



# *Holiday*

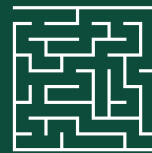
## FAMILY ACTIVITY BOOK



Recipes



Coloring



Games



# *EASY* ROAST CHICKEN



Total Time: 1h 35min



Serves: 6

## Ingredients

- 1 (4 to 5-pound) whole chicken packet of giblets removed
- 1 tablespoon extra virgin olive oil
- ½ teaspoon Italian seasoning
- kosher salt and freshly ground black pepper to taste

## Directions

1. Preheat the oven to 425°F, place a baking rack in the lower ⅓ of the oven, and bring the chicken to room temperature. Pat the chicken dry with paper towels.
2. Place the chicken breast-side up in an oven-safe pan. Truss the legs. Drizzle with oil and use your hands to rub it all over the chicken.
3. Season the chicken with salt, pepper, and Italian seasoning, patting the seasoning in with your hands.
4. Roast the chicken for 70 to 90 minutes, or until the juices run clear. Double-check doneness with an instant-read thermometer placed in the thickest part of the thigh. It should read 165°F. Let the chicken rest for 15 minutes on a cutting board before slicing and serving.



# *yummy* POTATO SOUP



Total Time: 1h 35min



Serves: 6

## Ingredients

- 5 slices bacon, diced
- 3 tablespoons (reserved) bacon grease or butter
- 1 cup diced white or yellow onion
- 4 cloves garlic, peeled and minced
- ¼ cup all-purpose flour
- 2 cups chicken stock or vegetable stock
- 2 cups milk, warmed
- 1½ pounds potatoes, diced
- 1 cup shredded sharp cheddar cheese
- ½ cup plain Greek yogurt or sour cream
- 1 teaspoon sea salt, or more to taste
- ½ teaspoon freshly cracked black pepper
- optional toppings: thinly sliced green onions or chives, extra shredded cheese, extra bacon, sour cream

## Directions

1. Over medium-high heat, cook diced bacon in a large stockpot until crispy. Remove bacon, leaving 3 tablespoons of grease. (Use butter if preferred. Dice potatoes and onion while the bacon cooks for efficiency.)
2. Sauté onion for 5 minutes until soft. Add garlic, and sauté for 2 minutes. Mix in flour, and sauté for 1 minute. Add stock, milk, and potatoes.
3. Bring to a near boil, then reduce to medium-low. Cover and simmer for 10-15 minutes until potatoes are soft, stirring occasionally. (Smaller potato dice cook faster.)
4. Mix in cheddar, Greek yogurt (or sour cream), salt, pepper, and bacon. Adjust seasoning if necessary.
5. Serve warm with toppings or store refrigerated for up to 3 days.



OVEN

# ROASTED VEGETABLES



Total Time: 45min



Serves: 6

## Ingredients

- 2 medium bell peppers, cut into 1-inch pieces
- 2 medium zucchini, ends trimmed and cut into 1/2-inch pieces
- 1 small sweet potato, scrubbed and cut into 3/4-inch pieces
- 1 small red onion, cut into 1-inch cubes
- 1 small head of broccoli, cut into florets or swap cauliflower or 8 ounces trimmed Brussels sprouts
- 3 tablespoons extra virgin olive oil
- 1 tablespoon Dijon mustard or one additional tablespoon olive oil
- 2 teaspoons Italian seasoning
- 1 teaspoon kosher salt
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper
- 3 tablespoons grated Parmesan cheese optional

## Directions

1. Position racks in oven: upper and lower for two sheets or center for one. Preheat to 400°F. Coat two large baking sheets with non-stick spray.
2. In a large bowl, combine vegetables, oil, mustard, Italian seasoning, salt, garlic powder, and pepper. Ensure broccoli is well-coated to prevent burning.
3. Spread vegetables in a single layer on baking sheets.
4. Roast at 400°F for 25-35 minutes or at 375°F (convection) for 20-25 minutes. Halfway through, toss vegetables and swap pan positions. They should be browned and tender. Adjust cooking based on your oven.
5. Top with Parmesan. Serve hot or room temperature, seasoned to taste.

# *homemade* **HOT APPLE CIDER**



Total Time: 15min



Serves: 6

## Ingredients

- 6 cups apple cider
- ¼ cup real maple syrup
- 2 cinnamon sticks
- 6 whole cloves
- 6 whole allspice berries
- 1 orange peel, cut into strips
- 1 lemon peel, cut into strips

## Directions

1. Pour apple cider and maple syrup into a large stainless steel saucepan.
2. Place cinnamon sticks, cloves, allspice berries, orange peel, and lemon peel in the center of a square of washed cheesecloth; fold up the sides of the cheesecloth to enclose the bundle, then tie it up with a length of kitchen string. Drop the spice bundle into the cider mixture.
3. Place the saucepan over moderate heat and cook until cider is very hot but not boiling, about 5 to 10 minutes.
4. Remove cider from the heat. Discard the spice bundle.
5. Ladle cider into big cups or mugs, adding a fresh cinnamon stick to each serving, if desired.

# *best* BANANA BREAD



Total Time: 1h 5min



Servings: One Loaf

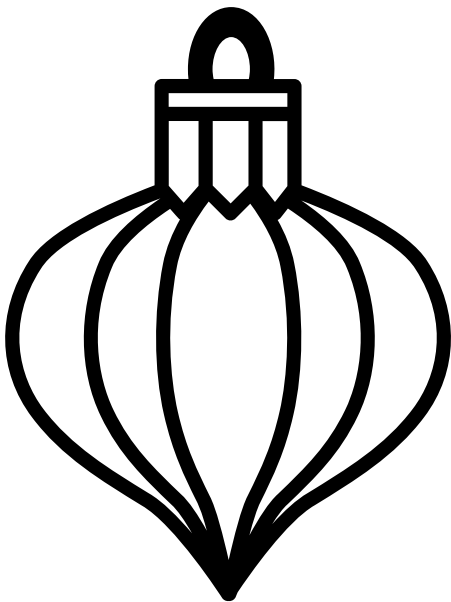
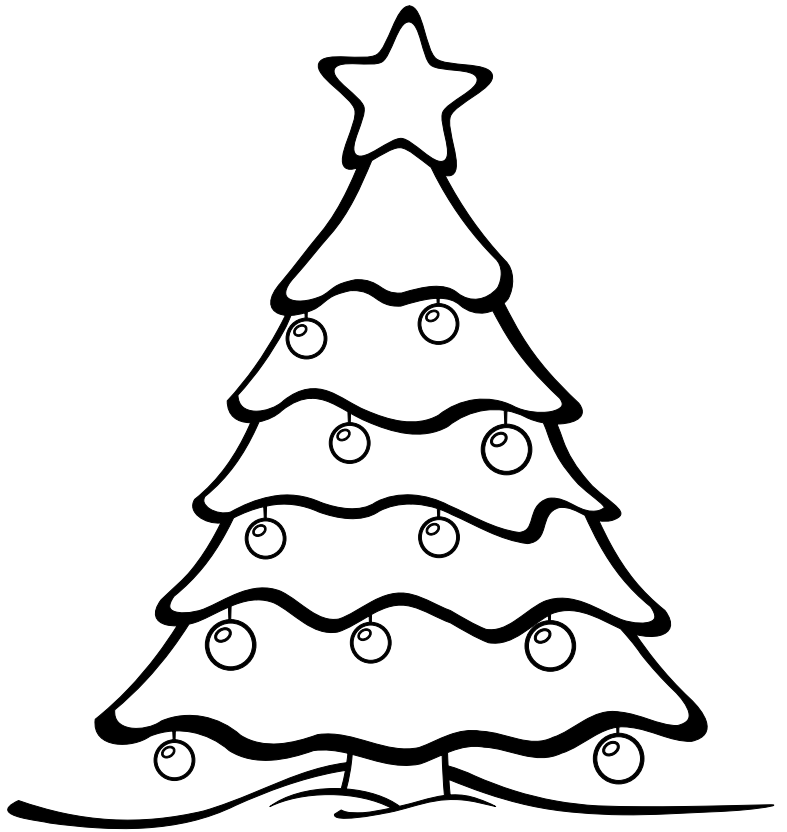
## Ingredients

- 1 stick (½ cup) butter
- 3 large ripe bananas
- 2 large eggs
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1 cup granulated sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ teaspoon cinnamon

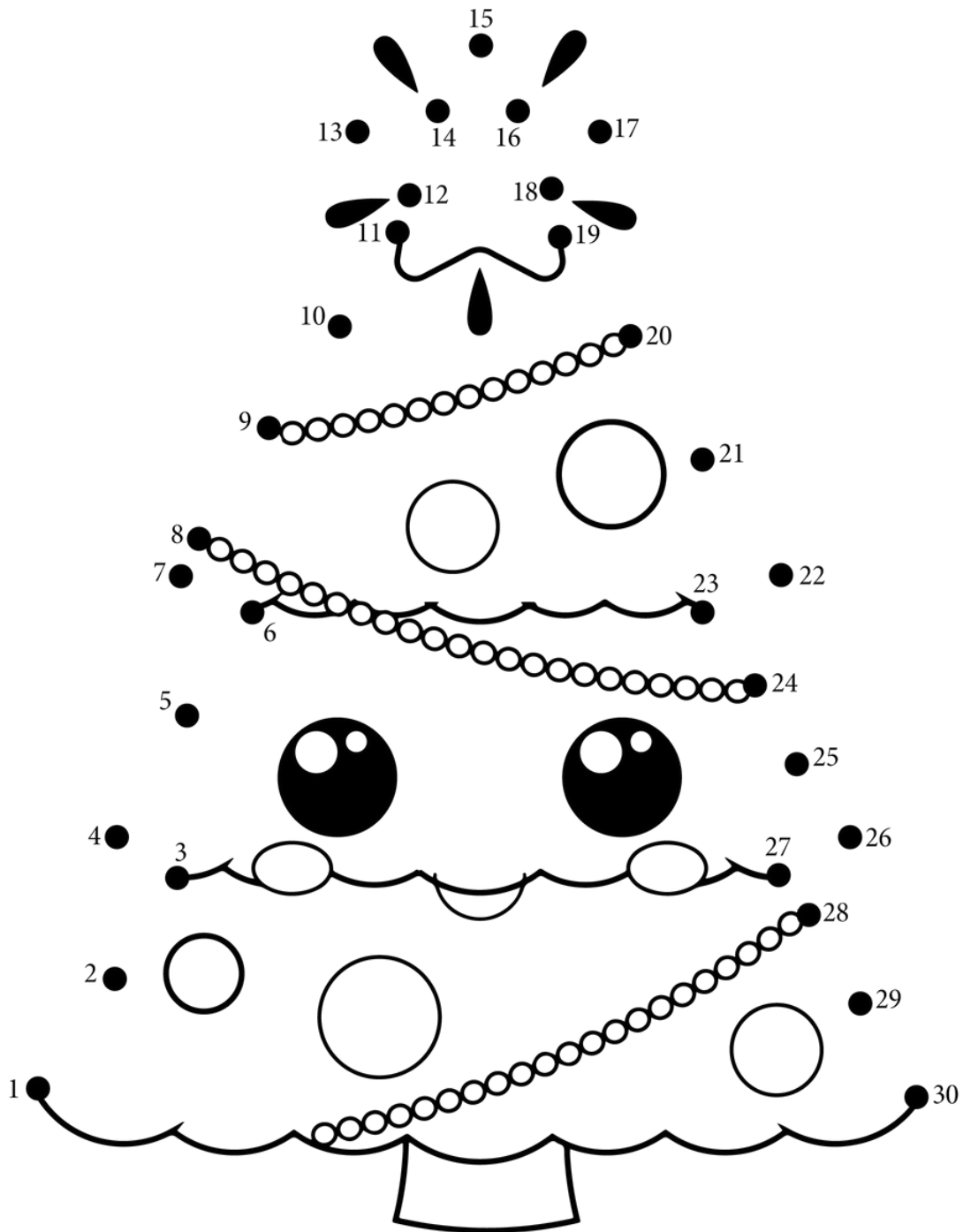
## Directions

1. Preheat oven to 350°F. Spray a loaf pan with non-stick cooking spray or grease with butter and set aside.
2. Add the stick of butter to a large bowl and microwave for 1 minute, or until melted.
3. Add the bananas to the same bowl and mash with a fork.
4. Add the vanilla extract and egg to the bowl and use the same fork to mash and stir until no yellow streaks of egg remain.
5. In a second large bowl, whisk together the flour, sugar, baking soda, salt, and cinnamon.
6. Add the dry ingredients to the wet ingredients and mix together with a spatula just until combined.
7. Pour the batter into prepared loaf pan and bake for 45-55 minutes until a toothpick inserted in the center of the bread comes out clean.

# *Holiday* **COLORING**



# CONNECT *the* DOTS

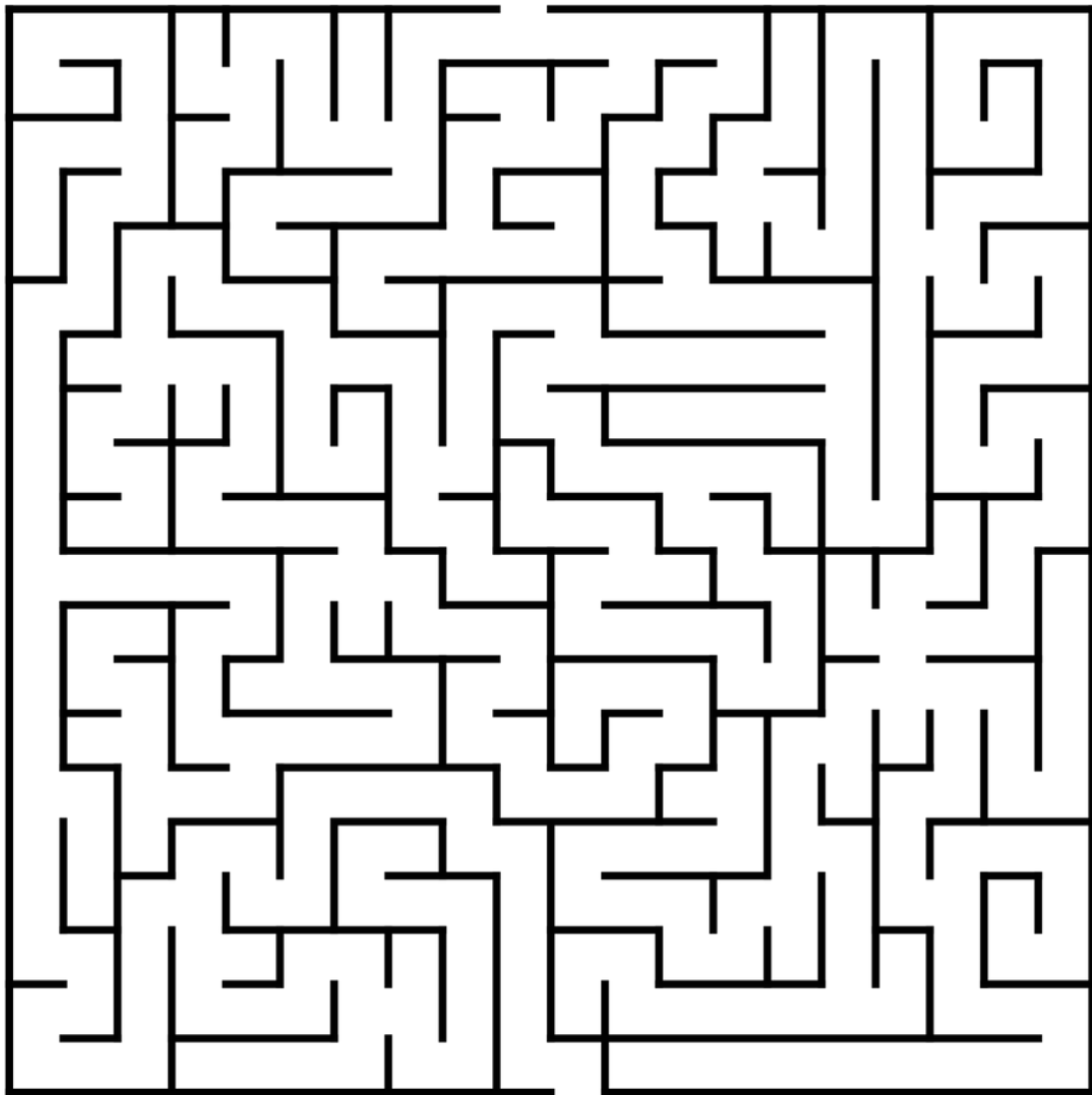
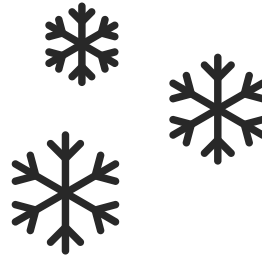




# *holiday* **MAZE**



*start*

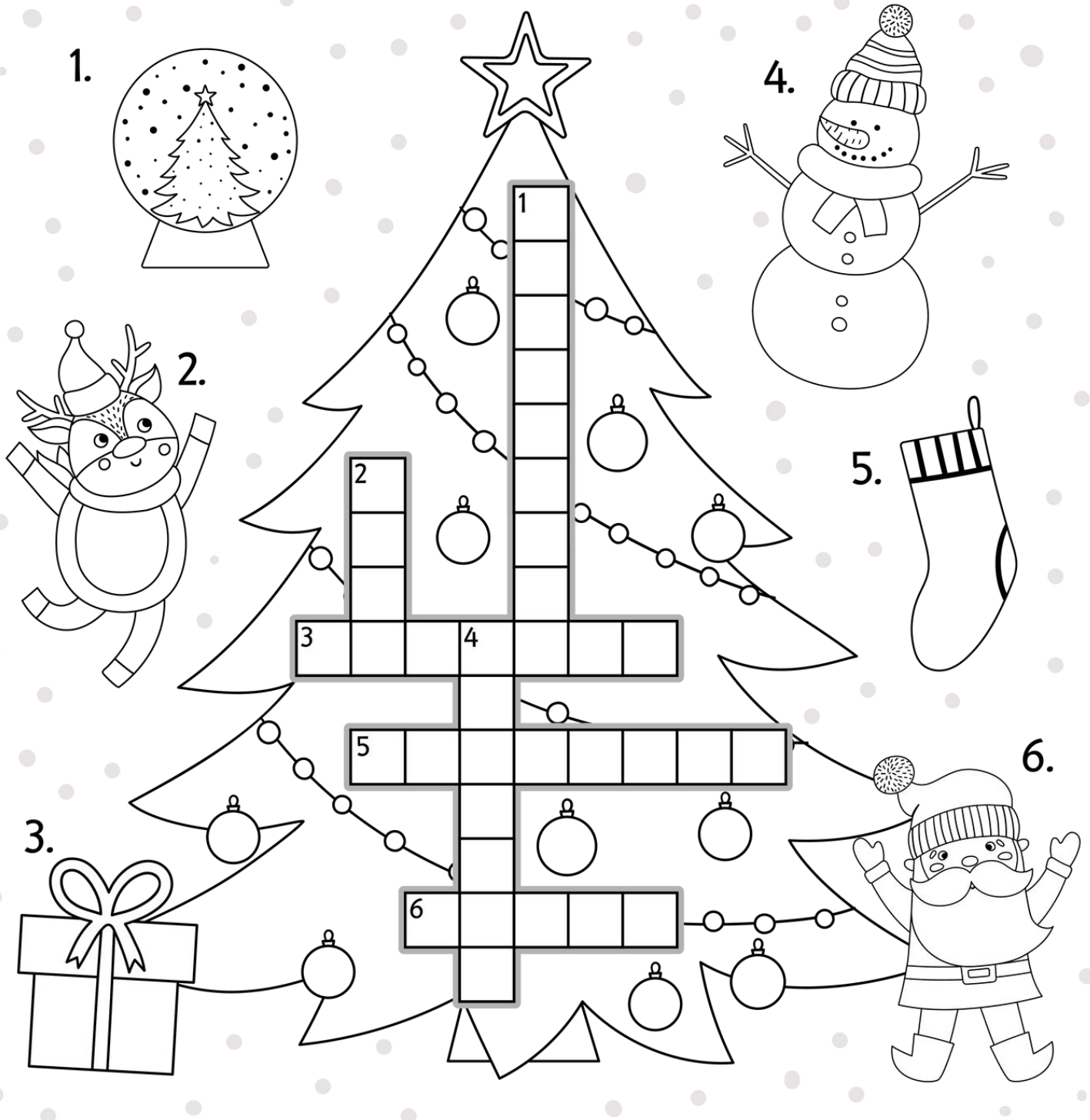


*end*



# CROSSWORD

*puzzle*



*EASY*

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# WORD SEARCH

## *puzzle*

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Scarf  
Snowman  
Ice Skating  
Holiday  
Winter

Family  
Sled  
Hot Chocolate  
Penguin  
Snowflake

Igloo  
Skiing  
Jingle Bells  
Gingerbread





*help support*

# THE FOOD BANK OF NORTHEAST LOUISIANA

## Donate

Contributions to the Food Bank of Northeast Louisiana (FBNELA) help our neighbors in countless ways. Your gift will go to where it is most needed at FBNELA and support the organization's many programs.



## Volunteer

Volunteers are the heart of our operation, and help with sorting, boxing and distributing food. Individuals or groups are always welcome. Please contact our team at 318-322-3567 to schedule a time to help.



## Host a virtual food drive

Get your friends, family, and colleagues involved in your virtual food drive to help FBNELA purchase fresh and healthy food. Thank you for your support in providing healthy, fresh food to our neighbors!

