

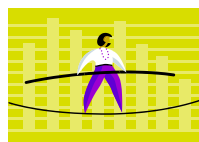


A Fact About Family Meals

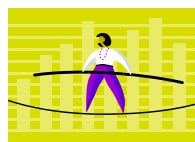
Children who often eat dinner with their families are more likely to be at a lower risk for substance abuse including:

- * half as likely to try cigarettes
- * 70% less risk for substance abuse
- * one third less likely to try alcohol.

Source: National Center on Addiction and Substance Abuse (CASA) 2006 report



Balancing Food, Fun & Fitness



Shopping Strategies for 2011

Use one shopping tip each time you shop to create healthier family meals

1. Five veggies per cart. Buy at least 5 veggies and use them by the end of the week.
2. Five fruits per cart. Have more fruit on hand than crackers, cookies and chips.
3. Cook it. Use one week to make food from whole ingredients and cook more recipes from scratch.
4. Beans. Make a meal each week using dried or canned beans.
5. Potatoes. Buy several types, including yams and sweet potatoes. Find great low-fat ways to serve them.
6. Condiments, dressings, and seasonings. Use reduced sodium and reduced fat versions. Try new seasoning mixes for lots of healthy flavor.
7. Shop the perimeter. Buy the bulk of your food from the perimeter of the store where fresh food is, then dip into the center isles to fill in.
8. Buy frozen. Don't discount frozen veggies. Toss them into soups, casseroles and rice dishes.
9. Choose prepared foods with short ingredient lists. The shorter the ingredient list, the healthier the food usually is.
10. Try different whole grain products. Look for the words "whole" wheat, rye, oat, etc. on the label.
11. Oils and fats. Choose vegetable oils such as canola, olive, soybean oil and soft margarines.
12. Beverages without sugar. Focus on buying items low in calories and without added sugar.



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SILENCE BUSTERS

1. What is the first thing you want to do on the first nice day of spring?
2. What are you looking forward to this week?

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



Mashed Potatoes

Last month baked potatoes were featured. This month let's look at mashed potatoes.

Whether you have leftover mashed potatoes, use instant or refrigerator mashed potatoes there are many ways you can use them for a quick nutritious main dish.

Meal-In-One Potato Casserole

- 2-3 c. mashed potatoes (leftover, instant or refrigerator)
- 1 c. grated cheese (cheddar, mozzarella, Swiss, etc.)
- 2 c. vegetables (leftover, fresh, frozen or canned)
- 1 lb. or 2 c. cooked meat (hamburger, ham, pork, chicken or turkey)
- 1 can condensed soup, spaghetti sauce, BBQ sauce, etc.

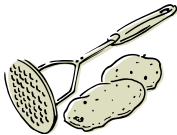
Mix soup with meat and spread on bottom of 13x9 pan. Add cooked vegetables and cover with mashed potatoes. Top with cheese. Bake about 30 minutes at 350 degrees or until hot. (10 minutes on high in microwave oven)

Combinations:

- Taco meat
- Tomato soup
- Corn
- Cheddar cheese

- Roast beef or pork roast
- Cream of Mushroom soup
- Green beans
- Monterey Jack or Pepper-Jack cheese

- Hamburger
- Spaghetti sauce
- Carrot and pea blend
- Mozzarella and parmesan cheese



Potato Bowls

Just like a potato bar, a potato "bowl" can be a fun way to use leftovers or serve people in a casual manner.

Put hot mashed potatoes in individual bowls (or a fun glass for a festive occasion) and add toppings.

Possible toppings:

- Shredded cheese
- Leftover meats (taco, rotisserie chicken, etc)
- Bacon Bits
- Chili
- Salsa
- Black olives
- Cooked vegetables (broccoli, cauliflower, etc.)
- French fried onions

Chicken Potato Bowl

Pretend you are eating out even though you are eating in.

- Mashed potatoes
- Corn or peas
- Leftover chicken
- Chicken Gravy from packet mix or jar
- Cheddar cheese



QUICK FIXES



Happy St. Patrick's Day

Corned Beef may not be quick but it is very easy and tastes great. It takes about 1 hour cooking time per pound if you use the cook top or oven. The crock-pot will take longer. Leftovers keep well and uncooked corned beef freezes well. Consider buying 2 and freeze one for later.

The traditional way to serve a corned beef meal is with boiled potatoes, carrots and cooked cabbage. These may be cooked in the pot with the corned beef or separate. Feel free to serve it any way you like.

Corned Beef on the Cook top

- 3 pounds corned beef brisket with spice packet
- 1 medium onion quartered (optional)
- 2 cloves of garlic (optional)
- 10 small red potatoes
- 5 carrots, peeled and cut into 3-inch pieces
- 1 large head cabbage, cut into small wedges



Preparation:

Rinse the corned beef. Place it in large pot or Dutch oven and cover with water. Add the onion, garlic and spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.

Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.

Corn Beef in the Crockpot

- 3 carrots cut in 3" pieces
- 3-4 lb corned beef brisket
- 2 medium onion, quartered
- $\frac{3}{4}$ - 1 $\frac{1}{4}$ c water.

Rinse corned beef. Layer ingredients in slow cooker. Cover. Cook on low 8-10 hours, or high 5-6 hours. You may add 4 medium potatoes, halved with onions. Top individual servings with mixture of sour cream and horseradish. Serve with boiled potatoes and cooked cabbage.

Leftover Corned Beef Hash (crock pot)

Ingredients:

- 1 package frozen shredded hash browns, partially thawed (24 to 32 ounces)
- 2 cups cooked corned beef, or canned
- 1/2 cup finely chopped onion
- 2 teaspoons celery seed, opt.
- pepper, to taste
- 1 1/2 cups shredded American or combination of American and Cheddar cheeses
- 1 can cream of celery soup, reduced fat
- 1/2 cup evaporated milk

Preparation:

Lightly butter a 3 1/2 or 4-quart slow cooker. Sprinkle 1/4 of the potatoes the slow cooker, followed by 1/3 of the chopped onion, 1/3 of the corned beef and 1/3 cup of the cheese. Sprinkle with celery seed and pepper. Repeat two more times, ending with the remaining potato and 1/2 cup shredded cheese, and another sprinkling of pepper, and celery seed. Mix together the cream of celery soup and evaporated milk; pour over the potato mixture. Cover and cook on low for 7 to 9 hours.

Serves 6



DOABLE DINNER



Tournament Dinner

Slow Cooker Sloppy Joes
Fresh vegetables
Grape salad
Milk



Slow Cooker Sloppy Joes

2 lbs. lean ground beef
1 small onion, chopped
1 small green pepper, chopped
1 ½ t. chili powder
¼ c. sugar
¼ c. vinegar
3 T. prepared mustard
1 c. ketchup
1 T. Worcestershire sauce
¼ c rolled oats, quick cooking or regular
Brown ground beef in skillet and drain any fat. Put all ingredients, except rolled oats, into slow cooker and stir well. Cover and cook on low for 6 hours. Stir in rolled oats. With quick oats, serve immediately. With regular rolled oats, stir in and cook for 10 minutes
Makes 8, ½ c., servings
*This is a sweet, tangy recipe. If you don't care for that cut down equal amounts of vinegar and sugar.



Source: Eat Right Montana & University of Kentucky Extension

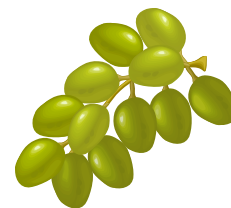
Shopping List

Ground beef, 2 lbs
Whole wheat hamburger buns
Onion
Green pepper
Chili powder
Sugar
Vinegar
Prepared mustard
Ketchup
Worcestershire sauce
Rolled oats
Choice of vegetables
Grapes
Cream Cheese
Sour Cream



Grape Salad

2 lbs green grapes, or red and green mix
1—4 oz package reduced fat cream cheese at room temperature
1/2 c. sour cream
1/4 c. sugar
1/2 t. vanilla



Wash and dry grapes. Mix ingredients together and add grapes. Stir and refrigerate.

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