

# FRIENDSGIVING

Give thanks! Celebrate friendship, family, and life with these simply delicious, Friendsgiving themed recipes.

## MUSIC:

Pair dinner with this [\*Friendsgiving playlist!\*](#)

## EDUCATION:

Did you know that expressing gratitude is [good for you](#)? It fosters a stronger relationship with those we care about, with ourselves, and with the world around us. Write a note, start a gratitude journal, or tell someone you're grateful for them.

## CONVERSATION:

Spark new conversation with family, friends or roommates with the question of the night: [\*What challenges in your life are you most grateful for? What did you learn from those experiences?\*](#)



*This week's recipes are inspired by Delish, Tasty, and AllRecipes.*



BOISE STATE  
UNIVERSITY

## ACTIVITIES

### Journal Prompts:

- What are three things that made you happy today?
- How did someone show you kindness today?
- What are you proud of accomplishing today?
- What are you looking forward to?
- Write about a happy memory.
- What is something about your health or body you appreciate?
- Write about one person you are happy to have in your life.



# Roasted Pumpkin Seeds

Serves 4

## INGREDIENTS:

- 1 1/2 - 2 cups raw pumpkin seeds or medium sized pumpkin
- 2 tablespoons olive oil or butter
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon paprika (optional)
- 1/8 teaspoon black pepper

## DIRECTIONS:

1. Preheat the oven to 350°F and line a baking sheet with parchment paper, or grease.
2. Remove seeds from the pumpkin. Scoop them out with an ice cream scoop or big spoon and place in a colander. Rinse to get rid of any pulp, then pick off any remaining pulp.
3. Transfer the seeds to paper towels and pat dry.
4. In a bowl, toss seeds with oil or melted butter, salt, garlic powder, pepper, and paprika.
5. Spread seeds on the lined baking sheet and bake, stirring occasionally, until seeds are golden, about 25 minutes.
6. Let cool for 10 minutes.

# One Pan Chicken Roast

Serves 4

## INGREDIENTS:

- 1 large sweet potato, cubed
- 1 lb brussels sprouts, halved
- 2 apples sliced
- 4 skins on chicken thigh
- 4 tablespoons olive oil
- salt and pepper to taste
- 3 cloves garlic, minced
- 1 tablespoon fresh rosemary
- 2 tablespoons fresh thyme

## DIRECTIONS:

1. Preheat the oven to 400 °F. On a baking sheet, toss the sweet potato, brussels sprouts, and sliced apples so they're evenly distributed.
2. Lay the chicken thighs on top.
3. Drizzle the olive oil over the chicken, fruit, and veggies, and season with salt and pepper.
4. Sprinkle with the garlic, rosemary, and thyme. Turn the chicken over and season on the other side, then return to skin-side up.
5. Bake for 30 minutes, then broil for 5 - 10 minutes so the chicken skin gets golden brown and crispy.



# Simple Apple Pie

Makes 10-12 slices

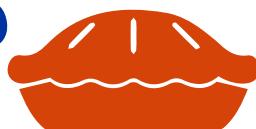
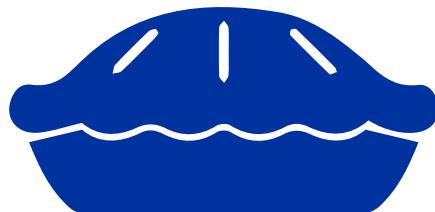


## INGREDIENTS:

- 2 store bought pie shells
- 6 medium sized granny smith apples, sliced
- 1/2 cup sugar
- 1 Tbsp. cinnamon
- 2 Tbsp. butter

## DIRECTIONS:

1. Preheat the oven to 375° F. Mix sugar and cinnamon together in a large bowl. Peel, core, and slice apples, and place in a store bought pie shell. Sprinkle cinnamon sugar mixture over apples.
2. Cut butter and place on top of apples.
3. Add the second pie shell over apples and crimp edges of pie. Make a few slits in the top crust so that air can escape while baking.
4. Place pie on a sheet pan and bake in a preheated oven for 30 minutes or until top is browned. The pie is done when you can easily insert a knife into the center and the apples are tender. Add 5 - 10 minutes if the apples need more time.



# EASY CENTERPIECE

## SUPPLIES:

(all can be purchased at the dollar tree)

- Popcorn kernels
- Medium candle
- Clear glass vase
- String/some sort of twine to wrap around the vase

## INSTRUCTIONS:

1. Fill the vase with the popcorn kernels.
2. Place the candle inside the kernels, pushing it down until a few inches are left showing at the top.
3. Tie the twine around the vase.
4. Place the centerpiece on your table and enjoy!

1.



2.



3.



4.



# FESTIVE FALL BANNER

## SUPPLIES:

- Paper
- Black sharpie or pen
- Twine or string
- Clothespins or tape

## INSTRUCTIONS:

1. Cut the paper into 10 squares and cut a triangle out of the bottom.
2. Write H-A-P-P-Y F-A-L-L with one letter on each square saving one square on which to draw a leaf.
3. Tape or clothespin a square of paper spaced out onto the twine.

1.



2.



3.



4.

