

## **Gathering in the Kitchen: Healthy Eating and Making Memories**

Doris Gillette

### **Conversation Starters**

1. Where is your favorite place in the world? Why?
2. Who do you think is happier—a dog or a bird?
3. Why do we dream?
4. Which members of your family came from far away?
5. What would you like to invent?
6. What is important? What is not important?
7. What are three things you have never done?
8. When were “the good old days”?
9. Who is your best friend? Why?
10. What are three things you would do if you were ruler of the world for a day?
11. What do you think about toenail polish?

Miriam Weinstein

### **10 Quick and Easy Meals**

1. Chicken or beef stir fry
2. Creamed tuna on toast Apple/Banana Salad
4. Spaghetti and Meatballs/ Parmesan
5. Chicken Enchiladas

2-3 cans cooked chicken or turkey	1 small can diced green chilies
3 c. grated cheddar cheese	16 oz. sour cream
½ c. chopped green onion	6-8 flour tortillas
1 can cream of chicken soup	

Mix chicken, onion, chilies, soup, a small amount of the cheese and sour cream. Spread a small amount of sauce on the bottom of a glass baking dish, so the tortillas won't stick to the pan. Place two spoons of sauce on tortilla. Sprinkle on cheese. Roll and place in pan. Continue with the rest of the tortillas. Put the extra cheese and extra sauce on top. Bake at 325 degrees F. for 30-40 minutes. (Todd Woods)

6. Potato-Bacon Torte

4 strips bacon	3 sprigs fresh thyme
2/3 c. heavy cream	3 medium baking potatoes, sliced
Salt and pepper	¼ c. grated cheese

Preheat oven to 350 degrees F. Cook bacon until just crispy. Drain on paper towel, then crumble. In a small saucepan, heat thyme and cream over low heat until barely simmering. Turn off heat and let steep for about 5 minutes. Remove thyme sprigs. Finely slice the potatoes. In a glass baking dish, place a layer of potatoes, ¼ of crumbled bacon, a sprinkle of cheese, and salt and pepper. Continue layering until pan is nearly full. Top with an even layer of cheese and gently pour cream around and over the entire top layer. Bake until potatoes are done and cheese and sauce are bubbling, about 50 minutes. Serve with your favorite meat entree. (Melissa Holt)

7. Game Day Stew

1½ lb. cubed stew beef	2 cans cream of mushroom soup
5 medium potatoes	1 envelope dry onion soup mix
3 c. cubed carrots or mini carrots	2 c. water
¼ tsp. pepper	

In Dutch oven or roasting pan, sear meat on all sides. Add all other ingredients. Mix well. Bake at 300 degrees for 3 hours or bake at 250 degrees for 5-6 hours to be ready after “the game” or for a tailgating party. A BYU Edwards family tradition--this recipe can be doubled or tripled for a crowd. (Becky Price Edwards)

#### 8. Build a Meal:

Don't need a recipe, just your imagination. Have things on hand that you can throw together like vegetables: lettuce, tomatoes, avocados, broccoli, carrots, cucumbers and chili, olives, onions, sour cream, grated cheese, nuts...throw in something from all the food groups then you can have a Potato bar or Salad bar, a Pita Party or Mexican pile ups...where you start with rice or crushed up corn chips...like Fritos and some fried hamburger in tomato sauce and then pile stuff on.

#### 9. Potato Cheese Soup

4 c. sliced Potatoes	5 sprigs parsley
2 c. water	1½ -2 c. milk
2 tsp. salt	¼ tsp. pepper
1 small onion, sliced	1/8 tsp. garlic powder
1 c. grated cheese	2 T. butter

Cook potatoes and onion in salted water until soft. In blender, puree potato mixture and parsley with milk until smooth. Return to pan and add cheese, butter, pepper and garlic and heat through. Do not boil.

Yield: 8 cups (Jennifer Gillett Cusick)

#### 10. Vegetable Pizza

Spray cookie sheet with Pam. Cover bottom of pan with 1 package of crescent roll dough. Place the two sections together lengthwise on pan, and flatten and spread out the dough with creases pinched together to make one large oblong pizza crust. Bake at 350 degrees F. for 10-12 minutes or until brown on bottom. Cool.

Combine:

8 oz. cream cheese	1/8 tsp. lemon and herb seasoning
1/3 c. mayonnaise	¼ tsp. dill weed
1/8 tsp. garlic salt	1 T. ranch dressing mix

Pinch of pepper

Spread mixture on cooled crust. Sprinkle over mixture:

2 c. chopped broccoli (use the top 2 inches)	¼-½ c. chopped green onion
½ c. chopped green pepper	½ c. grated carrots
1 small can sliced black olives	1 small tomato, chopped

Sprinkle 1 c. grated cheddar cheese over the top. With the palm of your hand, press the vegetables slightly into the cream cheese. Chill covered until ready to serve. This is wonderful served with soup...and good the next day, too. (Norma Hansen)

### **10 Ideas for Picky Eaters**

1. Cheese quesadillas with chopped avocado or other veggies
2. Spaghetti

Keep a jar of spaghetti sauce on hand; also angel hair pasta, which cooks in about 5 minutes.

Frozen meat balls are fairly quick if you microwave them.

3. Yogurt mixed with fruit: strawberries, blueberries, pineapple, etc.
4. Grilled peanut and banana sandwich; try using raisin bread
5. Spread toast with cream cheese and sprinkle cinnamon sugar on top.
6. Pigs in a blanket
7. Chicken nuggets with honey lemon sauce or other sauces for dipping

8. Macaroni and cheese with carrots or peas, etc.
9. Chicken or meat kabobs grilled on the barbecue
10. Crepes rolled with applesauce or chocolate pudding.

### **10 Ideas for Snacks**

1. Bagels and cream cheese
2. Muffins: poppy seed, bran, blueberry, etc.
3. Oatmeal with cinnamon, sugar and raisins.
4. Popcorn balls
5. Dried fruit and crackers
6. Hard-boiled eggs
7. Sliced apples
8. Bread sticks with dip
9. Beef jerky
10. Crackers spread with bacon bits and cheese, melted in microwave

Remember:

An apple a day keeps the doctor away.

A scripture a day keeps the devil away.

### **10 Fun, Fast, Filling, Fairly Nutritious Foods**

1. Tater Tot Casserole: Brown 1 lb. hamburger with one chopped onion; add 1 can cream of mushroom soup, 1 can cream of chicken soup, and 1 can of evaporated milk. Put 2-lb. bag of Tater Tots in a casserole dish, top with hamburger mixture. Bake at 325 degrees for 30 minutes.
2. Quick Barbecues: Brown 1 lb. hamburger, add 1 can chicken gumbo soup, 2 T. catsup, 1 tsp. mustard. Simmer 30 minutes. Serve on hamburger buns with a green salad.
3. Yummy Noodle Dinner: Prepare a noodle packaged dinner (Lipton Noodles with Alfredo Sauce, or Noodle Roni), and add precooked shrimp or chicken and frozen broccoli. Simmer until broccoli is tender. Don't overcook.
4. Potatoes: Wrap potatoes in foil and bake at 350 degrees for 45 minutes to 1 hour, depending on size. Top with warmed canned chili and grated cheese. Bake a couple extra potatoes; slice them and fry with an onion for your next meal, or dice them and add them to a can of creamed corn with a little milk. It makes a good soup.
5. Chinese Fried Rice: In frying pan, scramble 2 eggs in 1 T. butter. Add diced vegetables you might have. Add cooked rice and sauté until lightly browned. Add a little water and soy sauce. You can add cooked chicken, ham, pork, bacon, if you have some.
6. Veggie Melt: Steam some vegetables, such as new potatoes, broccoli, carrots, cauliflower, summer squash. Drain. Melt cheese on top.
7. Mini Instant Pizza: Begin with a hot-dog bun, English muffin, or bagel. Spread each half with pizza sauce, add toppings ...cheese, onions, olives, hamburger, pepperoni, etc. Bake in oven until cheese is bubbly.
8. Fajitas: Stir-fry 1 chicken breast, sliced in thin strips; add sliced/diced onion, bell pepper and tomato wedges. Squeeze with lemon juice and wrap in flour tortillas.
9. Chicken Cheese Soup: Combine 2 cans cream of chicken soup, 1 soup can milk, 1 jar Cheese Whiz, and 1 package frozen mixed vegetables. Heat and serve with bread sticks.
10. Waldorf Salad: Dice apples, chop celery, add raisins, grapes, nuts. Mix with mayonnaise. Serve with muffins.