



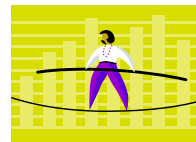
**Family Dinner Get Better with Practice**

The less often a family eats together, the worse the experience is likely to be, the less healthy the food and the more meager the talk. Mealtimes are where a family builds its identity and culture. Legends are passed down, jokes told and eventually a wider world is examined through the lens of a family's values. A meal is about sharing. So don't give up, make it a priority to have meals together.

Source: [www.CASAFamilyDay.org](http://www.CASAFamilyDay.org)



**Balancing Food, Fun & Fitness**



**Fall Family Fun**

Stay active with fall activities that help balance food and physical activity. When weather turns cooler it is easy to let the TV or computer take up quality family time. Here are some ideas.

1. Brainstorm, as a family, activities to do outside or in the house and write them on a small piece of paper, cut, fold and place in a bowl.
2. Designate a weekly family time and mark them on the calendar.
3. Draw an activity out of the bowl for each family day. You can do this one month at a time or be adventurous and do it that day.

**Family Time Activity Ideas**

- Family Sleep Over – Everyone get in their pajamas and have a sleepover in the family room.
- Leaf Raking Contest – See what team can get their section raked first. Then have fun burying each other.
- Jumping Jack Contest
- Hula Hoop Contest - Who can do it the longest, fastest or fanciest? Don't forget the music.
- Food Drive – Walk the neighborhood and collect food for the local food bank.
- Create a Video – Film "A day in the life of dad..", or "Here is my neighborhood".

**TO SUBSCRIBE:**

It's easy to sign up for Mealtimes Solutions. Send an email or call one of the MSU Extension Offices listed at the right side of this page and leave your email address. Feel free to spread the word to your family and friends.



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## Family Fairy Tales

Create a fairy tale at the supper table. Choose an opening sentence from the ideas below or make up one of your own. Have each family member take turns adding a sentence.

- One starry night, a zoo keeper forgot to lock up the monkey cage.
- Once upon a time, there was a young girl with a magic watch.
- In a time long ago there was a brother and sister (a mom and dad) who dreamed of adventure.
- Many years ago there was a family of Pilgrims.

Source: [www.CASAFamilyDay.org](http://www.CASAFamilyDay.org)

## HALFWAY HOMEMADE

### Easy Turkey Pot Pie

- 1 12-16 oz pkg. package frozen vegetables for stew, cooked according to package directions
- 1 cup frozen peas, cooked according to package directions
- 2 cups cooked turkey, cut into 1/2-inch cubes
- 1 12-oz jar non-fat turkey gravy
- 1 tablespoon dried parsley
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 refrigerated pie crust, room temperature

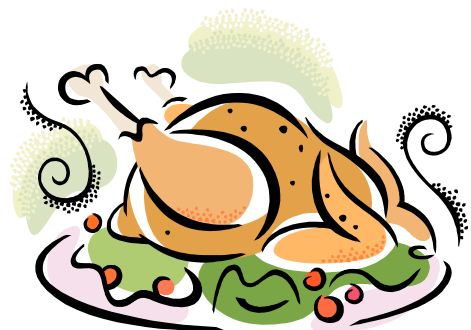
Drain any cooking liquid from vegetables. Add turkey cubes, gravy, herbs, salt and pepper to vegetables in a 2-quart baking dish. Unfold pie crust dough and place on top of dish, trimming edges to approximately 1 inch larger than dish; secure dough edges to dish. Make several 1-inch slits on crust to allow steam to escape. Bake in preheated 400-degree F oven for 25-30 minutes or until crust is brown and mixture is hot and bubbly.

Source: The National Turkey Federation

### Turkey Storage Advice from the National Turkey Federation

- All turkey leftovers should be stored in shallow containers and refrigerated or frozen within two hours of cooking.
- NTF recommends that cooked, sliced turkey reach 40 degrees F within two hours or less.
- Turkey gravy should be used within 1 to 2 days, be sure to bring the gravy to a boil before serving.
- Leftover turkey can be stored in refrigerator for 3-4 days and in the freezer 3-4 months.

For over 1100 turkey recipes and other turkey information go to [www.eatturkey.com](http://www.eatturkey.com)



## QUICK FIXES

Here are a few tasty, quick and healthy game day foods that can take your family through several sport seasons.

### Fresh Guacamole

- 2 avocados, without skin and seeds
- ¼ c chopped onion
- 4 T chopped fresh cilantro (or cumin to taste)
- 1/3 c. chopped tomato
- hot pepper sauce to taste
- 1 t sea salt or to taste
- 2 T lime juice
- 1 clove minced garlic



Mash together the avocado, salt, lime juice, and hot pepper sauce. Adjust seasoning to your taste. Stir in onion, garlic, fresh cilantro and tomato. Serve with tortilla chips or veggies.

### Spicy Bean Salsa

- 1 can black beans, drained and rinsed
- 1 can black-eyed peas, drained and rinsed
- 1 can corn, drained
- ½ c. chopped onion
- ½ c. chopped green pepper
- ½ c. finely chopped jalapeno peppers, or to taste
- 1 can diced tomatoes
- ½ t. garlic salt
- 1-8oz. bottle non-fat Italian dressing

Combine all ingredients in large bowl and refrigerate several hours. Serve with tortilla or pita chips or as a side dish.

### Chili Lime Tortilla Chips

- 12, 6-inch corn tortillas
- Canola oil cooking spray
- 2 tablespoons lime juice
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt



Position oven racks in the middle and lower third of oven; preheat to 375°F.

Coat both sides of each tortilla with cooking spray and cut into eighths. Place tortilla wedges on 2 large baking sheets. Combine lime juice and chili powder, brush the mixture on each tortilla wedge and sprinkle with salt. Bake the tortillas, switching the baking sheets halfway through, until golden and crisp, 15 to 20 minutes (depending on the thickness of the tortillas).

## DOABLE DINNER



**Holiday Brunch**  
**Egg Casserole**  
**Fruit Salad**  
**Fruit Juice Spritzers or milk**



Brunch is a great idea when you have guests staying with you during the holiday season. It also works well as an easy supper. Just remember to put it in the fridge ahead of time and for fun pull out the fancy glasses for the spritzers.

### Egg Casserole

- 1 lb. sausage
- 12 eggs
- 1-1/2 c milk
- 1/2 t salt
- 2 c shredded cheese, cheddar or co-jack work well
- 2 c seasoned croutons

Brown and drain sausage. Place in bottom of greased oblong baking dish. Mix together eggs, milk, salt and cheese and pour over sausage. Top with croutons. Cover and refrigerate overnight. The next day, uncover and bake at 350 degrees until fluffy. (About 1- 1 1/2 hr.)

### Shopping List

- Sausage
- Eggs
- Cheese
- Seasoned croutons
- Fruit – canned or fresh
- 100% fruit juice
- Club soda



### **Speedy Fruit Salad**

- 1 can fruit, any kind
- 1 apple, diced
- 1 banana, sliced

Stir apple and banana into canned fruit and then drain extra liquid. The coating of syrup will prevent apple and banana from browning.

### **Fruit Juice Spritzer**

- 3 parts 100% fruit juice
- 1 part club soda

This may be mixed in individual glasses or in a pitcher. Sparkling mineral water may also be used.

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