

# On the Side

Now that you've got your main dish chosen (see *Fish—Delish!* p. 152), let's give some thought to the other sides of the plate. What fills it out is more important than you think! Side dishes are a great opportunity to serve up variety, pack in more nutrition, and get your little ones jazzed about trying something new.

[ Q & A ]

## Keeping It Fresh

With a new season of *Sandra Lee's Semi-Homemade Cooking* airing this month, which emphasizes 70 percent fresh ingredients and only 30 percent premade, celebrity chef Sandra Lee has a few tasty new tricks for livening up your next dinner together.

### PARENT & CHILD: WHAT DOES YOUR NEW COOKING METHOD MEAN FOR FAMILY MEALTIME?

**SANDRA LEE:** Cooking with more fresh ingredients often means cooking with more of what's in season—like squash in the fall and winter, and raspberries in the summer—which can lead to discussions about farming, shopping and eating local, and more. And it's exciting to see how many different dishes you can make with the same ingredients.

### P&C: WHAT'S THE KEY TO MAKING A MEAL SHINE?

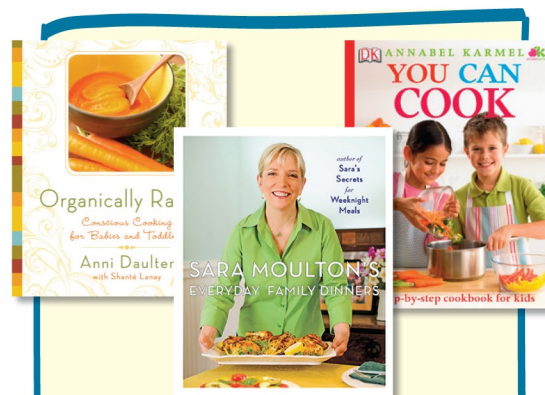
**LEE:** Play with the side dishes. They can complement the main dish or be meals on their own. They can be warm and savory, or cold and sweet like my Mango-Melon Bites, a fruity plate with ham, grapes, mango, and watermelon, all of which peak in the fall.

### P&C: HOW CAN PARENTS MAKE VEGGIES MORE APPEALING—AND EXCITING?

**LEE:** Lots of young kids like sweet flavors—this is a great time to introduce fruits and vegetables that contain natural sugars. Some of my favorites are butternut squash, sweet potatoes, and snap peas.



MEDIA BAKERY



## Best New Family Cookbooks

### ORGANICALLY RAISED: CONSCIOUS COOKING FOR BABIES AND TODDLERS

by Anni Daulter

A professional cook and mom, Daulter lets you in on the simple secrets of making healthy, delicious purees and compotes. While they're meant for tots, they're appealing to all ages. Gorgeous photography! *Rodale*, \$22.

### SARA MOULTON'S EVERYDAY FAMILY DINNERS

by Sara Moulton

Full of creative ideas from star chef Sara Moulton. A couple of our favorites: Brown Rice with Broccoli Pesto and Wheat Berries with Creamy Cauliflower Sauce. *Simon & Schuster*, \$35.

### YOU CAN COOK

by Annabel Karmel

The talented author of our We're Cooking section has done it again. Her newest gem is loaded with beautiful step-by-step photos and easy instructions. Flip to page 161 now to sample a few delicious side dish recipes from this book. *DK*, \$20.

FROM TOP CLOCKWISE: COURTESY OF RODALE; COURTESY OF SIMON & SCHUSTER; COURTESY OF DK; BOY TUCKING NAPKIN; MEDIA BAKERY

# 600

different shapes of pasta are produced in the world, including angel hair, wagon wheels, and ditalini (little thimbles). North Americans eat approximately 15½ pounds of the stuff per year. *Source: National Pasta Association*

## SAVE THE DATES

September 19–25

SHARE OUR STRENGTH'S "GREAT AMERICAN DINE OUT" IS A UNIQUE CAMPAIGN TO END CHILDHOOD HUNGER IN AMERICA BY 2015. YOU CAN HELP RAISE MONEY FOR THE CAUSE WHEN YOU EAT AT PARTICIPATING RESTAURANTS FROM 9/19 THROUGH 9/25. LEARN MORE: STRENGTH.ORG.

## YUMMLY.COM

Searching for some culinary inspiration as you plan your next grocery run? This site offers over 500,000 recipes you can sort through using a really cool tool that allows you to search by taste (sweet, salty, savory), prep time, price, and more—just slide the bars in each category up and down the scale of importance, and watch the results appear. You can also connect with other home chefs through TasteBuds, their community of food lovers.

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# Super Weeknight Suppers

CHEF ROBIN MILLER'S "NUGGETS" OF WISDOM FOR MAKING MEALTIME MEANINGFUL—AND EXCITING!

A SUCCESSFUL FAMILY DINNER isn't just about getting food on the table. It's about trying new foods together, teaching your little ones balanced eating habits, and spending time together, of course. These quick tips from Food Network star Robin Miller can give you a few ideas for whipping up a well-rounded meal.

## USE YOUR HANDS

Kids love to eat with their hands—who doesn't, once in a while? It's fun to dig into your plate with your fingers. Make a "hands-only" meal for everyone to enjoy, not just your little ones—no forks allowed! Finger foods are great fun, plus they make ideal meals for kids since you

can combine a variety of small portions on one plate. Try pairing protein-packed Tyson® Chicken Nuggets\* with vitamin-rich green beans and a complex carbohydrate-rich pasta, for example, for a mouth-watering, nutritious combination.

## PLAY THE NAME GAME

GIVING FUN, CREATIVE names to everyday nutritious foods may have kids asking for more. According to a 2009 Cornell University study, when kids were offered "X-ray vision carrots" instead of plain carrots, they ate 62 percent more carrots. Try adopting this approach in your own house by giving silly names to a variety of foods, such as "cloud fluff" for mashed potatoes or "cheese in the trees" for broccoli florets topped with cheese.



\* Made with 100 percent all-natural ingredients. Minimally processed, no artificial ingredients.

## FLOP THE CLOCK

THE TIME ON THE CLOCK has little meaning to your child and his food tastes. He wants grilled cheese or chicken nuggets at 7 a.m.? She's hungry for cereal at 5 p.m.? No worries—just roll with it! Serve a grilled cheese sandwich made with low-fat cheese and whole-wheat bread or Tyson® Chicken Nuggets\* for breakfast. For dinner, serve whole-grain cereal with low-fat milk and fresh fruit, like bananas or berries. Nutrients are nutrients—it doesn't matter when your child consumes them. It also will teach them to follow hunger "cues" and eat what they want, when they want. These are valuable life lessons that any parent can foster from an early age.

WE'RE COOKING



MEDIA BAKERY

## GO AHEAD— **TRY IT!**

Got a fussy eater at home? Dr. Bill Sears, author of *The Picky Eaters Guide* (free via download at [stonyfield.com](http://stonyfield.com)), has a few ideas that can help encourage him to scoop up that spoonful of peas.

**BLEND IT UP.** Make a mash (like mashed potatoes) using edamame (soy beans) or sweet peas and avocado, which is one of the healthiest beginner foods for toddlers. Whip up a fruit or veggie smoothie by blending produce of your choice with yogurt—it'll go great with dinner.

**MAKE A "NIBBLE TRAY."** Kids like to dunk finger foods. Put a nutritious dip (like nut butters or hummus) into each cube of an empty ice tray and let your child dip whole grain pretzels or veggie sticks.

**TOP IT OFF.** Encourage your little one to choose and sprinkle a topping over his steamed veggies. Shredded cheese and applesauce are both popular among tykes. Minced herbs or bread crumbs are good, too.

**RELAX.** Kids usually become more adventurous eaters once they turn 5. Don't worry if your child seems to like just a handful of foods. "Shoot for a balanced week, not a balanced day," Dr. Sears says. "Your child's diet tends to even out over the course of a week."

LIFT HERE FOR MORE  
GREAT COOKING IDEAS

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Minimally processed, no artificial ingredients

Made with 100% all natural ingredients.  
The nuggets, not the plate.

