

From our Family to yours, a collection of favorite personal recipes from the people at CASA Columbia*



The National Center on
Addiction and Substance Abuse
at Columbia University

 COLUMBIA

Family Day

A day to eat dinner with your children™

www.CASAFamilyDay.org

Illustrations by Matte Loyce, CASA Columbia intern

**The National Center on Addiction and Substance Abuse at Columbia University is neither affiliated with, nor sponsored by the National Court Appointed Special Advocate Association (also known as "CASA") or any of its member organizations, or any other organizations with the name of "CASA".*

Letter from the Chairman



Family Day – A Day to Eat Dinner with Your Children™ was a huge success this year. I am proud to see how much this initiative has grown over the years. It was supported and proclaimed by the President, all 50 Governors and more than 1,000 Mayors and County Executives around the nation. 26 State First Spouses served as Honorary Chairs of *Family Day*, 10 Major League Baseball teams promoted *Family Day* and 7 landmarks lit up in red and blue on *Family Day*. We partnered with a Mom and Dad blogger to spread the word about *Family Day* and distributed over 100,000 *Family Day* brochures.

Scores of non-profit groups, faith-based organizations and countless parents and communities across the country celebrated *Family Day*.

More than a decade of CASA Columbia research has found that the more often children eat dinner with their families the less likely they are to smoke, drink or use drugs. That is at the heart of the *Family Day* message. We at CASA Columbia present this recipe book from our family to yours. We hope you enjoy these favorite recipes with your loved ones and remember this: What your children really want at the dinner table is YOU!

A handwritten signature in blue ink that reads "Joseph A. Califano, Jr." The signature is written in a cursive, flowing style.

Joseph A. Califano, Jr.

Joseph A. Califano, Jr., Founder and Chairman of The National Center on Addiction and Substance Abuse at Columbia University (CASA Columbia) and former U.S. Secretary of Health, Education, and Welfare.

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Magic Bar Cookies

Erica Bagliebter,
Development Associate

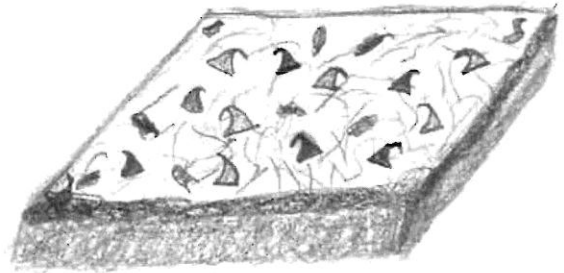
Ingredients

- 1 stick unsalted margarine or butter
- 1 cup graham cracker crumbs
- 1 cup shredded or flaked coconut
- 2 cups semi-sweet chocolate chips
- 1 cup chopped walnuts
- 1 can sweetened condensed milk

Directions

Melt butter in bottom of 13x9 pan. Sprinkle graham cracker crumbs evenly over butter. Sprinkle coconut evenly over crumbs. Sprinkle chocolate chips evenly over coconut. Sprinkle walnuts evenly over chocolate chips. Take some plastic wrap and gently press down over all. Then, slowly and evenly, pour 1 can of sweetened condensed milk over all.

Bake at 350°F for approximately 30 minutes. Let cool, then cut into squares.



Family Dinner Tip

“No cell phones or video games at the table!”

Chile con Tres Carnes

Lauren Duran,
Director of Communications

Ingredients

- 2 lbs ground meat (beef, pork, veal or any combination you'd like)
- 2-3 tbsp canola (vegetable) oil
- 1 large onion, diced
- 3 cloves garlic, minced (or $\frac{3}{4}$ tsp minced garlic)
- 4 tsp chili powder (regular, medium or hot)
- 1 tbsp ground cumin
- 2 tsp oregano
- 2 15 oz cans of unsalted chopped tomatoes, drained
- 1 29 oz can tomato puree
- 1 jalapeno pepper, chopped, seeds removed
- 2 cups chicken stock, divided (may not need all of it)
- 1-2 tsp salt (to taste)
- $\frac{1}{2}$ tsp fresh ground pepper (to taste)
- 2 15 oz cans red beans
- 2 15 oz cans black beans

Toppings

Sour cream, fresh chopped cilantro, shredded cheddar cheese

Directions

Heat the oil in the stock pot. Add the onion and garlic and cook over low heat about 1-2 minutes. Increase the heat to medium-high, add the meat and cook until browned. Drain off any fat. Stir in the chili powder, cumin, and oregano. Add the tomatoes, tomato puree, jalapenos and about 1 cup of the stock. Season with salt and pepper to taste. Bring to a boil, reduce heat to low, cover and simmer for 15 minutes. Check the chili, and if most of the liquid has evaporated add more stock (for a thicker chili use less stock). Drain and gently rinse the beans, add to the pot and simmer, uncovered, over low heat for another 15 minutes. Garnish with your choice of sour cream, cilantro and cheese and serve.



Family Dinner Tip

“ Successful family dinner for a family with a 5 $\frac{1}{2}$ and 2 year old is to get everyone around the table together and just have fun and laugh while we eat. We like to play best thing/worst thing about your day.”

Short Ribs with Cornmeal Dumplings

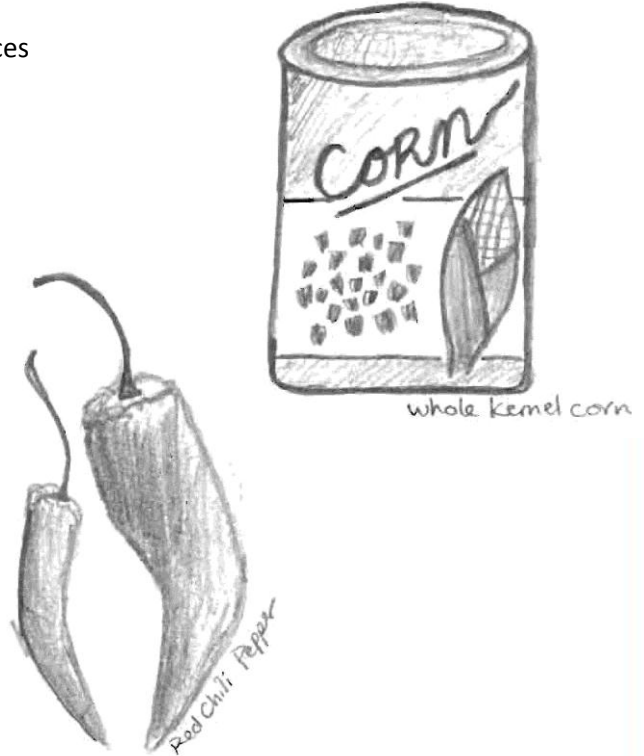
Larry Murray, CASA Fellow and Vice President for
Youth Prevention Programming

Ingredients

3 pounds beef short ribs, cut in serving size pieces
1 medium onion, cut in thin wedges
1 clove garlic, minced
28 oz can of tomatoes, cut up
12 oz can of non-alcoholic beer
1 hot red chili pepper, seeded and chopped
2 tbsp soy sauce
1 tbsp sugar
 $\frac{3}{4}$ tsp salt
 $\frac{1}{4}$ tsp pepper
 $\frac{1}{4}$ tsp nutmeg

Dumplings:

1 cup water
 $\frac{1}{2}$ cup yellow cornmeal
 $\frac{1}{2}$ tsp salt
1 egg
 $\frac{1}{2}$ cup all-purpose flour
1 tsp baking powder
Dash of pepper
7 oz can of whole kernel corn, drained



Directions

Trim excess fat from the ribs, if you want to: I like a little excess fat myself. In Dutch oven brown short ribs on all sides and season with salt and pepper to taste. Remove ribs. Drain off fat, reserving about 2 tbsp. Add onion and garlic to reserved drippings and cook until onion is tender. Add tomatoes, beer, chili pepper, soy sauce, sugar, $\frac{3}{4}$ tsp salt, $\frac{1}{4}$ teaspoon pepper, and $\frac{1}{4}$ teaspoon nutmeg. Return meat to the Dutch oven and bring to a boil. Reduce heat and simmer covered until meat is tender, $1\frac{1}{2}$ - 2 hours. Cool, skim off excess fat. Return to heat, bring to boiling. Meanwhile prepare the cornmeal dumplings (see below) . Drop batter by rounded tablespoons into the boiling stew mixture. Cover and simmer until the dumplings are done, 10-12 minutes. Eat and enjoy! Makes 6-8 servings.

For dumplings: Combine water, cornmeal and salt in a saucepan; bring to a boil. Cook and stir until thickened. Remove from heat. Stir a moderate amount of the hot mixture into one beaten egg. Return to hot mixture. Stir together flour, baking powder and a dash of pepper. Add to cornmeal mixture, beat well. Stir in can of corn.

Family Dinner Tip

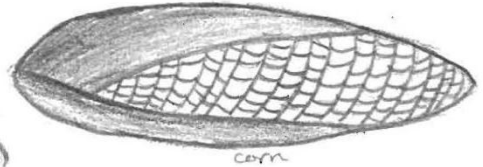
“Doing family activities on a regular, consistent basis is key to raising healthy and engaged kids. As difficult as it may seem due to busy lives and varied interests, eating dinner together several times a week is actually easy if you take the time to plan and organize.”

Shepherd's Pie

Lynn Galligan,
Associate Office Administrator

Ingredients

- 1 lb lean ground beef
- 1 cup onion, diced
- 1 cup carrots, diced
- 1 cup celery, diced
- 1½ cups corn
- 2 cloves garlic
- Salt and pepper to taste
- ½ tsp nutmeg
- 8 oz beef broth
- 2 tbsp butter
- 2 tbsp flour
- 2 lbs potatoes, cooked and mashed



Directions

Cook ground beef in frying pan until brown. Add onion, carrots, celery, garlic, salt, pepper and nutmeg. Lower heat and cook for 10 minutes or until vegetables are wilted. Add beef broth, bring to a boil.

Mix the butter and the flour together and stir in enough to make a thick gravy to bind the filling. Pour into large shallow baking dish and cool. The filling should be about 1½ inches deep.

Cover the meat mixture in the dish with the corn and then top with the hot mashed potatoes. Smooth potatoes evenly, brush surface with butter.

Bake at 325°F for 35-40 minutes. If it still needs browning, I put under a low broiler for a few minutes.

Leftovers (if there are any) freeze well.

Family Dinner Tip

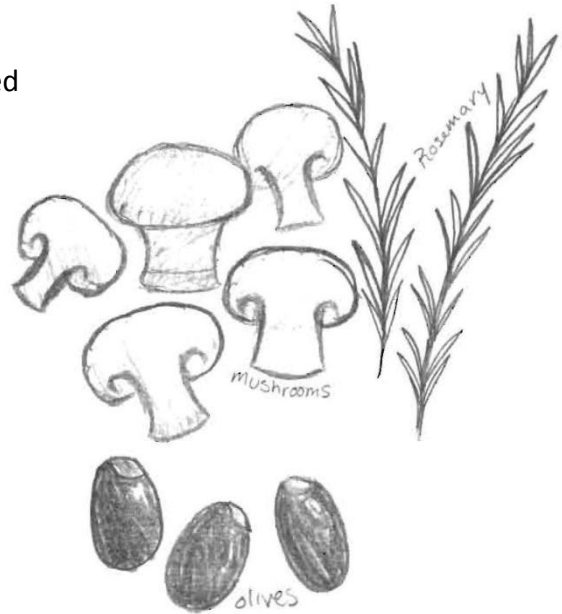
“Have all family members participate in the meal planning, prep, setting the table, and clean up. When everyone plays a part, eating together becomes more important for everyone.”

Chicken Cacciatore

Barbara Kurzweil,
Library Research Specialist

Ingredients

¾ lbs plum tomatoes, quartered
8 ounces Crimini (Baby Bella) mushrooms, sliced
1 large red onion, thinly sliced
5-6 tbsp olive oil, divided
2 cloves garlic
4 each, chicken breasts and thighs
½ cup flour
2 sprigs fresh rosemary, broken into pieces
⅓ cup thinly sliced basil, chopped coarsely
1 14 oz can diced tomatoes in juice
2 cups chicken broth
2 tbsp drained capers
12 pitted black olives
12 oz pasta, freshly cooked
Grated cheese, to taste



Directions

Brown 1 chopped onion in 5-6 tbsp of olive oil, add 2 cloves of garlic finely chopped when onions are soft. Stir frequently. 4 chicken breasts and 4 thighs (or drumsticks) should be drenched in flour and browned when garlic is softened. Add more oil if needed. Turn to brown chicken evenly on all sides. Add 1 package of Baby Bella mushrooms sliced and ¾ of a pound of plum tomatoes quartered, along with 2 sprigs of fresh rosemary and fresh basil broken into pieces. Add salt and pepper to taste. Cover after adding 1-14 oz can of chopped tomatoes with liquid and chicken stock to barely cover meat. Lower flame to medium/low and simmer about an hour until the chicken is tender. Adjust seasoning and add capers or pitted black olives while you cook the pasta. You will get a light and richly flavored sauce with fresh tomatoes, mushrooms and olives. You can add a little more olive oil and fresh basil at the end. You can also add sliced peppers to add color and flavor. Serve with grated cheese.

Family Dinner Tip

"Make it colorful, add a pinch of humor, and let the kids lead the conversation!"

Best Beef Brisket

Susan Brown,
VP and Director of Finance & Administration

Ingredients

4 lbs beef brisket
1 onion, sliced
½ cup tomato ketchup
½ cup chili sauce
2 tbsp packed brown sugar
5 cloves garlic, minced
1 (12 oz) can beer

Directions

Preheat oven to 300°F (150°C). Season meat with salt and pepper and place in a 9x13-inch pan; cover with sliced onion. In a small bowl, combine ketchup, chili sauce, sugar, garlic and beer; pour mixture over meat. Cover with foil and bake for 4 hours.

Remove foil and bake uncovered for an additional 35 to 40 minutes. Remove meat from pan; let cool. Slice meat cross-grain.

Make gravy: With an immersion blender or a blender, blend all liquid from the pan. Cook and stir until thick. Return sliced meat to baking dish and reheat. Serve with gravy.

Makes 6 servings.



Family Dinner Tip

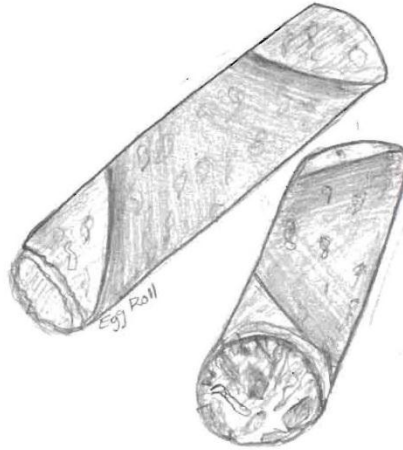
“When children are young, encourage them to participate in the planning and preparation of meals.”

Hmong Eggroll

Xichee Moua, Office Assistant

Ingredients*

1 bag of bean thread noodles
25 eggroll wrapping sheets
Half head of a small cabbage, shredded
2-3 carrots, shredded
1½ lbs ground pork
2 eggs
3 tbsp oyster sauce
Salt to taste
Black pepper to taste



Directions

Soak noodles in very hot water until soft. Drain. Rinse with cold water and cut into 2-3" lengths. Mix shredded cabbage, carrots, ground pork into noodle. Break 1 egg into mixture. Mix oyster sauce into mix. Add salt and black pepper to taste. Stir the mixture together until the egg is completely broken and the ground pork has separated.

Break second egg and separate the whites from the yoke. Discard whites. Peel rice skin wraps apart from one another. Place a rice skin wrapper in front of you in the shape of diamond. Spoon part of the mixture filling onto the bottom half of the wrapper. Roll the wrapper, tucking the eggroll wrap tightly, away from you until you reach halfway into the wrapper. Fold the sides of the wrapper into the middle of the roll. Your eggroll should look like an envelope.

Keep rolling the eggroll tightly until you've reached the end of the wrapper. Dip a finger or a brush into the yoke and apply it on the corner of the remaining wrapper. Finish the eggroll by folding the corner piece onto the eggroll. Make sure that the eggroll is secure. Repeat this until you have used up the wrappers. If you have a deep fryer, you can use that. If you don't, heat oil over medium-high heat. Place the eggroll into the oil. The eggroll should be completely submerged in oil. Cook until golden brown.

*You can find most of these ingredients at an Asian supermarket.

Family Dinner Tip

"Family dinners doesn't only mean eating together. After dinner, split up cleaning duties. This gives children a sense of responsibility."

Orange Fennel Salad

Rebecca McDonald,
Sr. Research Assistant

Ingredients

4 oranges
1 fennel bulb
3 tsp olive oil (extra virgin)
1 tsp white balsamic vinegar (optional)
½ tsp sea salt
½ tsp freshly ground pepper (preferably white pepper)
Handful of Kalamata olives
Arugula leaves (optional)

Directions

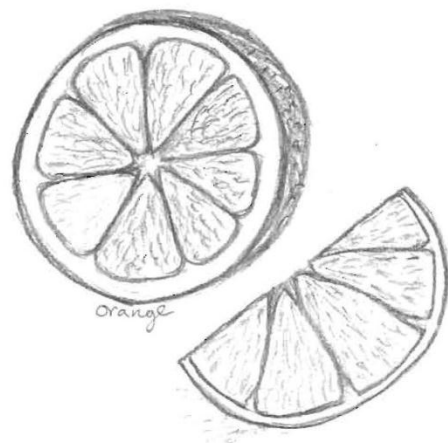
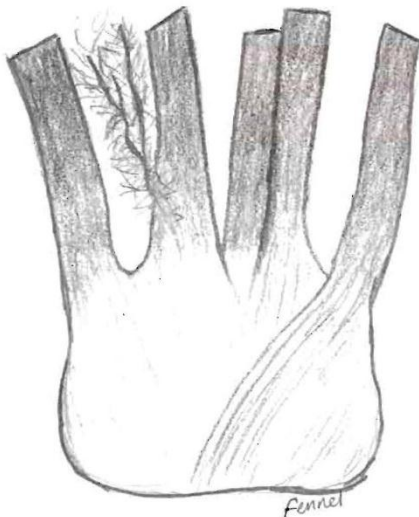
Peel oranges. Rinse fennel bulb and remove outer layer. Slice oranges and fennel bulb. Arrange on a plate.

Vinaigrette: combine olive oil, balsamic vinegar, sea salt, and pepper in a small bowl and whisk to mix.

Dress oranges and fennel with the vinaigrette. Serves 4.

Family Dinner Tip

“Play a game of Scrabble after dinner!”

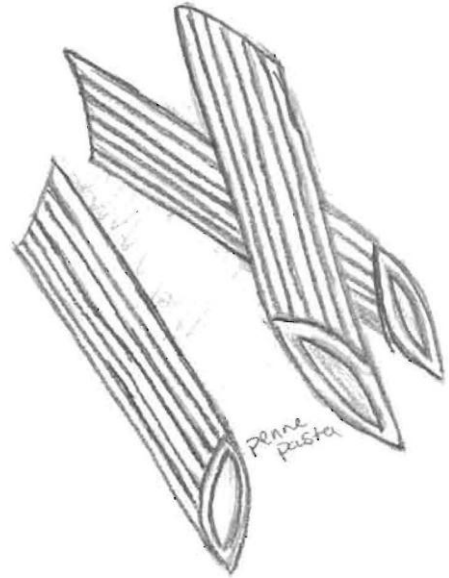


Grilled Chicken Pasta (aka Mark's Pasta)

Mark Stovell, Research Assistant

Ingredients

½ lb or more penne pasta (works well with bowtie and rotini pasta, too)
3 grilled chicken breasts, sliced
1 fresh fennel bulb
6-8 oz sun-dried tomatoes
6-8 oz fresh mozzarella cheese, torn apart into fairly big chunks
Chopped bacon from 3 strips (optional)
6-8 oz or more of Kalamata olives (Optional: buy the olives whole and take the pits out yourself—tedious, but it's worth it)
Lemon juice from 1 lemon or half of a really juicy lemon
Lemon zest (grate the lemon to get zest first before you cut it)
¼ cup parmesan cheese
Fresh parsley, chopped
Fresh basil, chopped
Olive oil
Salt and pepper
Liquid smoke (optional)



Continued on next page...

Family Dinner Tip

“Tip for successful family dinners: Patience is key, whether it means having to wait for food to cool after it comes out of the oven or listening to someone talk about their day over dinner. It takes practice to be patient, but it's worth the wait, and people appreciate you for being patient!”

Grilled Chicken Pasta (aka Mark's Pasta) continued...

Directions

Grill the chicken beforehand. If you have baked, boiled, or roasted chicken on hand, use that.

Place water in a pasta pot and turn the heat to high.

Pour 3 or 4 tbsp of olive oil into a large skillet over medium heat. Cut the fennel bulb lengthwise. Turn the cut end on its side and cut it lengthwise again down to the end of the root end but do not cut in half. Slice across the width into thin strips. Slice the sun-dried tomatoes into thin strips. When the oil is warm, place the fennel into the pan. Hopefully, the water should be boiling at this point. Add the pasta to the water and cook until al dente (usually 10-12 minutes). Add a pinch of salt to draw out the liquid in the fennel and to season it. When the fennel is translucent, add the sun-dried tomatoes.

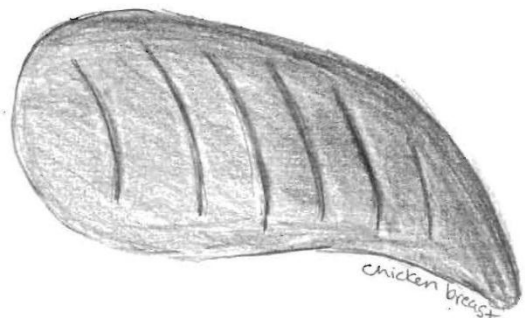
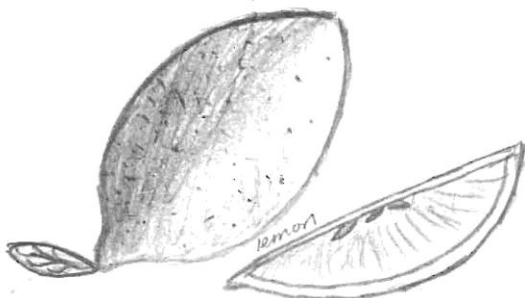
Add the chicken to the fennel and sun-dried tomatoes. Drain the pasta and dump the pasta into the frying pan with the other ingredients.

Place the spinach in the frying pan with the pasta. Don't worry if it looks like you have a lot of spinach in the pan; the spinach wilts down to tiny pieces.

When the spinach begins to reduce in size, add the chunks of mozzarella cheese and the chopped bacon. The cheese melts quickly, so it only takes a minute or two. Add a squeeze of fresh lemon juice and a drizzle of olive oil if necessary. Add a few drops of liquid smoke, if desired. Sprinkle with fresh ground pepper.

Garnish with chopped parsley and basil and grated lemon zest.

This is a flexible dish and neither the amounts nor the cooking order are exact. Adjust amounts of ingredients as necessary. The fennel should be cooked first so it softens and the spinach and mozzarella should be cooked last. Adjust the heat on any of the steps if necessary.

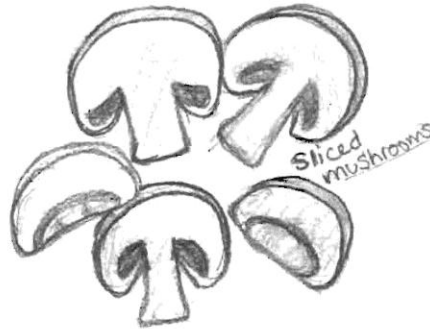


Chicken Marsala

Charles Neighbors, Ph.D., M.B.A.
Associate Director of the Health and
Treatment Research and Analysis Division

Ingredients

4 boneless, skinless chicken breast halves
1 cup sliced fresh mushrooms
¼ cup all-purpose flour
1½ tsp salt
¼ tsp ground black pepper
½ tsp dried oregano
1 tbsp olive oil
1 tbsp butter
6 cloves garlic, minced
½ cup Marsala wine



Directions

In a medium bowl, stir together the flour, pepper, salt, and oregano. Sprinkle the mixture over the chicken to lightly coat.

Heat olive oil, butter, and garlic in a large skillet over medium heat. BEFORE the garlic turns brown, fry the chicken in the skillet for 2 minutes, or until lightly browned on one side. Turn chicken over, and add mushrooms. Cook about 2 minutes, until other side of chicken is lightly browned. Stir mushrooms so that they cook evenly.

Pour Marsala wine over the chicken. Cover skillet, and reduce heat to low; simmer for 10 minutes, or until chicken is no longer pink and juices run clear.

Serves 4 adults, or 2 adults and 3 kids.

Family Dinner Tip

“Get the kids involved with the food! Solicit their input about which dishes to serve. Have them help prepare/cook (they tend to like chopping food/measuring spices more than cleaning dishes).”

Grandma's Graham Cracker Dessert (Cherry "Cheesecake")

Cathleen Woods-King, General Counsel

Ingredients

- 1 ready-made graham cracker pie crust
- 1 cup confectioners' (powdered) sugar
- 1 8 oz package cream cheese (let it warm up so it's soft)
- 1 cup Cool Whip
- 1 can cherry pie filling

Directions

Blend the confectioners' sugar and cream cheese well then fold in the cool whip. Spoon the mixture into the pie crust and top with pie filling. We always use cherry but others are great as well. Chill the pie and serve.

"Most of my great recipes are from my Grandma or my Great-Grandma and virtually all of them are desserts! This recipe is from my Grandma and she got it from one of the ladies in her card group, probably in the 1950's. We have been making this for decades! It is the easiest recipe ever – kids can make it on their own - and actually tastes better if made the day before."

Family Dinner Tip

"Add friends - especially the girl friends of teenage boys. You will learn a lot!"



Mango Porridge

Sam Jackson,
Research Assistant, Contracts Administrator

Ingredients

- ½ very ripe mango
- ¾ cup blueberries
- ½ cup blackberries
- ¾ cup coconut milk (don't get reduced fat coconut milk)
- 1 tbsp agave nectar

Directions

1. Combine all ingredients in cereal bowl
2. Eat!

Family Dinner Tips

"Make it mandatory—we had family dinner every day when I was a kid, but only because my mom made me come. But it was good for me."



Chinese Chicken Wings

Nina Lei,
Research Assistant

Ingredients

- 1 lb chicken wings
- 16 oz bottle of chicken teriyaki sauce or soy sauce
- 1 tsp sugar
- 1 slice of ginger

Directions

Start by rinsing the chicken wings. Put them aside to use later.

In a pot, pour in the bottle of chicken teriyaki sauce or soy sauce. Add the sugar and ginger. Put a cover on over the pot and turn the stove on medium heat.

After the sauce boils, put the chicken wings in (make sure that there's enough sauce in the pot to cover the chicken! If you use 1 lb of chicken wings, this should be fine). Cover the pot and wait until it boils again.

Then turn the flame off, while still leaving the cover on, and leave the wings sitting in the pot for about 20 minutes before eating.

Family Dinner Tip

"Don't be afraid to get your hands dirty!"



Cola Cake

Created by: Lee Avery Catts

Submitted by: CASA Columbia Board Member Clyde Tuggle, Senior Vice President, Chief Public Affairs and Communications Officer, The Coca-Cola Company

Ingredients

Cake:

- 2 cups sugar
- 2 cups all-purpose flour
- 1½ cups small marshmallows
- ½ cup butter or margarine
- ½ cup vegetable oil
- 3 tbsp cocoa
- 1 cup Coca-Cola®
- 1 tsp baking soda
- ½ cup buttermilk
- 2 eggs
- 1 tsp vanilla extract

Frosting:

- ½ cup butter
- 3 tbsp cocoa
- 6 tbsp Coca-Cola
- 1 box (16 oz) confectioners' sugar
- 1 tsp vanilla extract
- 1 cup chopped pecans



Directions

Preheat oven to 350 degrees. In a bowl, sift sugar and flour. Add marshmallows. In saucepan, mix butter, oil, cocoa, and Coca-Cola. Bring to a boil and pour over dry ingredients; blend well. Dissolve baking soda in buttermilk just before adding to batter along with eggs and vanilla extract, mixing well. Pour into a well-greased 9x13-inch pan and bake 35 to 45 minutes. Remove from oven and frost immediately.

To make frosting, combine butter, cocoa and Coca-Cola in a saucepan. Bring to a boil and pour over confectioners' sugar, blending well. Add vanilla extract and pecans. Spread over hot cake. When cool, cut into squares and serve.

Family Dinner Tip

“Designate at least one night a week when the whole family cooks together. Make the experience enjoyable and pressure-free by playing music everyone loves. During dinner, discuss the experience and the delicious food everyone prepared. Plan future family cooking night and menus by asking for your kids’ input.”

Turkey Burgers with Sweet Potato Fries

Kathleen Ferrigno, Director of Marketing

Ingredients

Fries:

Two large sweet potatoes

Olive oil

Sea salt and pepper

Burgers:

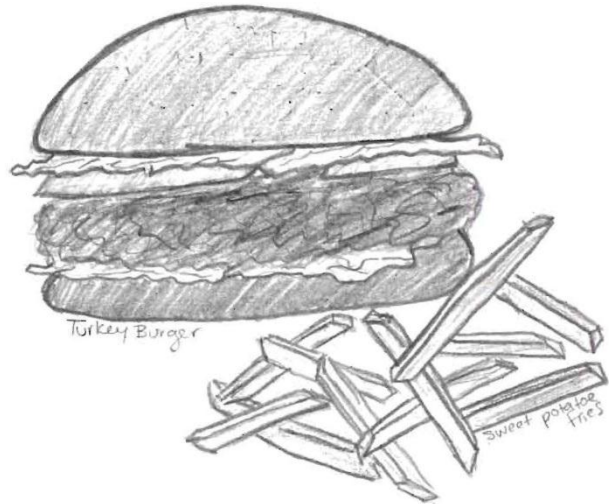
1 package ground turkey meat (lean)

¼ cup diced onion

1 egg

Whole wheat bread crumbs

Salt and pepper



Directions

Cut each sweet potato left to right to make two long halves. Take each half and slice vertically so that you are cutting half circle shapes. Then cut the half circle shapes vertically again and this will achieve the fry look. On a baking sheet or stone spray a little bit of olive oil as a base and place the potatoes on that. Spray a little bit more olive oil on top of the fries and season with sea salt and pepper. Bake in the oven at 350 degrees for 45-50 mins. Serves 3-4.

In a large bowl mix turkey, egg, bread crumbs, onion and salt and pepper together. Using your hands partition out 6-8oz of the meat and shape into patties. Spray olive oil or Pam onto a baking sheet and place the patties on the sheet. Bake for 35 minutes in oven at a temp of 350 degrees. Serve with lettuce, tomato on your favorite bread. Serves: 3-4.

Serve with fries and you have a delicious, healthy and fun meal!

Family Dinner Tip

“Family dinner is a great time to come together and talk about your day. But sometimes kids need a little bit of encouragement to open up – the [Family Day Dinner Kit](#) is a perfect tool to get your kids talking and the best part is that you can do most of the activities together!”

Russian Borscht

Alla Abramov,
Marketing Coordinator

Ingredients

1 onion, chopped thin
1 big celery stalk, chopped thin
1 big carrot, chopped thin
½ red pepper, cut into slivers
1/3 head of white cabbage, sliced thin
1 potato, cut into cubes
1 can of beets (cut into strips) - save the juice!
1 small can tomato paste
1 small can tomato sauce
Ketchup
Juice from 1/4 of a lemon
Salt and pepper
Vegeta seasoning mix (but you can use any kind you like)
Sour cream



Directions

In a frying pan, sauté in olive oil the onions, celery, carrot, and red pepper. While you're cutting the veggies, bring to a boil a pot with 8 cups water.

Once water boils, throw in potatoes and cook for 5 minutes, then add in cabbage, beets and beet juice (from the can). Let cook on medium heat.

When sautéed vegetables are slightly soft and browned, add tomato paste, tomato sauce, salt, pepper, a couple tsp of Vegeta and a couple squirts of ketchup. Cook on low heat for a couple of minutes, stirring.

When potatoes in the pot are soft enough to eat, throw in the sautéed vegetable mixture. Squeeze the lemon juice into the pot.

Stir on low heat and let cook for a couple minutes. Taste for salt and pepper (most likely, you'll need to add salt).

Ready to eat! Stir in a teaspoon of sour cream per bowl and serve with pumpernickel bread.

Family Dinner Tip

“Involve the kids in the dinner process - whether it’s choosing what they want to eat, helping cook (try out new recipes together!), setting the table, or picking the after-dinner game.”

Jennie's Famous Low-Fat and No-Cholesterol Brownies

Jennie L. Hauser,
Media Relations Coordinator

Ingredients

Brownie mix from the box

Unsweetened apple sauce [I stock up on snack size apple sauce cups, it's the perfect measurement for substituting in recipes]

Egg whites [you can use Egg Beaters, I like to use real eggs]

Water

Directions

Follow the instructions from the box, substituting:

Unsweetened apple sauce in place of oil

Egg whites in place of whole eggs [adding one additional egg white to the mix than the recipe calls for]

Instead of buttering the baking pan, use a non-stick spray, you'll never know the difference.

Pre-heat oven and bake according to instructions on box.

Voila, heart-healthy brownies that you don't have to feel guilty about enjoying.

Family Dinner Tip

"Turn off the TV!"

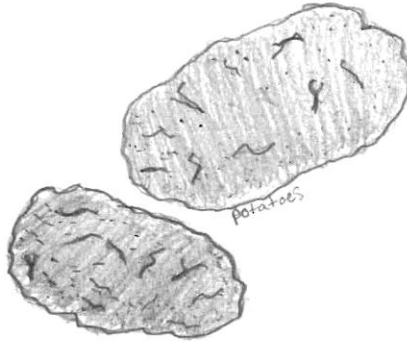


Potato Soup

Judy Reynolds,
former Office Manager

Ingredients

4 tbs olive oil
2 heads garlic
1 onion sliced thin
¼ tsp red pepper flakes
½ tsp salt
½ tsp pepper
1 tbsp fresh thyme*
1 tbsp fresh rosemary*
1 tbsp fresh sage*
2 lbs white potatoes cut
in ¼ inch dices
6½ cups chicken stock



Directions

In a large pot, heat on medium-high heat olive oil. Put in whole cloves of garlic and sauté until brown (do slowly so garlic does not burn and become bitter).

Add onion and spices, red pepper flakes, salt and pepper. Heat on medium-high for 10 minutes. Add potatoes and chicken stock. Bring to boil, then reduce heat and simmer for 45 minutes; lid of pot should be slightly ajar.

Put batches in blender to puree. Reheat and serve.

*Can use dried spices: 1 tbsp fresh equals tsp dried

Family Dinner Tip

"If you cook the food your family really loves to eat... I think then you are guaranteed a successful family dinner time together."

Buttermilk Coffee Cake

Gene Jankowski, CASA Columbia Board Member
& President, CBS Broadcasting, Retired

Ingredients

Cake:

- ½ cup (1 stick) butter, room temperature
- 2 cups sugar
- 3 eggs
- 4 cups sifted flour
- 1 tsp salt
- 1 tsp baking soda
- 2 tsp baking powder
- 2 cups buttermilk*

Crumb topping:

- 1/3 stick butter, chilled
- ¾ cup flour
- ½ tsp vanilla
- ½ cup sugar



Directions

Using electric mixer, cream butter, add sugar gradually, then add eggs and beat well. By hand, add dry ingredients alternating with buttermilk. Pour into two well buttered and floured cake pans (square or round).

Crumb Topping: With Pastry blender (or fork) combine butter, flour, vanilla and sugar until mixture resembles coarse crumbs. Top cake batter with the crumbs.

Bake in preheated 375 degree oven 30-45 minutes or until nicely browned.

*This cake is best if the buttermilk is as fresh as possible.

Note

"This is a favorite coffee cake my mother used to make on special Occasions when I was young. Warm cake and a glass of milk was a treat! The recipe has been shared with my children, who love it, also."

Summer Quinoa Tabouli

Jon Morgenstern, Ph.D.
Vice President, Director of Health and
Treatment Research and Analysis

Ingredients

1 cup quinoa
Kosher salt to taste
2 cups diced cucumber
1 small red onion, finely minced (optional)
2 cups finely diced tomatoes
1 chili pepper (to taste), finely chopped
½ cup chopped parsley and/or mint
Juice of 1 lemon
3 tablespoons extra virgin olive oil

Directions

Prepare quinoa according to package directions and allow to cool.

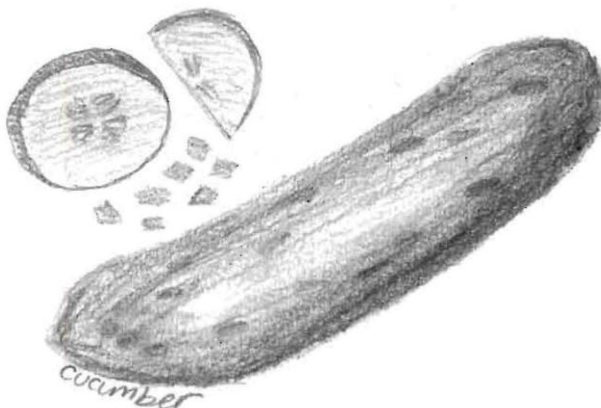
Meanwhile, combine the finely diced cucumber, the onion and the tomatoes in a bowl, and sprinkle with salt. Toss and allow to sit for 15 minutes.

Combine the chili pepper, parsley/mint, lemon juice and olive oil in a bowl. Add the vegetable mix and the quinoa. Toss together, and taste and adjust seasonings.

Serves 6.

Family Dinner Tip

“Let the kids choose the menu (with some restrictions in favor of healthy food) a couple nights of the week, and encourage and help them learn how to cook the dishes they love!”





The National Center on
Addiction and Substance Abuse
at Columbia University

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