



ANSWER KEY:

1. Dinner is often a frantic time in modern households, where parents and kids alike are scrambling to pull something together for a meal, and then get on to other projects. 2. It should still be a time to savor being together, however, and sharing a meal can set the stage for catching up with each other. 3. Because family time together is so valuable, I like to make things that are easy, but still nutritious, and it's great when we can all get involved in the cooking process. 4. An omelet with a green salad is the perfect dinner menu for a fast and easy meal. 5. It can also be individualized to each person's preference, where they can add ingredients they like. 6. Our family each has a small frying pan for omelets, so we can make our own versions from a shared, basic recipe. 7. Sara likes a plain cheese omelet, so hers is easy and gets on the stove right away. 8. Danny likes to add ham, with extra cheese, and his dad likes the same, but with onions added. 9. I prefer a vegetable omelet, with mushrooms, olives, and peppers, and light on the cheese. 10. We all pitch in to make the basic omelet recipe, which is, for our family of four, eight eggs, whipped until they are frothy, 1/2 c. of milk, beaten into the whipped eggs, and salt and pepper. 11. Use about a teaspoon of olive oil for each omelet pan, and add any vegetables to soften in the oil first, on medium heat. 12. Then add the omelet mixture, turning the heat down to low; chopped ham can also be sprinkled over the omelet at this time. 13. While your omelet is cooking, you can wash and create your green salad, adding sliced tomatoes and cucumbers, and whatever other vegetables you like. 14. You can also make a simple vinaigrette salad dressing by mixing about 1/4 c. olive oil and 1/8 c. balsamic vinegar, 1 tablespoon lemon juice, with garlic salt, basil, and pepper to taste. 15. When your omelet is almost cooked, you can add shredded cheese to one half, then use a spatula to flip the other half over on top, like a sandwich. 16. Let the cheese melt, get your plates out and set the table, serve, and enjoy your quick family meal!