

JANUARY Family Tip Sheet

Tips to Reduce Screen Time

- Be accountable: Set expectations; utilize device features to set time limits for use.
- Be realistic: For people at home consuming more than the recommended amount of screen time, start by cutting it in half (recommendation: no more than 2 hours per day).
- Be engaged: Spend time each day as a family.
- Put handheld devices away.
- Create phone free zones in the home, i.e. family meal areas.
- Go outside!

Challenge

Go screen free for 1 day!

Joke

Q: What do cows say on January 1st?
A: Happy moo year!

Community Offering

Family Night: The Power of Play
in a High-Tech World
Thursday, January 11
5:00-5:30 Dinner
5:30-7:30 Presentation
4747 W. 48th St. Fremont
To register call 231-245-3015

Recipe: Sweet Potato and Black Bean Enchiladas

Ingredients:

- 2 small sweet potatoes, washed and diced
- 2 tbsp. olive oil,
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 3 cups packed spinach leaves
- 15 ounce can black beans, rinsed and drained
- 1 tsp. ground cumin
- 1 tsp. chili powder
- 1 tbsp. fresh lime juice
- 1/3 cup chopped cilantro
- Salt and pepper, to taste
- 20 ounces red enchilada sauce
- 10 small corn tortillas
- 2 cups shredded cheese
- 1 avocado pitted and diced for garnish

Directions:

1. Roast sweet potatoes with 1 tbsp. olive oil, salt and pepper for 30-35 minutes at 400 degrees F.
2. Heat 1 tbsp. of olive oil in a large skillet. Add onion and red pepper. Cook until tender. Stir in the garlic and spinach and cook until spinach leaves are wilted. Add black beans, cumin, chili powder, lime juice, and cilantro. Remove from heat and stir in roasted sweet potatoes.
3. Grease an 8x8 square baking pan. Spread ¼ cup of enchilada sauce into the bottom. Add a layer of tortillas, to cover the bottom. Top with a little more enchilada sauce, ⅓ of the sweet potato bean mixture, and ⅓ of the cheese. Repeat for a second layer.
4. Spray a sheet of foil and cover the pan. Bake enchiladas for 20 minutes. Remove the foil and bake for another 10 minutes. Top with diced avocado.