

## New Survey Reveals America's Top Tabletime Traditions

(NAPSA)—What's the secret recipe for successful family dinners? Just in time for the National Pork Board's Seventh Annual National Eat Dinner Together



NATIONAL  
Eat Dinner  
Together  
WEEK

Week, a new survey of more than 1,000 moms says the key ingredients are an equal measure of easy meal ideas and meaningful traditions.

According to America's moms, good food and daily traditions are equally important family motivations for eating dinner together.

This year, the National Pork Board teamed up with the family dinner experts at Kraft Foods and surveyed America's moms to uncover their top tabletime traditions. Many families incorporate traditions into their daily dinner routine, according to the survey. Some of the top traditions at America's dinner tables include having "assigned" seats at the table, dividing mealtime preparation and clean-up duties and sharing "How was your day?" stories with each other.

Of course no dinner would be complete without the food, which sometimes presents a challenge for moms. Fifty-six percent of moms report that preparing meals that please the whole family is a challenge, and 41 percent say they often feel like they spend more time preparing dinner than enjoying it with their family.

To help busy families have more quality time to spend around the family dinner table, the National Pork Board and Kraft have created a delicious pork tenderloin recipe that takes 30 minutes to prepare and serve. And families can create lasting traditions that feature fun along with good food at dinnertime by ordering a free family activity kit, "Tabletime Traditions: Easy Traditions for Meaningful Family Meals." This interactive kit is complete with activities for creating dinner traditions, conversation starters, tips on involving kids in meal preparation, and more quick and easy menu sug-



gestions. To order a free kit and for thousands of other meal ideas, log onto [www.otherwhitemeat.com](http://www.otherwhitemeat.com) or [www.kraftfoods.com](http://www.kraftfoods.com). Or write to Tabletime Traditions Family Activity Kit Offer, c/o National Pork Board, P.O. Box 9114, Des Moines, Iowa 50306.

### Ginger Pork and Stuffing Skillet

- 3 tablespoons butter or margarine**
- 4 boneless pork top loin chops, ½ inch thick**
- Ground pepper to taste**
- ½ teaspoon ground ginger**
- 1½ cups water**
- 1 package (6 ounces) STOVE TOP® Stuffing Mix for Pork**
- 2 tablespoons orange marmalade or apricot preserves**

**In large nonstick skillet, melt 1 tablespoon butter over medium-high heat. Sprinkle chops lightly with pepper; add to skillet. Cook for about 5 minutes or until chops are slightly pink in center, turning once. Remove chops from skillet. Stir remaining 2 tablespoons butter and ginger into skillet; add water. Bring to boiling. Stir in stuffing mix just to moisten. Top with chops. Spoon orange marmalade or apricot preserves over chops. Cover and cook over low heat for 3 to 4 minutes or until heated through. Serves 4.**

**Tip: For a variation, use garlic powder instead of ginger.**

**Total time: 20 minutes**