

Family Dinner: Your Secret Weapon
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Ways to make dinner fun:

- eat dinner blindfolded and guess what you are eating
- have a color-theme night (i.e. everything we eat for dinner tonight is RED)
- play restaurant - whether they cooked the meal or not, have your kids serve each course like waiters at a fancy restaurant. You could even eat your dinner by candlelight to kick-it-up a notch!
- have a backyard picnic (or if it's too cold outside, have an indoor picnic!)
- have international night and make food and decor around the theme (Chinese, Mexican, etc).
- make a meal that is finger-food only - kids love this!
- have a dinner bar: potato bar, pasta bar, oatmeal bar, salad bar, crepe bar, or any type of bar allows kids to have a little more control over their choices, within the realms of your meal.
- have a progressive meal. Starting with appetizers on the front porch, move to the main dish at the dining table, followed by dessert on a field of grass with a picnic blanket.

Family Dinner Conversation Questions:

1. What was the best part of your day?
2. If you could travel anywhere in the world, where would it be?
3. If you could be a famous person for a week, who would you be and why?
4. If you could have any superpower, which would you choose?
5. If you had one wish (and you can't wish for more wishes), what would you wish for and why?
6. If you could eat just one food everyday for a month and nothing else, what would it be?
7. What is your biggest fear?
8. What is one way you helped another person today?
9. If you could trade places with your parents for a day, what would you do differently?
10. If you could have one dream come true, what would it be?
11. If you could pick your own name, what would it be?
12. If you could be animal, what would you be and why?
13. Which character in a book best describes you and why?
14. If you could see your future, where will you be in ten years?
15. If you could be a famous person for a week, who would you be and why?
16. If you could have any pet, what would you choose and why?
17. What is your favorite childhood memory?
18. What three words would you use to describe yourself?
19. What are the qualities that make you a good friend?
20. What is the nicest thing a friend has ever done for you?

My Go-To Recipe:

Black Bean Taco Soup

Ingredients:

- 1 lb ground beef (or ground turkey tastes so good in this recipe too!)
- 1 medium onion, chopped
- 1 package mild taco seasoning mix
- 1 16 oz can corn (undrained)
- 1 16 oz can black beans, drained and rinsed (you could use kidney beans or pinto beans)
- 1 14 oz can stewed tomatoes
- 1 14 oz can diced tomatoes
- 1 8 oz can tomato sauce
- 1 4 oz can diced green chilis
- tortilla chips
- Other taco toppings you like (cheese, sour cream, avocado, etc)

Directions:

Brown meat and onion, drain.

Stir in taco seasoning, corn, black beans, tomatoes, tomato sauce, and green chilis. Simmer on low heat for 20 to 30 minutes.