



Extension Celebrates Family Mealtime 2015 : **MAKING IT FUN!**

*Join us September 2015 as Texas A&M AgriLife Extension Celebrates Family Mealtime by
MAKING IT FUN!*

EATING MEALS TOGETHER PROMOTES:

- **QUALITY TIME FOR CHILD AND ADULT INTERACTION!** Family dinner provides time to share activities from the day or discuss upcoming events.
- **A FOOD HEALTH CONNECTION!** Eating together provides an opportunity to talk about and model good nutrition and health behaviors.
- **PASSING DOWN CULTURAL AND FAMILY IDENTITY!** Family dinners provide an opportunity for sharing family stories and creating memories.

THREE THINGS YOU CAN DO NOW!

1. Make it your mission to have meals as a family three times a week or more.
2. Focus on family interactions during the meal by turning off the TV, video games, cell phones, or other distractions.
3. Use this time to connect with your family. Encourage conversations by having each family member talk about their day and share family stories.

GET CHILDREN INVOLVED AND MAKE IT FUN!

Encourage children to participate in age appropriate tasks:

- ⇒ Let children help plan menu ideas and side dishes
- ⇒ Take them grocery shopping and let them pick out a new fruit or vegetable to try with dinner
- ⇒ Teach them about setting the table
- ⇒ Guide them in basic food preparation (as they are developmentally ready for and can safely do)

**Stay tuned for September events and get weekly Dinner Tonight updates by signing up at
<http://dinnertonight.tamu.edu/>**



Spinach Quesadillas

Preparation Time: 10 minutes

Cook Time: 5 minutes

Serves: 4

- 1½ pounds fresh spinach
- 1 Tablespoon vegetable oil
- 8 six-inch whole wheat tortillas
- ¼ cup prepared salsa, drained
- 1 cup shredded reduced-fat Monterey jack cheese

Place spinach in colander in sink and run water over the greens. Drain and pat dry. Chop the washed spinach. Add vegetable oil to skillet and sauté fresh spinach quickly over medium heat until soft. Place 4 tortillas on a work surface. Spread 1/8 cup of cheese on each tortilla. Top the cheese with 1 Tablespoon salsa, followed by 1/4 cup of cooked spinach. Add another 1/8 cup cheese on top of the spinach on each tortilla. Top with remaining tortillas and press firmly. Cook each quesadilla in skillet over medium heat until cheese melts and tortillas are golden brown, about 3 minutes per side.

Serve with fresh fruit.

Nutrition facts per serving

Calories: 300, Total Fat: 11 g, Cholesterol: 25 mg, Sodium: 750 mg, Total Carbohydrate: 47 g, Protein: 18 g, Fiber: 8 g



Could you and your children grow a garden?
Empower children to learn where food comes from
and have ownership in providing fruit or vegetables
for the family meal.

*This recipe was provided by the Learn, Grow, Eat & GO! program.
LGEG is growing good kids through an interdisciplinary program
combining academic achievement, gardening, nutrient-dense food
experiences, physical activity and school & family engagement.*

