



DINNER TONIGHT

Simple Chicken
Sesame Noodles



FUN

One person gives a category,
like "Things at the zoo." Other
players try to name 3 things
that belong in that category.



CONVERSATION

Finish this sentence:
"Everyone knows my
worst habit is...."





Simple Chicken Sesame Noodles



INGREDIENTS

Noodle Ingredients:

- 2 chicken breasts, bone-in
- 1 $\frac{3}{4}$ lbs. linguine
- $\frac{1}{2}$ cup sesame seeds
- 2 cups snow peas

Sauce Ingredients:

- 3 garlic cloves, minced
- $\frac{3}{4}$ cup sesame oil
- $\frac{3}{4}$ cup soy sauce
- 6 tbsp. balsamic vinegar
- 2 tbsp. hot pepper oil
- 2 tbsp. peanut butter
- 2 bunches scallions, minced (white parts only)

INSTRUCTIONS

1. Preheat oven to 375 degrees. Toast sesame seeds on a cookie sheet in the oven for 5-10 minutes, until golden. Set aside.
2. Brush chicken breasts with olive oil, season with salt and pepper, and roast in the oven for about 45 minutes to an hour.
3. Bring two pots of water (one small and one large) to a boil. Cook snow peas in the small pot for about 2 minutes, then plunge them into cold water, cut into thin strips, and set aside.
4. Cook the linguine in the large pot until al dente, about 8 minutes.
5. While the linguine and chicken are cooking, whisk together the sauce ingredients. Divide the sauce into two bowls.
6. When the chicken is done, shred it into bite-sized pieces and put it into one of the bowls of sauce to marinate.
7. When the linguine is ready, drain and place it in a large bowl. Toss with the second bowl of sauce.
8. Add the toasted sesame seeds, top with the chicken, remaining sauce, and sliced snow peas.

This recipe is featured in The Family Dinner Project co-founder Dr. Anne Fishel's book, *Home for Dinner: Mixing Food, Fun and Conversation for a Happier Family and Healthier Kids*. It can be served warm or cold, and works well as a make-ahead meal, so you can just pop it into the refrigerator and it will be ready to eat on a busy night.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Smothered Chicken
with Apple Cider Gravy



FUN

Choose a food item on your plate
and try to count how many steps
were involved to get it to your
dinner table. (Example: Cow,
Farm, Truck...)



CONVERSATION

Imagine you were put in charge
of making sure everyone in the
world has enough food. What are
the first 3 things you would do?





Smothered Chicken with Apple Cider Gravy



INGREDIENTS

- 3-4 lbs. bone-in chicken pieces (approximately two each of breasts, thighs, legs, and wings)
- 1 tsp. salt
- 1/2 tsp. black pepper
- 4 tablespoons unsalted butter
- 1 large onion, sliced
- 2 ribs celery, sliced
- 3 tablespoons all-purpose flour
- 6 sprigs fresh thyme OR 2 tsp. dried thyme
- 2 cups apple cider

INSTRUCTIONS

1. Preheat the oven to 375 degrees and season the chicken pieces with the salt and pepper.
2. Melt the butter in a Dutch oven over medium-high heat. Add the chicken pieces, skin-side-down, and cook until golden brown. You may need to work in batches to keep from overcrowding the pan. Flip the browned chicken pieces over and cook for 2-3 minutes on the other side.
3. Remove the browned chicken pieces and set aside.
4. Reduce the heat to medium-low and add the onions and celery to the pan. Cook, stirring often, until the vegetables start to soften.
5. Sprinkle the vegetables with the flour, stir well, and cook for 2 minutes.
6. Add the thyme and apple cider, stirring well to make sure nothing is stuck to the bottom.
7. Return the chicken to the Dutch oven and cover.
8. Put the covered Dutch oven into the preheated 375 degree oven and cook for 45 minutes, until the chicken is very tender and the gravy has thickened. If you used fresh thyme, remove the stems before serving.

This chicken dish takes a little time to cook, but most of it is inactive time – meaning that while dinner's doing its thing in the oven, you can spend time with your family. While the chicken cooks, it makes its own gravy, so all you have to do is ladle it over some rice or mashed potatoes and serve a vegetable on the side for a cozy and comforting meal.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Tamale Pot Pie



FUN

List as many foods as you can in 60 seconds that grow in the ground, on trees, on farms, in the wild...



CONVERSATION

Can you think of something you have that you could share to help someone else?





Tamale Pot Pie



INGREDIENTS

Serves 6-8, depending on appetite
Filling:

- 1 1/2 lbs. ground beef, turkey, or bison
- 2 tbsp. olive or coconut oil
- 1 cup diced onion
- 4 cloves garlic, minced
- 2 cups diced sweet bell pepper
- 2 cups cooked dark kidney beans or black beans
- 1 1/4 cups tomato puree OR, in a pinch, use marinara sauce
- 1 tsp. salt
- 1/4 tsp. crushed red pepper flakes
- 2 tsp. ground cumin
- 2 tsp. dried oregano
- Topping:
- 1 cup yellow cornmeal
- 1 cup white whole wheat or all-purpose flour (you can also substitute masa harina if you need a gluten-free crust)
- 2 tsp. baking powder
- 1/4 tsp. salt
- 1 tbsp. honey
- 1/2 cup oil of your choice (coconut oil works well here)
- or melted butter
- 2 large eggs, beaten
- 1 cup milk

INSTRUCTIONS

1. In a large skillet, prepare the filling by sauteing the meat, onions, garlic, and bell pepper in oil over medium-high heat until the meat is browned and the vegetables are softened, about 7 minutes.
2. Add the beans, tomato puree, and seasonings and stir to combine.
3. Allow the filling to bubble around the edges and cook, stirring occasionally, for about 5 minutes to let the flavors combine.
4. Transfer the filling to an 8x8 oven-safe dish.
5. Preheat your oven to 400 degrees.
6. Prepare the topping by whisking together the cornmeal, flour, baking powder, and salt in a large bowl.
7. Combine the honey, oil, eggs, and milk, and add to the dry ingredients. Stir thoroughly just until all of the ingredients are moistened.
8. Spread the cornbread batter evenly over the filling in the casserole dish.
9. Bake, uncovered, at 400 degrees for 35-45 minutes, until a toothpick inserted in the center of the crust comes out free of batter.

This recipe comes to us from Bri DeRosa and appeared originally on her Red, Round or Green blog. This is a good weeknight meal, but also a great make-ahead item. I often cook the filling on the weekend, then mix up the cornbread crust the night before I intend to serve the pie. I leave both, in separate dishes, in the refrigerator; then all I have to do is spread the topping over the filling and bake. Dinner couldn't be easier than that!

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Quinoa Salad



FUN

Set out a number of different ingredients. See how many each person can identify by smell alone while wearing a blindfold!



CONVERSATION

Imagine you could build a whole new planet for people to live on. What would it be like? What other plants and animals would live there?





Quinoa Salad



INGREDIENTS

Serves about 4

- 1 cup quinoa
- Kernels from 2 ears of corn, cooked and cut off the cob
- 1 (15 oz.) can black beans, rinsed and drained
- 1 red or green pepper, chopped in ½ inch squares
- 2 scallions, washed and chopped
- ½ cup parsley or cilantro, washed and chopped
- 1 mango, peach or nectarine, peeled and chopped into small cubes
- Salt and pepper, to taste
- Juice from half a lemon or lime
- 2 tbsp. light Italian dressing

INSTRUCTIONS

1. Start with one part quinoa and two parts water.
2. Bring water to a boil, then add quinoa.
3. Cover the pan and turn the heat to very low for 15 minutes.
4. Let the quinoa cool, then mix together with all the other ingredients.
5. Add light Italian salad dressing.
6. Serve cold or at room temperature.

Quinoa is an ancient grain that is tiny, crunchy and tasty. You cook it using the same boiling method as rice! One cup of dry quinoa cooked in two cups of water is enough to feed four people.

You can add pretty much whatever you've got in your fridge or pantry to this simple salad, but here's our favorite combination.

This recipe comes to us from FDP's own Chef Robin.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Panzanella
(Bread Salad)



FUN

One person thinks of someone everybody at the table knows. The others ask questions like “If she were a vegetable, what vegetable would she be?” until they can guess who it is!



CONVERSATION

How could our family do a better job taking care of the environment?





Panzanella (Bread Salad)



INGREDIENTS

- 2 ripe tomatoes, washed, cored and chopped
- 1 bell pepper, washed, cored and diced (dicing a food means cutting it up in pieces about the size of dice)
- 1 large cucumber, washed or peeled and diced
- ¼ small red onion, chopped
- 2 tbsp. red wine vinegar
- 2 tbsp. olive oil
- 2 to 4 tbsp. chopped fresh basil leaves, rinsed with cold water
- 1 clove garlic, minced
- ½ tsp. dried oregano
- pinch kosher salt (a “pinch” of salt is the amount you can pinch between 2 fingers)
- 2 cups day-old bread, cut into big cubes

INSTRUCTIONS

1. Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter.
2. With the help of an adult, turn on the oven and set it to 200 degrees.
3. Put everything, except the bread, in a large bowl and toss well.
4. When the oven is hot, with the help of an adult, put the bread on a baking sheet and put it in the oven.
5. Bake until the bread is lightly toasted, about 10 minutes, and then set it aside to cool.
6. Add the bread to the bowl with the vegetables and toss well.
7. Serve right away or cover and refrigerate for up to 2 hours

This recipe is from our friends at Chop Chop magazine where they write, “Gnaw here this! Dried bread adds a lot of bite to a late-summer salad.”

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Pasta Poulet



FUN

Write the names of famous people or characters and put in a bowl. One person chooses and describes the person while others guess who it is.



CONVERSATION

What is the greatest song ever written?





Pasta Poulet



INGREDIENTS

Serves 4-6

- 1 lb. boneless, skinless chicken breast, cubed in bite-sized pieces
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 4 medium tomatoes, diced
- 4-6 scallions, diced (white and green parts)
- 1 1/2 cups chicken broth
- 2 tsp. oregano
- 1 tablespoon dried basil
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 lb. angel hair, spaghetti, or other long pasta

INSTRUCTIONS

1. Cook the pasta according to package directions.
2. While the pasta is cooking, warm the olive oil in a skillet over medium heat. Add the garlic and saute for about 30 seconds, just until fragrant.
3. Add the chicken to the skillet and cook, stirring frequently, until lightly browned.
4. Season with the basil, oregano, salt, and pepper.
5. Add the chicken broth, stir to combine, and simmer for 5-7 minutes.
6. Add the tomatoes and scallions and cook for an additional 2-3 minutes, just until the tomatoes are softened.
7. Toss the chicken mixture with the cooked, drained pasta. Serve with Parmesan cheese as desired.

Team member Bri DeRosa shared this family recipe with us.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Dress-it-in-a-bowl
Caesar Salad



FUN

Sing or hum popular tunes
(without the words) and see
who can guess the tune first.



CONVERSATION

What's one experience you've
had that you'll never forget?





Dress-it-in-a-bowl Caesar Salad



INGREDIENTS

For Dressing

- Juice of 1 lemon
- 1 head of Romaine lettuce
- 1 teaspoon mustard
- A pinch of salt and a few cracks of pepper
- 3 Tablespoons Extra virgin olive oil
- ½ cup freshly grated Parmesan cheese

For Grilled Chicken

- 1 ½ lb skinless boneless chicken breast halves
- ¼ cup olive oil
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 garlic cloves, smashed
- 1 Tablespoon fresh lemon juice

Croutons

- Baguette
- garlic
- Olive oil

INSTRUCTIONS

Salad / Dressing

1. Wash and dry the lettuce (a salad spinner is a big time saver!) Keep chilled until ready to serve.
2. Mix the lemon, mustard, salt and pepper in a large salad bowl. Gradually whisk in the Extra virgin olive oil, then add about 2 Tablespoons Parmesan.
3. Tear the lettuce and add it to the bowl. Toss the salad, then top with remaining parmesan. Add grilled chicken and/or croutons, if desired

Grilled Chicken (Special equipment: a well-seasoned large ridged grill pan)

4. Combine olive oil, smashed garlic, salt and pepper, and lemon juice in a large bowl.
5. Place chicken between two sheets of plastic wrap (or two cutting mats) and GENTLY pound with a meat mallet to even ½-inch thickness.
6. Add to marinade in bowl. While chicken marinates (just a few minutes), heat lightly oiled grill pan over moderately high heat until hot but not smoking. Grill chicken, turning over once, until just cooked through, 10 to 15 minutes total.
7. Transfer chicken to a cutting board and slice crosswise

into ½-inch pieces. Place chicken on top of salad and serve.

8. Tear the lettuce and add it to the bowl. Toss the salad, then top with remaining parmesan. Add grilled chicken and/or croutons, if desired

Croutons

9. Tear a baguette into bite-size pieces.
10. Place in a large bowl and drizzle with about 2 Tablespoons olive oil.
11. Smash 3 cloves of garlic and toss with bread.
12. Spread out on a baking sheet and bake at 350 for 10 minutes. Carefully toss and turn the croutons and continue baking for 5-10 minutes longer until croutons are crunchy and golden.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Slow Cooker Chicken
Santa Fe Soup



FUN

One person begins tapping or clapping a beat. The others try to follow along. When the leader stops, the last person to stop is out!



CONVERSATION

If you could learn to cook any dish in the world, what would it be?





Slow Cooker Chicken Santa Fe Soup



+

INGREDIENTS

- 4 frozen boneless, skinless chicken breasts
- 1 (7 oz) can chopped green chiles
- 1 (8 oz) bag frozen corn
- 1 (28 oz) can diced tomatoes, no salt added
- 1 (15 oz) can black beans
- 1 (14 oz) can low sodium vegetable broth
- 1 (32 oz) box low sodium chicken broth
- 3 tablespoons low sodium chili seasoning mix

INSTRUCTIONS

1. Place all ingredients in slow cooker and simmer for 6-8 hours on Low (3-4 hours on High).
2. Remove the cooked chicken and shred with two forks.
3. Return chicken to the soup and serve.

This recipe comes to us courtesy of our friends at AAFCS and the University of Kentucky Cooperative Extension. If you don't have a slow cooker, you could make this soup on the stovetop; simmer all ingredients in a large stock pot for 1 hour.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Open-Faced Caprese
Sandwiches



FUN

"I Spy with my little eye, some-
thing..." (green, round, long, etc.)
Others have to guess what object
in the room you're talking about.



CONVERSATION

If you were a pizza topping, what
topping would you be?





Slow Cooker Chicken Santa Fe Soup



+



INGREDIENTS

- 2 tablespoons olive oil, divided
- 1 teaspoon minced garlic
- 8 slices (about 1/2 in. thick) crusty Italian bread
- 3 medium ripe tomatoes, sliced
- 1 pound fresh mozzarella cheese, sliced thinly
- 16 medium basil leaves
- 2 tablespoons balsamic vinegar

INSTRUCTIONS

1. Prepare a grill for medium heat (350° to 450°). Combine 1 tbsp. oil and the garlic and brush onto 1 side of bread.
2. Lay bread oiled side down on grill and cook until slightly toasted, about 2 minutes.
3. Turn bread over, lay tomato slices on bread to fit, overlapping if needed, and then lay cheese slices over tomatoes. Cover grill and cook until cheese starts to melt, about 4 minutes.
4. Transfer sandwiches to a platter. Put 2 basil leaves over each sandwich and drizzle with remaining 1 tbsp. oil and the vinegar. Sprinkle with salt and pepper.

This recipe comes to us from Laura Jones, a member of FCCLA and teen advocate for family dinners. You can customize these sandwiches by offering additional vegetables (or meats, if you prefer) and varying the cheeses, but the classic tomato-basil-mozzarella combination is always a winner!

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Ginger Carrot Soup

Submitted by Sally Werbe
92Y Himan Brown Senior Program
member



FUN

Imagine you could invite any woman from history, living or dead, over for dinner. Who would you choose? What would you talk about?



CONVERSATION

Can you think of any rules, social expectations, or common phrases that you think promote a lack of equality between boys and girls or men and women? How would you change them?





Ginger Carrot Soup

Submitted by Sally Werbe

92Y Himan Brown Senior Program member



+

92Y

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 tablespoon fresh ginger, peeled and minced
- 2 cloves of garlic, peeled and minced
- ½ cup (1 medium) onion, peeled and chopped
- 1 pound carrots, peeled and sliced
- 3 cups chicken stock
- 1 cup water
- 1 squeeze fresh lime juice
- salt and pepper to taste

INSTRUCTIONS

Melt butter in 3 quart soup pot; add ginger, garlic and onions and sauté over medium heat until onions are tender, about 5 minutes. Add carrots, stock and water and simmer on low heat for about 20 minutes or until carrots are soft. Remove from heat; add lime juice. Puree soup in blender or food processor. Taste for seasoning. May be served warm or chilled. Top with a tablespoon of yogurt or sour cream if desired.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



DINNER TONIGHT

Tuscan Bread
Soup Recipe



FUN

Play Would You Rather...? (Would you rather...be able to fly, or be invisible? Sweat melted cheese or always smell skunk?)



CONVERSATION

Finish this sentence: "I feel happiest when _____"





Tuscan Bread Soup Recipe



INGREDIENTS

Serves 3-4

- 1 onion, chopped
- 2 cloves garlic, minced
- 1 fennel bulb, chopped (substitutes: celery, fennel seeds)
- 2 cups crusty stale bread, cut into 1 inch cubes
- 1 (12 oz.) can of chopped plum tomatoes
- 3 cups chicken stock
- 1/4 cup red wine
- 1/2 cup chopped fresh basil (substitutes: dried basil, thyme or parsley)
- 1/2 cup Parmesan, shredded

INSTRUCTIONS

1. Soak the bread in cold water.
2. Saute onion and fennel with olive oil in a large pot for about 5 minutes.
3. Add the minced garlic.
4. After about a minute, add the tomatoes, stock and wine.
5. Tightly squeeze out the bread, then add to the pot. Let cook for 40 minutes.
6. Add the basil and Parmesan cheese. Cook for another few minutes.
7. Serve hot with some extra shredded Parmesan on top.

A simple homey dish, this Tuscan Bread Soup recipe is perfect for a cold winter night. Recipe courtesy of Dr. Anne Fishel, from her book *Home for Dinner: Mixing Food, Fun and Conversation for a Happier Family and Healthier Kids*.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



KITCHEN





DINNER TONIGHT

Cambodian Chicken
Rice Soup



FUN

What does it mean to be
successful?



CONVERSATION

One person leaves the table for a
minute. The others choose an
emotion and act out that feeling until
“It” is able to guess the emotion.





Pasta Poulet



INGREDIENTS

Serves 8

- 3 boneless, skinless chicken breasts
- 2 cups jasmine rice
- 10 garlic cloves
- 2 Tbsp. vegetable oil
- 3 Tbsp. fish sauce (available in Asian section of most supermarkets)
- 1 tsp. sugar
- 1 tsp. salt
- 1/2 lb. shitake or any mushrooms
- 1 cup bean sprouts
- Lime wedges
- A bunch of scallions, white parts, thinly sliced
- Chili pepper flakes

INSTRUCTIONS

1. Bring a large pot of salted water to a boil and add the chicken.
2. While the chicken is cooking, rinse the rice.
3. Sauté 2 garlic cloves for a few seconds in a large sauce pan, and add the rice, stirring often for about 5 minutes. When done, throw in with the chicken.
4. After the chicken has cooked for about 25 minutes, take it out and set aside, leaving the rice to cook more. When the rice has been cooking for about 15 minutes, add the fish sauce, sugar and salt. Continue cooking for another 20 minutes.
5. Meanwhile, chop the remaining garlic and sauté it in the oil, then place in a small bowl.
6. Sauté the mushrooms for a few minutes until tender and place them in another small bowl.
7. Put the bean sprouts, the lime wedges and the scallions in their own bowls. Bring all the bowls to the table.
8. Shred the chicken and stir into the soup.

This recipe is courtesy of Dr. Anne Fishel.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!



+ **92Y**



DINNER TONIGHT

Our Family's Favorite
Meat Loaf

Submitted by Janet Gilman
*92Y Himan Brown Senior Program
member*



FUN

Ask "Which One..." and then list an accomplishment or trait of a woman you admire. See who can guess! Try the game with both famous women from history, and women from your own family.



CONVERSATION

When someone talks about something being "girly," what do they mean by that?





Ginger Carrot Soup

Submitted by Janet Gilman

92Y Himan Brown Senior Program member



+

92Y

INGREDIENTS

Serves about 4

- 1 8 ounce can of tomato sauce
- ¼ cup brown sugar
- 1 teaspoon Dijon mustard
- 1 ½ -2 pounds ground round, chuck or combination of veal and beef
- 2 large eggs, lightly beaten
- ¼ cup bread crumbs
- 1 medium onion; peeled and minced
- salt and pepper to taste

INSTRUCTIONS

Preheat oven to 375 degrees.

Combine first three ingredients in a small bowl.

Mix together lightly with a fork the remaining ingredients in a large bowl; add one half of the tomato mixture and blend well. Form meat into an oval loaf and place into an 8 inch or larger square or oval baking pan. Pour remaining tomato mixture evenly over formed meat loaf. Bake uncovered for 1 ¼ to 1 ½ hours.

May be prepared in microwave by placing in special microwave donut dish or form in circle on glass pie plate with hole in center of meat. Cook on high for 15-17 minutes, then let stand covered for 5-10 minutes before serving. Leftovers are great in sandwiches with sliced cucumber and mustard.

Visit thefamilydinnerproject.org to sign up for Dinner Tonight and get a daily helping of food, fun and conversation!