

RECIPE #14: ONE DINNER AT A TIME...

- If dinner together is a new family event, start small. With agreement from everyone, choose one day and time per week to meet for dinner. This will help create a habit.
- Select a family-favorite meal so that everyone is anxious to enjoy the meal together.
- Make dinnertime enjoyable. Ask each person to tell a joke, or clear the table and play a board game after dinner.
- As your family becomes used to eating together, add additional family meal nights. The goal is to create a family culture of eating together.
- Try to be consistent about mealtime so that everyone will know when to expect to eat together, no matter the day.



TUNA CABBAGE SALAD



Recipe Source: Food Hero
4 servings

INGREDIENTS

- 2 cans of tuna, drained
- 4 cups chopped cabbage
- 1 carrot shredded
- 1 diced onion
- 2 tablespoons of low fat mayonnaise
- 1/4 cup non-fat plain yogurt (optional)

INSTRUCTIONS

1. In a medium bowl, shred tuna with a fork and mix with cabbage and carrots. Stir in onions, mayonnaise, and yogurt. Add salt and pepper to taste.
2. Chill until ready to serve.
3. Refrigerate leftovers within two hours.

