



Family Fun in the Kitchen

Make Cheesy Bean Toast with your teen using this easy recipe by *Family Day* partner, Amy Roskelley of [Super Healthy Kids](#)



Ingredients: 2 c. cooked pinto beans, ½ c. barbecue sauce, ½ c. grated parmesan cheese, 1 bunch green onions, 3 plum tomatoes, sliced, Whole wheat bread, sliced, Salt and pepper, to taste

Step 1) Slice and arrange tomatoes on a parchment lined sheet pan and sprinkle with salt and pepper. Broil for 5 minutes, or until tomatoes start to wilt or brown.

Step 2) While tomatoes are broiling, mix beans, barbecue sauce together in a bowl. Remove tomatoes from pan and set aside.

Step 3) Arrange slices of bread on pan, then top with beans. Then add tomato slices, then green onions, and then Parmesan.

Step 4) Broil on high for 3 minutes, or until cheese starts to bubble and brown.

Get Active

Try some of these fun activities with your teen this week!

- Re-do your teen’s bedroom. Look up some fun, easy ways to decorate together.
- Volunteer at a soup kitchen, animal shelter, or any local charity that could use you and your teen’s help.
- Go to a sporting event together and cheer on your favorite team.
- Take a trip to the movies or watch a movie you both love at home.



Start the Conversation

Here are some great questions to ask your teen!

- What is your favorite family memory from when you were younger?
- What inspires you to write, draw or create any kind of art?
- What helps motivate you to accomplish the goals you have for yourself?
- What subject in school do you wish you could learn more about?
- What sport or activity that you’re involved in now could you see yourself doing in college?



Be Creative

Use the inspirational words below to write a song or rap. Ask your teen to do the same. When you’re done perform the finished product in front of the rest of your family members. Let them be the judges and decide the winner!

- Shine
- Achieve
- Dream
- Discover
- Believe
- Soar
- Goal
- Embrace
- Motivate
- Accomplish
- Successful

