

SPORTS SHORTS

A New Family Tradition: Dinner And The Games At Home

(NAPSA)—One of the most universal American traditions is family dinnertime—and families are once again making time to see that it happens.

As part of Betty Crocker's "Dinner and the Games" program surrounding the 2002 Olympic Winter Games in Salt Lake City, a new survey polled 750 American families and 134 Olympians about their dinnertime habits and rituals.

- 65 percent of those surveyed sit down for dinner together four nights or more in an average week. Overall, 55 percent say that eating dinner together as a family is "very important."

- When meals are prepared for dinnertime, 48 percent are served "family style," while 33 percent serve the meal portioned on each plate.

- Once families do sit down at the table at home, they sit together an average of 20 to 40 minutes (49 percent).

The Olympics are another tradition that has been around for centuries. This year at Salt Lake City, dozens of American Olympians will be coming together to bring home the gold for the United States. Olympic athletes make up their own "American Family," joining together to root each other on and offer support.

- 63 percent of the Olympians surveyed believe that sitting down for dinner at home as a family is "very important," and 85 percent responded that their family eats dinner together four nights or more in an average week.

Olympic gold medal winner Bonnie Blair definitely puts family dinnertime at the top of her list. "When I was growing up, my mother instilled the value that dinnertime should be family time. She's right. It's a great way to bring the family together after a busy day and catch up."

A great way to spend dinner together and celebrate the Olympic games is through the Betty Crocker "Dinner and the Games"



Family dinnertime is an American tradition that's seeing a resurgence in popularity.

program. This initiative promotes family dinnertime through innovative Olympic-themed recipes and tips along with Betty Crocker products.

Slapshot Deep-Dish Dinner

- 1 lb. ground beef
- ½ teaspoon salt
- ⅛ teaspoon pepper
- 1 package Betty Crocker® roasted garlic mashed potatoes
- 1 teaspoon dried oregano leaves
- 2-3 medium tomatoes sliced
- 1 cup shredded mozzarella cheese

1. Heat oven to 350°F. Brown ground beef with salt and pepper in 10-inch skillet, drain. Prepare garlic-mashed potatoes (both pouches) as directed on package; stir in oregano.

2. Spread half of the potato mixture on bottom of ungreased rectangular baking dish, 11x7x1½ inches, or shallow 2-quart baking dish. Layer with beef and half of the tomato slices. Top with remaining potatoes and tomato slices; sprinkle with cheese.

3. Bake uncovered for about 30 minutes or until hot and bubbly. Serves 8.

For more information on the "Dinner and the Games" program and additional recipes, log onto BettyCrocker.com.