

## TASTE OF TRUMAN

with Laura Seaman

### Chicken pot pie healthy and delicious

If you want a wholesome and hearty meal, this mini chicken pot pie recipe is perfect. It's like having chicken, vegetables and a biscuit all in one. It's a whole dinner in one little package. It's so much easier than making a large chicken pot pie and a lot cleaner when serving.

This recipe might seem daunting because of the amount of ingredients, but each ingredient is a basic item in any kitchen, and you're sure to use them when cooking during the future. The more ingredients you know how to work with, the better.

These mini pies are great for when you have a busy evening because they are perfect to take on-the-go. They're compact, clean and still tasty even if they're not just out of the oven. Put them in a tupperware container and grab one to snack on when you're hun-



Laura Seaman/TMN

gry. Don't let school or work keep you from having a full stomach and a healthy dinner.

Not only are they a good food for an on-the-go dinner, but they make a great party food. Guests can snack on them and get the fill of a full meal instead of munching on chips and feeling bad about themselves. Basically, these mini chicken pot pies are great for a variety of meals. Just try them out.

#### Mini Chicken Pot Pie Recipe

This recipe makes 10-12 pies.

#### Ingredients

- 1 lb. boneless chicken breast
- 1 cup frozen vegetables
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 tbsp. vegetable or canola oil
- 1/2 cup chicken broth
- 1/2 cup Bisquick mix
- 1/2 cup milk
- 2 eggs

#### Cooking Instructions

1. Preheat oven to 375 degrees.
2. Boil chicken until it is fully cooked and then cut into small, bite-sized pieces.
3. In a large skillet, mix the chicken pieces, veggies, salt, pepper,

oil and chicken broth and cook until most of the liquid is gone.

4. While cooking the chicken mixture, take a bowl and mix the Bisquick, milk and eggs until all lumps are gone.
5. Once both mixtures are finished, take a cupcake tin and spray each cupcake well with nonstick spray, and let the chicken mixture cool for 5 minutes.
6. Put one tablespoon of Bisquick mixture each into 10 tins.
7. Put 1/4 cup of chicken and veggies into each tin.
8. Put another tablespoon of Bisquick mixture over the tins.
9. Put the tray into the oven and cook for 25-30 minutes, or until a fork comes out clean.

**Total time needed: 1 hour**

# ASA hosts Zuzu African acrobats

BY COURTNEY KAUFFMAN  
Staff Reporter

As a part of Black History Month, the Truman State chapter of the African Students Association put on its annual "Sights and Sounds of Africa" event last weekend with a new addition — the Zuzu African Acrobats.

History professor Sylvia Macauley, faculty advisor for the African Students Association, said the ASA decided to try something different for this year's edition of "Sights and Sounds." She said the ASA wanted to fulfill its goal of educating the students of Truman and the community of the diversity about African culture, while still presenting an enjoyable event.

Macauley said this event fits nicely with the organization's goals since it helps to educate the campus and Kirksville community about the diversity of the continent of Africa in an entertaining way.

Macauley said the addition of the acrobats was a novelty. She said she wasn't sure if the addition of the acrobats would increase interest, but was open to allowing the students to try this new and different way of organizing the event. In the end, she said it drew a bigger crowd than during the past and paid off, Macauley said.

Macauley said the goal of the event is the same regardless of how the event is organized. She said she is willing to let the ASA try new things that fulfill its mission.

Macauley said she didn't have a favorite aspect of the event, but said it was a good show of the diversity of the continent. Through the combination of the performance itself and the African food services provided afterward, the educational aspect of the event was fulfilled, she said.

Hamisi Kitole, one of the Zuzu Acrobats, said he was surprised at the turnout Saturday, and was excited to perform for an enthusiastic crowd.

"Our favorite part of the performance is always having the audience up on stage and involved," Kitole said.

The acrobats travel from elementary schools to universities to perform, Kitole said. The group's next stop is Louisiana

for another performance and, though the group spends a lot of time on the road, the acrobats enjoy all the chances they get to perform, Kitole said.

"The group is made up of friends and family and developed from watching [each other] perform," Kitole said.

They started traveling to different competitions as the group Zuma Zuma and were approached at the end of one competition by a scout who said they could make a business out of performing, Kitole said. He said that led to them traveling to Germany and touring around Europe. The group tried out for America's Got Talent during 2011 where the acrobats made it all the way to semi-finals, said Kitole. After performing on "America's Got Talent," Zuma Zuma split into two different groups, Zuzu being one, he said.

Since the goal of the ASA is to educate the community about African culture, the acrobats worked aspects of their culture into their performance, Kitole said. He said the group tells stories or gets the audience involved by teaching them African words and explaining the background of certain dances or rituals.

"Usually ["Sights and Sounds"] is just a fashion show, someone doing a skit, someone doing a dance, and we do some speeches," ASA president senior Cara Tom said.

Having been a member of the ASA since her freshman year, Tom said she wanted to take some of the stress off the students who normally prepare the event and try something new with the acrobats.

"We try and educate the community about African culture and education and music," Tom said.

The acrobats combined all these aspects, she said, and worked to get the audience involved. African culture celebrates everything from funerals to joyous events, Tom said, so having the upbeat and energetic acrobats displayed that culture.

"It was amazing and overwhelming to see so many people come out," Tom said.

Seeing everything for the event come together in the end and having it turn out so well was her favorite part, Tom said.

The ASA hopes to attract even bigger acts from here, Tom said. She said she expects "Sights and Sounds" to become even more enjoyable in years to come.

**"We try to educate the community about African culture and education and music."**

-Senior Cara Tom

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