

Celebrate Family Day!

Family Day - A Day to Eat Dinner with your Children™

September 28, 2009

Taco Casserole

Ingredients

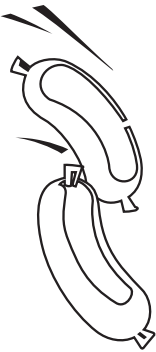
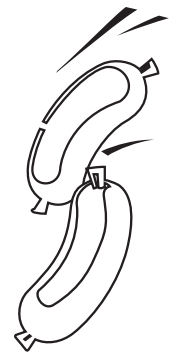
- 1 1/2 pounds lean ground chicken
- 1 package (1.25 oz) taco seasoning
- 2 cans (8 oz) tomato sauce
- 1 can (11 oz) Mexican corn mixture or whole kernel corn, drained
- 1 cup shredded Cheddar cheese
- 1 cup coarsely crushed tortilla chips

DIRECTIONS

1. Preheat oven to 400 degrees. In a large skillet, cook and stir ground chicken over medium-high heat until done; drain.
2. Stir in tomato sauce, taco seasoning and corn. Simmer 5 minutes.
3. Spoon mixture into 2-quart baking dish. Top with cheese and tortillachips. Bake 5-10 minutes or until cheese is melted. Garnish with a choice of toppings, such as sour cream, sliced avocado, diced tomatoes and chopped green chilies, if desired.

Yields: 6 servings
Cook: 5 - 10 minutes
Serve with: Tossed salad

Courtesy of www.commissaries.com



Frequent Family Dinners Make a Difference!

www.CASAFamilyDay.org

Celebrate Family Day!

Family Day - A Day to Eat Dinner with your Children™

September 28, 2009

Grilled Salmon with Citrus-Dill Butter

Ingredients

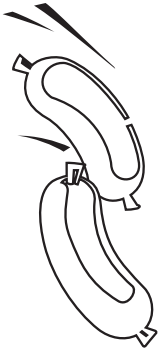
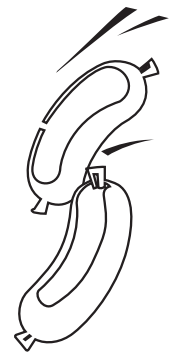
- 4 tablespoons butter, softened
- 2 teaspoons chopped fresh chives
- 2 teaspoons chopped fresh dill
- 1/2 teaspoon grated lemon peel
- 2 teaspoons fresh lemon juice
- 1/4 teaspoon salt
- 4 salmon fillets (about 4 ounces each)
- 4 sprigs fresh dill for garnish

DIRECTIONS

1. In a small bowl, combine all ingredients except salmon and dill sprigs; mix until well blended.
2. Spread 1/2 teaspoon of butter mixture over each fillet; place fillets, skin-side-up, on grill over medium coals, and cook 3 minutes.
3. Turn fillets skin-side-down; spread another 1/2 teaspoon of butter mixture over top of each fillet.
4. Cook 8 to 10 minutes or until fish flakes easily with a fork.
5. Spread remaining butter mixture over fillets, garnish with dill sprigs, and serve.

Yields: 4 servings
Serve with: Baked potatoes
Whole Wheat Dinner Rolls

[Courtesy of www.commissaries.com](http://www.commissaries.com)



Frequent Family Dinners Make a Difference!

www.CASAFamilyDay.org

Celebrate Family Day!

Family Day - A Day to Eat Dinner with your Children™

September 28, 2009

Steamed Green Beans and Mushrooms

Ingredients

- 1 pound fresh green beans, washed with stem ends removed
- 4 to 5 fresh mushrooms, brushed clean with paper towel and sliced

DIRECTIONS

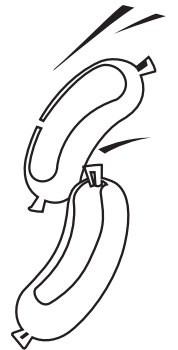
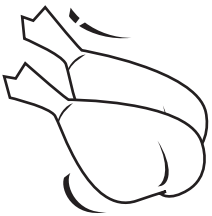
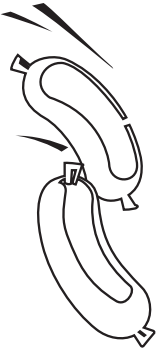
1. Bring about 2 inches of water to a boil in a large pot fitted with a steamer basket. Be sure the water does not touch the bottom of the basket.
2. Add the vegetables to the basket – green beans on bottom and mushrooms on top.
3. Cover with a tight fitting lid and steam about 8 minutes or until beans are tender-crisp.

Yields: 4 servings
Serve with: Baked potatoes
Whole Wheat Dinner Rolls

[Courtesy of www.commissaries.com](http://www.commissaries.com)

Frequent Family Dinners Make a Difference!

www.CASAFamilyDay.org



Celebrate Family Day!

Family Day - A Day to Eat Dinner with your Children™

September 28, 2009

Chicken Broccoli and Rice Bake

Ingredients

- 1 (10.75 oz.) can condensed cream of chicken soup
- 3 or 4 chicken breasts, cooked and cut up
- 2 cups cooked rice
- 1/2 (14 oz.) bag frozen broccoli florets
- 1 (8 oz.) container light sour cream
- 1/2 cup low-fat or fat-free milk
- 4 to 6 ounces reduced-fat cheddar cheese, shredded

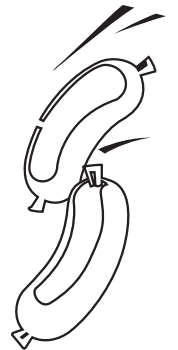
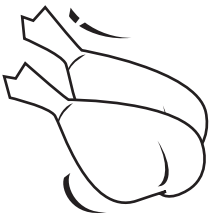
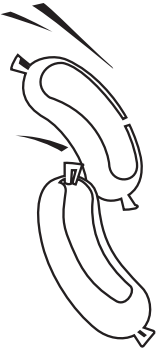
DIRECTIONS

1. Heat oven to 325 degrees. Lightly spray a 13x9-inch baking pan with cooking spray.
2. Combine all ingredients in a large mixing bowl; turn into prepared baking pan.
3. Bake, uncovered, for 45 to 60 minutes, or until heated through and bubbly.

Yields: 6 servings
Serve with: Tossed Salad
Whole Wheat Dinner Rolls

Courtesy of www.commissaries.com

Frequent Family Dinners Make a Difference!
www.CASAFamilyDay.org



Celebrate Family Day!

Family Day - A Day to Eat Dinner with your Children™

September 28, 2009

Szechwan Beef Stir-Fry

Ingredients

3/4 pound boneless beef sirloin
steak or top round steak
3 tablespoons dry sherry or dry
white wine
3 tablespoons soy sauce
2 tablespoons water
2 tablespoons hoisin sauce
2 teaspoons cornstarch
2 teaspoons grated ginger root
1 teaspoon sugar
1/2 teaspoon crushed red pepper

1/4 teaspoon ground black pepper
(optional)
2 cloves garlic, minced
1 tablespoon cooking oil
1 cup thinly sliced carrots (2
medium)
1 (8 3/4 ounce) can whole baby
corn, drained
1 red sweet bell pepper cut in
1-inch squares (about 1 cup)
2 cups hot cooked rice

DIRECTIONS

1. Trim fat from beef. To make slicing easier, partially freeze beef by placing it in the freezer for about 20 minutes, then thinly slice across the grain into bite-size strips. Set aside.
2. Cut whole baby corn in half crosswise; set aside.
3. For sauce, stir together the sherry or wine, soy sauce, water, hoisin sauce, cornstarch, ginger root, sugar, red pepper, black pepper (if using) and garlic; set aside.
4. Pour cooking oil into wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry carrots in hot oil for 2 minutes. Add baby corn and sweet pepper. Stir-fry for 1 to 2 minutes or until vegetables are crisp-tender. Remove vegetables from wok.
5. Add beef to hot wok and stir-fry for 2 to 3 minutes or to desired doneness. Push beef to the sides of the skillet or wok, away from the center.
6. Stir the sauce mixture, and add to center of the wok. Cook and stir until thickened and bubbly.
7. Stir in all meat and cooked vegetables. Cook and stir for 1 to 2 minutes

Yields: 4 servings

Serve with: Whole Wheat Dinner Rolls

Courtesy of www.commissaries.com

