

what's cooking?

Five Family Faves

FAMILY-TESTED ENTREES MADE EASY

1 Easy Enchiladas

Saute a swirl of olive oil and ½ cup chopped yellow onion in skillet. Add 1 pound cooked and chopped chicken, ½ tsp cumin, 3 tbsp cream cheese, and 2 cups of salsa; cook until smooth. Spoon mixture down the center of 6 flour tortillas. Roll and place in greased baking pan. Top with green taco sauce and shredded Mexican cheese. Bake at 350°F for 30 minutes. Serves 4 to 6.

2 Meatloaf Muffins

Mash 3 slices of torn bread, 2 eggs, ¾ cup milk. Add 2 pounds ground meat, 2 tbsp Worcestershire, 1 tbsp minced garlic and ¼ cup chopped yellow onion. Spoon into greased muffin tins and bake for 25 to 30 minutes at 400°F. Mix together equal parts brown sugar, yellow mustard, and ketchup. Top each muffin with 1 tsp of sauce. Serves 6; makes 12 muffins.

3 Pizza Roll Ups

Roll out Pillsbury pizza dough to a rectangle. Top with favorite toppings (mozzarella, pepperoni, spinach). Tightly roll like a long cylinder, keeping the filling inside. Tuck in ends. Coat with olive oil and sprinkle with kosher salt. Place cylinder, seam side down, on baking sheet and bake at 425°F for 12 to 14 minutes. Let cool slightly. Slice on the diagonal and serve with pizza sauce on side. Serves 3 to 4.

4 Easy Meatballs

Sprinkle 1 pound ground beef with Italian seasoning and add ⅓ cup Parmesan cheese, ½ cup Italian bread crumbs, and 1 egg. Mix and form into golf ball sized meatballs. Place in saucepan with 1 jar of sauce. Let bubble and simmer for 1 to 1½ hours. Serve over pasta or on sub rolls with provolone. Serves 4 to 6.

5 Ritzy Cracker Chicken

Pound 4 chicken breasts and marinate in Italian dressing for at least a few hours. Combine equal parts crushed Ritz crackers with Parmesan cheese. Remove chicken from dressing and dredge in cracker mixture. Bake chicken on lightly greased cookie sheet for 20 to 30 minutes at 350°F. Serves 4.



Susan Aprahamian and **Michelle Jenkins** of Richmond launched You've Got Supper two years ago to help families get dinner on the table. Quick tips and free, family-tested menus are delivered weekly to your inbox.

An Infinite Ripple

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supply often ran out. At the end of the first day I blew dirt from my nose, filtered from the same air breathed by the newborn I held in the medical clinic.

Despite the dearth of resources, we were greeted with smiles and warm welcomes. Mothers proudly showed off beautiful children who ran laughing, ready to play with the troupe of visitors. A local social services group had prepared our way. Tents abounded for medical clinics, healthcare education, tutoring, yoga, performing arts and craft projects. A soccer field had been cleared, and a small patch of land awaited a playground. Care is contagious; our volunteers jumped right in.

The nearest health center was fifteen kilometers away and most residents lacked the resources to get there, making nurses and doctors in high demand. I assisted with labs revealing numerous cases of diabetes, urinary tract infections and positive pregnancy tests. Other practitioners performed multiple physical assessments, treated acute conditions and served as educators. Our team treated 740 patients, 279 of whom were children. What would these people have done had we not been there? Good fortune certainly helped the fresh scorpion bite and emergency stroke patient we triaged, as no ambulance service for Alianza Real exists.

While I worked in healthcare, Alex found her niche in a nearby tent teaching performing arts. Initially, I worried about letting her do her own thing; she didn't know anyone and spoke no Spanish. But the first time I checked on her, she was happily teaching American hip-hop to Mexican children, alongside a college student from Kenya and an alum from Singapore. The local kids exploded with ecstatic energy as they listened to new beats and learned fresh moves. Alex discovered that music and dance erase language barriers.

In just five days, side by side with other volunteers, we treated disease, promoted health, built two playgrounds, helped entrepreneurs form business plans, and taught a range of educational sessions.

The joy and hope resulting from this large group effort felt magical, a thrill no tropical vacation could match. Instead of

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