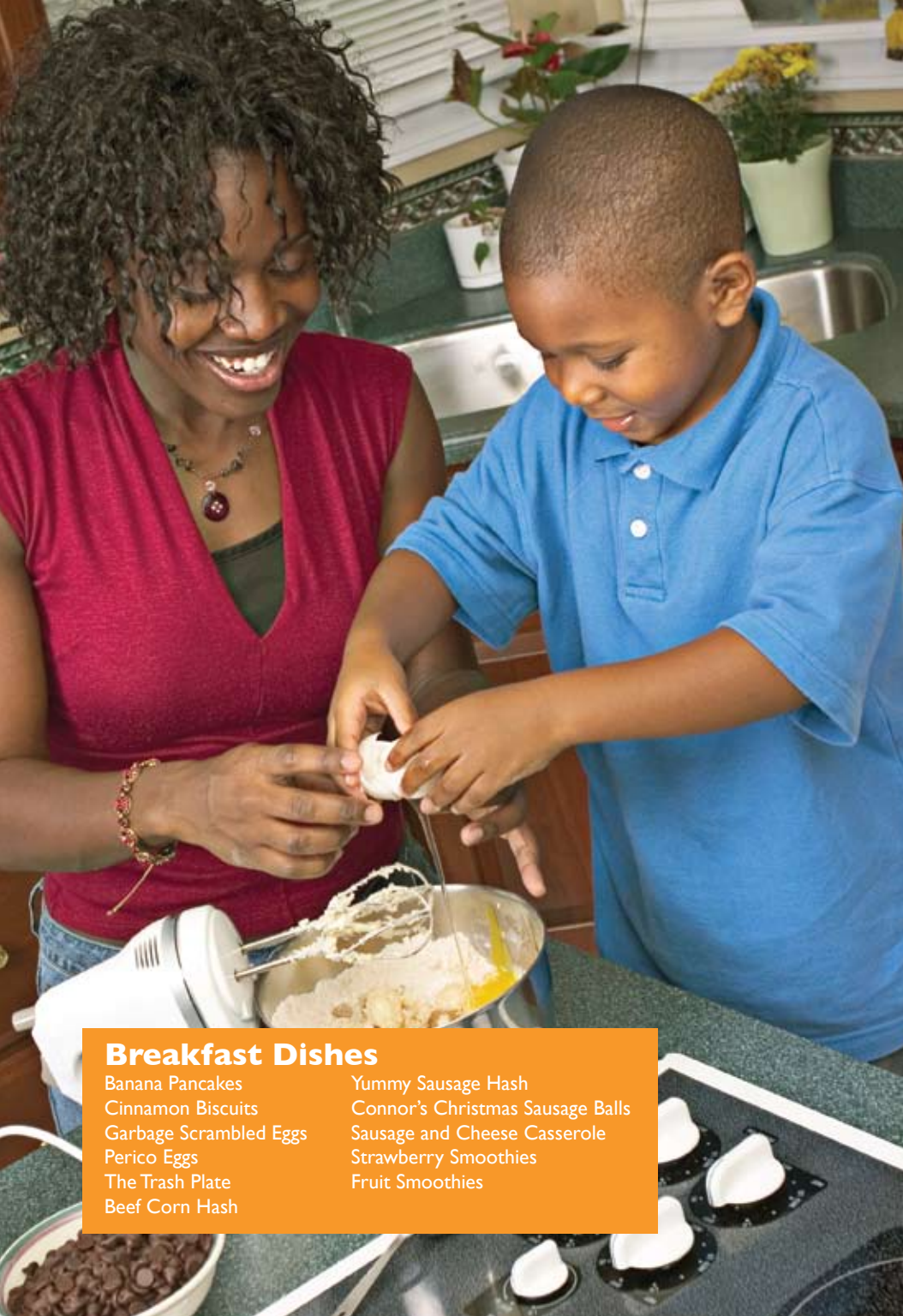




Just Add Family: Delicious Recipes for the Entire Family

- More than 100 great meals to bring you and your family together
- Cooking tips from real families
- Special recipe from Ruben Studdard's mother and our 2007-08 Youth of the Year Demetrice Tuttle





Breakfast Dishes

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Banana Pancakes

Contributed by: Charity, Dustin and Zac B.
Windsor Boys & Girls Club – Windsor, Calif.

Charity, Dustin and Zac's family originally started making these pancakes to celebrate New Year's Day, but everyone loves them so much, they have become a weekend breakfast staple.

Ingredients:

2 eggs
1-1/2 cups milk (approximately)
1/4 cup butter, melted (1/2 cube)
1 teaspoon vanilla extract
2 cups flour
1 teaspoons salt
3 tablespoons sugar
4 teaspoons baking powder
3-4 very ripe bananas, mashed
1 spray of non-stick cooking spray

Instructions:

In a large bowl, beat eggs with mixer on high until very frothy and slightly thickened. Add milk and vanilla, blend well. Slowly incorporate flour, 1/2 cup at a time, then add salt, sugar and baking powder, blend well. Stop the mixer and scrape the sides of the bowl with a spatula, making sure to incorporate all dry ingredients. Give the batter another turn with the mixer. When well blended, add bananas and melted butter. Continue mixing until batter is smooth. You may wish to add more milk at this time. The consistency of the batter should be more runny and less thick. It should pour easily from a spoon.

Heat a large, non-stick pan on medium heat. Spray pan very well with cooking spray. Pour batter into pan (about 1/4 cup per pancake). When you see little bubbles start to form on the top of the batter, flip them carefully with a plastic spatula. Cook the other side for another minutes or so, or until browned. Make sure to spray the pan lightly between each batch. Serve hot with syrup, chopped pineapple or strawberries, powdered sugar, peanut butter, or whatever you love!

Yields approximately 6-8 pancakes

Cinnamon Biscuits

Contributed by: Troy and Hannah H.

Troy and Hannah H. share this recipe from their cousin in North Dakota. They say, "We make these delicious rolls for Christmas breakfast every year, and any other special excuse we have! They are so easy and incredibly yummy!"

Ingredients:

(A Bundt pan is needed for this recipe)

3 cans home style biscuits

1/2 cup sugar

3 teaspoons cinnamon

1/2 cup butter

1/4 cup sugar

1/2 cup brown sugar

1/2 cup vanilla ice cream

1 spray of non-stick cooking spray

Instructions:

Spray Bundt pan with cooking spray. Combine the sugar and cinnamon. Open the cans of biscuits and dip each biscuit in the cinnamon mixture. Completely cover each biscuit and place side by side in the Bundt pan.

Mix the butter, sugar, brown sugar and the ice cream in a saucepan. Melt (do not boil) and pour over biscuits and bake for 25-30 minutes in a 350 degree oven.

Yields approximately 12 biscuits

Garbage Scrambled Eggs

Contributed by: Connor W.

Hanscom Air Force Base School Age Program – Hanscom AFB, Mass.

Connor makes this dish with his family almost every weekend and during family gatherings.

Ingredients:

- 2 eggs
- 2 tablespoons milk
- 3 tablespoons diced ham
- 3 tablespoons grated cheese
- 1 teaspoon diced red pepper
- 1 tablespoon diced green peppers
- 1 teaspoon diced onions
- 1 dash salt (to taste)
- 1 dash pepper (to taste)
- 1 spray of non-stick oil

Instructions:

Heat pan over medium heat and spray with non-stick oil. In a bowl, crack 2 eggs and add milk and mix. Pour the egg mixture into the pan and add ham, cheese and vegetables. Cook until the eggs are no longer runny.

Serves 2-4 people

Perico Eggs

Contributed by: Elias D.

Taylor Youth Center – Fort Campbell, Ky.

This family recipe is a favorite from Elias D. Perico is a South American scrambled eggs dish.

Ingredients:

3-4 eggs

1 tomato (chopped)

2 green onions (chopped)

1 dash salt (to taste)

1 dash pepper (to taste)

Instructions:

Chop onions and tomatoes into small pieces. Crack eggs into bowl and whisk. Add salt and pepper to taste. In large skillet, pour some olive oil and heat on medium heat. When oil is warm, put in chopped onions and fry until light brown then add tomatoes and mix until heated (not very long). Once onions and tomatoes are brown, add eggs and scramble.

Serves 2-4 people



Dinnertime Tip:

Ask everyone to contribute stories and share their favorite part or biggest challenge of the day.

The Trash Plate

Contributed by: Curtisha S.
Florence A. DeGeorge Unit – Fort Lauderdale, Fla.

Curtisha says that her family “just kind of came up with this breakfast recipe” when they were cooking leftovers. She says that it’s very hearty and feeds many, and best of all, it’s very yummy!”

Ingredients:

1/4 cup canola oil (more may be needed)
1 bag Ore Ida Country Style Shredded Hash Brown Potatoes
1/2 cup diced onions
1/2 cup diced green bell peppers
8 slices bacon (pre-cooked)*
1 dash salt and pepper (to taste)
6 eggs
3 slices American cheese
3/4 cup diced ham can (substitute for bacon)

*For vegetarians, simply omit the bacon/ham.

Instructions:

Preheat the griddle to 375 degrees. Evenly spread 2 tablespoons of canola oil. Evenly spread the frozen hash browns, onions, peppers and bacon/ham over the griddle. Pour the remaining 2 tablespoons of oil over the mixture. Season with salt and pepper. Turn the mixture every 3-5 minutes to avoid burning. Add a tablespoon or two of more oil to prevent sticking. When the potatoes are just about golden brown and the onions and peppers have cooked, crack the eggs in a small bowl (one at a time) and pour them over the mixture (one at a time). Allow the eggs to cook for about 2-3 minutes, then turn them over so that both sides cook evenly. Cut/break each slice of cheese in half and lay over the potato mixture. With a spatula, stir the mixture together just until the cheese has melted. Serve immediately in bowls.

Serves 6-8 people



Beef Corn Hash

Contributed by: Violet B. and Family
Northside Boys and Girls Club of Fort Worth, Texas

This recipe is a quick one for the working families out there. Violet enjoys cooking it with her family. She says, “We like to eat this dish with warm tortillas!”

Ingredients:

1 pound of ground beef
3 dashes salt (to taste)
3 dashes pepper (to taste)
2 tablespoons olive oil
1 can of tomato sauce
1 can of corn
1-1/2 cups water

Instructions:

Sprinkle salt and pepper into a large skillet, add a small amount of oil to skillet, mix together. Add the ground beef. Once ground beef is browned, add the can of corn and the can of tomato sauce mixed in with the water. Simmer and enjoy.

Serves 6-8 people

Yummy Sausage Hash

Contributed by: James B.

Boys & Girls Clubs of the Emerald Coast – Fort Walton Beach, Fla.

James says that his family loves this recipe. He says, “It is a simple, delicious comfort food for us and it’s yummy!”

Ingredients:

1 roll of Jimmy Dean sausage (with sage)
1 bag of frozen corn
1 bag of frozen potatoes O’ Brien style
1 can Campbell’s Cream of Tomato soup
1/2 cup water

Instructions:

In a pan, brown sausage and drain excess oil. Add potatoes, tomato soup and 1/2 cup water. Cover and simmer for 1/2 hour. Add corn and simmer for an additional 15 minutes.

Serves 8-10 people

Connor's Christmas Sausage Balls

Contributed by: Connor J. and Family

Boys & Girls Club of Salem, Marion & Polk Counties – Salem, Ore.

Connor and his family make these special sausage balls as part of their annual Christmas morning brunch. He says, "They were made by my great grandma. They are a little messy to make, but it's worth it because they taste so good!"

Ingredients:

1 jar Old English cheese spread

1 pound Jimmy Dean sausage roll (original flavor)

3 cups Bisquick and

1/2 cup milk

Instructions:

Preheat oven to 395 degrees. Combine all the ingredients in a large bowl. Mix with hands. Shape into 1-inch balls. Bake on an ungreased cookie sheet for 15-20 minutes. These freeze really well. The recipe makes about 50 balls! Enjoy!

Sausage and Cheese Casserole

Contributed by: Andre M. and Family

Fort Detrick Youth Services Sky Dome – Frederick, Md

This yummy sausage and cheese casserole dish is a favorite of Andre's family. They hope you enjoy it as much as they do!

Ingredients:

2 pounds bulk sausage

8 slices of bread

3/4 pounds grated, sharp, cheddar cheese

8 large eggs, beaten

3 cups of milk

1-1/2 teaspoons of salt

1-1/2 teaspoons of dry mustard

Instructions:

In a large skillet, brown sausage, crumble and drain. Butter a 9x13 inch casserole dish. Place bread (torn into bite-sized pieces) in bottom of dish. Place sausage on top of bread. Sprinkle cheese over top. In a large bowl, mix beaten eggs, milk, salt and dry mustard. Blend well. Pour over other ingredients. Cover and refrigerate overnight.

The next morning, bake at 350 degrees for 45 minutes, uncovered. Slice into squares.

Strawberry Smoothies

Contributed by: Keystone Club-Unusual Suspects
Holloman Air Force Base Youth Activities Center – Holloman AFB, N.M.

Club members have used this recipe for fundraisers and parties. It is easy and everyone loves it.

Ingredients:

- 2 cups frozen mixed berries
- 1 cup strawberry flavored yogurt
other fresh fruit (your choice)
- 1 cup milk
- 1/2 teaspoon white sugar (optional, add to taste)

Instructions:

In a blender, combine the mixed berries, strawberry yogurt, other favorite fruit (sliced), milk and sugar. Cover, and blend until smooth. Pour into glasses and serve chilled.

Serves 3-4 people

Family Tips for Spending Quality Time Together

Create a Family Calendar

- Start keeping a calendar of scheduled family time.
- Schedule family events in advance and set aside time your date book as you schedule other engagements.
- Encourage your teenager to make suggestions on what the family can do together and include him or her in making the final decisions.

Fruit Smoothies

Contributed by: Niara and Jalani W. and Family
North Omaha Boys & Girls Club

This is a family favorite from Niara and Jalani W. They especially like it because the whole family can make it whenever they want.

Ingredients:

(A blender is needed for this recipe)

2 cups frozen or fresh fruit

2-3 cups ice

1/2- 3/4 juice or water

1 cup yogurt (optional)

1-2 sprigs of mint leaves (optional for garnish)

Instructions:

Add two cups of your favorite fruit, fresh or frozen to a blender filled with 2 to 3 cups of ice (use less ice if you want a fruitier smoothie). Add 1/2 cup to 3/4 cup of juice or water (use less water for thicker smoothies) and blend until all ice chunks are gone.

Add 1/2 cup of yogurt then blend, for a creamier smoothie. If the blend is too sweet, add a little more ice or water. If the blend is too bland, add more fruit or honey to sweeten. Garnish with fruit and herb leaves of choice (mint leaves are great). Enjoy!

Serves 3-4 people



Just Add Family

For more information about Boys & Girls Clubs of America and the Family PLUS initiative, visit us at <http://familyplus.bgca.org>.



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Kimberly-Clark

1275 Peachtree St. NE
Atlanta, GA 30309-3506
Phone: (404) 487-5700

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