


# RECIPE 20: BUILDING COMPETENCE

 Competence, the foundation of resiliency, is the ability to handle situations effectively. Children acquire competence by mastering tasks and facing challenges. Competence is cumulative and rooted in experience.

 To foster competence Ok. You've Got This suggests:

- Get out of the way! We want to help, fix, and guide our kids. If we let children figure things out for themselves, we communicate: “You are competent”.
- Play is your child’s job. Unstructured free play (or downtime in the case of adolescents) allows children to use their creativity while developing imagination, dexterity, and physical and emotional strength. It also helps children relax and de-stress.
- Noticing, praising, and criticizing. Appropriate acknowledgment, genuine specific praise, and constructive criticism help develop competence. Praise effort and not the end result. Offer specific criticism that focuses on improving effort rather than pointing out personal character flaws.



Learn more at: <https://okyouvegotthis.org> , and <http://www.fosteringresilience.com/>

# VEGETABLE STROGANOFF



## INGREDIENTS

- 1/2 pound medium shaped whole wheat pasta (cooked)
- 1 tablespoon oil
- 1 onion
- 1 tablespoon garlic powder
- 2 carrots (diced)
- 1 medium zucchini (diced)
- 1 red bell pepper (cored and seeded and chopped)
- 1 tablespoon dried basil
- 1 can 14.5 ounce low-sodium diced tomatoes (including the liquid)
- 2 tablespoons low-sodium tomato paste
- 1/2 cup plain yogurt (or light or heavy cream)

Recipe Source: My Plate

4 servings

## INSTRUCTIONS

1. Cook pasta according to package directions. Drain and set aside.
2. While the pasta is cooking, in a skillet over medium heat, add the oil, onion, garlic, carrots, zucchini, pepper, and dried basil. Cook until soft and golden, about 20 minutes.
3. Add the tomatoes and cook until the sauce comes together, about 20 minutes.
4. Put the yogurt and tomato paste in a bowl, stirring until smooth.
5. Turn the heat off and move the vegetables to one side of the skillet on the other side add the tomato paste mixture, stirring constantly. Cook on low for 5 minutes.
6. Add the cooked pasta and stir until mixed. \*Serve with parmesan cheese (optional)

