



MAKE FAMILY COUNT



Family Week, a week to focus on family, is close to the heart of eMeals. It is critical to spend time together as a family at the dinner table. Year after year, statistics show children that eat dinner with their family are less likely to smoke, drink, or use drugs than their counterparts. We hope this week provides an opportunity to bring dinnertime to the next level. Each day we've provided an activity and recipe to help gather your family together for a day or night of fun. Enjoy!

Monday: Make Every Conversation Count

Tuesday: Make Every Relationship Count

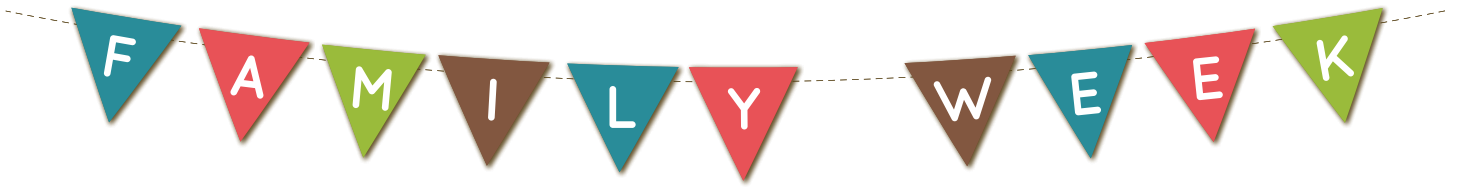
Wednesday: Make Every Minute Count

Thursday: Make Every Choice Count

Friday: Make Every Action Count

Thanks to our partners who care about family!





? MONDAY: MAKE EVERY CONVERSATION COUNT **!**

*** ACTIVITY**

Dinner Conversation Starters:

Use this activity to come together as a family around the dinner table and enjoy quality bonding time. These questions should help you stir up meaningful and funny conversation. Unplug from everything else and plug into your family. It's amazing what this little step can do!

Questions:

- * What is one thing we can do to make our family stronger?
- * What is the best advice you've ever received?
- * What makes you laugh?
- * What do you think about when you can't fall asleep?
- * What would you like to invent to make life better?
- * If our family had a theme song, what would it be?
- * What is your very favorite family memory?
- * If you could change your age, what age would you rather be?
- * What do you like most about yourself?
- * What do you think makes a happy family?

Thanks to Power of Moms (www.powerofmoms.com) for supplying questions!

*** RECIPES**

Special Dinner Menu for Your Family: Today is National Family Day! Enjoy this complete dinner menu with shopping list while making conversation around the dinner table count.

Main Dish: Creamy Chicken Casserole

Ingredients

- 2 (10 ¾ oz) cans cream of chicken soup
- 8 oz sour cream
- 1 ¾ c milk, divided
- 6–8 c diced cooked chicken
- (1 t salt, ½ t pepper)
- ¾ c biscuit baking mix (Bisquick®)
- (¼ c cornmeal)
- (1 egg)
- 8 oz shredded Cheddar cheese

Directions

Preheat oven to 375°F. In a large bowl, combine soup, sour cream and 1 c milk; mix well. Stir in chicken, salt & pepper. Pour into a 9"x13" baking dish. In a medium bowl, whisk together baking mix, cornmeal, egg and remaining ¾ c milk; spoon over chicken mixture and sprinkle with cheese. Bake 30-35 minutes, or until edges are golden and casserole is hot.



★ RECIPES

Side Dish: Lemony Broccoli

Ingredients

16 oz bag frozen broccoli spears
(2 T butter)
(2 t lemon juice)
(Salt & pepper to taste)

Directions

Cook broccoli in boiling water 2-3 minutes. Remove with slotted spoon and drop into a bowl of ice water. Drain. Heat butter in a large skillet over medium-high heat. Add broccoli and sauté 2 minutes. Add lemon juice, salt & pepper and cook 1 more minute. Serve immediately.

Side Dish: Tropical Fruit Salad

Ingredients

1 (20 oz) can pineapple chunks in juice
1 c quartered strawberries
1 c blueberries
2 medium bananas, sliced
(1-2 t honey)

Directions

Drain pineapple, reserving 2 T juice. Combine pineapple, strawberries, blueberries, and banana in a medium serving bowl. In a small bowl, stir together reserved pineapple juice and honey. Add juice mixture to fruit and toss gently. Serve immediately.

Note: If you want to make this salad in advance, proceed as directed, omitting the bananas. Slice bananas and add just before serving.

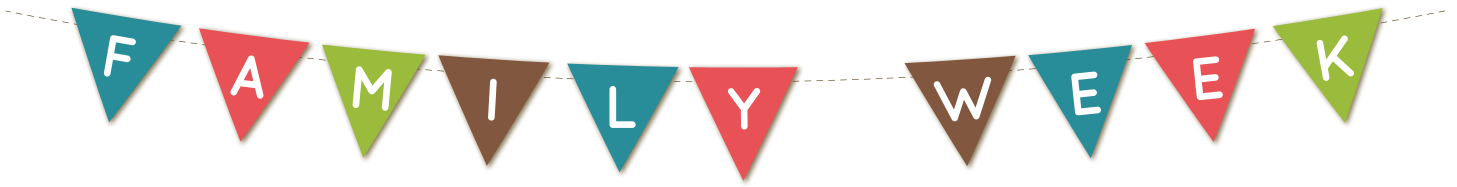
Dessert: No-Bake Cornflake Cookies

Ingredients

1 c light corn syrup
(1 c sugar)
1 c peanut butter
6 c cornflakes

Directions

Combine corn syrup and sugar in a medium saucepan over medium heat. Cook and stir until sugar dissolves. Remove from heat; add peanut butter and stir to combine. Place cornflakes in a large bowl. Pour peanut butter mixture over cornflakes and toss gently to combine, being careful not to crush the cornflakes. Drop by tablespoonfuls onto a piece of wax paper. Allow to stand at least 30 minutes. Store in an airtight container in the refrigerator.



*** SHOPPING LIST**

To eliminate a particular dish, cross out each grocery item with that corresponding dish number. Prices and availability of grocery items may vary from store to store.

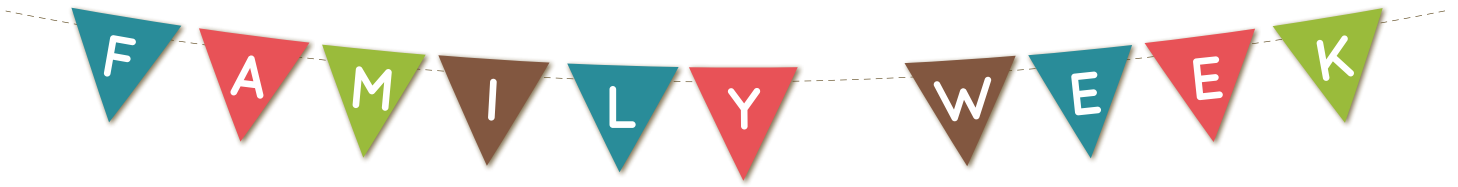
| ✓ | Dish | Item | Price | ✓ | Other groceries I need |
|--------------------------------------|------|--|-------|---|------------------------|
| PRODUCE/DELI/BAKERY | | | | | |
| | 3 | 16 oz pkg strawberries | 1.78 | | |
| | 3 | 1 pint container blueberries | 2.50 | | |
| | 3 | 2 medium bananas | 0.43 | | |
| DAIRY/REFRIGERATED | | | | | |
| | 1 | 8 oz sour cream | 0.96 | | |
| | 1 | Pint milk | 0.98 | | |
| | 1 | 8 oz pkg shredded Cheddar cheese | 2.18 | | |
| MEATS | | | | | |
| | 1 | 3 lbs boneless, skinless chicken breast (or leftover cooked chicken) | 6.00 | | |
| FROZEN FOODS | | | | | |
| | 2 | 16 oz bag frozen broccoli spears | 1.38 | | |
| PACKAGED/BOXED/CANNED/BOTTLED | | | | | |
| | 1 | 2 (10 ¾ oz) cans cream of chicken soup | 2.50 | | |
| | 1 | 40 oz box biscuit baking mix, Bisquick® | 2.98 | | |
| | 3 | 1 (20 oz) can pineapple chunks in juice | 1.12 | | |
| | 4 | 16 oz bottle light corn syrup | 1.68 | | |
| | 4 | 16 oz jar peanut butter | 2.56 | | |
| | 4 | 24 oz box cornflakes | 1.98 | | |

APPROXIMATE TOTAL COST* **\$29.03**

*Priced at Walmart

Staples needed for each Meal #:

| Dish 1 | Dish 2 | Dish 3 | Dish 4 |
|-------------------------|-------------------------------|-------------|-----------|
| 1/4 c cornmeal 1 egg | 2 T butter 2 t lemon juice | 1-2 t honey | 1 c sugar |



TUESDAY: MAKE EVERY RELATIONSHIP COUNT

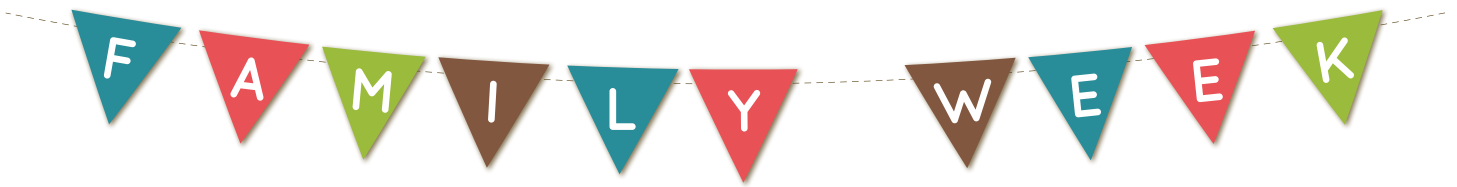
* ACTIVITY

Cook or bake together using the dinner menu for two on the next two pages.



10 IDEAS FOR FUN DATES

- ♥ Go for a picnic in the park.
- ♥ Cook or bake together.
- ♥ Surprise your spouse with their favorite dessert or chocolates, and go eat them on your rooftop.
- ♥ Decorate your dining room or kitchen with twinkly white Christmas lights for dinner one night.
- ♥ See a movie at the dollar theatre and sneak in your favorite candy.
- ♥ Make a cd for each other and play one of them while having a sunset gazing date.
- ♥ Pick up different cheeses from the deli and some crackers. Make place cards labeling each cheese and enjoy!
- ♥ Grab your tennis racket and play a quick pick up game.
- ♥ Go for a hike and take pictures of your views, wildlife, and each other!
- ♥ Scope out a local festival or concert in your town, the more random the better, and go experience your city's finest!



* RECIPES

Dinner Menu for Two: Enjoy this complete dinner menu for two with shopping list while making conversation around the dinner table count.

Main Dish: Bacon-Wrapped Eye of Round Steaks with Mushroom Gravy

Ingredients

2–6 oz (1-inch-thick) eye of round steaks
2 slices bacon
(2 T vegetable oil; ½ t salt, divided;
½ t pepper, divided)
1–8 oz pkg sliced fresh mushrooms
1 c red wine
(2 T butter)

Directions

Wrap steaks in bacon, and secure with a wooden pick. Sprinkle steaks with ¼ teaspoon salt and ¼ teaspoon pepper. In a medium skillet, heat vegetable oil over medium-high heat. Add steaks, and cook 4 to 6 minutes per side, or until steaks reach desired degree of doneness. Remove, and set aside. Add mushrooms to pan drippings, and cook 5 to 6 minutes, or until mushrooms are tender. Add wine, and cook until reduced by half. Whisk in butter, remaining ¼ teaspoon salt, and ¼ teaspoon pepper. Serve sauce over steaks.

Side Dish: Hasselback Potatoes (Double, if desired)

Ingredients

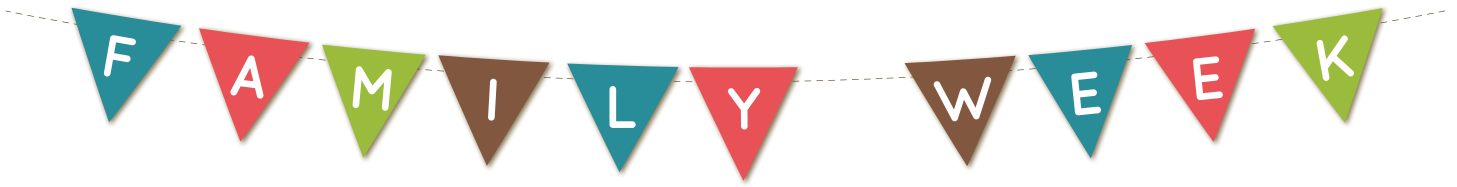
1 large Yukon gold potato, peeled, and halved lengthwise
(½ c cornflakes; 3 T grated Parmesan cheese;
3 T olive oil, divided; ½ t smoked paprika;
½ t garlic salt; ¼ t salt; ½ t pepper)

Directions

Place potatoes cut side down on a cutting board. Cut ⅛ to ¼-inch-thick slices into each half, across the width of the potato, leaving the bottom ¼-inch of the potato intact (so the potato will bend accordion style).

In a food processor, pulse together cornflakes, cheese, 1 T olive oil, paprika, garlic salt, and pepper.

Drizzle potato halves with 1 T oil. Carefully bend back potato half to separate sections, and roll bent half in cornflake mixture. Force some of the cornflakes down in the sections. Place potatoes, cornflakes side up, in a sprayed baking dish. Cover with foil; bake at 450° for 30 minutes. Uncover, and bake an additional 15 minutes, or until tops are golden brown. Drizzle with remaining 1 T olive oil.



 **RECIPES**

Side Dish: Easy Fresh Salad

Ingredients

3 c washed and chopped romaine lettuce
1/2 c sliced red bell pepper
1/2 c thinly sliced carrot
1/4 c sliced almonds, toasted
(2 T lemon juice, 2 T olive oil, 1/4 t salt,
1/4 t pepper)

Directions

In a large bowl, combine lettuce, bell pepper, carrot, and almonds. In a small bowl, whisk together lemon juice, olive oil, salt, and pepper. Add to salad mixture, tossing to coat.

Dessert: Chocolate Cheesecake For 2

Ingredients

Crust:

1 c chocolate graham cracker crumbs
(1/4 c sugar, 1/4 c butter, melted)

Filling:

4-1 oz squares bittersweet chocolate
(2 T butter)
24 oz cream cheese, softened
(2/3 c sugar, 4 t cocoa powder)
(2 eggs, 2 egg yolks)
1/2 c sour cream
(2 t vanilla)

Chocolate Sauce:

2 oz semisweet chocolate (2-1 oz squares)
2 T heavy whipping cream

Directions

In a bowl, combine graham cracker crumbs, sugar, and melted butter. Press mixture into bottom and 1/2-inch up sides of a 9" spring-form pan.

In a bowl, combine bittersweet chocolate and butter; microwave on High in 30 second intervals, stirring between each.

In a bowl, beat cream cheese, sugar, and cocoa powder with a mixer until creamy. Add eggs and egg yolks, beating just until combined. Stir in melted chocolate mixture, sour cream, and vanilla. Pour into prepared crust, and bake at 300° for 1 hour and 5 minutes, or until just set. Remove from oven, and run knife around edges. Cool completely and chill at least 4 hours.

In a bowl, combine semisweet chocolate and cream. Microwave on High in 30 second intervals, stirring between each. Spread evenly over each cheesecake.



WEDNESDAY: MAKE EVERY MINUTE COUNT



* ACTIVITY

Family Movie Night

Choose a family-friendly movie from your DVD collection, or check out your local dollar theatre's lineup for a family outing. You may want to use **Plugged In** (www.pluggedin.com) as a resource to get information about current and past movies and how appropriate they are for your kids. Make this flavorful popcorn, and kick back for a fun family night of quality time together.

* RECIPES

Basic Popcorn

Ingredients

¼ c canola oil
½ c popcorn kernels

Directions

Heat oil over medium heat in a large (4-6 quart) pot. Add kernels to the pot, and cover loosely with lid, leaving some room for steam to escape. As corn starts to pop, shake the pot periodically to ensure even popping. When time between pops increases to 3 seconds, remove from heat and shake pot one final time. Transfer popcorn to a large bowl, and add desired toppings.

Our Favorite Topping Combos

Parmesan

Drizzle popcorn with ¼ cup olive or vegetable oil. Sprinkle with 1 cup finely grated Parmesan cheese, ½ teaspoon salt, and 1 tablespoon chopped fresh rosemary (optional). Toss gently to combine.

Cinnamon-Sugar

Drizzle popcorn with ¼ cup melted butter. In a small bowl, combine 2 tablespoons sugar and 1 teaspoon ground cinnamon. Sprinkle cinnamon-sugar over popcorn, and toss gently to combine.

Chocolate-Coconut

Preheat oven to 300°F. In a small saucepan, melt 1 ½ cups chocolate chips and 2 tablespoons butter or coconut oil over low heat, stirring to prevent burning. Place popcorn on a greased baking sheet. Drizzle with melted chocolate, and sprinkle with 2 cups shredded coconut, tossing gently to combine. Bake for 10 minutes.

FAMILY WEEK

THURSDAY: MAKE EVERY CHOICE COUNT

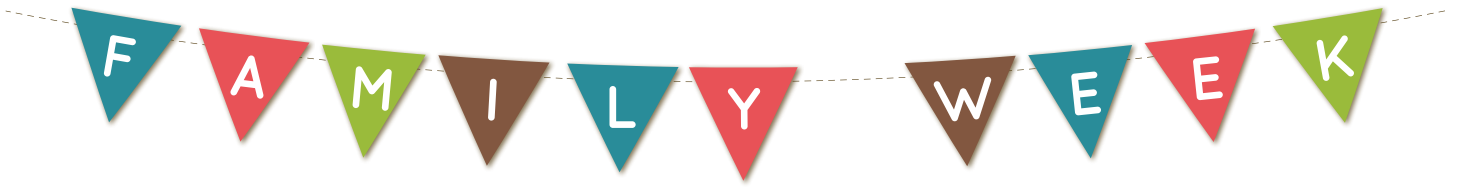
* ACTIVITY

Healthy Habits

Print out this healthy substitutions chart, and discuss the importance of healthy choices. Each member of your family can benefit from healthy choices and open discussion about food and/or exercise. Make sure you check out eMeals' healthy packable lunch menu (<https://emeals.com/meal-plans/lunch-plan>).



| SWAP THIS... | FOR THIS... |
|---|--|
| 1 egg | 2 egg whites or 1/4 cup egg substitute |
| Sour cream | Plain fat-free Greek yogurt |
| Butter (for sautéing, NOT baking) | Olive or canola oil |
| 1 cup Oil (for quick breads or muffins) | 1/2 cup oil + 1/2 cup applesauce |
| Cream | Fat free half-and-half or evaporated skim milk |
| 1 cup All-purpose flour | 1/2 cup all-purpose flour + 1/2 cup whole wheat flour |
| Salt (as a seasoning) | Reduce by half, add fresh or dried herbs, lemon juice, and/or salt-free seasonings |



★ RECIPE

Healthy Apple Spice Muffins

Ingredients

1 c whole wheat flour
1/2 c all-purpose flour
1/2 t baking powder
1/2 t baking soda
3/4 t cinnamon
1/2 t allspice
1/2 t nutmeg
1/2 t salt
1/2 c brown sugar, packed
1/4 c egg substitute
3 T canola oil
1 c applesauce
3/4 c peeled, finely chopped apple
1/4 c chopped walnuts (optional)

Directions

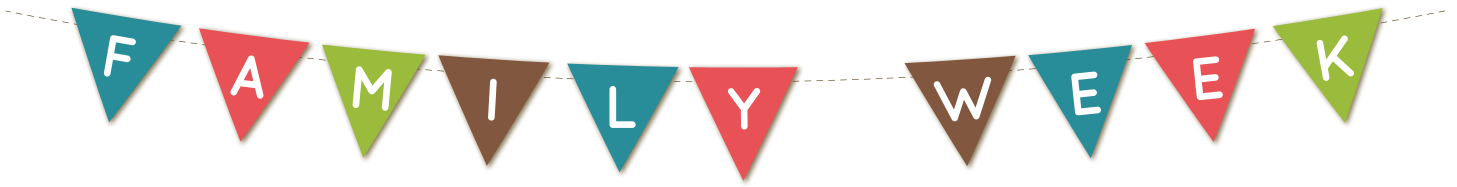
Preheat oven to 400°F.

In a large mixing bowl, whisk together whole wheat flour, all-purpose flour, baking powder, baking soda, cinnamon, allspice, nutmeg, and salt.

In a medium mixing bowl, whisk together brown sugar, egg substitute, and oil until smooth. Add applesauce and diced apple, and stir to combine.

Add applesauce mixture to flour mixture, and stir just until combined, being careful not to overmix. Fold in chopped nuts if using.

Spoon batter into 12 muffin cups sprayed with nonstick cooking spray. Bake for 15–18 minutes, or until a toothpick inserted into the middle of a muffin comes out clean. Cool in the pan for 5 minutes. Remove muffins from pan and cool completely on a wire cooling rack.



* ACTIVITY

Setting Up Camp

Camp in your backyard or set up a fort in your living room and sleep together. For a fun bonfire meal, skewer hot dogs and wrap with refrigerated breadstick dough in a spiral. Let the kids cook their own supper by holding the hot dogs over the fire. Be sure to help younger children and turn the skewers frequently; the whole process should take about 10 minutes. As you enjoy the bonfire, s'mores brownies, and good conversation, decide as a family what you want to do to support a charity or even each other! Some ideas include writing letters to grandparents, picking a volunteer day, or making family coupons to treat each other to chores.

* RECIPE

S'mores Brownies

Ingredients

1 box fudge brownie mix
Water, oil, and eggs called for on
brownie box
2 c mini marshmallows
4 graham cracker sheets,
broken into pieces
2 milk chocolate candy bars, broken
into pieces

Directions

Prepare brownie mix according to package instructions. Remove brownies from oven, and turn oven to broil.
Scatter marshmallows and graham cracker pieces evenly over the top of the brownies, and return to oven. Broil 30 seconds to 1 minute or until the marshmallows become golden in color, watching carefully to prevent the graham cracker pieces from burning.
Remove brownies from oven, and immediately scatter chocolate candy pieces evenly over top of warm brownies.