

RICE BOWL SOUTHWESTERN STYLE

Recipe Source: Food Hero

Total preparation/cooking time: 25 minutes

Makes 2 cups

INGREDIENTS

- 1 teaspoon vegetable oil
- 1 cup chopped vegetables (try a mixture - bell peppers, onion, corn, tomato, zucchini)
- 1 cup cooked meat (chopped or shredded), beans or tofu
- 1 cup cooked brown rice
- 2 tablespoons salsa, shredded cheese or low-fat sour cream


INSTRUCTIONS

1. In a medium skillet, heat oil over medium high heat (350 degrees in an electric skillet). Add vegetables and cook for 3 to 5 minutes or until vegetables are tender-crisp.
2. Add cooked meat, beans or tofu and cooked rice to skillet and heat through.
3. Divide rice mixture between two bowls. Top with salsa, cheese or sour cream and serve warm.
4. Refrigerate leftovers within 2 hours.


Note: For a spicier dish, add chili powder, red pepper flakes or taco sauce in Step 1. You can use any leftover cooked grain in this recipe. Try white or wild rice, quinoa, barley or oatmeal.




MAKE FAMILY DINNERS A PLACE OF COMMUNICATION AND BELONGING

 Create a family dinner tradition and ask for your kids' input. Ideas to get started:

- Setting the table.
- Dimming the lights to create a pleasant and relaxing atmosphere.
- Holding hands around the table to say thanks before the start of the meal.

 Develop a list of conversation starters and let the family pick from the list. Use open-ended questions to avoid yes/no answers. Ideas to get started:

- *What was the hardest (or most interesting) thing that happened today?*
- *Describe your favorite part of today.*
- *How are you feeling about...?*
- *What was recess like today?*
- *What are you looking forward to this week/weekend?*

 Family meals are one way to show your children that you are there for them, simply by being together. This time together can allow important conversations to unfold.

