



Keep conversations pleasant. Try using the ideas on the right for successful family meals table talk:

- Provides a chance to share cultural and family traditions.
- Helps children learn how to take turns talking and listening.
- Gives children practice sharing their thoughts and feelings so they are more comfortable expressing themselves outside the home.

Talking Together

Talking together makes for pleasant family meals. Work toward happy, relaxing conversation at meals to set roots for a lifetime.



- Take turns talking. One person talks at a time.
- Listen carefully.
- Be open to new ideas.
- Turn off the TV, phone, personal electronic devices, or other distractions.

GUIDELINES FOR Mealtime Conversation:

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Small Bites of Nutrition & Conversation

Nutritionally sound' snacks can add to a child's daily food intake. Preparing them with your child provides an opportunity to talk to your child on topics of interest.

Crispy Taquitos

(Makes 12 appetizer servings)

Ingredients

- 2 c. salsa
- ½ c. cooked chicken, finely chopped
- ½ c. frozen corn
- ¾ c. chopped green onion
- ¾ c. chopped green pepper
- ½ c. low-fat shredded cheddar cheese
- 12 corn tortillas
- 4 t. vegetable oil



TIP: For easier rolling, you can:

- Use tortillas made with flour and corn,
- Place tortillas between damp towels when warming in microwave oven.

Directions

1. Heat oven to 425° F.
2. In a medium bowl, combine 1 cup salsa, chicken, corn, green onion, bell pepper and cheese.
3. Soften tortillas on the stovetop or in the microwave oven.
4. Spoon a heaping tablespoon of filling onto the center of each tortilla. Roll up tightly and secure with a toothpick.
5. Place rolled tortillas seam-side down on a baking sheet. Brush each lightly with oil. Bake for 10-15 minutes or until crisp and lightly browned.
6. Place on plate and serve with remaining salsa.

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When your child helps in the kitchen, remember cleanliness and safety. Wash hands with soap and warm, running water before and after handling food or utensils. Review safety rules.

A Task for Every Age

Use the information on the right to select tasks that will help your child to be successful.

- Helps children learn and practice new kitchen skills with adult direction.
- Introduces children to a variety of healthy foods.

Cooking Together

Children get excited about eating when they help prepare food. Involve your child in planning and preparing some meals and snacks for the family. It's fun for everyone!



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BEGINNER SKILLS

- Gather ingredients
- Scrub vegetables
- Tear lettuce
- Open packages
- Stir ingredients
- Peel eggs, oranges, bananas
- Set the table

INTERMEDIATE SKILLS

- Read recipes
- Open cans
- Measure ingredients
- Combine ingredients
- Roll dough
- Shred vegetables and cheese*
- Learn how to use the oven

ADVANCED SKILLS

- Learn how to use the knife*
- Use appliances (mixer and blender)*
- Plan meals and write shopping lists
- Prepare simple meals

*With adult supervision

Black & White Bean Salad

(Makes 4 servings)

Ingredients

- 1 clove garlic, cut in half
- 1 15-oz. can black beans
- 1 15-oz. can white beans
- 1 c. frozen corn
- 1 small jalapeño chile pepper, cored, seeded and finely chopped
- 2 medium tomatoes, cored and diced
- 1 cucumber, peeled, seeded and diced
- 2 green onions, trimmed and finely chopped
- 1 ½ t. ground cumin
- ¼ t. black pepper
- 4 T. lime juice
- 2 T. vegetable oil
- ¼ c. chopped, fresh cilantro leaves
- 4 c. romaine lettuce

Directions

1. Rub a large bowl with garlic.
2. Drain beans in strainer and rinse.
3. In the bowl fold together beans, corn, chile, tomatoes, and cucumber.
4. Mix together cumin, black pepper, lime juice and vegetable oil. Toss with bean and vegetable mixture.
5. Before serving add cilantro.
6. Spread 1 packed cup of lettuce on a plate and spoon 1 ½ cups of bean salad over the lettuce.



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Black & White Bean Salad

(Makes 4 servings)

Ingredients

- 1 clove garlic, cut in half
- 1 15-oz. can black beans
- 1 15-oz. can white beans
- 1 c. frozen corn
- 1 small jalapeño chile pepper, cored, seeded and finely chopped
- 2 medium tomatoes, cored and diced
- 1 cucumber, peeled, seeded and diced
- 2 green onions, trimmed and finely chopped
- 1 ½ t. ground cumin
- ¼ t. black pepper
- 4 T. lime juice
- 2 T. vegetable oil
- ¼ c. chopped, fresh cilantro leaves
- 4 c. romaine lettuce

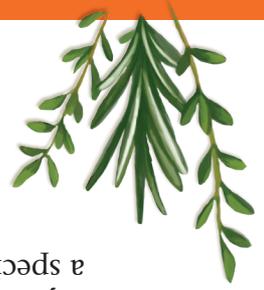
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a special meal:

Try some of the ideas on the right when planning

- Model and practice good manners.
- Help children practice and share family foods and cultural traditions.
- Help family members feel connected.

Family Celebrations

Special family celebrations are fun and create fond memories that set roots for a lifetime.



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Family Celebrations

- Help family members feel connected.
- Help children practice and share family foods and cultural traditions.
- Model and practice good manners.

Try some of the ideas on the right when planning a special meal:



RESTAURANT NIGHT

Set the table with a centerpiece. Have one child or teen be the waitperson and serve the family. Turn down the lights, eat by candlelight and enjoy a 'night out' at home.

GAME NIGHT

Make individual pizzas using English muffins, then play a family game. Take turns choosing the game so everyone wins.

CELEBRATE THE SEASONS

Celebrate opening day at the Farmers' Market, the leaves falling, or the first flowers of spring. Or how about an indoor picnic during winter with your favorite summer foods?

Fiesta Meatballs in Sauce

(Makes 8 servings)

Ingredients

- 1/2 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 t. vegetable oil
- 1 pound ground turkey
- 1 large egg
- 3/4 c. cornmeal
- 2 oz. finely chopped cilantro
- 2 oz. green chiles, canned
- 1 t. cumin
- 1 t. chili powder
- 1/2 t. salt
- vegetable oil spray
- 1/2 t. black pepper
- 1 16-oz. jar salsa
- 1 14-oz. canned tomatoes, low sodium



Directions

1. Preheat oven to 350° F.
2. Heat vegetable oil in large skillet over medium heat. Add onions, cook for a 3-4 minutes, then add garlic and stir. Cook until both are soft.
3. In a large bowl, combine turkey with the egg, cornmeal, cilantro, chiles and spices. Add the onion mixture and mix completely.
4. Spray baking sheet with vegetable oil. Shape meatballs into balls about 2 T. each. Place on baking sheet and place in oven. Bake for 10 to 15 minutes or until firm.
5. Pour salsa and canned tomatoes to baking dish. When meatballs are done, place meatballs on top of sauce, cover with foil. Bake in oven for 20 minutes. Serve with beans and rice and green salad.

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5. Pour salsa and canned tomatoes into baking dish. When meatballs are done, place meatballs on top of sauce, cover with foil. Bake in oven for 20 minutes. Serve with beans and rice and green salad.
3. In a large bowl, combine turkey with the egg, cornmeal, cilantro, chiles and spices. Add the onion mixture and mix completely.
4. Spray baking sheet with vegetable oil. Shape meatballs into balls about 2 T. each. Place on baking sheet and place in oven. Bake for 10 to 15 minutes or until firm.
2. Heat vegetable oil in large skillet over medium heat. Add onions, cook for a 3-4 minutes, then add garlic and stir. Cook until both are soft.

Directions

1. Preheat oven to 350° F.
2. Heat vegetable oil in large skillet over medium heat. Add onions, cook for a 3-4 minutes, then add garlic and stir. Cook until both are soft.

- 1/2 t. black pepper
- 1 16-oz. jar salsa
- 1 14-oz. canned tomatoes, low sodium
- vegetable oil spray
- 1/2 t. chili powder
- 1 t. salt
- 1 t. cumin
- 1 t. chili powder
- 1/2 t. salt
- vegetable oil spray
- 1/2 t. black pepper
- 1 16-oz. jar salsa
- 1 14-oz. canned tomatoes, low sodium



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- Directions**
1. Wash green beans. Trim off ends. Place in pot with small amount of water, bring to boil, cook for about 5 minutes or until tender crisp. Rinse with cold water and drain. Place in large bowl.
 2. Peel and slice onion. Mix with drained green beans.
 3. Mix vinegar, oil, lemon juice salt pepper and garlic. Pour half of the dressing mixture over green beans and onions. Toss lightly.
 4. Place chopped lettuce on plate, top with green bean and onion mixture. Top with drained tuna, arrange tomato wedges around plate. Sprinkle with fresh basil.

- Ingredients**
- 2 c. snap beans, trimmed
 - 1 sweet onion
 - 2 T. vinegar
 - 1 T. vegetable oil
 - 2 t. lemon juice
 - 1/8 t. salt
 - 1/8 t. black pepper
 - 1 clove garlic, minced
 - 1 1/2 c. chopped romaine lettuce
 - 1 whole tomato, cut into wedges
 - 1 1/4 oz. tuna in water, canned drained
 - 3 T. fresh, chopped basil



Tuna and Green Bean Salad



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- 1 whole tomato, cut into wedges
- 1 1/4 oz. tuna in water, canned drained
- 3 T. fresh, chopped basil

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Meatball Soup

(Makes 8 servings)

Ingredients

- 8 c. low sodium chicken broth
- 1 T. chili powder
- 1 bay leaf
- ½ t. ground cumin
- ¼ c. chopped onion
- ½ c. chopped green pepper
- ½ pound lean ground beef
- ¼ pound ground chicken
- ¼ c. minced onion
- 1 large clove minced garlic
- 1 t. salt
- ½ t. dried oregano
- ½ t. ground black pepper
- ¼ c. masa harina
- 1 14.5-oz. can tomatoes with green chiles
- 2 c. chopped cabbage
- 1 c. each: carrot, celery, summer squash, frozen corn
- ½ c. finely chopped cilantro

Directions

1. In a large pot, mix broth, chili powder, cumin, bay leaf, ¼ cup chopped onion and green pepper. Bring to a boil.
2. In a bowl, mix chicken, beef, ¼ cup onion, tomato, garlic, salt, oregano, pepper and masa harina. Mix until evenly blended.
3. Form 1 inch meatballs. Place meatballs in boiling broth and lower heat. Simmer on low heat for 10-15 minutes.
4. Add canned tomatoes, cabbage, carrots and celery. Bring to a simmer and cook for 10 minutes. Add corn and squash. Cook for another 5 minutes. Garnish with cilantro.



TIP: Substitute eight cups water + 4 bouillon cubes for chicken broth.

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