




RECIPE #15: CREATING HOUSEHOLD RITUALS AT THE DINNER TABLE

-  Regular and dependable rituals have been shown to help families remain resilient during difficult times.
-  Routines tell us what to expect and plan for, while rituals help us feel at home and have a sense of belonging.
-  Contemplate the following ideas to establish your own mealtime rituals:
 - What feelings would you like the new ritual to evoke—gratitude, relaxation, bonding?
 - What symbols might express these feelings or make dinnertime feel special? Consider: lighting candles, playing music, singing, reading a poem, or saying grace.
 - Were there rituals or traditions from your childhood mealtimes that you would like to carry forward?
 - What are some rituals to mark the end of the day or week? Think about a new ritual to signify the end of dinner



Adapted from: <https://thefamilydinnerproject.org/blog/we-need-rituals-now-more-than-ever/>

SNAPPY RICE DISH

Recipe Source: MyPlate.gov
4 servings

INGREDIENTS

- 2 cups fresh vegetables, cut into bite size pieces
- 1 cup chicken broth, reduced sodium (or use water)
- 2 cups brown rice, cooked (<https://wicworks.fns.usda.gov/recipe/easy-cook-brown-rice>)
- 1 can kidney beans (about 15 oz) or other canned beans
- 1 teaspoon of cumin
- 1 teaspoon of garlic powder
- pepper (to taste)

INSTRUCTIONS

1. Combine vegetables and chicken broth (or water) and cook on medium high heat.*
2. Cook the vegetables the way you like them (firm or soft), stirring gently. Add more broth as needed to keep the vegetables moist.
3. Add the rice, canned beans and seasonings. Simmer until heated through.

*Microwave version: Follow the same steps above. Use a microwave safe, covered dish. Stir the vegetables every 2 to 3 minutes. Just before they are cooked, add the rice, beans and herbs. Cook until heated. Rotate the dish & stir gently.



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