

Dinner Recipes

Eating a healthy meal together is a great way to connect with your kids and help ensure they have the energy they need to grow.

Quick & Easy Baked Hamburger Dinner Recipe

- 1 package ground beef
- 1 package beefy onion soup mix

Preheat oven to 350. Combine ground beef and soup mix. Form meat into small patties. Line a cookie sheet with aluminum foil.

Place patties on baking sheet. Cover with foil. Bake for 30 minutes or until meat is completely done. Serve with macaroni & chesses or baked beans and a favorite vegetable on the side,

For a one-pan complete dinner: Use baking pan instead of baking sheet. Slice potatoes and carrots and pile around meat patties. Cover with foil and bake all together.

Pasta with Fresh Vegetables

- 1 – 16 oz. package spaghetti
- 1 clove of garlic, minced
- 1 ½ c whole kernel corn
- 8 oz green beans cut into thirds
- 3 tbsp olive oil
- 1 tbsp basil
- ½ tsp oregano
- 3 tomatoes, chopped
- ¼ c chopped parsley
- Juice of 1 lemon
- Salt & pepper to taste

Cook spaghetti using package direction; drain. Cook garlic, corn and beans in olive oil over medium heat in skillet for 7 minutes or until tender crisp. Add next 6 ingredients. Simmer until heated through. Toss with cooked spaghetti in bowl. Season with salt & pepper.

Easy Chicken Cheese Soup

- 4 chicken breasts
- 2 chicken bouillon cubes
- 1 c chopped carrot
- 1 c chopped onion
- 1 c chopped green bell pepper
- Garlic powder, salt and pepper to taste
- ½ c uncooked rice

16 oz. Mexican style Velveeta cheese, chopped
Rinse chicken and pat dry. Cook in enough water to cover in saucepan until tender. Remove and chop chicken, reserving broth. Add bouillon, vegetables and seasonings to broth. Simmer for 20 minutes. Add rice and chicken. Simmer for 20 minutes or until rice is tender. Stir in cheese until melted. Serves 8.

Apple Pineapple Salad

- 1 – 20 oz. can crushed pineapple
- ½ c sugar
- 3 tbsp. cornstarch
- 1 tbsp. vinegar
- 4 c chopped apples
- 1 c chopped celery
- 1 c miniature marshmallows
- Grapes

Combine pineapple, sugar and cornstarch in saucepan. Cook over medium heat until thickened, stirring constantly. Stir in vinegar. Let stand until cool. Stir in remaining ingredients. Serves 8.