

RECIPE 18: INVITING LAUGHTER TO DINNER



Laughter: Increases endorphins, reduces stress levels, boosts your immune system, and improves memory and mood.

There are many ways to get giggling together at dinner. Younger children might enjoy a “Try Not to Laugh” challenge. The Family Dinner Project suggests a few ways to play:

Classic “Try Not to Laugh”

- In this version of the game, two people face off against each other. One of them is the “jester” and has to try to make the other person laugh with silly faces, noises and gestures. The “straight man” is the person who has to try not to smile or laugh, no matter what the “jester” does.

Group Variation

- Play the Classic game, but allow the whole group to try to make one person laugh!

Jokes Only Version

- Family members take turns telling jokes or reading from a joke book, and either one person or the whole family has to keep from laughing or smiling.



Adapted from: https://thefamilydinnerproject.org/fun_content/try-not-to-laugh-challenge/

VEGETABLE QUICHE, HOLD THE CRUST!



INGREDIENTS

Recipe Source: The Family Dinner Project

4 servings

- 1 tablespoon butter
- 1 large onion, sliced into half-moons
- 1 teaspoon salt, plus more to taste
- 1/2 teaspoon pepper, plus more to taste
- 3 to 4 cups chopped vegetables of choice
- 8 eggs
- 1 cup milk
- 1 cup grated Cheddar or other cheese

INSTRUCTIONS

1. Preheat the oven to 400 degrees.
2. Melt the butter in a cast-iron or ovenproof skillet over medium heat. (If your skillet isn't ovenproof, transfer everything to a pie plate in step 3 to bake it.) Add the onion, and a sprinkle of salt, and pepper. Cook the onions until they are golden brown, about 10 minutes.
3. Remove the pan from the heat and spread the onions evenly across the bottom. Layer the vegetables evenly over the onions. The dish or pan should look fairly full.
4. In a bowl, beat the eggs lightly with the milk, cheese, 1 tsp of salt, and 1/2 tsp of pepper. Pour the egg mixture over the vegetables.
5. Place the quiche in the oven and bake for 1 hour. Cook until lightly browned.
6. Let the quiche cool for about 20 minutes, then slice into wedges.

