Dinner Tonight: Half-Veggie Burgers

Write several words on slips of paper and put them in a box. Have each person at the table choose a word from the box. These words are now your “Story Starters” - Everyone at the table has to help make up a story using all the words that were chosen!

Conversation
Do you care what other people think? In what ways?

Half-Veggie Burgers

Makes 6-8 burgers

Ingredients
- 3 cups cooked lentils or beans
- 1 cup finely chopped bell pepper or other vegetable
- 1 pound ground beef
- 1 egg (optional)
- Salt and pepper, to taste
- 8 buns

Instructions
1. Roughly mash the lentils or beans with the back of a large spoon.
2. Mix the lentils, bell pepper, and ground beef with your hands in a large bowl. If you’re grilling, add an egg to keep the patties from crumbling. Season with salt and pepper and form into 8 patties.
3. Place a large skillet over medium-high heat (or fire up the grill, if you have one), and add the patties. Sear them until they’re dark brown on one side, about 5 minutes, then flip them and do the same on the other side. If you want cheeseburgers, lay cheese on the patties after flipping them once.
4. Serve on toasted buns with your favorite condiments and fresh vegetables. Burgers are a great place to be adventurous!

ABC’s of Gratutude

When you think about it, even our worst days, we can still find things to be grateful for. Go around the table and have each family member share something for which he or she is grateful — but in alphabetical order. So maybe you’re thankful for animals, your son is grateful for bananas, and so on until everyone is feeling gratitude from A to Z!

Learn more about your local Family Dinner Project at capeandislandsuw.org/fdp