

RECIPE #8: WHAT MAKES A FAMILY MEAL?

 Two people coming together is all it takes to make a family meal. Perhaps most days the entire family eats together, while one or more days the kids eat elsewhere.

 Family meals are about time, place, and food. This will vary depending on your cultural background, availability, and scheduling.

- **Time:** Aim for consistent and fairly regular times for meals that everyone can rely on.
- **Place:** No matter the location, family meals happen when at least two family members come together to share a meal without distractions (T.V., phones, tablets).
- **Food:** The sky is the limit! A guideline to ensure adequate choice, balanced nutrition, and satisfaction is to include 4-5 food groups for meals and 2-3 food groups for snacks. Dinner could be as simple as a egg salad sandwich (protein and grain) with some sliced cucumber (veggie), an orange (fruit), and a glass of milk (dairy).



EASY ROASTED VEGGIES

Recipe Source: Spend Smart. Eat Smart.

5 servings

INGREDIENTS

- 5 cups vegetables, cut into uniform sized pieces (carrots, mushrooms, onions, potatoes, sweet potatoes, turnips, winter squash)
- 1 tablespoon oil (canola or vegetable)
- 2 teaspoons dried Italian seasoning
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon salt

INSTRUCTIONS

1. Preheat the oven to 425°F.
2. Spray a baking sheet with nonstick cooking spray.
3. Spread vegetables evenly in a single layer on the pan.
4. Sprinkle oil on the vegetables. Stir. Sprinkle with Italian seasoning, ground black pepper, and salt. Stir.
5. Bake for 20-40 minutes, stirring every 10 minutes. Bake until vegetables are tender.

Note: Cook time depends on the size of the vegetable pieces. Larger pieces will take longer to cook and smaller pieces will cook more quickly. Thyme, basil, or rosemary can be used in place of dried Italian seasoning. Try lining the baking sheet with foil to save on clean up time.



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