

RECIPE #16: DINNERTIME CONVERSATION STARTERS



When gathering around the dinner table use this opportunity to learn about each other! Some open-ended conversation starters:

- Elementary School aged kids:
 - Name three things your friends would say make you a good friend?
 - If you were made teacher for a day, what would you teach and why?
 - What is a favorite family memory
- Tweens:
 - Talk about a time when an adult treated you as an equal?
 - Use five words to describe your family.
 - If you wrote a song, what would you write about?
- Teens:
 - What is the nicest complement you have ever received?
 - Tell about the funniest or most embarrassing thing you've seen an adult do?
 - What is your favorite song right now and why



Adapted from: www.parentfurther.com

BLACK BEAN BURGERS



INGREDIENTS

- 2 15 ounce cans black beans, drained and rinsed
- 1 small red onion
- 1 carrot
- 1 clove garlic or ½ teaspoon of garlic powder
- 2 tablespoons of taco seasoning
- Pepper to taste (optional)
- 1 large egg
- 1 cup plain breadcrumbs
- 2 tablespoons cooking oil

Recipe Source: My Plate

6 servings

INSTRUCTIONS

1. In a food processor, combine the beans, onion, carrot, garlic and pepper. Pulse until evenly mixed but slightly chunky. Note: if you do not have a food processor, mash beans with a fork and dice the vegetables. Transfer the mixture to a bowl and add the egg and breadcrumbs. Stir until evenly combined. Let the mixture sit for 5 minutes.
2. Divide the black bean mixture into six equal portions, shaping each portion into a patty about 3.5 inches in diameter, ½-inch thick.
3. Heat 1Tbsp cooking oil in a skillet over medium heat. Once the oil is hot, add a few black bean patties and cook 4-5 minutes on each side, or until they are well browned and heated through. Add more oil to cook the remaining patties.
4. Serve each bean burger in a bun, with your favorite condiments and toppings.

