED SAUSAGE and POTATOES

1 lb. potatoes (about 2 medium), peeled and cut into ½

inch cubes
1 (12 oz.) pkg. fully cooked andouille sausage, cut into 1-inch pieces
1 medium red onion, cut into wedges
1 medium sweet red pepper, cut into 1-inch pieces
1 medium green pepper, cut into 1-inch pieces
½ cup pickled pepper rings
1 Tbsp. olive oil
1 tsp. Creole seasoning
½ tsp. black pepper

Preheat oven to 400 degrees; spray a rimmed 15-inch sheet pan with cooking spray. In a large bowl, combine potatoes, sausage, onion, red pepper, green pepper, and pepper rings. Mix oil, Creole seasoning and pepper; drizzle over potato mixture and toss to coat. Transfer to prepared baking sheet and spread evenly. Roast for about 30 minutes or until vegetables are tender; stirring occasionally.

2 cans (14 oz) artichoke hearts, drained and halved
1 medium onion, coarsely chopped
½ cup white wine or chicken broth
2 cloves garlic, chopped
¼ cup shredded Parmesan cheese
1 lemon, cut into 8 slices
2 green onions, thinly sliced

Preheat oven to 375 degrees. Place chicken in a 15-inch rimmed baking sheet that has been sprayed with cooking spray. Drizzle with 1 ½ tsp. olive oil. In a small bowl, mix rosemary, thyme, and pepper; sprinkle half over chicken. In a large bowl, combine artichoke hearts, onion, wine, garlic, and remaining olive oil and herb mixture; toss to coat. Arrange this mixture around chicken; sprinkle cheese on top of chicken and top with lemon slices. Roast for 30-45 minutes or until chicken is no longer pink inside; garnish with sliced green onions.

Lee Ann Fleming is a Holmes County native, food columnist and has garnered fame for her recipes featured in the film, **The Help. Fleming can be reached at lafkitchen@hughes.net.*

PARMESAN CHICKEN and ARTICHOKE HEARTS

4 boneless chicken breast halves
3 tsp. olive oil
1 tsp. dried rosemary
½ tsp. dried thyme
½ tsp. pepper

Auditor says DHS concealed alleged fraud even after welfare scandal broke

A DHS spokesperson rejected the auditor's narrative that the department did not disclose fraud reports to the auditor's office.

Mississippi Today by Anna Wolfe

Mississippi Auditor Shad White attends Cindy Hyde-Smith's watch party at the Westin Jackson Wednesday, November 27, 2018. Credit: Eric J. Shelton, Mississippi Today/ Report for America

Shortly after last year's arrests in the largest reported public embezzlement scheme in state history, a whistleblower disclosed several previously unreported fraud allegations to the welfare department regarding one of its federal grant recipients.

Federal authorities and internal investigators at Mis-

issippi Department of Human Services eventually began investigating the subgrantee, 100 Black Men of Jackson, an agency spokesperson told Mississippi Today on Tuesday.

But when the State Auditor's Office later asked state agency officials at two separate meetings in 2020 if they knew of any other potential fraud, they did not relay the report, the audit released Tuesday said.

The February 2020 internal report claimed that an employee of 100 Black Men falsified timesheets to pay people who were not working at the nonprofit and that they were using federal money to buy personal items for staff and their family, according to the audit, which did not name the organization.

Ricky Jones, who has served as president of 100 Black Men of Jackson since March, said his organization just learned about the investigation last week when DHS notified them they would not be receiving a welfare grant this year. Jones said he had no knowledge of any alleged fraud and that the nonprofit had cooperated with audits from the department as well as the auditor's office.

"We're taken aback by this," Jones said.



Riley Angell
Aaron Goldman
August 1

Peoples Drug Store

Court Square 834-2721 Lexington

NOTICE OF A PUBLIC HEARING ON THE PROPOSED BUDGET AND PROPOSED TAX LEVIES FOR THE UPCOMING FISCAL YEAR FOR THE YAZOO MISSISSIPPI DELTA LEVEE DISTRICT

The Board of Levee Commissioners for the Yazoo-Mississippi Delta Levee District (the “Levee Board”) will hold a public hearing on its proposed budget and proposed tax levies for fiscal year 2021-2022 on July 8, 2021 at 1:00 o’clock P.M., at 140 Delta Avenue, Clarksdale, Mississippi 38614.

The Yazoo-Mississippi Delta Levee District is now operating with a projected total budget revenue of \$3,824,029.00 (57.94 percent) or \$ 2,215,780.00 of such revenue is obtained through ad valorem taxes. For the next fiscal year the proposed budget has total projected revenue of \$ 3,935,738.00. Of that amount (56.30 percent) or \$ 2,215,780.00 is proposed to be financed through a total ad valorem tax levy.

The decision by the Levee Board to not increase the ad valorem tax millage rate for fiscal year 2021-22 above the current fiscal year’s ad valorem tax millage rate means you will not pay more in ad valorem taxes assessed by the Levee Board on your home, automobile tag, utilities, business fixtures and equipment and rental real property, unless the assessed value of your property has increased for fiscal year 2021-22.

Any citizen of the Yazoo-Mississippi Delta Levee District is invited to attend this public hearing on the proposed budget and tax levies for fiscal year 2021-22 and will be allowed to speak for a reasonable amount of time and offer tangible evidence before any vote is taken.