

**ROBERT
IRVINE**

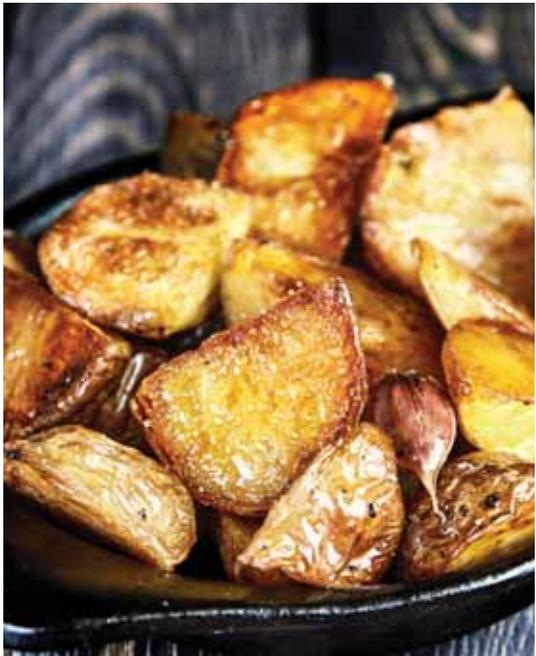
A Q&A WITH
THE MILITARY'S
FAVORITE CHEF



STARS  AND STRIPES[®]

PERFECT MESS

COOKING UP TASTY GRUB WITH MILITARY FAMILIES





MADE FOR THOSE WHO LOVE THEIR STUFF

**COVER YOUR STUFF ANYWHERE¹
WITH USAA RENTERS INSURANCE.**

For as little as 33¢ per day,² USAA Renters Insurance covers your personal belongings like military gear,³ electronics and more. Even when it's in storage⁴ or transit. So wherever military life takes you, go there worry-free.

Visit usaa.com/renters



**WHAT YOU'RE MADE OF
WE'RE MADE FOR[™]**

¹Availability of renters insurance to residents of another country is limited to qualified members. ²Countrywide average price for policyholders who have \$2,500 personal property coverage, \$100,000 liability coverage and \$5,000 medical payments coverage as of January 2020. Rates vary by location and risk. Rates are subject to change. ³For loss due to a covered peril of military uniforms or equipment owned by you and when the loss occurs while you are on active or reserve duty, no deductible will be applied. ⁴For coverage to apply, property must be under a bill of lading or other professional shipping document before being shipped. Policy must be in force before goods are placed in transit. Breaking, marring and scratching are excluded. Membership eligibility and product restrictions apply and are subject to change. Renters insurance provided by United Services Automobile Association, USAA Casualty Insurance Company, USAA General Indemnity Company, Garrison Property and Casualty Insurance Company, based in San Antonio, TX, USAA Limited (UK) and USAA S.A. (Europe), and is available only to persons eligible for P&C group membership. Each company has sole financial responsibility for its own products. No Department of Defense or government agency endorsement. © 2021 USAA. 269908-0521

Washington Office

PUBLISHER

Max D. Lederer, Jr.

MULTIMEDIA ADVERTISING, DIRECTOR

Scott Foley

MULTIMEDIA ADVERTISING, CONSULTANTS

Fabrizio Danova, Corey Henderson,

Gerard Kelly, John Scoglio

ENGAGEMENT DIRECTOR

Chris Verigan

PUBLISHING & MEDIA DESIGN, DIRECTOR

Marie Woods

PUBLISHING & MEDIA DESIGN, MANAGER

Douglas Gillam, Jr.

GRAPHIC ARTISTS

Ellen Cheung, Amy Webb

CONTENT DESIGNER

Alyssa McBeth

MARKETING COORDINATOR

Elizabeth Jones

ADVERTISING OFFICE

633 3rd Street NW, Suite 116

Washington, DC 20001-3050

202-886-0003

Europe Office

COMMANDER

Marci A. Hoffman, Lt Col, USAF

WRITER-EDITORS

Mary Del Rosario, Anna Bagiackas

GRAPHIC ARTISTS

Carrie Farrell

ENGAGEMENT MANAGER

Karen Lewis

MARKETING COORDINATORS

Remy Johnson, Leah Geier

MULTIMEDIA ADVERTISING, MANAGER

Doug Dougherty

MULTIMEDIA ADVERTISING, CONSULTANTS

Sean Adams, Heidi Bayfield, Nate Jamison

Tom Keys, Claudia Stier, Jeff Teeselink

ADVERTISING COORDINATORS

Al Green

ADVERTISING OFFICE

Unit 29480, APO, AE 09211

Postfach 1980, 67607

Kaiserslautern, Germany

+49(0)152-5672-5020

CONTACT US:

Telephone: +49 (0) 0631-3615-9111

or DSN: 314-583-9111

To advertise with

Stars and Stripes please contact by emailing

memberservices@stripes.com

©2021 Stars and Stripes. All rights reserved.

All information current as of June 2021

FOLLOW US ON:



@STARSANDSTRIPESEUROPE

BAKING MEASUREMENTS AND CONVERSION CHART

SPOONS & CUPS

TSP	TBSP	FL OZ	CUP	PINT	QUART	GALLON
3	1	1/2	1/16	1/32	-	-
6	2	1	1/8	1/16	1/32	-
12	4	2	1/4	1/8	1/16	-
18	6	3	3/8	-	-	-
24	8	4	1/2	1/4	1/8	1/32
36	12	6	3/4	-	-	-
48	16	8	1	1/2	1/4	1/16
96	32	16	2	1	1/2	1/8
-	64	32	4	2	1	1/4
-	256	128	16	8	4	1

MILLILITERS
 (ROUNDED TO THE CLOSEST EQUIVALENT)

TSP	ML
1/2	2 1/2
1	5
TBSP	ML
1	15
OZ	ML
2	60
4	115
6	150
8	230
10	285
12	340
CUP	ML
1/4	60
1/2	120
2/3	160
3/4	180
1	240

GRAMS
 (ROUNDED TO THE CLOSEST EQUIVALENT)

OZ	G	LB
2	58	-
4	114	-
6	170	-
8	226	1/2
12	340	-
16	454	1



OVEN TEMPERATURES

CELSIUS	FAHRENHEIT
120 C	250 F
160 C	320 F
180 C	350 F
205 C	400 F
220 C	425 F





MAMA LULU'S FAMOUS GARLIC BREAD

by Laurie Kuhl

"My children seem to forget every dish that I have made for them except for this recipe: It's one they ask for, and it's fun to get them involved in making the garlic bread. It's a recipe that you can adjust to your taste. You can try other options, maybe sprinkle some red pepper for more zing or add some chives. It's easy to prep while you're cooking the rest of dinner and then you pop it in the oven after everything else is ready! Enjoy!"

Ingredients:

- Loaf of bread (French or Italian will work well)
- 4 tablespoons melted butter
- 1-1/2 teaspoon Lawry's Seasoned Salt
- 1 cup mozzarella or Italian blend shredded cheese
- 1/2 cup fresh grated parmesan
- 1 tablespoon minced onion
- 1 teaspoon oregano
- 1 teaspoon garlic salt

Directions:

1. Cut bread into slices and arrange on a foil lined pan. (Slices can touch and should be about an inch thick.)
2. Spread melted butter over tops and let soak in.
3. Sprinkle lightly with Lawry's Seasoned Salt.
4. Top each piece using shredded mozzarella and/or Kraft Italian blend shredded cheese.
5. Sprinkle with minced onion.
6. Top with shredded parmesan.
7. Sprinkle lightly with oregano and garlic salt.
8. Bake under broiler, about 2-3 inches away until cheese starts to barely brown on the edges.
9. Keep a close eye, it cooks fast!



3 IN 1: SALSA, PICO DE GALLO & GUACAMOLE

by Rosie Ortiz-Torres

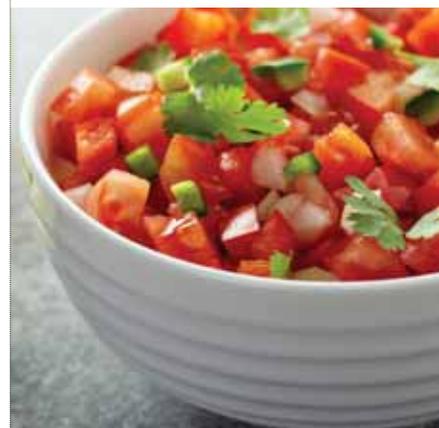
Ingredients:

- 2 avocados
- Juice of 2 limes
- 4 medium tomatoes
- 1 bunch cilantro
- 5-6 garlic cloves or 2 tablespoons garlic powder
- 4 jalapeños
- 1 tablespoon salt

Directions:

Begin with pico de gallo (set aside avocados)

1. First, dice the onion, tomatoes, garlic, jalapeños, and cilantro (use some of the stems for added flavor bust). Combine in a container with salt and lime juice. Cover and set aside as flavors marry and create more juices.
2. Second, mash up the 2 avocados in a separate container. Add 1/2 cup of the pico de gallo into the avocado and juices for a smooth texture. Add more salt and garlic powder to taste.
3. Now for the salsa. Take 2 cups of the pico de gallo, place in blender and pulse until you get a desired consistency for salsa dip.
4. Easy 3 in 1, Mexican dips! Great for snacks, BBQ, tortilla chips & dip, tacos, nachos, quesadillas, and so much more...Enjoy!!



TUSCAN TOMATO SOUP

by Anna and Tom Bagiackas

“What we love about this recipe is that it is first, delicious. Secondly, it is easy to make and adaptable with items often found in our pantry. It’s simple to cut the recipe in half for one and perfect for a light lunch, or make the full recipe and serve for dinner alongside some crusty bread.”

Start to finish: 40 minutes

Servings: 4

Ingredients:

- 1/4 cup extra virgin olive oil, plus extra for serving
- 3 garlic cloves, sliced thin
- 1/4 teaspoon red pepper flakes
- 1 can crushed tomatoes (28 ounces)
- 4 ounces hearty white sandwich bread, cut into 1/2-inch cubes (3 cups)
- 2 cups chicken broth
- 1 sprig fresh basil, plus 2 tablespoons chopped
- 1/2 teaspoon table salt
- 1/4 teaspoon pepper
- Grated parmesan cheese

Directions:

1. Combine oil, garlic and pepper flakes in large saucepan and cook over medium heat until garlic is lightly browned, about 4 minutes.
2. Stir in tomatoes, bread, broth, basil sprig, salt and pepper and bring to boil over high heat. Reduce heat to medium, cover and simmer vigorously until bread has softened completely and soup has thickened slightly, about 15 minutes, stirring occasionally.
3. Turn off heat, discard basil sprig. Whisk soup until bread has fully broken down and soup has thickened further, about 1 minute. Sprinkle with parmesan and chopped basil, drizzle with extra oil and serve.

(This recipe was adapted from Cook’s Country magazine.)



SAUSAGE BALLS

by Jim Portt

Ingredients:

- 2 cups Bisquick
- 1 pound sausage (hot or regular)
- 10 ounces shredded cheese (mild, medium or sharp cheddar)

Directions:

1. Put all of the ingredients into a large bowl and mix. (This step is easiest to do with your hands)
2. Roll mixture into small balls, about the size of a golf ball
3. Place balls on cookie sheet and bake for 20 minutes at 350°F When done, sausage balls should be slightly brown and meat should be cooked through.



MS. DD'S SWEET SOUTHERN CORNBREAD

by Darlene Coffman

Ingredients:

- 2 boxes of Jiffy corn muffin mix
- 1 cup sugar
- 2 eggs
- 1 cup milk
- 3 tablespoons bacon grease
- 1 stick of butter
- Optional extras: canned creamed corn, jalapenos, sweet kernel corn

Directions:

1. Preheat oven to 400°F.
2. Put bacon grease in 9-inch cast iron skillet and place in oven to heat.
3. In a large mixing bowl, mix the corn muffin mix, sugar, eggs, and milk. Mix well. (The batter may appear slightly watery and lumpy)
4. Add any of your desired extras and mix into batter.
5. Remove skillet from the oven when bacon grease is completely melted and slightly smoking.
6. Place skillet on stovetop and pour batter mix into skillet.
7. Place skillet back into the oven and bake for 20 minutes.
8. Use the stick of butter to outline the inside edge of the skillet and place a few pats on top of the cornbread.
9. Enjoy!



SQUASH PULL-APART DINNER ROLLS

by Karen Laedlein

Ingredients:

- 1 1/2 cups warm milk
- 2 1/4 teaspoons dry yeast
- 2 tablespoons sugar
- 2 teaspoons salt
- 1 egg, lightly beaten
- 3/4 cup puréed squash or canned pumpkin
- 1/4 cup vegetable shortening or butter
- 4 to 5 cups all-purpose flour
- 2 tablespoons melted butter
- 2 teaspoons poppy or sesame seeds

Directions:

1. In a large bowl, combine warm milk with yeast, sugar, and salt. Let stand 5 minutes, then add egg and beat well to combine.
2. Add squash and shortening; mash with a fork until shortening is in small pieces. Add 1 1/2 cups flour and mix well with a wooden spoon. Gradually mix in more flour by the cupful until dough collects around spoon and pulls away from sides of bowl (you may not need all the flour).
3. Transfer to a lightly floured surface and knead 2 minutes. Put dough in a greased bowl; flip over to grease all sides of dough then cover with a tea towel. Let rise in a warm place until doubled in size, 1 to 1 1/2 hours.
4. Grease a large baking sheet. Punch dough down, turn out onto a lightly floured work surface, and knead until dough is smooth and supple, about 7 minutes. Cut dough into 4 balls; cut each ball into 6 pieces.
5. Roll each piece into a sphere and arrange on baking sheet so they barely touch.
6. Brush balls with melted butter and sprinkle with poppy seeds or sesame seeds; cover with plastic wrap and let rise 30 minutes. Preheat oven to 375°F.
7. Bake until golden brown, about 20 minutes. Let cool, then pull apart to serve.



SPICY SHRIMP TACOS

WITH CILANTRO SLAW AND SRIRACHA SAUCE

by Shane A. Elkins

Ingredients:

- 20 medium shrimp, peeled and deveined
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon ground cumin
- 1/4 teaspoon onion or garlic powder (or both)
- 1/2 teaspoon black pepper
- 1/4 teaspoon kosher salt
- 6 small corn or flour tortillas

Slaw:

- 2 cups shredded green cabbage
- 1/4 or so of small/medium red onion, sliced thin
- 1/4 cup or so chopped cilantro
- 1/2 jalapeño, seeded
- 1 tablespoon olive oil
- 1 tablespoon honey
- 2 tablespoons lime juice
- Salt and pepper

Sauce:

- 1/4 cup Greek yogurt or sour cream
- 1 tablespoon Sriracha

Directions:

1. Combine shrimp (if frozen, thaw out in a bowl of water first), oil, and all the spices in a medium bowl or Zip-Lock bag. You can use these immediately or you can store them in the fridge until needed. They are better if you let them rest in the fridge for a bit.
2. Heat a large skillet on medium to high heat. This should take about 5 minutes or so. Don't get the pan too hot or you'll burn the shrimp. Add a little of the olive oil to the pan and when it gets hot, add the shrimp.
3. Cook shrimp until they are pink and cooked through. This should take only a few minutes. Shrimp cook fast. Try not to overcook them or they'll get rubbery. Repeat with any remaining shrimp. (Remember - only one layer of shrimp in the skillet at a time)
4. Combine all the ingredients for the slaw in a large bowl and mix. You can cover the slaw and store in the fridge for a day or so if needed. Not too long or the cabbage will start to wilt.
5. Mix the Sriracha and yogurt/sour cream in a small bowl. Taste and add more Sriracha until you get it how you like it.
6. Heat the tortillas on the stove or microwave if you like.
7. Build tacos by adding shrimp, slaw, and sauce. Enjoy!



TOM AND ANNA'S BREAKFAST HASH

by Anna and Tom Bagiackas

"One of our go-to meals on the weekend is a breakfast hash, using whatever veggies are in our fridge or in season. While hashes are great for brunch, this is also a very easy weeknight dinner and a great way to use up any odds and ends! This is more of a guideline than a recipe so you can mix up what vegetables or meat you include. I highly recommend roasting the potatoes though, the seasoning adds great flavor to the final hash and roasting them in the oven ensures the potatoes are cooked all the way through and crispy. You can chop your vegetables once the potatoes are in the oven, as the remaining steps of the hash won't take as long as the potatoes."

Start to finish: 1 hour

Servings: 2-4

Ingredients:

- 1 recipe for Roasted Breakfast Potatoes (see recipe below)
- 8 ounces breakfast sausage (optional)
- Salt
- 1 large onion, cut into 1/2 inch pieces
- 1/2 red, orange, or yellow bell pepper, cut into 1-inch pieces
- 1 cup chopped vegetables, such as zucchini, summer squash, corn or beets
- 3 handfuls of spinach, kale or other leafy green
- 4 eggs, fried or poached
- 1 avocado, diced

Directions:

1. Prepare Roasted Breakfast Potatoes (they will take the longest to cook).
2. Heat 12-inch cast iron skillet and add sausage, breaking up with a wooden spoon and cook until no pink remains. Remove sausage from pan onto a paper towel-lined plate, using a slotted spoon. Wipe out excess oil from skillet.
3. Heat 1 tablespoon olive oil in now-empty cast iron skillet. Add onion and a pinch of salt, and cook until it begins to soften. Add bell pepper and any other vegetables you are using (not the greens yet). Cook until mostly soft, stirring frequently.
4. Prepare your eggs. Add spinach or other greens to the skillet and stir to wilt.
5. Once potatoes are finished, add them to skillet with the sausage and mix everything so hash is evenly combined.
6. To serve, spoon hash mixture into bowls, top with prepared egg and avocado pieces, and season with salt and pepper.

ROASTED BREAKFAST POTATOES

by Anna and Tom Bagiackas

Ingredients:

- 1-2 pounds Yukon gold or sweet potatoes, cut into 1/2-inch cubes
- 2 tablespoons olive oil
- 1 1/4 tablespoons paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly cracked black pepper

Directions:

1. Preheat oven to 425°F (220°C). Line baking sheet with parchment paper or silicone mat, if desired.
2. Place potatoes onto baking sheet. Toss with oil, paprika, garlic powder, kosher salt and pepper until evenly combined.
3. Transfer the baking sheet to the oven and bake for 20 minutes.
4. Remove potatoes from oven and toss the potatoes. Put the baking sheet back in the oven and bake for an additional 20 minutes.
5. Remove the baking sheet again and give the potatoes a final toss before placing them back in the oven until crispy, about 10 minutes.
6. Remove from oven



PRESSURE COOKER BARBACOA (FOR TACOS AND BURRITOS)

by Shane A. Elkins

Ingredients:

- Chuck roast, trimmed (about 2 pounds)
- 1 poblano pepper
- 1 Anaheim pepper
- 1 medium onion
- 2 medium tomatoes
- 2 cups water
- 1 small red onion
- 3-4 cups shredded lettuce
- 1-2 cups Mexican cheese
- 1 cup salsa
- 1 cup sour cream
- 6-8 tortillas
- 1 can refried beans
- 1 packet taco seasoning

Directions:

Note: If you don't have a pressure cooker you can do this in the oven. It will just take much longer. Put everything in a roasting pan, cover with foil and bake at about 300-350°F for 2-3 hours.

1. Trim roast
2. Quarter onion and one tomato
3. Slice peppers lengthwise and seed both
4. Place onions in bottom of pressure cooker. Place roast on top of onions. Then, place peppers and tomato on top of roast.
5. Mix taco seasoning packet and water thoroughly. Pour gently over roast. Secure lid and adjust to 15 pounds. Temp will reach 250°F at 15 lbs. Turn stove to high/med-high heat. Monitor until cooker comes to temperature and steam starts to escape. Turn temperature down to low and continue to cook at 15 pounds /250°F for about an hour. Turn stove off and allow cooker to release pressure.
6. While roast is cooking, dice lettuce, tomatoes, and onions and put out on table for serving. Prepare sour cream, Mexican cheese and salsa in bowls and place on table.
7. Heat refried beans in small pan until hot. Transfer to bowl and place on table for serving.
8. Once roast is done, remove from cooker and shred with two forks. Place in bowl with enough juice from pot if needed. Place bowl on table for serving. Serve cooked peppers as a topping too.
9. Warm tortillas on a plate and place on table for serving.
10. Any other condiments you like can be added or substituted. You can also skip the tortillas and opt for a taco salad. Your imagination is your limit.



ASK YOUR CHEF

ROBERT IRVINE

Robert Irvine is a world-class chef entrepreneur, and tireless philanthropic supporter of our nation's military. The host of Food Network's hit show *Restaurant: Impossible*, he has given struggling restaurateurs a second chance to turn their lives and businesses around in over 200 episodes and counting.

He would know a thing or two about running a successful business. In addition to his restaurants—Robert Irvine's Public House at the Tropicana in Las Vegas and Fresh Kitchen by Robert Irvine within the Pentagon—he is the owner of FitCrunch, whose protein bars, powders, and snacks are available nationwide; Robert Irvine Foods, which makes prepared, restaurant-quality dishes available in grocery stores; and the Lansdale, PA-based Boardroom Spirits, creators of handcrafted vodka, rum, whiskey, and more.

A portion of the proceeds from all of Robert's endeavors benefit the Robert Irvine Foundation. Created in 2014, the foundation gives back to our servicemen and women and first responders. Funds raised help at-need veterans and first responders in a variety of ways: training service dogs, making mental health and wellness services available, providing mobility devices for the disabled, and much more.

For his charitable work and service on numerous USO tours, Robert is the recipient of several civilian honors, including Honorary Chief Petty Officer of the United States Navy, and the Medal of Honor Society's Bob Hope Award.

In addition to being the host of *Restaurant:*

Impossible, he has hosted or made guest appearances on a variety of shows including *Dinner: Impossible*, *All-Star Academy*, *Worst Cooks in America*, *Next Food Network Star*, *Next Iron Chef*, *Guy's Grocery Games*, and many more.

When not filming for television or working overseas with the USO, he can be found on tour with Robert Irvine LIVE, an unpredictable interactive cooking challenge done before a live audience in packed theaters.

He is the distinguished author of four books, the most recent being *Family Table* by Robert Irvine, which is both a cookbook and a meditation on how to bring your family closer using the dinner table. He is also the publisher of *Robert Irvine Magazine*, a free digital publication delivering workouts, recipes, and motivational content.

Learn more at chefirvine.com



Q&A by Alyssa McBeth

Q. You recently visited Joint Base Lewis McChord (JBLM). How was that experience and what was the best part of your visit?

I love spending time with the troops in whatever capacity I can. I feel a deep connection and kinship with them, especially the culinarians. It brings me back to my own training to be a cook in the British Royal Navy. It's funny; when I see their setups and think about the challenges they face cooking for so many people, I'm not just able to give them advice, but it reconnects me with the basics in a really important way. It's good for everyone. On a more human level, I just want to say thank you and learn who they are. I want to make that time as memorable and meaningful as possible because they give so much for all of us. On that front I got to do a cooking class with military spouses and that was a wonderful time. The spouses and families are so important - they're the first and best support system for all our defenders. The whole family serves and we need to give back to them, too.

Q. How did your experience in the British Royal Navy prepare you for a successful career in food and fitness?

Learning to cook for other sailors was a formative experience for me and I'm



Photo Courtesy of the U.S. Army

Chef Robert Irvine demonstrates proper cooking techniques with culinary specialists from the 1-2 Stryker Brigade Combat Team during a cooking demonstration at the Ghost Inn warrior restaurant.

thankful I had that rather than just traditional culinary schooling. When you go to school to become a chef, it's all about crafting an experience for the patron. Creativity and presentation take on this fantastical, outsized aspect of the whole endeavor. I think that's great, I really do. On a ship, however, food is the fuel that is powering your fighting force. It still needs to be good! But my training connected me with food in a more primal way and it underscored the inextricable link between food and fitness. There's an old saying that you can't out-train a bad diet. I know the truth of that statement perfectly well. So, in short, my background gave me a well-rounded view of food that not every chef gets, and I'm very grateful for it.



Photo Courtesy of the U.S. Army
Chef Robert Irvine takes a moment to reflect on America's First Corps' history in the command headquarters building during an installation culinary tour at Joint Base Lewis-McChord.



Q. Was there a particular person or event that led you to pursue a career in cooking?

I've told this story a million times and it's never failed to get a laugh: I took home economics to meet girls. It did not work out. But in the process, I figured out that I was quite comfortable in the kitchen and really enjoyed transforming raw ingredients into something new that was greater than the sum of its parts. That alchemy—combined with the joy I felt serving others—made me start to think this might be a path for me.

Q. What advice do you have for service members and veterans wanting to maintain a healthy and active lifestyle?

You're a product of what you do most of the time, not some of the time. Especially for our young service members, they need to know

there's period of time in your late 20s and early 30s where you start to get busier in your career and your metabolism is slowing down at the same time. Too many people think, "Oh, well I don't have 60-90 minutes to go to the gym today, so I'll skip it and get back at it tomorrow." That's nonsense. Do whatever you can. I don't care if it's five minutes. It's more important that exercise is maintained as a daily habit than you find time for your "perfect" routine. Because I got news for you: life only gets busier. If you can't find a way to integrate exercise into your life now, it just gets harder down the road. Same with food choices. Don't throw up your hands and say you'll start tomorrow. Start now. Every choice you make matters.

Q. What inspired you to start the Robert Irvine Foundation?

I believe it's incumbent upon everyone who lives in a free society to give back to our

From left to right, Chef Shane Cash, Command Sgt. Maj. Shane Pospisil, Chef Robert Irvine, Lt. Gen. Randy George and Chef Darryl Moiles. Chef Irvine met with the America's First Corps' command team to discuss JBLM's commitment to building a healthy nutritional community. Photo Courtesy of the U.S. Army



defenders in whatever way they can. I've been blessed in my life and career to be able to do a little more - to tour with the USO and to cook for thousands of troops. The Robert Irvine Foundation was a natural extension of that work for me. And since I'm a competitive guy, I love to work my ass off and push our team to outdo last year's fundraising numbers every single year. Maintaining an upward trajectory means we can pay for the training of more service dogs, we can buy more all-terrain wheelchairs, we can help renovate more homeless veteran shelters. The bigger we get, the more of a positive impact we can have on the lives of our veterans and first responders.

Q. What has been the most rewarding part of your career?

Without a doubt, my foundation. And I think to be able to fund the foundation from such a wide array of revenue streams has been immensely satisfying. I have a broad diversity of interests in life and I'm able to pursue all of them: My shows, restaurants, food company, liquor company, protein bars, my books and digital magazine... I think I've got a lot to offer the world and as long as people keep showing up to support all these ventures, I'll keep it all going. And the better those businesses do, the more they can all contribute to the foundation. It's one big symbiotic circle and it's what gets me out of bed in the morning.

Q. Your career has taken you all over the world. Do you have a favorite place to visit?

Home. [Laughs] It's funny - when you travel as much as I do, your own house becomes a place

you visit, not a place you stay. That, of course, was a lot different in the past year with the pandemic, and it gave me renewed appreciation for the simple things: a bike ride around the neighborhood with my wife, a home-cooked meal, something good to watch on Netflix. I love traveling the world and seeing it all, but when you boil it all down, I really don't need much.

Q. You are certainly a busy man—from your protein bar company, filming for TV, your nonprofit and involvement with the military—what's next? Any projects on the horizon?

Irvine's Vodka and Irvine's American Dry Gin are two new offerings from the distillery where I'm a co-owner (Boardroom Spirits) and I'm incredibly excited to get those onto store shelves this year. Especially the gin; I'm British so I know a thing or two about the stuff and I hand-selected the botanicals we use. It's a really great product, the success of which—again—only further strengthens the Robert Irvine Foundation. I'll raise a glass to that.



Photo Courtesy of the U.S. Army
Chef Irvine taught military spouses how to prepare healthy dishes that both taste and look good.



ROBERT IRVINE



SMOKED CHICKEN SALAD ALT WRAP

“This take on chicken salad is so easy to make and sure to please the whole family. It’s got a little kick from the Sriracha, a little sweetness from the apple, and a nice smokiness from the chicken. My Signature by Robert Irvine Smoked Shredded Chicken is available at your Commissary. Enjoy!”

-Robert Irvine

Yields 4 portions

Ingredients:

- 2 cups
*Signature by Robert Irvine
Smoked Shredded Chicken*
- 1/4 cup celery, small diced
- 1/4 cup granny smith apple, cored and small diced
- 1/4 cup plain Greek yogurt
- 1/4 cup reduced fat mayonnaise
- 1/2 fresh lemon, juiced
- 1 tablespoon Sriracha
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 4 each 12-inch Whole Wheat Tortillas
- 1 head romaine lettuce, cleaned and chopped
- 8 slices ripe tomato
- 2 each avocado, diced
- Dash kosher salt
- Dash ground black pepper

Directions:

1. In a large mixing bowl, place the smoked shredded chicken, celery, granny smith apple, plain Greek yogurt, low-fat mayonnaise, lemon juice, sriracha, 1/4 teaspoon kosher salt and teaspoon black pepper. Mix together well and set aside.
2. Place the 12-inch whole wheat tortillas onto a working surface, place equal portions of the chopped romaine in the middle of each tortilla, followed by equal portions of the diced avocado, 2 slices of tomato and then divide the smoked chicken salad evenly among each tortilla.
3. Fold in the sides of the wrap halfway towards the center, bring the bottom third of the wrap towards the center, tuck the filling back into the wrap as you roll it up, continue folding the wrap from the bottom until you reach the end, cut the wrap in half, using a serrated knife and serve.



ROBERT IRVINE



SMOKED CHICKEN ENCHILADA

"This take on chicken enchiladas is a real crowd pleaser. The jalapenos are optional, but if you can take the heat I suggest using them! They go great with the smokiness of the chicken. My Signature by Robert Irvine Smoked Shredded Chicken is available at your Commissary. Enjoy!"

-Robert Irvine

Yields 4 portions

Ingredients:

- 1 tablespoon grapeseed oil
- 1 cup yellow onion, medium diced
- 1 tablespoon garlic, minced
- 1 tablespoon fresh jalapeno, minced (optional)
- 1 cup canned diced tomato, drained
- 1 teaspoon ground cumin
- 2 teaspoon chili powder
- 2 cups of *Signature by Robert Irvine Smoked Shredded Chicken* 2 1/2 cups canned enchilada sauce
- 2 tablespoon fresh cilantro, chopped
- 1 cup shredded cheddar cheese
- 1 cup shredded jack cheese
- 8 each 6" whole wheat flour tortillas
- 1 bunch fresh scallions, chopped (garnish)
- 1/2 cup low-fat sour cream or plain Greek yogurt (garnish)

Directions:

1. Pre-heat oven to 350° F.
2. For the enchilada smoked chicken filling, heat a large sauté pan over medium-high heat and add the grapeseed oil.
3. Add the onions to the pan and sauté for 2 minutes until translucent and then add the garlic and jalapeno and continue to sauté for 1 minute. Add the canned diced tomato, cumin, chili powder, smoked shredded chicken, 3/4 cup of the enchilada sauce and cilantro. Stir well, cook for 3 minutes and then remove the pan from the heat and set aside.
4. Coat the bottom of a 13" x 9" casserole pan with 1/2 cup of the enchilada sauce.
5. In a mixing bowl, mix the shredded cheddar cheese and shredded jack cheese together and set aside.
6. Next, lay out the whole wheat flour tortillas on a working surface and brush or spoon a little enchilada sauce onto each tortilla. Spoon 1/4 cup of enchilada smoked chicken filling in a line down the center of each sauced tortillas and sprinkle with a 2 tablespoon of the shredded cheese mixer. Roll up each filled tortilla and place seam side down and side by side into the casserole dish. Top with the remaining enchilada sauce and shredded cheese mix.
7. Bake uncovered for 15 to 18 minutes until cheese has melted and tortillas and enchiladas are hot throughout.
8. Remove the hated enchiladas from the oven and top with the chopped scallions and serve with the sour cream (or yogurt) on the side.

CHICKEN CAESAR SALAD

by Darlene Coffman

Ingredients:

- 4 boneless, skinless chicken breasts
- 1 cup Dale's Liquid Steak Seasoning
- 1 small, sweet onion
- 3 tablespoons minced garlic
- 1/2 cup extra virgin olive oil
- 1 head of romaine lettuce
- 2 cups of fresh shredded parmesan cheese
- 1 cup of Caesar croutons
- Your favorite Caesar dressing

Directions:

(If possible, prepare the chicken the day prior to when you want to serve the dish.)

1. Smash the chicken breasts with a meat tenderizer to facilitate better absorption of the marinade.
2. Place chicken breasts in a Ziploc bag with the Dale's seasoning, onion, garlic, and extra virgin olive oil. Allow to marinate in the refrigerator overnight or for a minimum of 2 hours.
3. Cook the chicken breasts on the grill or stovetop. If cooking on stovetop, you can add the marinade in the skillet with the chicken.
4. Once cooked, slice into cubes for topping the Caesar salad.
5. Tear the romaine lettuce into bite size pieces into the large mixing bowl.
6. Add the shredded parmesan cheese and croutons to the lettuce.
7. Now it's ready to serve into individual bowls and top with warm chicken.
8. Top the finished product with Caesar dressing and enjoy!



CINCINNATI CHILI

by Shane A. Elkins

Ingredients:

- | | |
|--|--|
| - 2 pounds ground chuck (leaner is better) | - 1 teaspoon crushed red pepper flakes |
| - 1 jug tomato juice (40-46 ounces) | - 1 teaspoon sugar |
| - 1 large onion | - 1/8 teaspoon garlic powder |
| - 4 tablespoons chili powder | - 5 whole bay leaves |
| - 1 tablespoon salt | - 1-2 teaspoons red wine vinegar |
| - 1 teaspoon ground cinnamon | - 2+ dashes Worcestershire sauce |
| - 1 teaspoon ground cumin | - 1 can kidney beans |
| - 1 teaspoon ground all spice | - 1 pound spaghetti |
| - 1 teaspoon black pepper | |

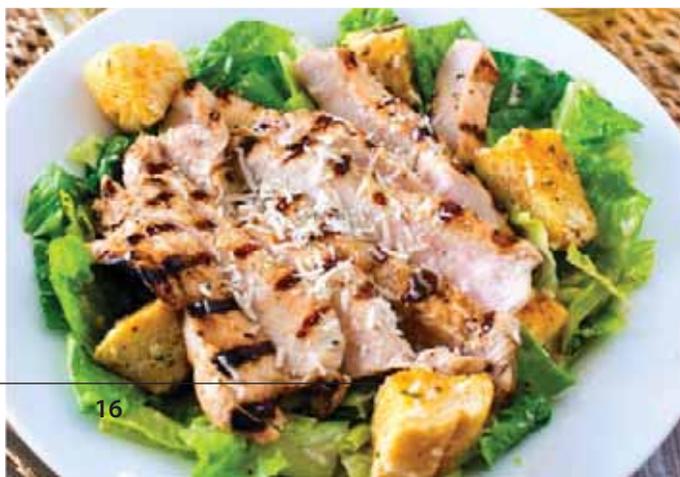
Toppings:

- | | |
|------------------|---------------------------|
| - Kidney beans | - Shredded cheddar cheese |
| - Chopped onions | - Sour cream |

There are a lot of ingredients, but it is not difficult because they all go into the pot at the same time. Get some small bowls or cupcake holders and measure out everything first.

Directions:

1. Break apart the ground beef into really small pieces and put into the unheated pot.
2. Add all the spices and tomato juice to the pot.
3. Cut the tip off the onion and cut it into quarters almost to the root. Don't break it apart because you'll discard the onion when the chili is done. Submerge the onion in the pot.
4. Cook on medium-low heat, uncovered, for two hours, stirring every 20 minutes.
5. While the chili is cooking, get yourself a sturdy metal or glass cup and a small ladle. Use these to skim off the grease that will collect on the top from the beef.
6. Heat the beans in a small pan separately and serve as a side dish.
7. Cook the spaghetti per directions on the package.
8. Remove onion and bay leaves.
9. Serve chili on top of spaghetti and add toppings of your choice.
10. Enjoy!





PUERTO RICAN SANCOCHO

by Christy Maldonado

"Sancocho is a one pot stew with chunks of tender beef (meat of your choice or no meat at all) and root vegetables. It is typically served with a side of white rice and a piece of ripe avocado."

Ingredients:

Seasonings:

- 1 teaspoon of salt
- 1 teaspoon of black pepper
- 1/4 cup chopped cilantro
- 4 ounces tomato sauce
- 1/2 teaspoon of ground orégano
- 1/2 teaspoon ground cumin
- 1-2 packets of Sazón seasoning for coloring
- 1/3 cup of sofrito (you can buy it or make it at home with a blend of peppers, herbs, onions, garlic, and seasonings)
- 2 tablespoons of olive oil

Vegetables:

- 1 large cassava (yuca)
- 1 cup of pumpkin (calabaza)
- 2 yams (ñames)
- 2 husks of corn (maiz)
- 2 taros (yautías)
- 4 medium potatoes (papas)
- 3 large carrots (zanahorias)

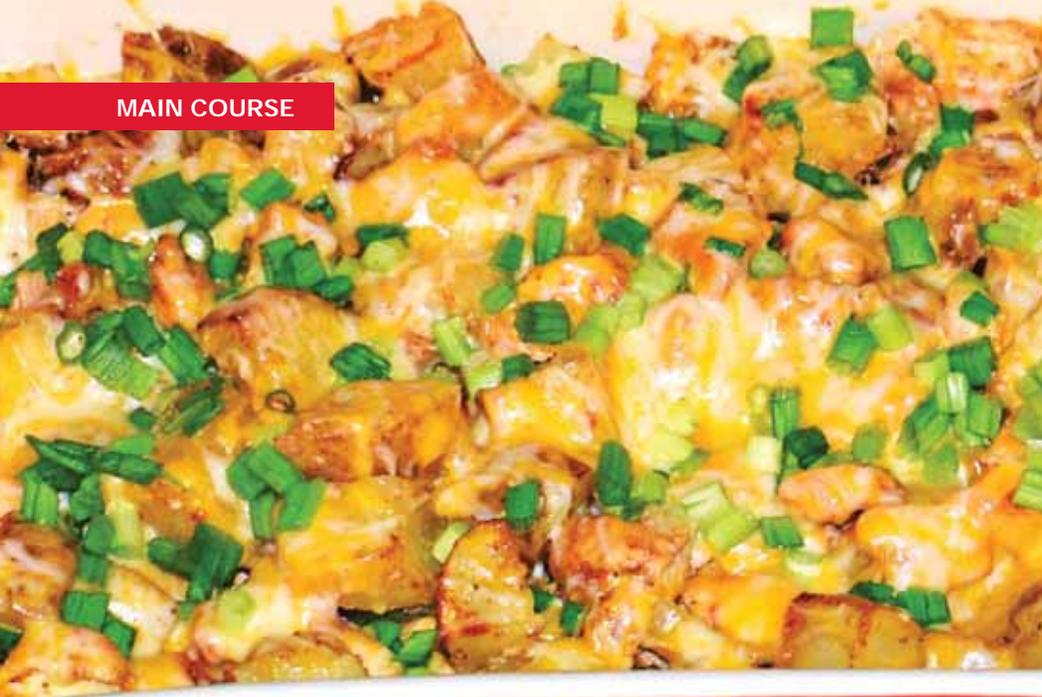
Meat

You can choose between cubed beef, pork, chicken breasts, sausages, chorizo or any kind of meat that can be cut in small pieces.

Use approximately 2-3 pounds of meat.

Directions:

1. Peel all the vegetables and cut them into 1-2 inch chunks.
2. Add the seasonings to a large bottom soup pot over a medium high heat. Cook for 2 minutes and stir.
3. Add in vegetables and meat.
4. Add water to cover everything in the pot.
5. Cover the pot and wait until the soup reaches a boil, then lower the heat to medium low and allow mixture to cook for 1 hour, or until vegetables are fork tender.
6. Serve with your favorite side dish and enjoy!



CHEESY CHICKEN & POTATO CASSEROLE

by Marla Bautista

“As an Army wife, entrepreneur, and mom of three, I am always on the go. From cheerleading practice to speech therapy and military ceremonies, my family doesn’t have much downtime. Preparing a delicious meal that my picky eaters will enjoy is no easy feat. Baking a Cheesy Chicken and Potato Casserole is always a win, win. It’s easy to make, and everyone loves it.” (Recipe serves 4 people)

Ingredients:

- 1 pound boneless chicken breast
- 4 potatoes
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1 tablespoon garlic powder
- 1/2 tablespoon paprika
- 3 tablespoons olive oil

Optional garnishes: green onions, shredded cheese

Directions:

1. Preheat oven to 400° F and oil baking pan.
2. Clean and peel potatoes.
3. Cut potatoes and chicken into cubed sized pieces, place in baking dish.
4. In a separate bowl, mix all seasonings and olive oil.
5. Pour mixture over chicken and potatoes. Mix well.
6. Bake uncovered for 55 minutes.
7. Remove from the oven. Cover top of casserole with shredded cheese and green onions. Return to oven for 5 additional minutes.
8. Remove, serve, and enjoy!

SCHNITZELTOPF SCHNITZEL- CASSEROLE

by Katharina Bennett

Ingredients:

- 4 pork chops
- 1 red pepper, chopped
- 1-2 onions, chopped
- 1 can of mushrooms
- 1 glass of bell pepper sauce “Hungarian-style”
- 0.2 liters of heavy cream
- Salt & pepper

Directions:

1. Season the pork chops with salt and pepper and fry until cooked through.
2. Cut pork chops into small pieces and combine with the chopped red pepper and onions in a casserole dish.
3. Add mushrooms and the bell pepper sauce, mix.
4. Pour the heavy cream on top (but don’t mix!).
5. Place dish in the oven and bake at 200°C (392°F) for about 45 minutes.
6. Enjoy! Serve with rice and a green salad.



HOMEMADE RAVIOLI

by Susan Todorowski

Pasta:

- 3 cups flour, all purpose
- 1 1/2 teaspoons of salt
- 5 eggs
- 3 egg yolks
- 3 tablespoons of olive oil

Filling:

- 15 ounces ricotta cheese
- 4 ounces grated parmesan cheese
- 8 ounces shredded mozzarella cheese

Directions:

1. Put flour and salt in a bowl and make a well in the center.
2. Beat the eggs, yolk and olive oil and add that into the flour well, mix to incorporate.
3. Knead dough on a floured surface.
4. Cover dough with plastic, rest for 30 minutes.
5. Roll 1/4 of the dough at a time on a floured surface or with a pasta roller machine until a 5 thickness.
6. Lay half of each quarter of the rolled dough on a ravioli press, put a tablespoon of filling in each hole, moisten the edges with water.
7. Lay the remaining half of dough on top and press with a rolling pin.
8. Boil in salted water for 5-7 minutes.
9. Enjoy!



GERMAN SPAETZLE DUMPLINGS

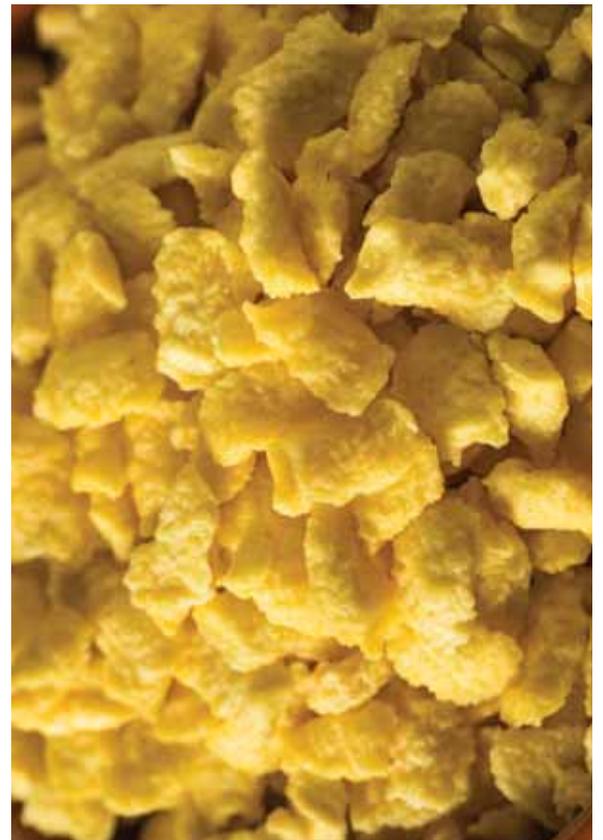
by Susan Todorowski

Ingredients:

- 3 cups all-purpose flour
- 1/4 teaspoon ground nutmeg
- 3 pinches freshly-ground white pepper
- 1 1/2 teaspoon salt
- 3/4 cup milk
- 6 eggs
- 2 tablespoons butter
- 2 tablespoons chopped fresh parsley

Directions:

1. Mix together flour, salt, white pepper, and nutmeg. Beat eggs well and add alternately with the milk to the dry ingredients. Mix until smooth.
2. Press dough through a spaetzle maker, or a large holed sieve or ricer.
3. In a large sauce pan, salt the water and bring to a simmer.
4. Drop a few pieces in at time into the simmering salted water. Cook for 5 to 8 minutes. Drain well.
5. Sauté cooked spaetzle in butter and enjoy. Garnish with parsley.



OREO BLUEBERRY CHEESECAKE CUPCAKES

by Najwa Fieger

Ingredients:

Blueberry Syrup:

- 1 cup frozen blueberries
- 1/4 cup sugar
- 1/3 cup water
- 1 teaspoon lemon juice

Cheesecake Icing

- 1 cup butter softened
- 1 1/2 cup cream cheese
- 1 1/2 cup powdered sugar
- Color from blueberry

Cupcakes:

- Yellow cake mix
- Vanilla instant pudding
- 3 eggs
- 1 cup water
- 1/4 cup vegetable oil
- Halves of Golden Oreos (one side of cookie per cupcake)
- Crushed Oreos (half of one sleeve with cream removed)

Directions:

1. To make the blueberry syrup, heat sugar, water, and lemon juice on stove until the sugar dissolves.
2. Add in frozen blueberries until they soften (about a minute).
3. Strain the blueberries, then bring back to a boil for 3 minutes.
4. Allow the blueberry syrup to cool.
5. Preheat oven to 365°F
6. Remove the cream from the Oreos.
7. Line cupcake pan.
8. Place one side/half of Oreo on the bottom of each cupcake tin.
9. For cupcake batter, blend yellow cake mix, instant pudding pack, 3 eggs, cup of water, and vegetable oil on low speed, then high speed for about two minutes.
10. Fold in most of the blueberry syrup, saving some for the icing. Makes for pretty lavender icing.
11. Bake 20-25 minutes.
12. To make the icing, whisk 1 cup of butter + 1 1/2 cups of cream cheese until smooth.
13. Sift in powdered sugar.
14. Add about a tablespoon of blueberry mixture for desired purple color.
15. Pipe icing on the cupcakes.
16. Remove cream from about half the sleeve of golden Oreos. Crush the Oreos and use for garnish.
17. Top with fresh blueberries.



ALMOND CAKE

By Jane H. Davis

Servings: 16

Ingredients:

- 1 cup white all-purpose flour
- 1 cup white granulated sugar
- 1/2 cup butter, softened
- 2 eggs, beaten
- 1 teaspoon almond extract
- 1/4 cup slivered almonds

Directions:

1. Preheat oven to 350°F
2. In a large bowl, stir together sugar and flour. Add butter. The mixture will be crumbly.
3. Mix together the eggs and almond flavoring, stir into sugar, flour and butter mixture.
4. Spread mixture evenly in lightly buttered pie pan. Sprinkle slivered almonds on top.
5. Bake at 350°F for 25-35 minutes, until edges are light golden brown.
6. Cut into 16 wedges while still slightly warm.
7. Enjoy!





CINNAMON ROLLS

by Najwa Fieger

Ingredients:

Dough:

- 2 1/2 teaspoons active yeast
- 1 cup warm milk
- 1/2 tsp cup sugar
- 1/3 cup of unsalted butter
- 1 teaspoon salt
- 2 eggs
- 4 cups flour

Center Roll:

- 1 cup brown sugar
- 3 tablespoon cinnamon powder
- 1/3 cup melted butter

Icing:

- 1 cup powdered sugar
- 3 tablespoons heavy cream
- 1 teaspoon vanilla extract
- 3 ounces of cream cheese
- Pinch of salt

Directions:

1. Preheat oven to 350°F
2. Mix yeast and sugar into the warm milk. Allow to froth for at least 5 minutes.
3. In another bowl, mix together 4 cups of flour, eggs, salt, and butter.
4. Slowly stir in the milk mixture until well blended.
5. Place the dough in an oiled bowl. Allow an hour to rise.
6. For the center, mix the cinnamon powder and brown sugar together.
7. Roll out the dough. A good measurement is to stretch it out thin to about 16" long and 12 inches wide.
8. Brush the melted butter on the dough.
9. Evenly distribute sugar/cinnamon mixture over the buttered dough.

(Visit Vibe with Najwa on YouTube for more recipe videos.)



DESSERTS/SWEET STUFF



ZUCCHINI APPLE BREAD WITH CRUMBLE TOPPING

by Rosie Ortiz-Torres

Ingredients:

Bread:

- 4 eggs
- 3 cups all-purpose flour
- 2 1/2 cups sugar
- 2 teaspoons baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 1 teaspoon lime juice
- 1 teaspoon lime zest
- 1 cup vegetable oil
- 1 large apple, grated
- 1 zucchini, grated

Crumble Topping:

- 1 cup light brown sugar
- 2 cups flour
- 1 cup unsalted melted butter (2 sticks)

Directions:

1. Preheat oven to 350°F, combine all bread ingredients, adding flour in last, in a large bowl.
2. In a separate bowl, combine ingredients for the crumble topping
3. Spray 2 standard loaf baking containers with non-stick grease and pour in the bread mixture.
4. Add crumble topping on top and bake for 45 minutes in the oven.

Note: Adjust heat and baking time depending on oven settings and loaf containers (foil, glass, etc.)



HAZELNUT AND WHITE CHOCOLATE BLONDIES

by Anna and Tom Bagiackas

“After getting completely sucked in watching the Great British Baking Show, these blondies were born. This favorite recipe is inspired from one of the show’s cook-books and when we needed to make a substitution after missing a key ingredient, these became our own. We have tried the original recipe too but liked ours better! If you cannot find muscovado sugar, you can substitute with light brown sugar.”

Start to finish: 1 Hour

Servings: 8-10

Ingredients:

- 1 cup + 2 tablespoons all-purpose flour, sifted
- 1 cup coconut flour
- Pinch of flaky sea salt
- 1 teaspoon baking powder
- 3/4 cup + 1 tablespoon unsalted butter, diced
- 3/4 cup + 2 tablespoons granulated sugar
- 1 cup light muscovado sugar
- 3 large eggs, at room temperature and beaten
- 2 teaspoons vanilla extract
- 1 cup hazelnuts, chopped
- 1 cup white chocolate chips, or chopped bar
- 2 tablespoons honey

Directions:

1. Heat oven to 400°F (204°C). Grease a 9-inch square baking pan, then line bottom and sides with parchment paper and grease paper.
2. Whisk the flour, coconut flour, sea salt and baking powder in a large bowl.
3. Melt the butter. Once melted, stir in the granulated and muscovado sugar.
4. Add the beaten eggs, a little at a time, and the vanilla extract, then fold in the flour mixture until fully combined.
5. Gently fold in heaping 1/2 cup of chopped hazelnuts and all of the chocolate chips until evenly distributed, then pour the mixture into the prepared pan, giving the pan a gentle shake to disperse the mixture evenly.
6. Bake for 25 to 30 minutes until a toothpick inserted into the center comes out sticky, but not wet. Remove from the oven, brush with the honey and sprinkle with the reserved chopped hazelnuts while still warm.
7. Let the blondie cool in the pan for 10 minutes and then remove it carefully and transfer to a wire rack to cool completely before slicing into squares.

(This recipe is adapted from “The Big Book of Amazing Cakes” by The Great British Baking Show.)

S'MORES FRENCH TOAST

by Najwa Fieger

Ingredients:

- 6 slices of bread (I used French Toast Wonder bread)
- 3 eggs
- 1 teaspoon vanilla
- 2 teaspoon cinnamon (or sprinkle per slice)
- Nutella
- Marshmallow Fluff
- Optional toppings: syrup/bananas/strawberries

Directions:

1. Whisk eggs.
2. Add in vanilla or cinnamon.
3. Dip the slices of bread in the egg mixture.
4. If the mixture runs out of cinnamon, you can always just sprinkle the bread with cinnamon after dipping in egg.
5. Fry the slices of bread on each side for 2-3 minutes.
6. Spread Nutella on 3 of the slices and marshmallow fluff on the other 3.
7. Sandwich together a Nutella slice with a marshmallow slice.
8. Sprinkle a little powdered sugar on top.
9. Tastes great topped with syrup.

(Visit *Vibe with Najwa* on YouTube for more recipe videos.)



KIFFELS

by Susan Todorowski

Ingredients:

- 1/2 pound of butter, softened
- 6 ounces of cream cheese, softened
- 2 egg yolks
- 2 cups of flour
- 1/4 teaspoon of baking soda
- Apricot or nut filling

Directions:

1. Mix butter, cream cheese, egg yolks, flour and baking soda together, knead ingredients until well-combined.
2. Shape dough into two discs, wrap in waxed paper, then plastic wrap. Chill overnight.
3. Cut a wedge at a time, roll out dough on the counter dusted with flour and powdered sugar.
4. Cut dough into 3 inch squares and spoon 1 teaspoon of filling on each one.
5. Moisten edges with water and fold closed.
6. Crimp edges with floured fork.
7. Place on lightly-greased cookie sheet.
8. Bake at 350°F for 15-20 minutes
9. Enjoy!



BLACK BOTTOM CUPCAKES

by Susan Todorowski

Ingredients:

Cake:

- 1 1/2 cups all-purpose flour
- 1 cup sugar
- 1/4 cup cocoa
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup water
- 1/3 cup vegetable oil
- 1 teaspoon vanilla

Filling:

- 8 ounces cream cheese, softened
- 1 egg
- 1/3 cup sugar
- 1/2 teaspoon salt
- 1 cup chocolate chips

Directions:

1. Combine and beat together all cake ingredients.
2. Fill cupcake papers with batter, about 1/2 full.
3. Combine and beat together the filling ingredients.
4. Spoon 2 tbsp of filling on top of cake batter.
5. Bake at 350°F for 15-18 minutes.

Tip: A toothpick will come out of the chocolate cake part clean when finished.

Just starting out with family meals?

Keep it simple and focus on the relationships. The food doesn't need to be fancy to encourage us to come together.

The Military Special Operations Family Collaborative, a nonprofit public health initiative for the special operations community, found that **avoiding or giving up on family dinner is one of the first signs of family strain.**

Decades of research show that family dinner is good for the body, brain, and spirit (*The Family Dinner Project, 2019*). **Family dinner boosts vocabulary, improves storytelling skills, and promotes literacy in children. Sharing mealtime with others is also associated with better mental and physical health for adults.** Eating together is even associated with benefits like enhanced team performance (*The Family Dinner Project, 2021*). Families share challenges, success stories, and bond around food.



Photo credit: amyrae.co

Start a fun conversation at your table

- What's the funniest or strangest thing that happened to you today?
- What is one thing you've accomplished that you are really proud of?
- What can you give or do for someone that doesn't cost any money?
- If we could be stationed any place in the world, where would you have us move?
- What is your favorite PCS move picnic food or meal?

Coming in 2022

The Military Special Operations Family Collaborative in collaboration with the nonprofit initiative The Family Dinner Project plan to present a practical cookbook story-telling how Special Operations families **thrive through a career of repeated deployments and training.**

To learn more about the benefits of family dinner visit

thefamilydinnerproject.org
msofc.org

