

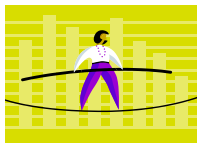
A Fact About Family Meals

A relaxed family dinner offers real benefits for adults and children. Leisurely eating leads to feeling fuller with less food. When families eat five or more meals together per week, young people tend to have healthier weights, more success in school, fewer eating problems, lower substance abuse rates, and less depression.

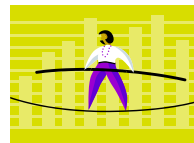
Eat Right Montana, April 2008



Ways to Slow Down and Enjoy Dinner



Balancing Food, Fun & Fitness



There are four tasty ways to slow down and enjoy dinner. These tips will help make mealtimes matter.

- **Give your family meals the time and attention they deserve:** It takes approximately 20 minutes from the time you start eating for your brain to send out signals of fullness. Whether you are eating around your kitchen table or dining out, allowing plenty of time to enjoy the meal will give everyone the chance to refuel and recharge in the midst of a hectic schedule.
- **Get the whole family involved in dinner—from start to finish:** The evening meal doesn't have to be one person's responsibility. Assign age-appropriate jobs, like choosing the fruit for dessert, mixing pre-cut vegetables into a salad, or setting or clearing the table.
- **Create a pleasant, distraction-free zone at the dinner table:** Turn off all electronics. The goal is to provide a relatively quiet time to enjoy food and being together. A low stress environment helps to control overeating and to improve digestion after eating.
- **Make family conversations the centerpiece of your time together:** Pleasant conversations make good meals even better. They help young children expand vocabulary and adults learn what is really going on in the lives of young people.

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SILENCE BUSTERS

Family conversations help everyone feel more secure and connected in a confusing and often overwhelming world. Try the following new ideas on what to talk about at the table.

What is the most interesting thing that you read today? Why?
What are your favorite foods in the meals that we make at home?
What would be the best birthday party that you could imagine?
What I like best about our family is...

Keep it on the light side, leaving serious discussion for another time. Turn off the TV, cell phones and iPods and just listen to what each other has to say.

HALFWAY HOMEMADE

Eat Right to Play Hard

Active kids need fuel for sports, school and everyday health, as well as normal growth and development. When young people are involved in competitive athletics, their need for power foods and fluids is higher than usual.

Serve a Champion's Breakfast. Offer whole-grain cereals or serve muffins made with whole grains and fruit, like bananas, blueberries and raisins. Create an instant yogurt parfait with layers of low-fat vanilla yogurt; fresh, frozen or canned fruit; and crunchy whole-grain cereal.

Pack Breakfast to Go. When road trips make sit-down breakfasts difficult, pack a bag with bagels, bananas, apples, string cheese, yogurt cups, juice boxes and low-fat milk for eating on the run.

Pack a Super-Snack Bag. Families with kids on the go need smart fuel. Fill an insulated bag with high-energy snacks. Use frozen juice boxes, water bottles or reusable gel packs to keep items cold. Help fend off snack attacks with crackers and cheese, peanut butter and jelly sandwiches, trail mix, containers of cut-up fruit and sliced vegetables with dip.

Choose Beverages Wisely. Water is a great low-cost choice. For longer activities, diluted 100% fruit juice or sports drinks may increase fluid intake. New research shows low-fat milk, including chocolate milk, may be one of the most effective beverages for muscle recovery after intense activity.

Chocolaty Pumpkin Bars

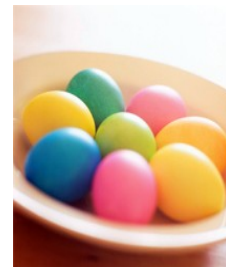
1 cup all-purpose flour
1 cup whole wheat flour
1 cup pecans, very finely chopped
3/4 cup granulated sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/2 teaspoon baking soda
1/2 teaspoon salt
4 large eggs, beaten
One 15-ounce can 100% pure pumpkin
1/2 cup canola oil
1/4 cup 1% low-fat milk
1/2 cup mini semi-sweet chocolate chips



1. Preheat oven to 350°F. Lightly oil or coat a 15 x 10 x 1-inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole wheat flour, pecans, sugar, baking powder, cinnamon, baking soda, and salt in a large bowl until well combined.
3. In a separate bowl, whisk the eggs, pumpkin, oil, and milk until well blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
4. Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into thirty, 2 x 2 1/2-inch bars.

Source: www.eatright.org/kids/

Egg Handling



- Eggs are placed in their cartons large end up to keep the air cell in place and the yolk centered.
- A hard-cooked egg will peel more easily if it is a week or two old before it is cooked.
- To tell if an egg is raw or hard-cooked, spin it! If the egg spins easily, it is hard-cooked but if it wobbles, it is raw.
- If an egg is accidentally dropped on the floor, sprinkle it heavily with salt for easy clean up.
- A greenish ring around a hard-cooked egg yolk is due to either overcooking or a high iron content in the cooking water. This can be avoided using proper cooking time and temperature, and by rapidly cooling the cooked egg.
- The stringy piece of material in the egg is not an embryo, but rather a special protein called chalazae which acts as a shock absorber for the yolk so it doesn't break.
- Select eggs with a good expiration date, and from a refrigerated display case. Inspect them to make sure they are clean and not cracked.
- Don't keep raw or cooked eggs out of the refrigerator more than two hours.
- Egg dishes such as deviled eggs or egg salad should be used within three to four days.
- If you plan a centerpiece or other decoration with hard boiled eggs—do not plan to eat them. Instead, cook extra eggs for eating. Discard eggs after they have served their decorative purpose.

Soft-Cooked or Hard Cooked Eggs

Place 6 eggs in shells in a single layer in large saucepan; add enough tap water to come at least one inch above eggs. Bring to a rapid boil over high heat. Reduce heat so water is just below simmering; cover. If necessary, remove pan from burner to prevent further boiling. For soft-cooked eggs, cook 4 to 6 minutes. For hard-cooked eggs, cook 15 to 20 minutes. Immediately run cold water over eggs or place them in ice water until completely cooled.

Easy Classic Deviled Eggs

6 hard-cooked eggs	1/3 cup shredded taco-seasoned or cheddar cheese
1/4 cup mayonnaise	1/4 cup sour cream
3 Tbsp. minced green onion	

Cut eggs lengthwise in half. Remove yolks to small bowl. Reserve whites. Mash yolks with fork. Add cheese, mayonnaise, sour cream and green onions; mix well. Spoon 1 heaping Tbsp. yolk mixture into each egg white half. Refrigerate, covered to blend flavors.

Source: www.incredibleegg.org



DOABLE DINNER



Almond Crusted Chicken Asparagus Fruit—Milk



Almond Crusted Chicken

- 4 (6 oz. each) boneless, skinless chicken breasts
- 1/4 cup all-purpose flour
- 6 Tbsp. slivered almonds, chopped
- 2 Tbsp. grated Parmesan cheese
- 1/2 cup egg substitute
- 4 tsp. olive oil
- 2 Tbsp. fresh lemon juice
- 8 oz. chicken broth
- 4 tsp. chopped fresh parsley

1. Mix chopped almonds and Parmesan cheese together in a small, shallow bowl.
2. Dredge chicken breast in flour, dip in egg white, and then roll in chopped almonds and Parmesan cheese.
3. Heat oil in a large skillet over medium-high heat. Brown the chicken in the skillet for 2-4 minutes. Remove chicken and place in a 9"x13" baking dish lightly sprayed with nonstick cooking spray.
4. Deglaze the hot skillet with lemon juice and chicken broth to get up all the brown bits that are stuck to the bottom of the pan. Add chopped parsley and pour over the chicken.
5. Bake the chicken at 375°F for 15-20 minutes or until done.

Each serving has 380 calories, 10 grams (g) carbohydrate, 15 g fat, 2.5 g saturated fat, 1.5 g fiber, 48 g fiber, 6 (mg) milligrams cholesterol, and 380 mg sodium.

Recipe courtesy of www.MyEatSmartMoveMore.com

Shopping List

- ✓ Chicken breasts
- ✓ Almonds
- ✓ Parmesan cheese
- ✓ Egg substitute or egg whites
- ✓ Olive oil
- ✓ Lemon juice
- ✓ Chicken broth
- ✓ Fresh parsley
- ✓ Asparagus
- ✓ Fruit
- ✓ Milk

Asparagus with Lemon

- 2 lbs asparagus, tough ends trimmed
- 3 Tbsp. lemon juice

- 2 tsp. olive oil
- Salt and pepper to taste

In a large saucepan, place asparagus in 1 inch boiling water. Cover and steam for 5 minutes or until asparagus is bright green and tender. Rinse asparagus under cold water and drain. In a small bowl, combine oil and lemon juice. Pour over asparagus. Season with salt and pepper, to taste.

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