

Family Mealtime: Let's Talk!

Family mealtimes are great opportunities for families to regularly connect with one another. However, cell phones and the television often become disruptions during mealtime and detract from quality family time. **So commit to making your family meal a distraction-free zone by turning off all electronics.**



Use family mealtime as an opportunity to have pleasant conversations.

- Family conversations may include—
 - catching up on the day's events
 - discussing world or local news
 - storytelling
 - solving problems
 - planning family outings and activities
- Make sure that everyone has an opportunity to talk and be heard.
- Try to create a mealtime environment that includes laughter and fun.
- Avoid arguments, nagging, or complaining during family meals. Try to save tough conversations for another time.



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A typical family meal lasts 20 minutes. Spend this time talking with your family. Try using one of these conversation-starters during your next family meal:

1. If you were given \$100 to be spent on anyone outside of the family (or people at the dinner table), whom would you spend it on? What would you buy? Why?
2. What is your favorite holiday or family tradition? Why is that your favorite?
3. What is your best family vacation memory?
4. Who is one of your heroes and why does he or she inspire you?
5. What's the strangest food you have ever eaten?
6. What's one meal/fruit/vegetable you would like to eat this/next week?
7. What are some foods that you enjoy? Does everyone in the family enjoy that food?
8. What kinds of things can you do to help Mom or Dad with mealtime?
9. What's one thing you like about each person in our family?
10. What rules do we already have about mealtime? What do you think would be some good family rules for behavior during mealtime?



Baked Spicy Fish

4 Servings

Catfish fillets, fresh or frozen	1 pound
Multi-herb/spice seasoning	¼ teaspoon
Olive oil	4 teaspoons
Lemon juice	1 Tablespoon

Preparation time: **15 minutes**

Cooking time: **25 minutes**

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350°F.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13x9x2-inch baking pan (or similar).
4. Sprinkle seasoning over fish.
5. Drizzle oil over fish.
6. Bake until fish flakes easily with a fork, about 20–25 minutes.
7. Use lemon or lemon juice as desired.

Nutrition Facts

1 (4-ounce) fillet (122 g) equals 121 calories, 6.5 g fat (1.1 g saturated fat), 50.2 mg cholesterol, 351.2 mg sodium, 0.3 g carbohydrate, 0 g fiber, 15.1 g protein.



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 Baked Spicy Fish

Soft Pork Burrito

4 Servings

Pork, center loin boneless chops	12 ounces
Shredded cheddar cheese	½ cup
Chopped bell or sweet pepper	¼ cup
Chopped onions, white or yellow	¼ cup
8-inch tortillas	4 tortillas

Preparation time: **15 minutes**

Cooking time: **10 minutes**

1. Slice pork chops into thin strips.
2. Chop onions and bell peppers.
3. Brown pork chop strips with onions and peppers.
4. Spread half of the cheese on one half of the tortilla.
5. Add sliced pork chops and vegetables over the cheese.
6. Cover the pork and vegetables with remaining cheese.
7. Roll tortilla to form the burrito.
8. Microwave the burrito for 30–45 seconds until cheese is melted.
9. Cut the burrito in half, and serve hot.

Nutrition Facts

1 burrito (156 g) equals 355 calories, 18.8 g fat (7 g saturated fat), 64.6 mg cholesterol, 371.5 mg sodium, 2.7 g carbohydrate, 0.4 g fiber, 25.6 g protein.



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Soft Pork Burrito

Southwestern Salad

4 Servings

Ground beef 85/15	1 pound
Onions, chopped	1 cup
Canned red kidney beans, drained	1 cup
Tomato, diced	1 medium
Lettuce	2 cups
Cheddar cheese, shredded	½ cup
Taco seasoning mix	1.25-ounce packet (35 grams)

Preparation time: **15 minutes**

Cooking time: **15 minutes**

1. Brown ground beef and onions in a large skillet until the beef is no longer pink.
2. Stir taco seasoning packet into beef mixture; cook for 1 minute.
3. Add beans to beef mixture. Stir gently to combine ingredients.
4. Portion lettuce into four bowls.
5. Add 1 cup of beef mixture, and top with cheese and diced tomato.

Nutrition Facts

1 serving (305 g) equals 409 calories, 21.9 g fat (9.2 g saturated fat), 91.5 mg cholesterol, 671.6 mg sodium, 22.8 g carbohydrate, 5.4 g fiber, 29 g protein.



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Southwestern Salad

Taco Bean Chili

8 Servings

Onions, chopped	1 cup
Black beans	1 can (15 ounces)
Red kidney beans	1 can (16 ounces)
Tomato sauce	1 can (8 ounces)
Whole kernel sweet corn	1 can (15.25 ounces)
Tomatoes, diced with mild green chilies	1 can (14.5 ounces)
Taco seasoning, 30% less sodium	1 package (1.25 ounces)
Chili powder	1 Tablespoon
Ground cumin	1 Tablespoon

Preparation time: **10 minutes**

Cooking time: **20 minutes**

1. Place all ingredients in a pot.
 2. Allow to simmer for at least 20 minutes.
- Alternate method: place all ingredients in a crockpot on the low setting for up to 8 hours.

Nutrition Facts

1 cup (269 g) equals 176 calories, 0.9 g fat (0 g saturated fat), 0 mg cholesterol, 982.5 mg sodium, 36.2 g carbohydrate, 9.5 g fiber, 8.8 g protein.



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■ Taco Bean Chili

Turkey Patties

5 Servings

Ground turkey 85/15	1 20-ounce package (1.25 pounds)
Egg	1 large
Breadcrumbs, plain	½ cup
Green onions	¼ cup
Yellow mustard	1 Tablespoon
Canola oil	1 Tablespoon
Salt	1 teaspoon
Black pepper, ground	½ teaspoon

Preparation time: **15 minutes**

Cooking time: **15 minutes**

1. Mix ground turkey, breadcrumbs, egg, onion, mustard, salt, and pepper in a large bowl.
2. Shape into five patties of equal size, about ½-inch thick.
3. Pour oil in large skillet over low heat. Allow the oil to heat.
4. Add patties and cook, turning once to brown other side.
5. Cook until golden brown outside and white inside (about 10 minutes/165°F final temperature).
6. Remove from skillet and serve.

Nutrition Facts

1 patty (146 g) equals 287 calories, 18.5 g fat (4.5 g saturated fat), 125.7 mg cholesterol, 668.5 mg sodium, 8.3 g carbohydrate, 0.7 g fiber, 22 g protein.



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Turkey Patties