



Grace Before Meals: Recipes and Inspiration for Family Meals and Family Life

Leo Father Patalinghug

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With just a few ingredients and a few hours of time, your kitchen can become the perfect setting not only for a delicious meal but for experiencing the greatest blessings in life.

In *Grace Before Meals: Recipes and Inspiration for Family Meals and Family Life*, Father Leo Patalinghug (yes, the same Father Leo who defeated Bobby Flay on *Throwdown!*) helps you make family meals a way of life. Combining more than 30 simple but delicious recipes related to personal milestones, family holidays, and faith observances, along with scriptural references and short essays offering wisdom on faith, values, and family togetherness, Father Leo shows that mealtime is the perfect setting for discussing the major issues all families face. In fact, research shows that frequent family dinners can reduce many risks facing children, including drug and alcohol abuse, teen pregnancy, depression, eating disorders, and poor academic performance. These are meals that nourish body and spirit.

From the Trade Paperback edition.

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