

PLAN A NUTRITIOUS NIGHT IN

Looking for a fun break from the everyday? Design a fun night in with new sights, sounds, and flavors. Theme meals can give you something to look forward to with dishes and ambiance to make it special. Re-create a spicy Cajun dinner, an Italian dining experience or explore your own! ***Note: Click food images for recipes!***



Create an escape

Set the stage

Vary your environment. Set up an indoor picnic, dine outdoors, or try a driveway tailgate - 'invite' the neighbors to join in on the same date.

Adjust lighting. Place candles, turn the lights low and set the mood with a smooth jazz playlist. Or bring additional lights, gather all your houseplants and play Bob Marley to inspire a bright tropical escape. String lights for a 'starry sky'.

Keep it simple. Choose a few unique touches; a new dish, beverage or dessert, music or tablescape (tablecloths, placemats, napkins) in bright colors for a festive flare, or white linen to 'get fancy'. A few touches can enhance your experience.

Socialize. Spark conversation with open-ended pre-prepared questions, "What Would Your Do If..." rotate who asks/answers to get everyone involved. Will you be dining solo? Schedule a virtual dinner with a friend to cook and eat together!

Laissez Les Bons Temps Rouler! Cajun Style

Cajun Cuisine is rooted in French, Spanish, and African flavors. Seafood is common, and dishes almost always include onion, celery and green bell pepper. Spices like paprika, cayenne pepper, garlic powder, oregano and pepper are used to ramp up the flavor. Adjust the level of spice with cayenne pepper.

Appetizer/Side — Creole Cauliflower "Poppers" and Easy Roasted Okra

Entrée — Make your own Jambalaya

Beverage — Unsweetened Iced Tea or a Classic Sazerac Cocktail

Playlist — Stream "Zydeco" music, rooted in blues with heavy accordion.



click image for recipes



click image for recipes

Buon Appetito! Stile Italiano

Italian Cuisine is generally characterized by its simplicity. Many dishes have only two to four main ingredients. Focus includes fresh herbs and spices, olive oil and pasta. The quality of the ingredients wins over elaborate preparation.

Salad/Side — Cold Antipasto Salad includes colorful fresh and pickles vegetables. Enjoy sliced tomatoes & fresh mozzarella in a Caprese Salad, add Sautéed Broccoli.

Entrée — Baked Ziti made with whole grain penne pasta and cottage cheese.

Dessert — Finish with an no-bake 'lighter' Tiraméclair dessert.

Playlist — Search Frank Sinatra or "Italian restaurant" for the evening soundtrack.

“PEOPLE WHO LOVE TO EAT ARE ALWAYS THE BEST PEOPLE. -JULIA CHILD”

