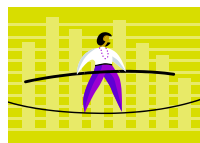




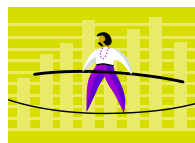
A Fact About Family Meals

Regular family meals offer such benefits as optimal nutrition and positive family communication. Despite all the directions families are pulled today, parents are still the biggest influence on the food and meal habits of their children.

Source: Everyone to the Table: Family Meals Serve Us Well, Kansas State University Extension.



Balancing Food, Fun & Fitness



Fun Ways to be Active on Mother's Day

Whether you're picking up kids from school, dropping them off at practice, or baking four dozen cookies for a week-end slumber party, moms are always on the run! For Mother's Day this year, turn it around and get the family to spend the afternoon doing some things you would like to do. Here are some fun ideas for activities that will get everyone out of the house and moving:

- * Teach your kids some of the games you used to play when you were younger.
- * Take your camera (and your kids) for a walk. Find fun and interesting things to photograph. Who knows, this year's Christmas picture might be waiting to happen.
- * Take on a gardening project. Bedding plants and seeds are out in abundance. Plant pots of flowers for the deck or fill pots with tomatoes, peppers and herbs and make a salsa garden. You can enjoy the benefits of your efforts later in the summer.
- * How long has it been since you have flown a kite? Purchase inexpensive kites and head to the park or the country and see who can keep their kite up in the air the longest.
- * Dance! Have your daughter put on some of her favorite tunes and ask her to show you some moves. Then teach her some of the retro ones you remember.
- * Clean-up the community. Take garbage bags and gloves and pick up trash in the park, in the school yard or along the road ways. These kind of activities teach kids that they can do something positive for the environment.
- * Take a "vacation" from the house. Pack whole grain breads, deli meats & cheese, fruits and vegetables and head out for a picnic. Enjoy the food, fresh air and fun conversation.

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SILENCE BUSTERS

Here are some ideas for lively Mother's Day conversation:

- Did mom have a job when she was in high school and what was it?
- What is mom's favorite childhood memory?
- What was mom's favorite holiday when she was growing up and why?
- What was mom's favorite subject in school? What was her least favorite subject?

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

Chicken Finger Manicotti



Ingredients:

- 1 package manicotti shells (14 shells)
- 1 jar (30-ounce) spaghetti sauce
- 1 teaspoon garlic powder
- 24 ounces (1½ pounds) chicken tenders or boneless, skinless chicken breasts or thighs cut into strips
- 1½ cups shredded mozzarella cheese

Directions:

Cook manicotti shells according to directions. Heat oven to 350 degrees.

Spread a small amount of spaghetti sauce over the bottom of a 13x9 inch baking pan.

Sprinkle garlic powder. Put chicken tender into manicotti shell. Place stuffed shells in baking pan.

Pour remaining sauce over shells. Sprinkle with cheese.
Cover baking pan with foil. Bake for 1 hour.

Servings per Recipe: 7 servings, 1 serving = 2 shells

Each serving has 471 calories, 66 grams carbohydrate; 10 grams fat; 4 grams fiber and 1488 grams of sodium.

Suggestions for this Recipe

- Pat your chicken tenders or strips dry with a paper towel before seasoning.
- In addition to the garlic powder, sprinkle the chicken with dried herbs of your choice.
- Cover the pan and bake the shells without the cheese for 30 minutes. Uncover, sprinkle with mozzarella cheese and bake for an additional 30 minutes. The cheese will start to bubble and some of the liquid will evaporate.

Easy Recipes for Mother's Day Brunch

Easy Egg Breakfast Quesadillas

Makes: 2 servings

Ingredients:

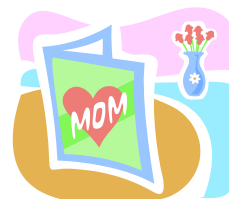
- 1/2 cup shredded Mexican cheese blend (2 oz.)
- 2 whole wheat OR flour tortillas (7-inch)
- 4 slices Canadian-style bacon (2-1/2 oz.)
- 4 EGGS, beaten
- Salsa

Directions:

1. Sprinkle 1/4 cup cheese on one side of each tortilla. Top each with 2 bacon slices.
2. Coat a large nonstick skillet with cooking spray; heat over medium heat until hot. Pour in eggs. As eggs begin to set, gently pull the eggs across the pan with an inverted turner, forming large soft curds. Continue cooking - pulling, lifting and folding eggs - until thickened and no visible liquid egg remains. Do not stir constantly.
3. Spoon eggs on top of bacon, dividing evenly. Fold tortillas over filling to cover, pressing gently.
4. Clean skillet. Coat with cooking spray; heat over medium-low heat until hot. Toast quesadillas just until cheese is melted, about 1 to 2 minutes per side. Cut into wedges; serve with salsa.

Recipe courtesy of www.incredibleegg.org

Each serving has 449 calories; 24 grams carbohydrate; 24 grams fat; 2 grams fiber; 1011 milligrams sodium.



Banana Split Oatmeal

Yield: 1 serving

- 1/3 cup quick-cooking dry oatmeal
- 1/8 teaspoon salt
- 3/4 cup very hot water
- 1/2 sliced banana
- 1/2 cup fat-free frozen yogurt



1. In a microwave-safe cereal bowl, mix together the oatmeal and salt. Stir in the water.
2. Microwave on high for 1 minute. Stir. Microwave on high power for another minute. Stir again.
3. Microwave an additional 30-60 seconds on high power until the cereal reaches the desired thickness. Stir again.
4. Top with banana slices and frozen yogurt.

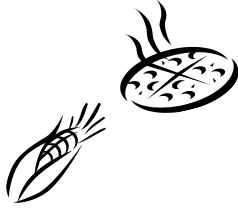
Tip: The banana split oatmeal can also be a snack by itself.

Recipe Courtesy of University of Nebraska-Lincoln Cooperative Extension

Each serving has 150 calories; 30 grams carbohydrate; 1 gram fat; 4 grams fiber; 290 milligrams sodium.



DOABLE DINNER



Shepherd's Pie Magical Fruit Salad Fat Free or Low-Fat Milk



Shepherd's Pie
Makes 5 servings

2 large baking potatoes, peeled and diced
1/2 cup low-fat milk
1 pound lean ground beef
2 tablespoons flour
4 cups frozen mixed vegetables
3/4 cup low-salt beef broth
1/2 cup shredded cheese

Put diced potatoes in saucepan; add enough water to barely cover. Bring to boil. Reduce heat and simmer, covered, until soft (about 15 minutes). Drain potatoes and mash. Add milk, and set mixture aside.

Preheat oven to 375 degrees.

Brown meat in a large skillet. Stir in flour, and cook for 1 minute, stirring constantly.

Add vegetables and broth. Cook 5 minutes until bubbly.

Spoon vegetable mixture into 8 inch square baking dish. Spread potato mixture over vegetable/meat mixture.

Bake 25 minutes, until hot and bubbly. Sprinkle with cheese for last 10 minutes of baking.

Recipe courtesy of Oregon State University Extension Service.

Shopping List

- ___ Potatoes
- ___ Ground Beef
- ___ Mixed Vegetables
- ___ Beef Broth
- ___ Shredded Cheese
- ___ Pineapple Chunks
- ___ Grapes
- ___ Bananas
- ___ Instant Lemon or Vanilla Pudding
- ___ Milk

Each serving has 360 calories; 42 grams carbohydrate; 8 grams fat; 6 grams fiber; 300 mg sodium.

Bright Idea

Substitute left over mashed potatoes or instant mashed potatoes for the potatoes called for in the Shepherd's Pie recipe.

Magical Fruit Salad

Ingredients:

- 1 can (20 ounce) pineapple chunks
- 1/2 pounds seedless green or red grapes
- 2 bananas
- 1 3/4 cup nonfat or low-fat milk
- 1 package (3 1/2) ounces instant lemon or vanilla pudding mix.

Instructions:

1. Drain off the juice. Put chunks in a large bowl.
2. Rinse the grapes and drain. Add grapes to bowl.
3. Peel the bananas and cut into bite-sized pieces. Add to the bowl.
4. Pour the milk over the fruit. While slowly stirring the fruit mixture, sprinkle in the pudding mix.
5. Let the mixture stand for 5 minutes and serve.

Recipe courtesy of Oregon State University Extension Service.

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