



Demonstration Recipes CHOICES Conference March 8, 2006



Shrimp Turino

½ pound shrimp, peeled, deveined
4 cloves garlic, minced
1 sm onion, cut in half and slice
3 Roma tomatoes, diced
½ pound spinach, wash, remove stems
¼ cup olive oil
¼ cup chicken stock or white wine
2 tablespoons capers
Lemon juice
Salt and pepper to taste
Cooked whole grain pasta
Fresh grated parmesan cheese

Heat large skillet over medium-high heat. Add olive oil and tilt pan to cover bottom. Place shrimp, garlic, capers, and onions in skillet and cook, stirring occasionally until onions are translucent. Add tomatoes and cook for 1 minute. Add spinach and chicken stock or wine. Cover immediately. Cook just until spinach wilts. Squeeze juice of ½ a lemon over all. Serve over pasta. Top with fresh grated parmesan cheese.

Chicken Scaloppini

4, 6 oz. chicken breast, pound evenly and thin
1 cup Italian seasoned bread crumbs
¼ cup capers
4 cloves garlic, minced
Lemon juice
½ cup chicken stock (or ¼ cup chicken stock + ¼ cup dry white wine)
¼ cup olive oil
Salt and pepper to taste
Sprinkle of flour
2 tablespoons whole butter
Cooked whole grain pasta

Place chicken in gallon sized Ziplock bag with lemon juice, salt, and pepper. Shake well. Refrigerate over night. Heat large skillet to medium heat. Add olive oil. Place chicken breast one at a time in bread crumbs and coat evenly. Sauté chicken about three minutes on each side until golden brown. You may check for doneness using a meat thermometer. Internal temperature must reach 175°F. Remove chicken from skillet and place on warm serving platter. Add capers and garlic to skillet and sauté until garlic is slightly brown. Sprinkle a little flour into the pan and stir so it is absorbed into the oil left in the skillet. Add chicken stock stirring constantly. Season to taste with salt, pepper, and lemon juice. Stir in whole butter. Pour over chicken on serving platter. Serve with pasta.



Pantry List & Tips CHOICES Conference March 8, 2006



Pantry List

Canola oil
Olive oil
Butter
Baking Powder
Sugar
Flour
Breadcrumbs
Cornmeal
Egg
Milk
Chicken Stock
Salt

Pepper
Dry herbs
Tomatoes
Onions
Garlic
Celery
Fresh Fruit
Seasonal Vegetables
Lemons or lemon juice
Whole Grain Pasta
Potatoes
Whole Grain Rice

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Tips

Keep minimum levels in your pantry. Restock dry goods once a month. Restock fresh goods weekly. Keep the basics for 3 or 4 family meals so when your time is limited, you won't have to think or cook much.

Buy fresh meats and fish the day or day before you will cook them. Purchase whatever looks the freshest. Plan your meal around it. If this is not possible, you can freeze your meat. Just remember to take the meat out the night before so you can work with it when you are ready to prepare the meal.

Unless you live in an area where shrimp are harvested - always buy them frozen. If you are not buying them frozen, your grocer has only thawed them for you! You can also buy them frozen (not thawed) so you have them on hand and they keep longer.

Remember everyone's likes and dislikes.

Encourage kids to try new things. It often takes repeated exposures for a child to try something. Put a small amount on their plate and let them decide if they will eat it or not.

Get everyone involved with planning and execution of the meal. Plan meals for the entire week and allow that to guide your grocery shopping, pre-preparation, etc.

Don't forget to plan cleanup too. This way no one feels like they get stuck doing it.

Turn off all possibilities of distractions – TV, radio, telephone, etc.

Remember that the table is a “safe zone” – no punishments, ask questions that require more than a one word answer, and everyone participates.



Conversation Starters CHOICES Conference March 8, 2006



1. If you were a food, what would you be?
2. Why do people drive on parkways and park on driveways?
3. What do you think is the greatest invention? Why?
4. Describe what it means to be a best friend.
5. What is your earliest childhood memory?
6. Is there something that you memorized long ago and still remember?
7. Which way does the toilet paper roll go? Over or under?
8. What is your favorite season of the year? Why?
9. How many people are in your whole family? How many are male? Female?
10. Name your favorite animated movie and tell why you like it.
11. Which person would you like to see more often than you do now?
12. If you were an animal, what would you be?
13. What superpower would you like to have? What would you do with it?
14. If you had to move to another state, which one would you choose?
15. Name three animals that have toes. Name three that don't.
16. Close your eyes. Now tell everyone the color of their eyes.
17. What special talent do you have?
18. What can you do that makes people laugh?
19. How many people do you know who are left-handed?
20. Can you pat your head and rub your stomach at the same time?
21. Name four items that can always be found in your refrigerator.
22. Who is the best laundry folder in the family?
23. If somebody makes a mess, who cleans it up?
24. When was the last time you sent or received a card from someone?
25. Which do you prefer, a shower or a bath? Why?
26. If you were in danger, who would protect you?
27. Name three sports that are played in teams. Name three that are not.
28. What is your grandfather or grandmother's middle name?
29. What color do you get when you mix blue and yellow? How about red and blue?
30. How many teeth do you have in your mouth?
31. Where does the water in your home come from? Where do the drains go?
32. Which do you prefer, inside or outside? Why?
33. Close your eyes. How many prongs are on your fork?
34. Would you rather be a Jeep or a Porsche and why?
35. Why doesn't glue stick to the inside of the bottle?
36. Talk about your favorite family trip and why it was your favorite.
37. If you were given \$500 to do anything you want, what would you do?
38. If there were a fire in our home, what would you do?
39. If you could meet any person in the world, who would it be and why?
40. What was the best thing that happened today? What was the worst thing?

Taken from *The Family Meal* by Mickey Freeman (www.fanlight.com) and the TV Land website (http://www.tvland.com/familytable/ft_conversation.jhtml).