

## Family Meals Go Down Well

(NAPSA)—Despite the fact that Americans live busy lives with complex schedules, now, more than ever, people are placing a higher priority on strengthening the family bond. According to Yankelovich Partners, a U.S.-based consumer research firm:

- Almost three-quarters of American consumers wish their families spent more time doing things together.

- Nearly seven out of every 10 consumers rate their families as their top priority.

- More than two-thirds of parents want more time to sit and talk with their kids.

Denise Daniels, a child development and parenting expert for the NBC-TV "Today" show, recommends the following tips for making time for today's busy families:

- Schedule family meals and hold these dates sacred—whether it's a full breakfast once a week or dinner a few times a week. Meal preparation also can be a good time for everyone to pitch in and catch up with one another.

- Plan a family fun night once a week in conjunction with a family meeting to schedule activities and update the calendar.

- Book a family movie night once a week or twice a month. Let the kids pick a favorite movie, pop some corn and enjoy each other's company.

To help inspire relaxed family meals, the makers of Hungry Jack products have created fast, easy recipes, which are available at [www.hungryjack.com](http://www.hungryjack.com). People can search for recipes by occasion for simple, but delicious, meal ideas. One of the featured recipes is a Mexican Potato Burrito, an easy-to-prepare but hearty entrée made with mashed potatoes.

### Mexican Potato Burrito Prep Time: 20 minutes

- 2 cups water
- 3 tablespoons margarine or butter
- ¼ cup milk



- 2 cups Hungry Jack® Mashed Potato Flakes
- 2 teaspoons margarine or butter
- ½ cup chopped onion
- 2 cups cubed cooked chicken, turkey or beef
- 1 (1.25-oz.) pkg. taco seasoning mix
- ½ cup chunky-style salsa
- 2 oz. (½ cup) shredded Cheddar cheese
- 8 (8-inch) flour tortillas, heated
- Shredded lettuce, if desired
- Chunky-style salsa, if desired

1. In medium saucepan, bring water and 3 tablespoons margarine to a rolling boil. Remove from heat. Stir in milk and potato flakes with fork until well blended. Set aside.

2. Melt 2 teaspoons margarine in medium skillet over medium heat. Add onion; cook and stir until tender. Stir in chicken, taco seasoning mix and ½ cup salsa. Bring to a boil. Cook 2 minutes, stirring occasionally. Stir in cheese and potatoes.

3. Spoon about ½ cup potato mixture down center of each warm tortilla; roll up. Top with lettuce and additional salsa.

Servings: 8 burritos

*The makers of Hungry Jack products are looking for America's Hungry Jack—someone who is hard-working, dependable and adventurous—in their "Who Is Your Hungry Jack"™? contest. To enter, log on to [www.hungryjack.com](http://www.hungryjack.com).*