

Family Meals

Do your kids rush through dinner and bolt from the table? Try these ideas to build quality family time into your dinner hour.

Keep the conversation light- Focus on the events of the day or fun weekend plans ahead. Of course, praising your children for a job well done at school or home is always welcome.

Take turns- Ask each person to tell one interesting thing he or she learned during the day. That includes you, too. You might mention something you read in the newspaper or learned about at work.

Play a Game- Try the “name game”. Start with the name of someone famous (George Washington). Go around the table, taking turns calling out another well-known person or character with the same first or last name (Curious George, Denzel Washington)



In the Kitchen

Make it Mexican

Breakfast Burrito. Scramble two eggs, $\frac{1}{4}$ cup fat-free milk, and a diced red pepper in a skillet (coat with nonstick cooking spray). When set, spoon onto a whole-wheat tortilla. Top with shredded low-fat cheddar cheese and salsa, and roll up.

Fiesta Lunch Salad. Toss together shredded lettuce, diced tomatoes, canned corn, and canned black beans. Add a dressing of $\frac{1}{4}$ cup low-fat sour cream blended with $\frac{1}{4}$ cup store-bought guacamole. Sprinkle with baked tortilla chips.

Layered Enchilada Dinner. Pour canned red enchilada sauce into a 9 X 13 inch casserole, and line with corn or whole-wheat tortillas. Top with browned lean ground beef and shredded low-fat Monterey Jack cheese. Repeat