

Nourish
Your Life

CONNECT with Meals

Families who share meals together eat healthier and build stronger family ties. It helps to start small with one or more family meals a week.



Keep it simple. Build a small set of go-to recipes that take 30 minutes or less to prepare.

Share your day. Everyone shares their highlights, lowlights and 'funnylights.'

Make it a team effort. Get the kids involved in preparing and cleaning up afterwards.

Reduce distractions. Make the meal a 'no-go' zone for phones and other devices.



BAKED CHICKEN NUGGETS

5 chicken thighs, boneless, skinless
1 cup cereal crumbs, cornflake type
1/2 teaspoon Italian herb seasoning
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1 teaspoon paprika

Cut thighs into bite-sized pieces and set aside. Place cornflakes in a plastic bag and crush by using a can of food. Add remaining ingredients, close bag and shake until blended. Add a few chicken pieces at a time to the bag and shake to coat evenly. Place chicken pieces on a lightly greased baking sheet so they don't touch. Bake in a preheated 400 degree oven until golden brown, about 12-14 minutes. Makes 4 servings.

Source: USDA MyPlate Kitchen