

AL ANFP Newsletter

Southern Charm May 2026



What has your board been up to?

Our next conference will be in Orange Beach, Alabama. The dates will be September 23-25, 2026. We will be at the Fairfield Inn. Book your room early to get the \$93 per night rate. The booking link is in the email.

We hope to see you all there! We had a great time at the 2026 Spring Conference!



Birthday Celebration Time!!!

May Birthdays: Sara Howell (5/1), Richard Walls (5/2), Joann Shepherd (5/4), Kimberly Phillips (5/9), Nelson Segura (5/10), Donna Bennett (5/11), LaTasha Allen (5/12), Sheryll Griffin (5/29), Timothy Liskey (5/31)



We are happy to welcome our new members and new students that have joined since April 2026.

New Members: Lacy Frye

New Students: None this month

NEWS FROM NATIONAL ANFP!

Attention all CDM, CFPPs! If your three-year recertification period ends on **May 31, 2026**, now is the time to review your CE status. You can check your recertification period end date and CE record at any time by logging into your ANFP record and selecting **My Certification** from the red navigation bar.

As your recertification deadline approaches, please look for important e-mails from CBDM. These e-mails will contain reminders about your CE hours and details on CE Audit selection.



We are on Facebook now! Please follow us for more information. We will announce CEU's that are being offered, update about conferences, take polls on how we, your board, can help you, and much more. You can find us by searching for "**Alabama ANFP 2026**". Come follow us.



Pet of the Month: This is "Chef" Sarge; he is 12 weeks old. This beautiful pup belongs to AL ANFP members, Michael and Brandy Albano. Isn't he just adorable?

Homemade Recipes

cook with love

With the summer months closely approaching and temperatures rising, no one wants to be in a hot kitchen cooking all day. We all know the saying, if you can't take the heat, stay out of the kitchen. Well, this chef gladly does so by spending the least time possible standing over a hot stove. Here is one of my one pot, quick and easy crowd-pleasing summertime favorites.

One-Pan Lemon Chicken and Rice

Prep Time

10minutes mins

Cook Time

25minutes mins

Total Time

35minutes mins

Ingredients

2 medium lemons, zested and juiced (2 tsp zest and 1/4 cup juice, divided between the chicken and rice stages identified below)

FOR THE CHICKEN

2 large chicken breasts, cut in half lengthwise (or 4 chicken cutlets)

2 tbsp freshly squeezed lemon juice

1/2 tsp paprika

1/2 tsp dried thyme

1/2 tsp kosher salt

freshly ground black pepper, to taste

FOR THE RICE

1 1/4 cup long grain white rice

1 medium onion, chopped

3 cloves garlic, minced

2 tsp lemon zest

2 cups packed baby spinach leaves, chopped

1/2 tsp dried thyme

2 1/2 cups fat free chicken broth

1/2 tsp kosher salt

2 tbsp freshly squeezed lemon juice

1/4 cup freshly grated parmesan cheese

1/4 cup parsley leaves, minced (optional)

Instructions

Heat a large nonstick skillet over high. Rub 2 tablespoons of the lemon juice over the chicken. Sprinkle chicken evenly with salt, pepper, paprika, and thyme.

Spray pan with cooking spray. Sear chicken until brown but not cooked through, about 2 minutes per side.

Remove chicken from pan to plate.

In the same pan, lower heat to medium and add onion.

Sauté until slightly browned, about 4-5 minutes.

Mix in rice, garlic, lemon zest, thyme, and salt. Stir and sauté until rice is coated with mixture and slightly

translucent, about 3-4 minutes.

Add chicken broth and spinach. Bring to a boil, scraping the brown bits from the bottom of the pan. When liquid is boiling, lay chicken on top of the liquid/rice mixture.

Cover the skillet, lower heat to medium-low, and simmer for 15-20 minutes, or until the rice is just cooked through.

Remove pan from heat. Move chicken to plate again and stir the lemon juice and grated parmesan into the rice until everything is melted and the rice is creamy.

Sprinkle rice with chopped parsley, if desired. Serve one piece of chicken with 1 cup of rice mixture.

From our own, Chef LaTasha Allen



Ever wondered how to contact one of the Alabama ANFP Board Members? Now you can. Not only can you reach us on the Facebook page, but now you can contact one of us directly. As of June 1, 2026.

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