

healthy living

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The Big Rewards of *Family* Meal Time



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Take a moment to think back over the past week. How many times did your family sit down together for a meal? If the answer is four or more, keep it up! And read on for the advantages you are providing for your kids, just by this simple routine.



An overwhelming body of research shows the benefits of family meals extend well-beyond just a meal and conversation. Kids with families who en-

joyed a meal together at least four times a week demonstrated improved emotional balance and self-esteem, greater success in school and were less likely to participate in risky behaviors. Healthier diets and better overall health were an additional bonus. That's pretty powerful!

The dinner table can be a great place for communication and family bonding. Make it a phone-free zone, and get the kids involved in preparing the meal. Restaurant meals or take-out count, too! Just be sure to remove distractions and focus on being together. If weekends or evenings are too busy, make a plan for a fun brunch or lunch. Setting aside time is the most important ingredient!



Grilled Shrimp and Corn Salad

This salad can play a main role in your spring and summer menu. Double the recipe for larger gatherings, and take the leftovers for a delicious, healthy lunch!

Ingredients:

Shrimp

- 1 pound shrimp, cleaned and peeled
- 1 TBSP olive oil
- ¼ tsp chili powder
- ½ TBSP lime juice

Corn Salad

- 2 ears fresh corn, kernels cut off the cob (or 2 cups frozen corn, thawed)
- 1 Roma tomato, diced
- ½ green pepper, chopped
- ½ TBSP chives, chopped
- ¼ tsp sugar
- 1 TBSP olive oil
- 2 TBSP lime juice
- Pinch of salt and pepper

To Prepare:

Corn Salad: Combine dressing ingredients (sugar, olive oil, lime juice, salt and pepper). Toss with vegetables until well-coated.

Shrimp: Combine shrimp ingredients in a bowl and let sit for 5 minutes. Preheat grill or grill pan.

Place shrimp on grill and cook on each side for 3–4 minutes. Remove from grill and serve over corn salad immediately.

Refrigerate until ready to serve. Serves 4. ENJOY!

For more tips and tricks on nutrition and skincare follow Kendra @RadiantChickpea on Facebook and Instagram!

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