

Better Living for Texans

Newsletter for District Five Families



March 2015

Make Meal Time - Family Time

It's important to spend pleasant time together, as a family. The family dinner table can create an atmosphere of love and acceptance, as well as, a delicious, healthy meal. Preparing and eating meals with your children can make family meals more enjoyable. Here are some tips for family meal time:

- Plan to eat together. If you're too busy for daily meals, try two to three times a week.
- Turn the television off during mealtime; this allows the family to concentrate on the meal and each other.
- Encourage your children to try new foods. Offer small amounts at first. Research indicates a child needs to be exposed to a food 8-12 times before the food is accepted. (If you only feed your children hamburgers and French fries that will be the only food they are comfortable with.)
- Never require children to eat everything on their plates. Serve them appropriate portions and encourage them to stop eating when they are full.
- Food should only be used to satisfy hunger, not as punishment or a reward.
- Include your child in the planning, shopping, and preparing of family meals and snacks.

University of Kentucky Cooperative Extension Service

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Dinner Time Dilemma

It's already 5:30 p.m. and you haven't had time to think about dinner. You walk in the door and all three kids say, "What's for dinner?" Your mind is blank; you have no idea what to fix for dinner. If you haven't planned your week day dinner in advance, here is a tip to help you know what to fix each week night. Make each night a specific meal night.

Monday – Soup Night

Tuesday – Chicken Night

Wednesday – Mexican Food Night

Thursday – Hamburger Night

Friday – Pasta Night

This way, you already know what you are fixing for dinner; you just have to narrow it down to a specific recipe or set of ingredients.

For example:

Monday-Soup Night

If you have left over chicken, some noodles, carrots, onions, celery; you have the makings for chicken noodle soup. Or if you have potatoes, onions, broth and milk you have the makings for potato soup.



Bean Soup

(2)16 ounce cans of beans (Lima, Pinto, Navy) drained

1 medium onion, chopped

½ pound of ham or any mild, cooked sausage

4 cups of chicken stock (bouillon may be substituted)

1 crushed garlic clove

Add onion, meat, garlic, and beans to 4 cups boiling chicken stock. Simmer until the onion is tender and the meat is heated throughout. (About 5 to 10 minutes)
Season with salt and pepper.

Crispy Yogurt-Baked Skinless Chicken

¾ cup low-fat plain yogurt

1 teaspoon salt

2 teaspoons Worcestershire Sauce

½ teaspoon paprika

¼ teaspoon hot pepper sauce

¼ teaspoon garlic powder

2 ¾ pounds whole chicken, skinless, cut-up

½ cup dry bread crumbs

½ cup rolled oats, dry

Pre-heat oven to 350 degrees. Coat a 9 by 13-inch pan with non-stick cooking spray. Mix yogurt, salt, Worcestershire Sauce, paprika, hot sauce, and garlic powder. Set aside. Mix bread crumbs and oats. Dip Chicken in yogurt mixture; roll in dry mixture. Place chicken pieces in pan. Bake uncovered until thickest pieces are done, about 1 hour.

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